

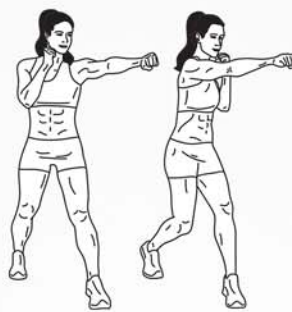
# CLEAN SWEEP

**HIIT** WORKOUT  
BY DAREBEE  
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Level I 3 sets  
Level II 5 sets  
Level III 7 sets  
2 minutes rest



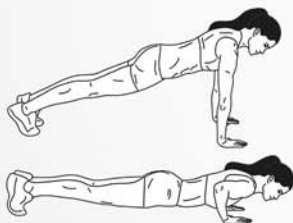
**10sec** jumping lunges



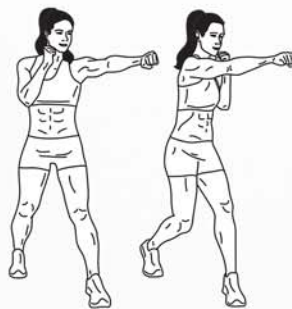
**40sec** punches



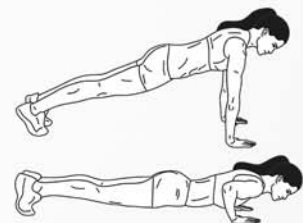
**10sec** jumping lunges



**10sec** push-ups



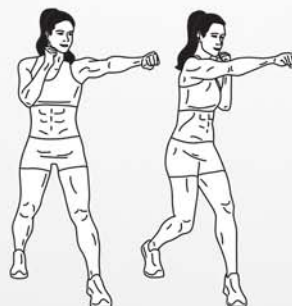
**40sec** punches



**10sec** push-ups



**10sec** jumping lunges



**40sec** punches



**10sec** jumping lunges