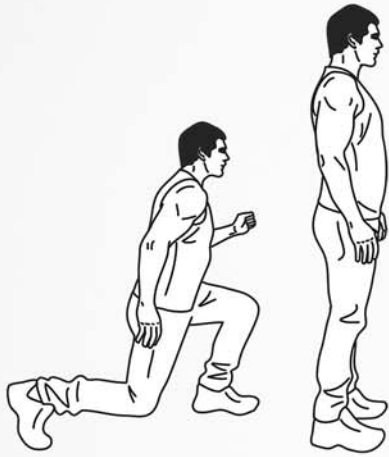


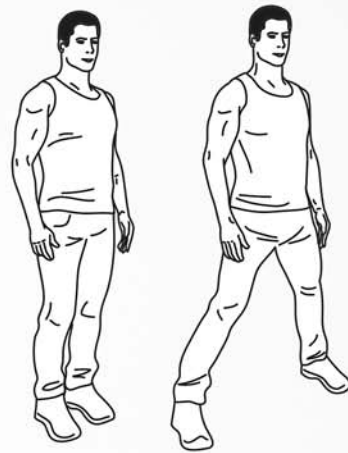
Power Trim

DAREBEE **HIIT** WORKOUT @ darebee.com

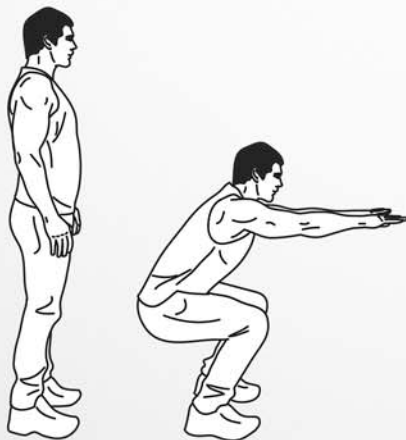
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



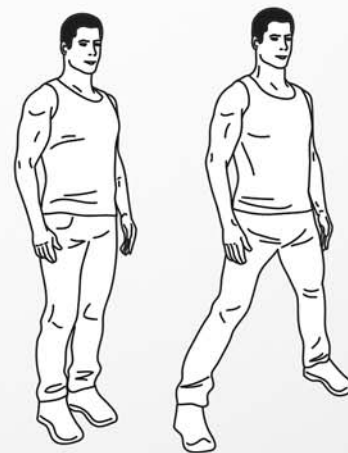
15sec reverse lunges



15sec half jacks



15sec squats



15sec half jacks