

REVIVER

DAREBEE **HIIT** WORKOUT @ darebee.com

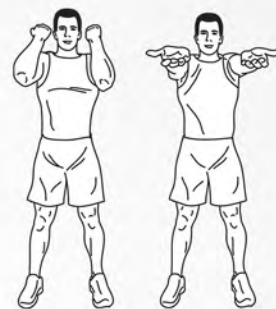
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



30sec high knees



20sec plank hold



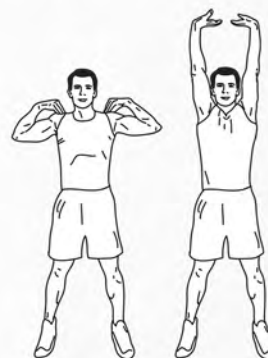
10sec bicep extensions



30sec high knees



20sec plank hold



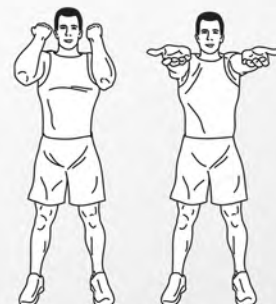
10sec shoulder taps



30sec high knees



20sec plank hold



10sec bicep extensions