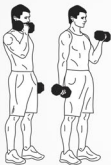


POWER

DAREBEE **HIIT** WORKOUT @ darebee.com

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



20sec alt bicep curls



20sec squats



20sec renegade row push-ups