

# TURBO CHARGED

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

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



**20sec** plank hold



**20sec** shoulder taps



**20sec** climbers



**20sec** butt kicks



**20sec** jumping lunges



**20sec** high knees