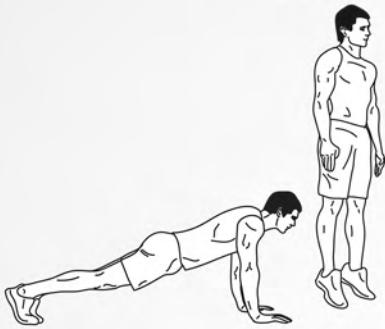


Rapid Fire

DAREBEE **HIIT** WORKOUT @ darebee.com

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

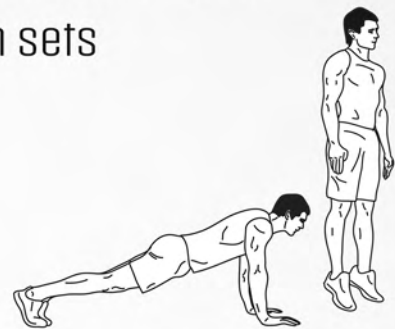
2 minutes rest between sets



10sec basic burpees



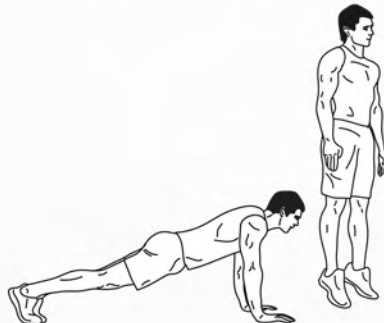
30sec elbow plank



10sec basic burpees



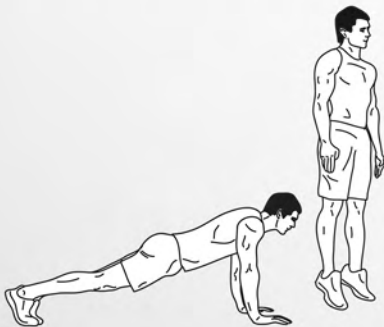
30sec side plank



10sec basic burpees



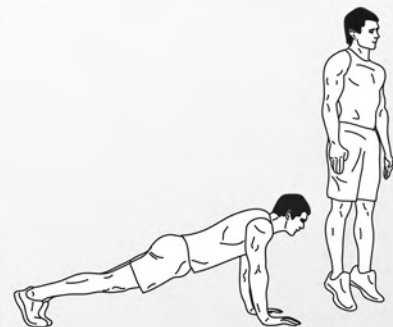
30sec one arm plank



10sec basic burpees



30sec raised leg plank



10sec basic burpees