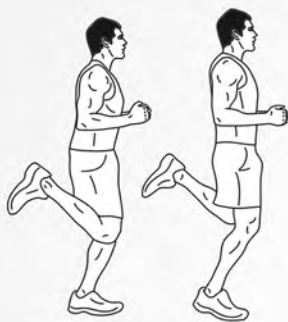


HUFF & PUFF

DAREBEE **HIIT** WORKOUT @ darebee.com

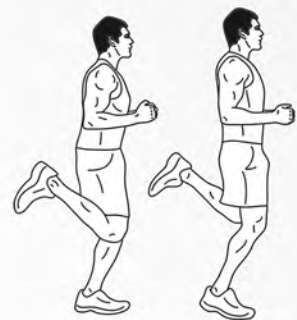
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



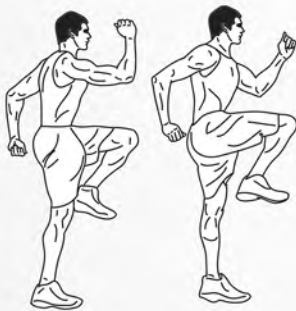
20sec butt kicks



20sec push-up plank hold



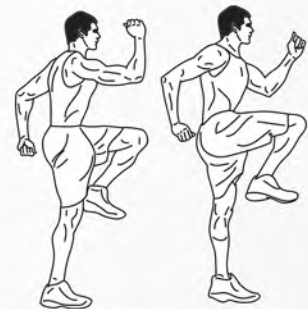
20sec butt kicks



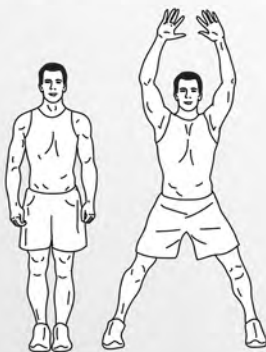
20sec march steps



20sec high knees



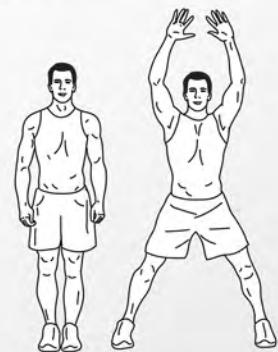
20sec march steps



20sec jumping jacks



20sec push-up plank hold



20sec jumping jacks