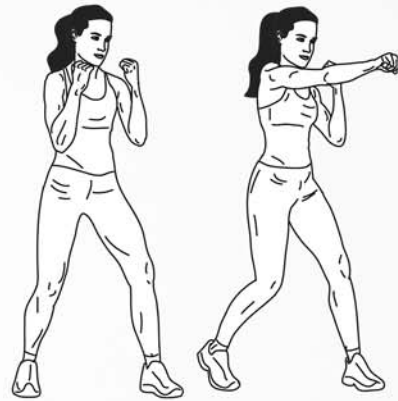


Fast & *Dangerous*

DAREBEE **HIIT** WORKOUT © darebee.com



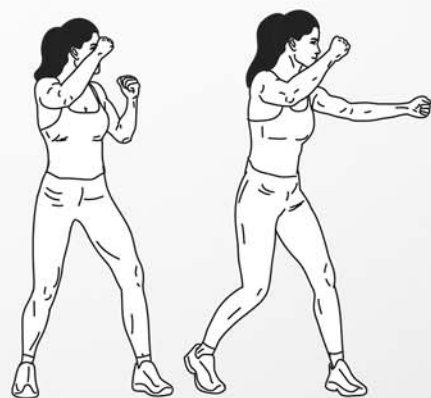
15sec high knees



15sec punches



15sec high knees



15sec backfists