

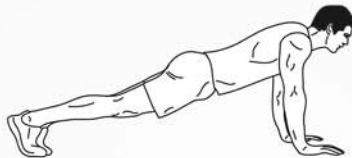
tune up

DAREBEE **HIIT** WORKOUT @ darebee.com

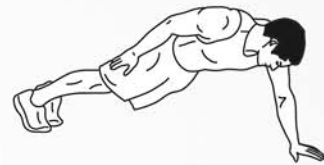
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



30sec high knees



10sec plank



20sec one-arm plank



30sec high knees



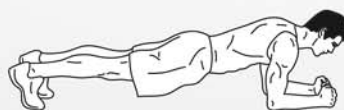
10sec elbow plank



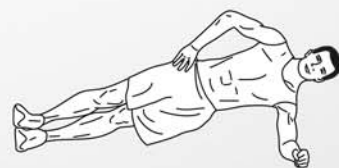
20sec raised leg plank



30sec high knees



10sec elbow plank



20sec side elbow plank