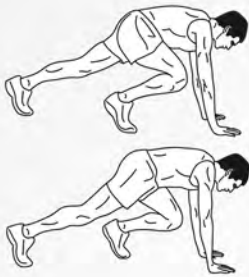


NO SURRENDER

DAREBEE **HIIT** WORKOUT @ darebee.com

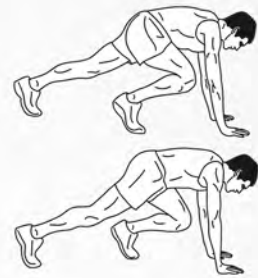
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



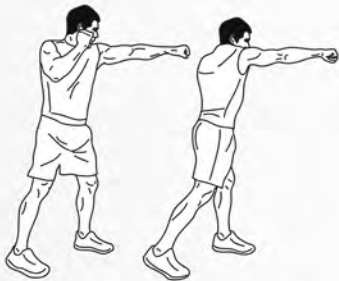
20sec climbers



20sec high knees



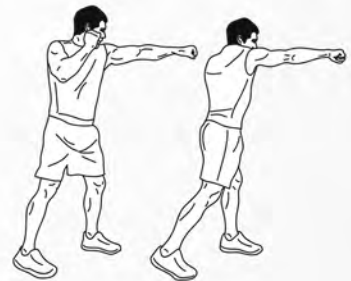
20sec climbers



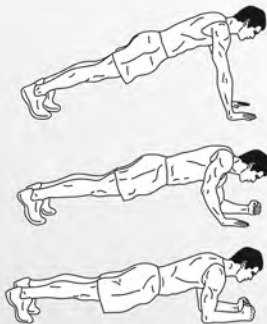
20sec punches



20sec high knees



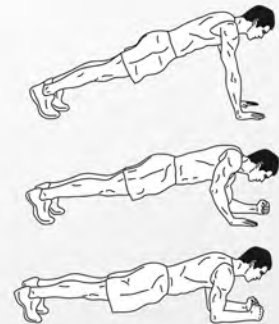
20sec punches



20sec up & down planks



20sec high knees



20sec up & down planks