

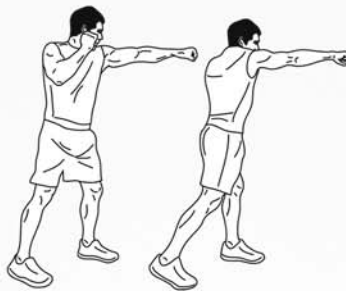
INCINERATOR

DAREBEE **HIIT** WORKOUT @ darebee.com

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



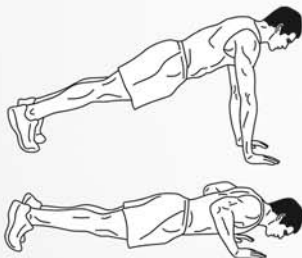
30sec high knees



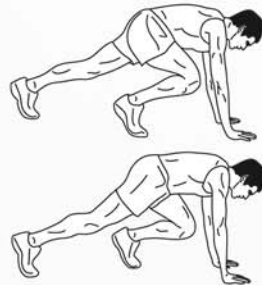
30sec punches



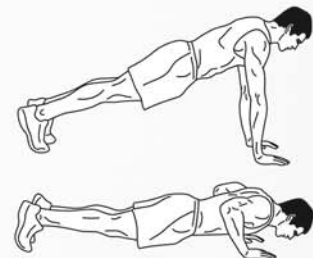
30sec high knees



10sec push-ups



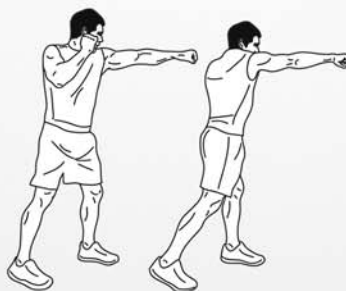
10sec climbers



10sec push-ups



30sec high knees



30sec punches



30sec high knees