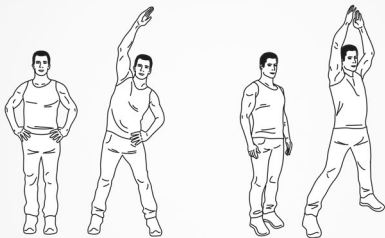


Quick Burn

DAREBEE **HIIT** WORKOUT © darebee.com

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



10sec step side jacks

10sec jumping jacks

10sec step side jacks

10sec jumping jacks

10sec step side jacks

10sec jumping jacks