

# Rocket Fuel

DAREBEE **HIIT** WORKOUT @ [darebee.com](http://darebee.com)

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



**20sec** high knees



**20sec** side kicks



**20sec** punches



**20sec** high knees



**20sec** climbers



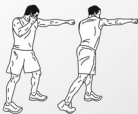
**20sec** punches



**20sec** high knees



**20sec** basic burpees



**20sec** punches