

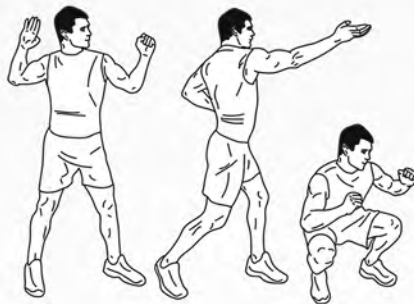
Inferno

DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets REST up to 2 minutes rest



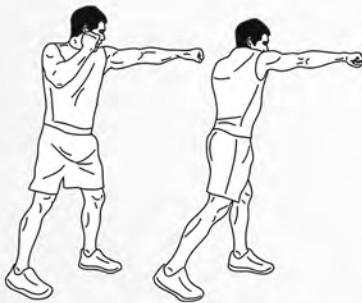
20sec high knees



20sec knife hand strike + squat



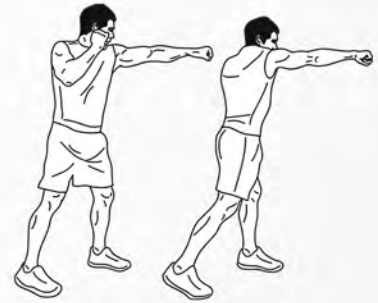
20sec high knees



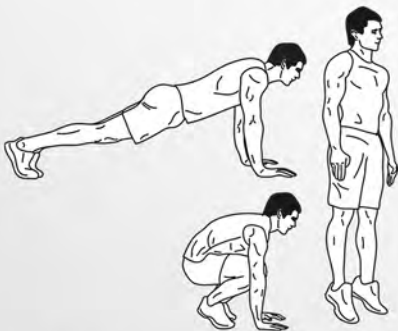
20sec punches



20sec overhead punches



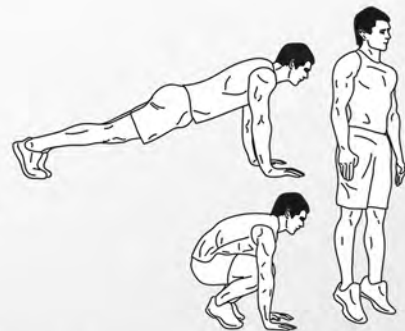
20sec punches



20sec basic burpees



20sec plank hold



20sec basic burpees