

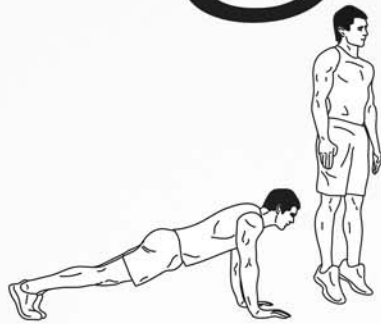
the Purge

HIIT WORKOUT
BY DAREBEE
© darebee.com

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



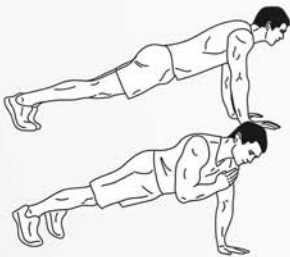
20sec high knees



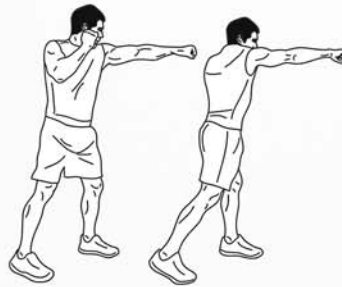
20sec b/burpees w/jump



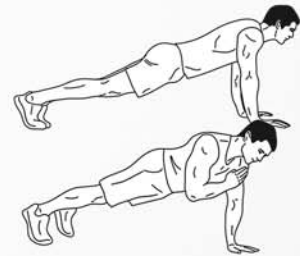
20sec high knees



20sec shoulder taps



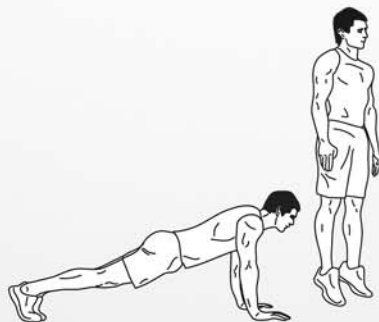
20sec punches



20sec shoulder taps



20sec high knees



20sec b/burpees w/jump



20sec high knees