

the Viper

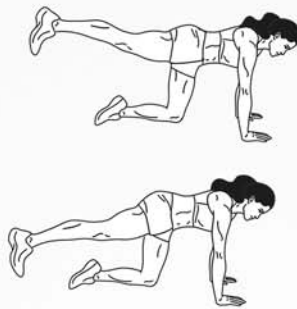
DAREBEE **HIIT** WORKOUT

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



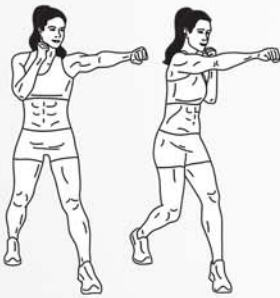
20sec climbers



20sec leg swings



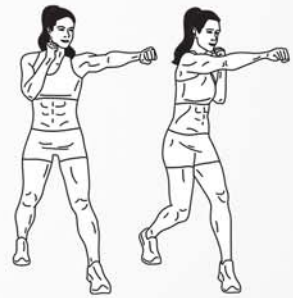
20sec climbers



20sec punches



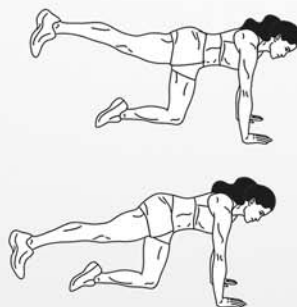
20sec climbers



20sec punches



20sec climbers



20sec leg swings



20sec climbers