

HIIT

LAUNCH

CODES

DAREBEE WORKOUT

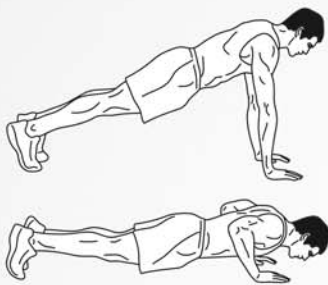
@ darebee.com

LEVEL I 3 sets

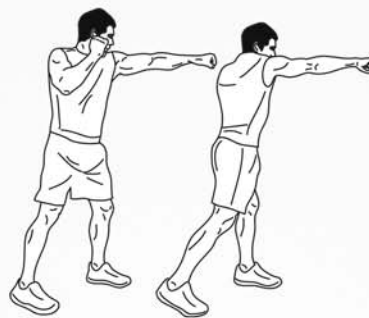
LEVEL II 5 sets

LEVEL III 7 sets

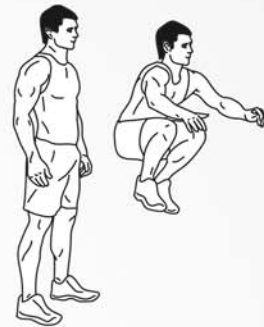
REST up to 2 minutes



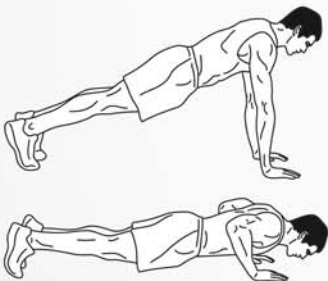
20sec push-ups



20sec punches



20sec jump knee-tucks



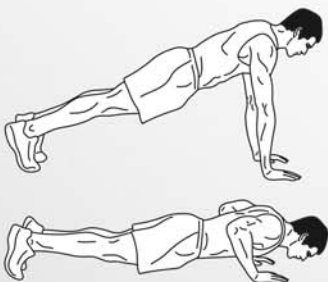
20sec push-ups



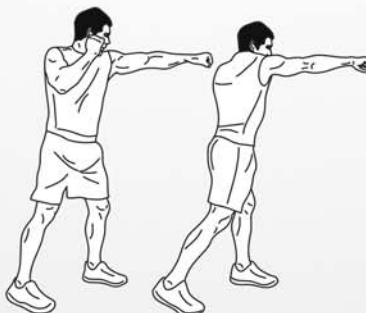
20sec plank



20sec jump knee-tucks



20sec push-ups



20sec punches



20sec jump knee-tucks