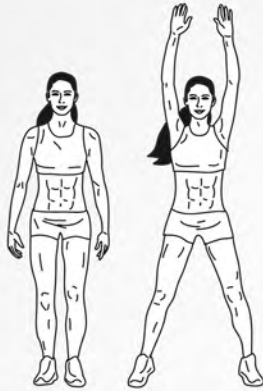


COOLIA

DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 sets **Level II** 5 sets **Level III** 7 sets

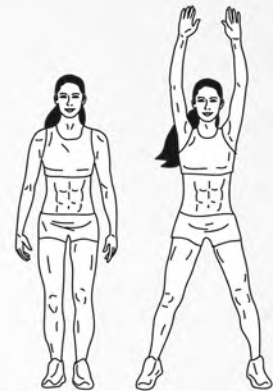
2 minutes rest between sets



20sec jumping jacks



20sec plank hold



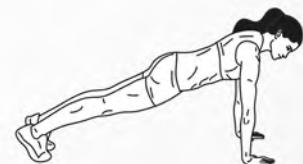
20sec jumping jacks



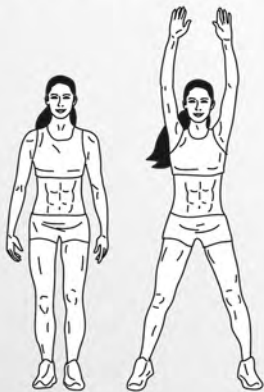
20sec plank hold



20sec basic burpees



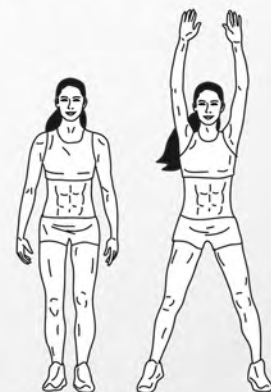
20sec plank hold



20sec jumping jacks



20sec plank hold



20sec jumping jacks