

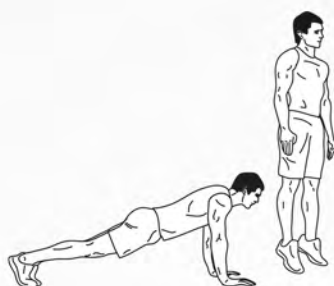
# superhero HIIT

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

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



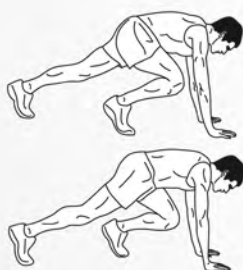
**30sec** high knees



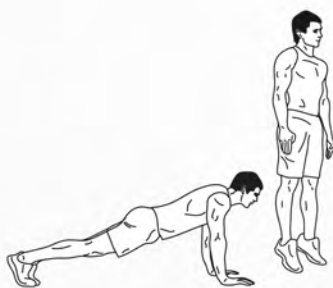
**30sec** basic burpees



**30sec** high knees



**30sec** climbers



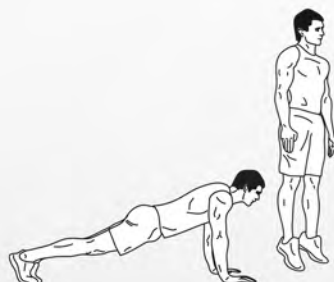
**30sec** basic burpees



**30sec** climbers



**30sec** high knees



**30sec** basic burpees



**30sec** high knees