

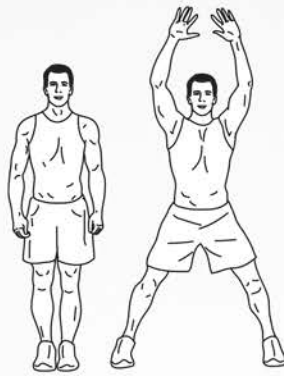
MAXIMUM HIIT

DAREBEE **HIIT** WORKOUT © darebee.com

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



20sec high knees



20sec jumping jacks



20sec high knees



20sec plank hold



20sec high knees



20sec plank hold



60sec high knees