## FORAGER

DAREBEE HIIT WORKOUT © darebee.com

Level 1 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec march steps



**20sec** squat hold



20sec march stens



**20sec** bicep extensions



**20sec** march steps



**20sec** bicep extensions



20sec march steps



**20sec** squat hold



20sec march steps