

# OVERDRIVE

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

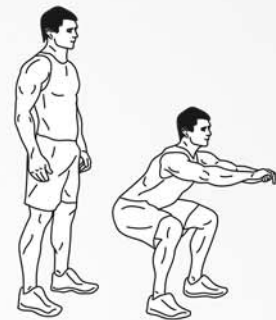
Level I 3 sets Level II 5 sets Level III 7 sets REST up to 2 minutes rest



**30sec** high knees



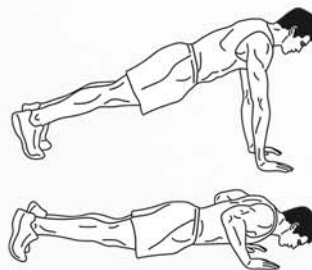
**15sec** jump squats



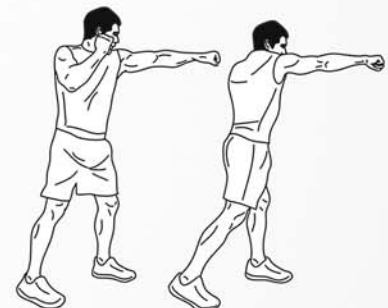
**15sec** squats



**30sec** high knees



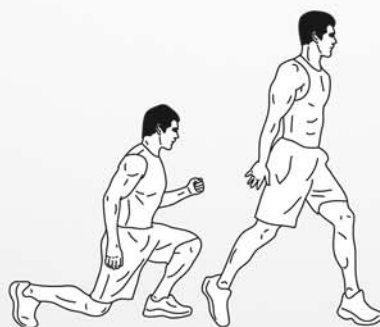
**15sec** push-ups



**15sec** punches



**30sec** high knees



**15sec** jumping lunges



**15sec** reverse lunges