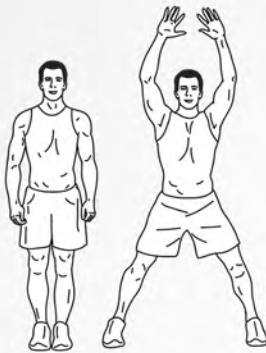


REWIRED

DAREBEE **HIIT** WORKOUT @ darebee.com

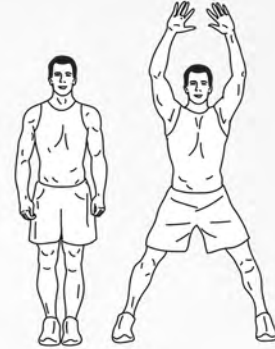
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec jumping jacks



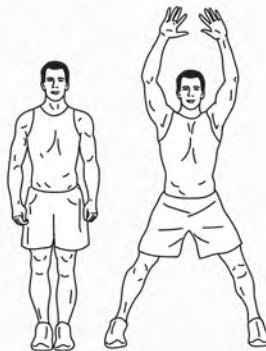
20sec plank rotations



20sec jumping jacks



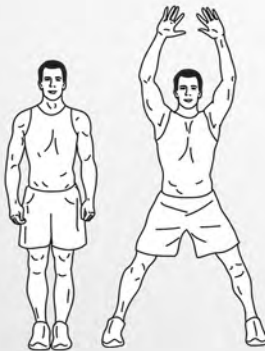
20sec plank hold



20sec jumping jacks



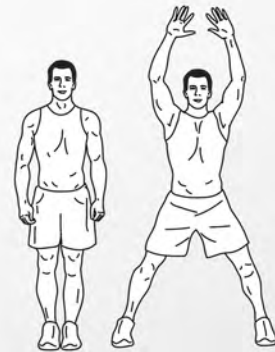
20sec plank hold



20sec jumping jacks



20sec plank rotations



20sec jumping jacks