

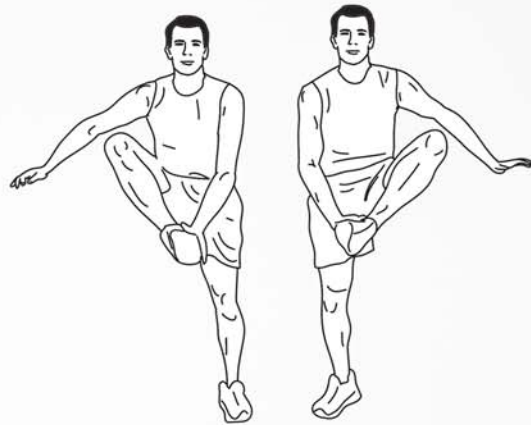
MASS BLAST

DAREBEE **HIIT** WORKOUT @ darebee.com

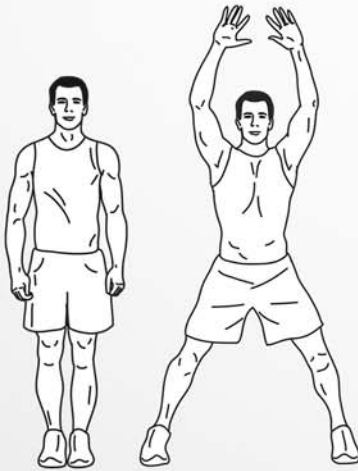
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



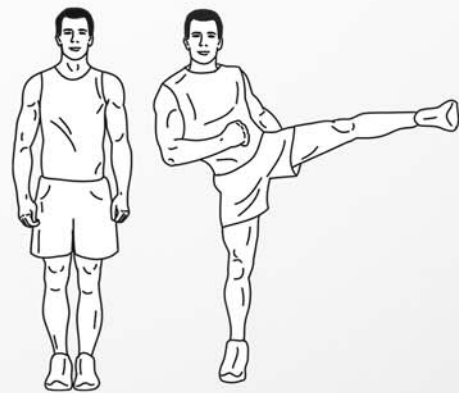
15sec high knees



15sec toe tap hops



15sec jumping jacks



15sec side leg raises