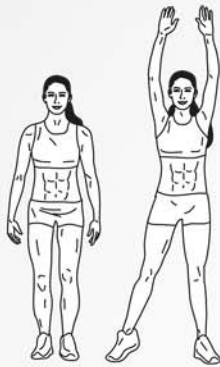


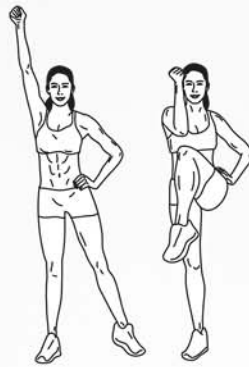
# ATOMIC

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

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



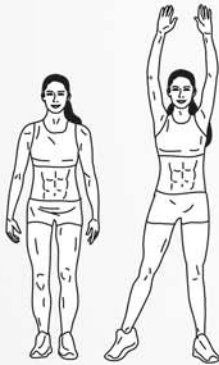
**40sec** step jacks



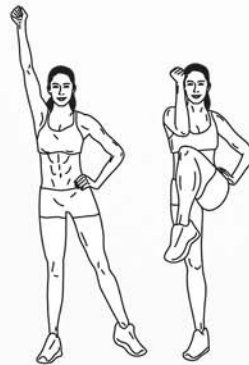
**10sec** knee-to-elbows



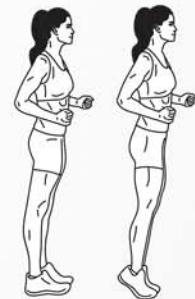
**10sec** lunge step-ups



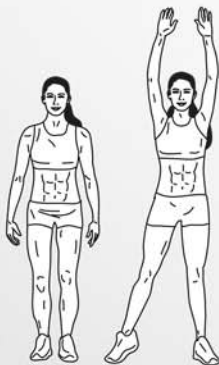
**40sec** step jacks



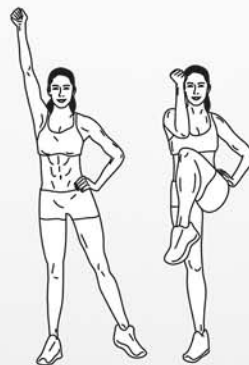
**10sec** knee-to-elbows



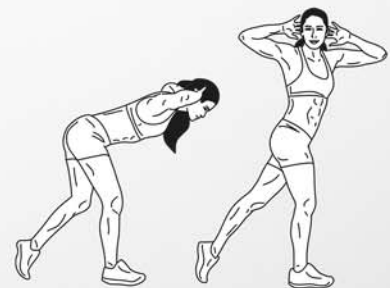
**10sec** calf raises



**40sec** step jacks



**10sec** knee-to-elbows



**10sec** bend & twist