

# CLOSE CONTACT EXPRESS

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

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

**30sec** knee strikes

**30sec** elbow strikes

**30sec** knee strikes

**30sec** elbow strikes

**30sec** knee strikes

**30sec** elbow strikes

done

