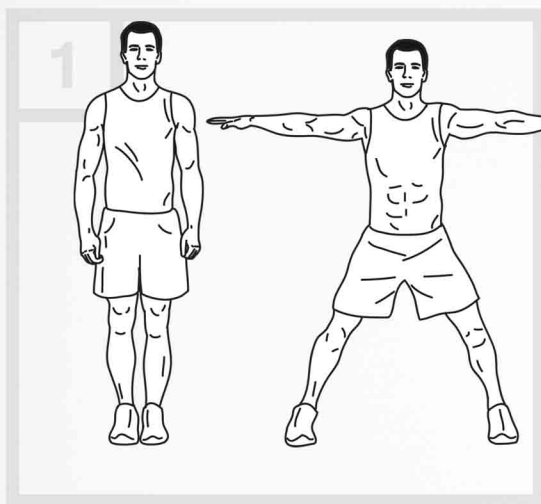


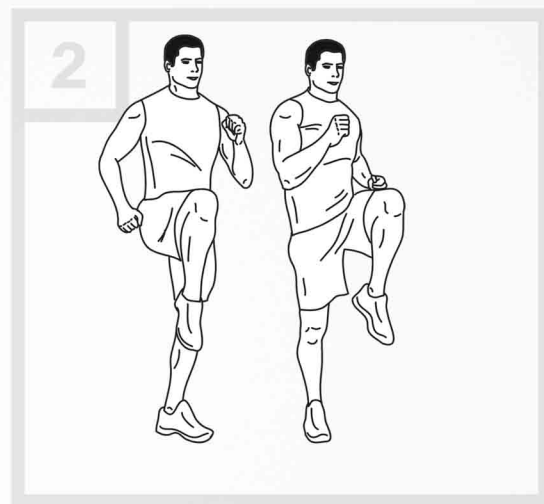
MAX IMPACT

DAREBEE **HIIT** WORKOUT @ darebee.com

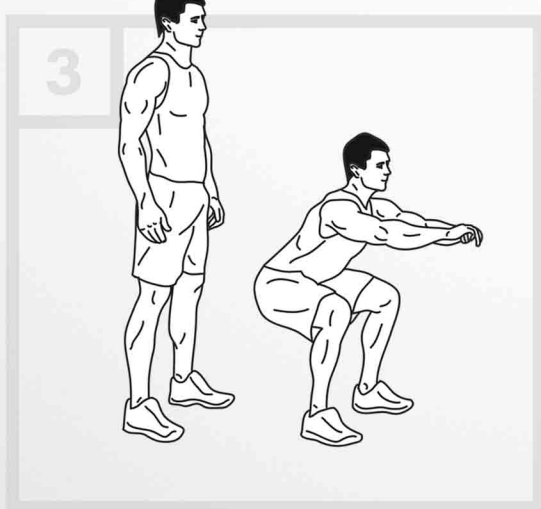
Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds
1 minute rest between rounds



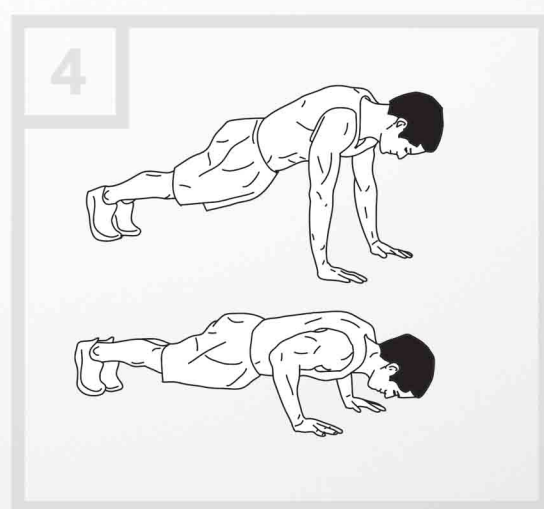
20sec jumping Ts



20sec high knees



10sec squats



10sec push-ups