

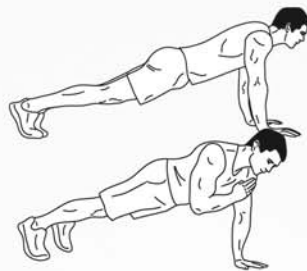
REANIMATOR

DAREBEE **HIIT** WORKOUT @ darebee.com

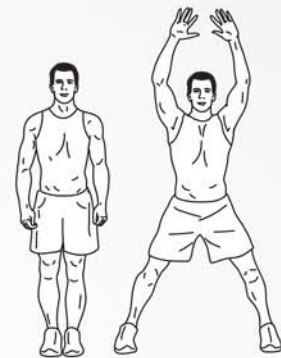
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



30sec plank hold



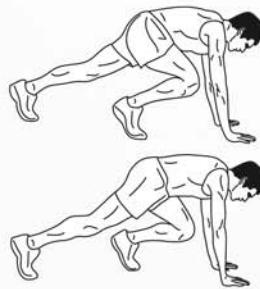
20sec shoulder taps



10sec jumping jacks



30sec plank hold



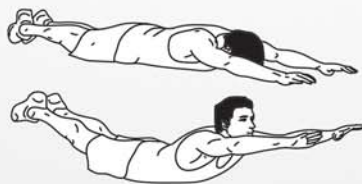
20sec climbers



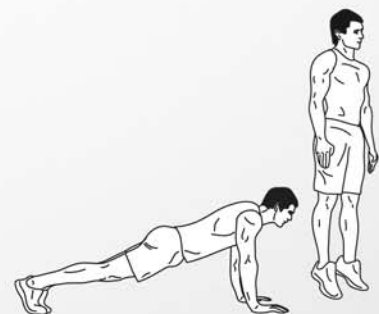
10sec high knees (sprint!)



30sec plank hold



20sec superman stretches



10sec basic burpees