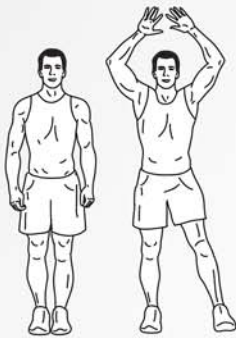


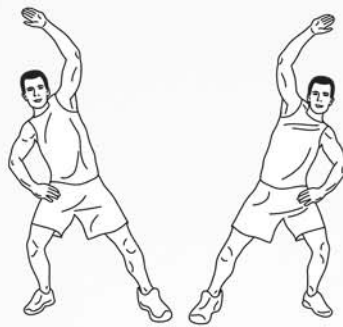
tenderfoot

DAREBEE **HIIT** WORKOUT © darebee.com

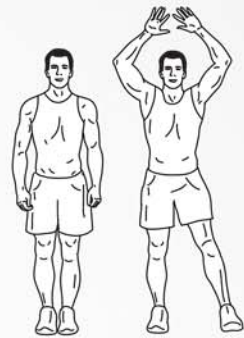
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



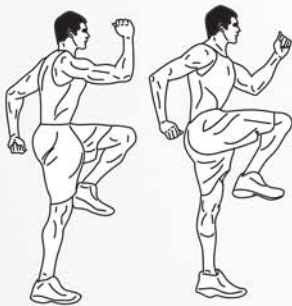
20sec step jacks



20sec side jacks



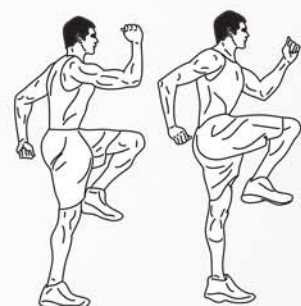
20sec step jacks



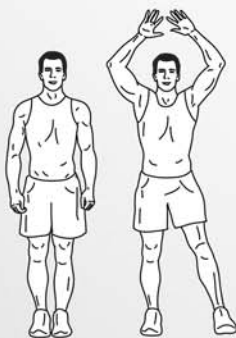
20sec march steps



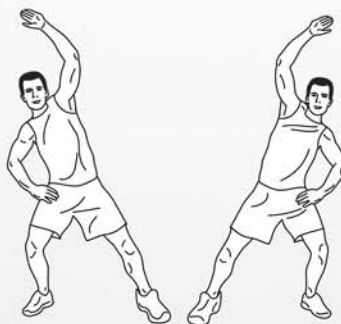
20sec calf raises



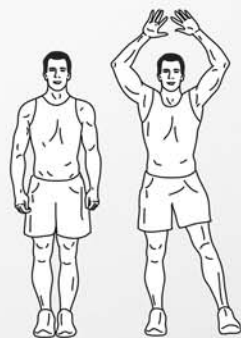
20sec march steps



20sec step jacks



20sec side jacks



20sec step jacks