

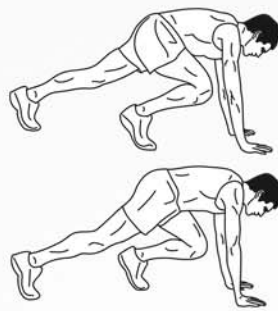
# SUPER HIIT

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

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



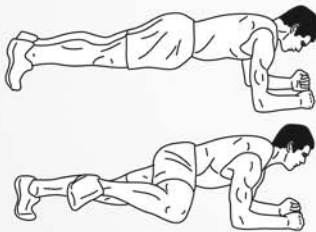
**20sec** high knees



**20sec** climbers



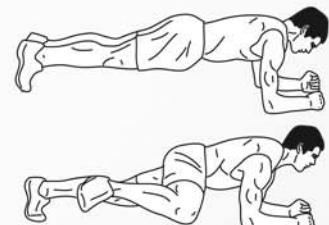
**20sec** high knees



**20sec** plank crunches



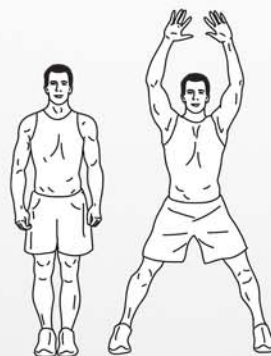
**20sec** plank hold



**20sec** plank crunches



**20sec** jump squats



**20sec** jumping jacks



**20sec** jump squats