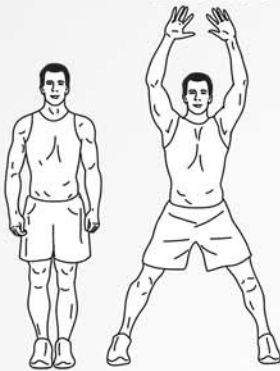


the sizzler

DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets

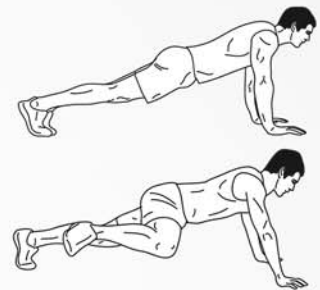
2 minutes rest between sets



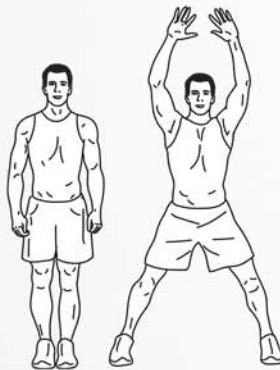
20sec jumping jacks



20sec plank hold



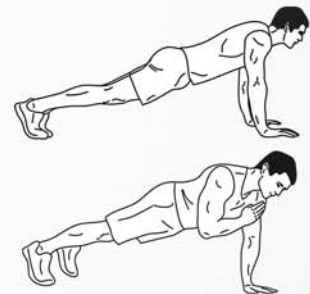
20sec side crunches



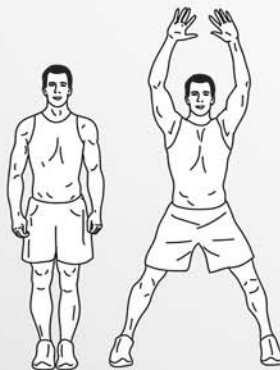
20sec jumping jacks



20sec plank hold



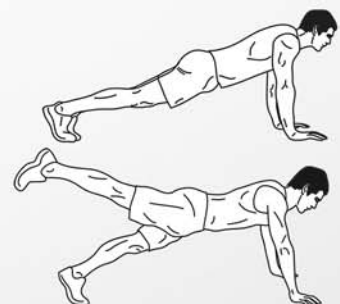
20sec shoulder taps



20sec jumping jacks



20sec plank hold



20sec leg raises