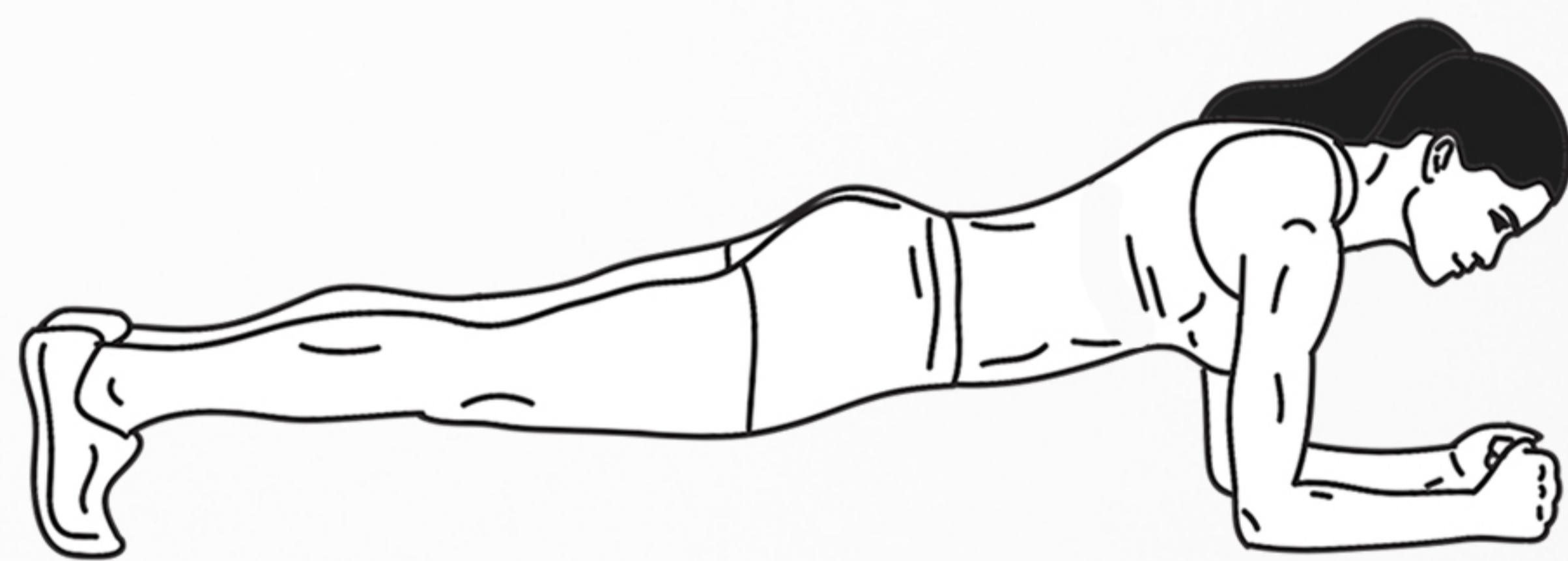


# PERSEPHONE

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

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



**30sec** high knees

**30sec** elbow plank

**30sec** high knees

**30sec** elbow plank

**30sec** high knees

**30sec** elbow plank

**30sec** high knees

**30sec** elbow plank