

RAMPAGE

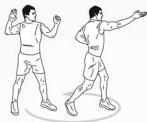
DAREBEE **HIIT** WORKOUT @ darebee.com

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

2 minutes rest between sets



20sec high knees



20sec knife hand strikes



20sec knife hand strike + squat



20sec high knees



20sec jabs



20sec jab + cross + push-up



20sec high knees



20sec backfists



20sec backfist + side kick