

POWER BURN

DAREBEE **HIT** WORKOUT

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Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10sec high knees

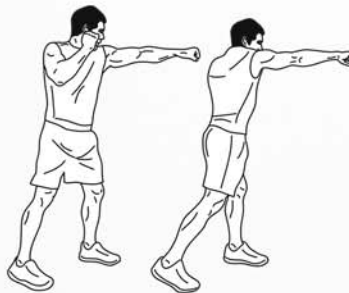
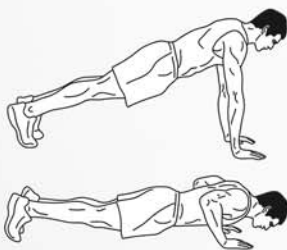
10sec knee strikes

10sec high knees

10sec knee strikes

10sec high knees

10sec knee strikes



10sec push-ups

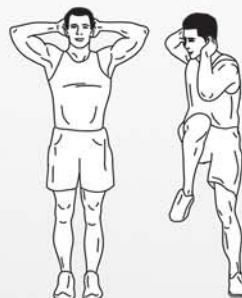
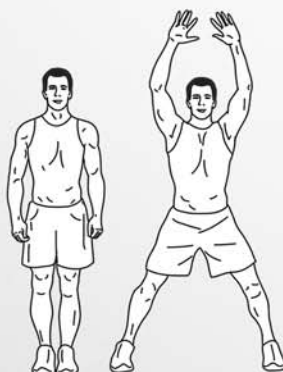
10sec punches

10sec push-ups

10sec punches

10sec push-ups

10sec punches



10sec jumping jacks

10sec knee-to-elbow

10sec jumping jacks

10sec knee-to-elbow

10sec jumping jacks

10sec knee-to-elbow