

# CARDIO CRUSH

**HIIT** WORKOUT

BY DAREBEE

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Level I 3 sets

Level II 5 sets

Level III 7 sets

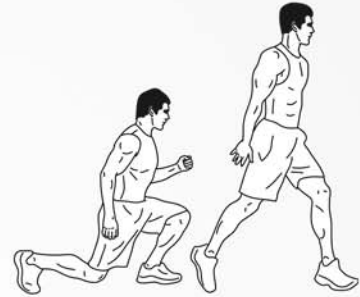
2 minutes rest



**40sec** high knees



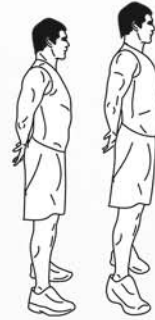
**10sec** calf raises



**10sec** jumping lunges



**40sec** high knees



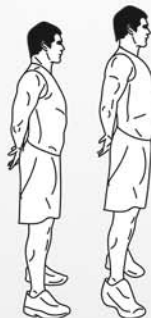
**10sec** calf raises



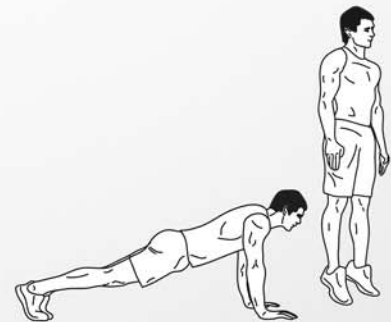
**10sec** jump squats



**40sec** high knees



**10sec** calf raises



**10sec** b/burpees w/jump