

purgatory

DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets

2 minutes rest between sets



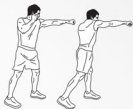
10sec high knees



20sec shoulder taps



10sec high knees



20sec punches



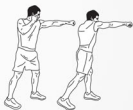
10sec high knees



20sec plank walk-outs



10sec high knees



20sec punches



10sec high knees



20sec push-ups



10sec high knees



20sec punches