

UNTAMED

DAREBEE **HIIT** WORKOUT © darebee.com

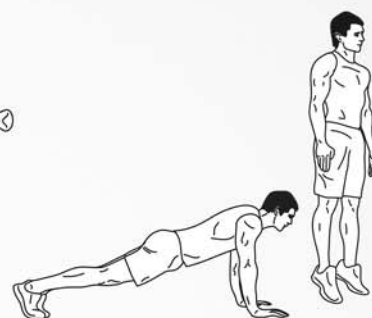
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



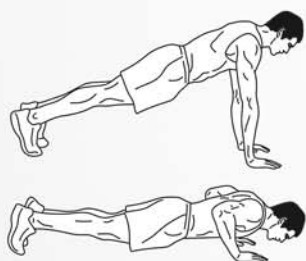
30sec squats



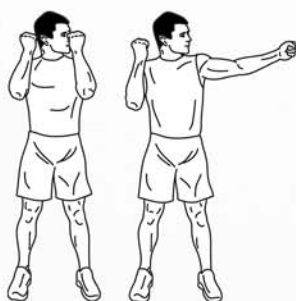
20sec side kicks



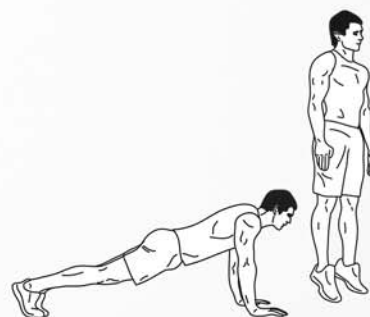
10sec basic burpees



30sec push-ups



20sec backfists



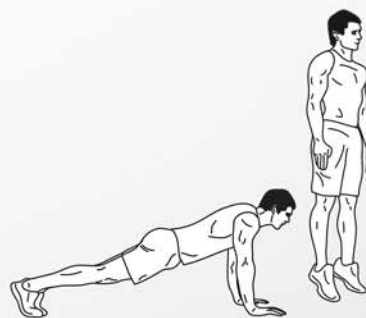
10sec basic burpees



30sec plank



20sec one arm plank



10sec basic burpees