

Rocket Fuel

DAREBEE **HIIT** WORKOUT @ darebee.com

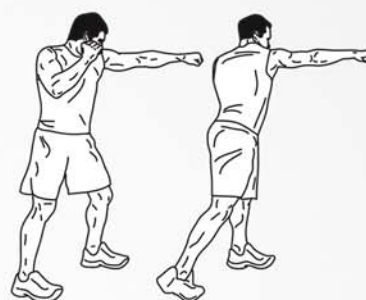
Level I 3 rounds Level II 5 rounds Level III 7 rounds
2 minutes rest between rounds



20sec high knees



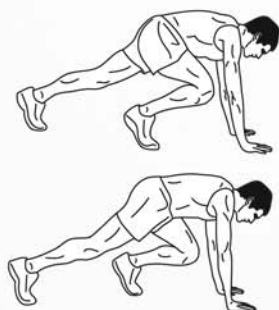
20sec side kicks



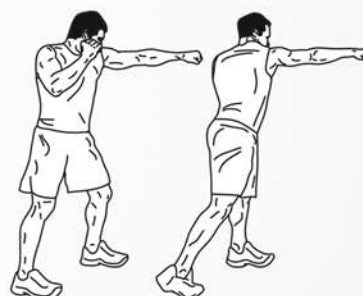
20sec punches



20sec high knees



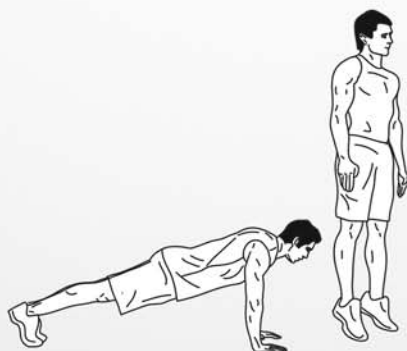
20sec climbers



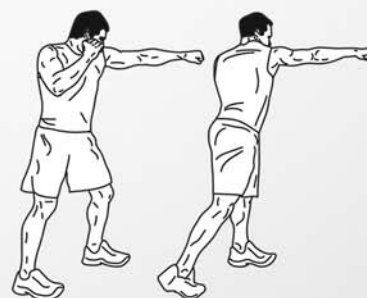
20sec punches



20sec high knees



20sec basic burpees



20sec punches