

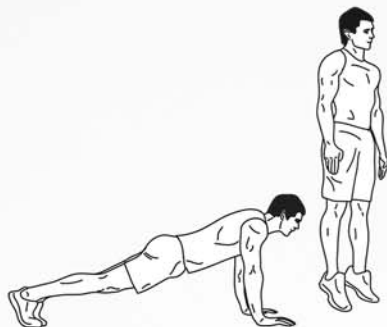
PowerMelt

DAREBEE **HIIT** WORKOUT © darebee.com

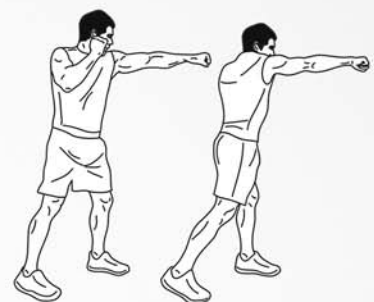
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



30sec high knees



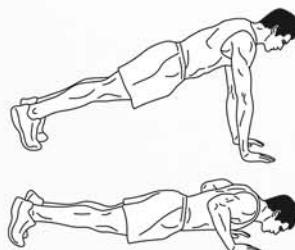
10sec basic burpees



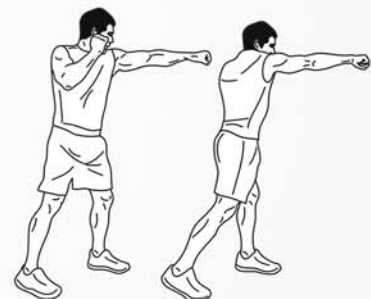
20sec punches



30sec high knees



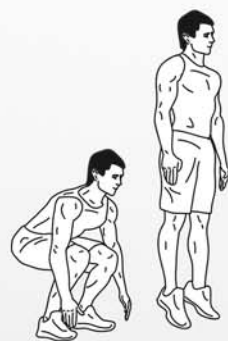
10sec push-ups



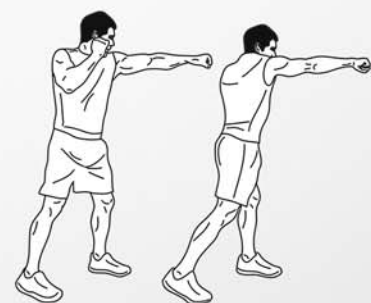
20sec punches



30sec high knees



10sec jump squats



20sec punches