

BELLY BURNER

DAREBEE **HIIT** WORKOUT @ darebee.com

Repeat 7 times in total | 2 minutes rest between sets



20sec high knees

20sec elbow plank

10sec basic burpees

20sec high knees

20sec elbow plank

10sec basic burpees

20sec high knees

20sec elbow plank

10sec basic burpees

done

