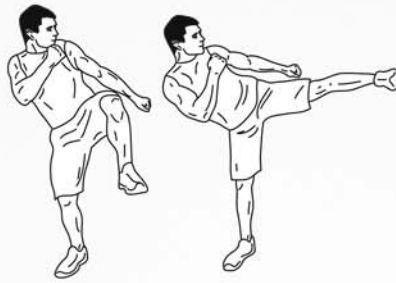


HEYDAY

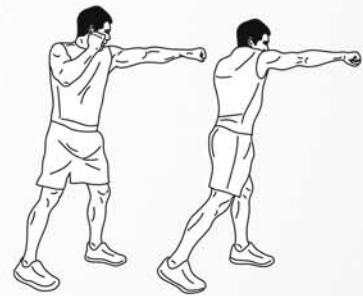
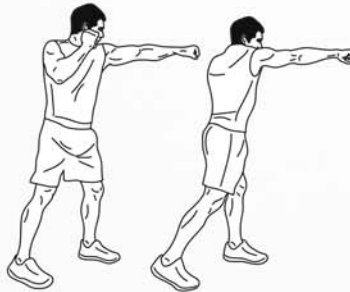
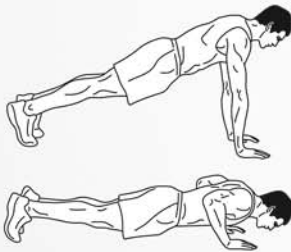
DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



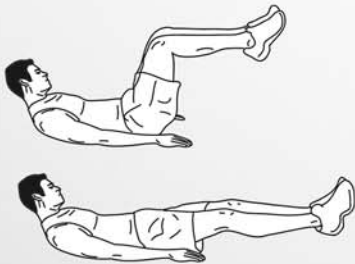
20sec squat + side kicks

40sec side kicks



20sec push-up + punches

40sec punches



20sec crunch kick + crunch



40sec crunches