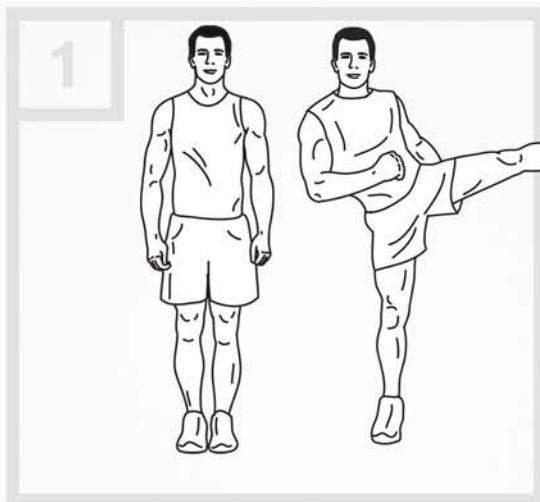


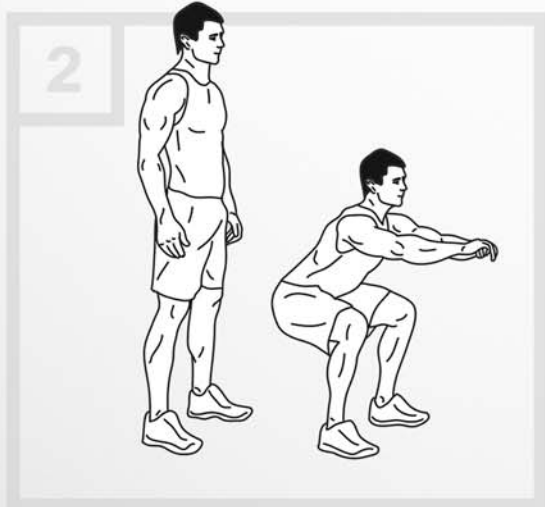
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DAREBEE **HIIT** WORKOUT © darebee.com

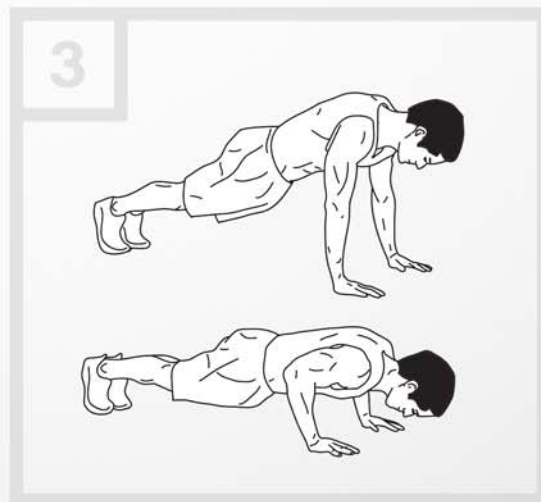
Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds
1 minute rest between rounds



30sec side leg raises



20sec squats



10sec push-ups