

# FULL HOUSE

DAREBEE **HIIT** WORKOUT

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Level I 3 sets

Level II 5 sets

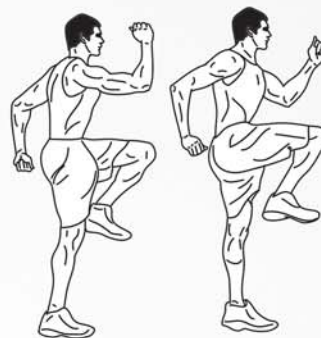
Level III 7 sets

2 minutes rest between sets

**3combos**

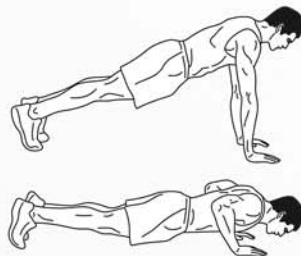


**10sec** high knees

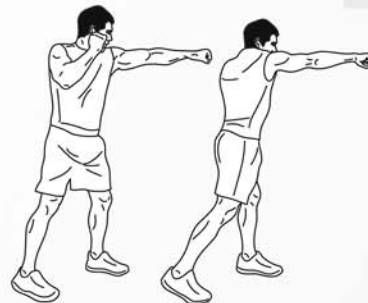


**10sec** march steps

**3combos**

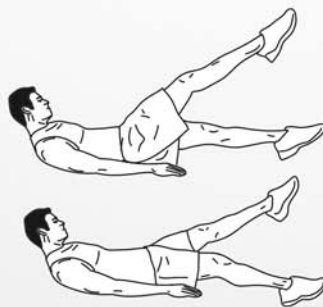


**10sec** push-ups



**10sec** punches

**3combos**



**10sec** flutter kicks



**10sec** sitting-twists