

WILD CARD

DAREBEE **HIIT** WORKOUT

@ darebee.com

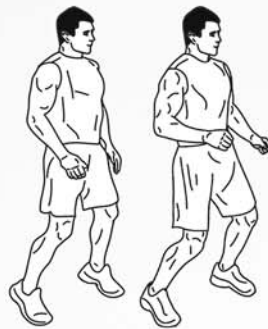
Level I 3 sets

Level II 5 sets

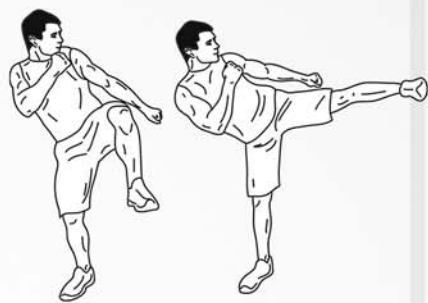
Level III 7 sets

2 minutes rest between sets

3combos

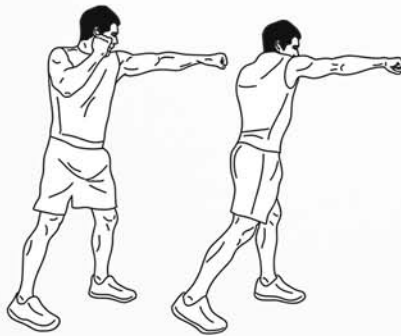


10sec bounce on the spot

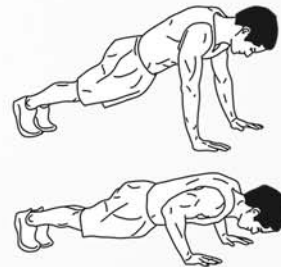


10sec side kicks

3combos

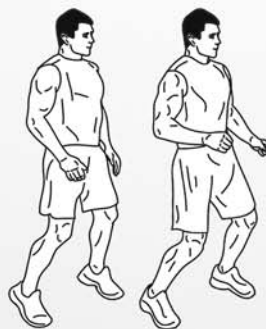


10sec punches



10sec push-ups

3combos



10sec bounce on the spot



10sec turning kicks