

combat burpee

DAREBEE **HIIT** WORKOUT @ darebee.com

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



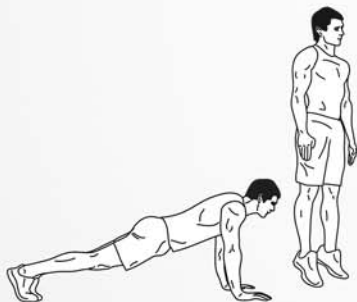
20sec basic burpees



10sec plank hold



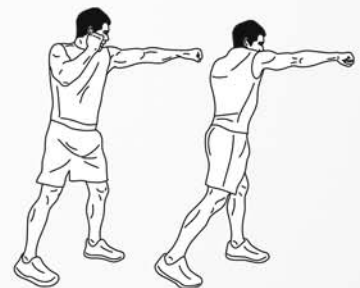
30sec elbow plank hold



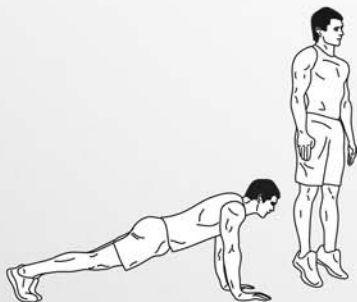
20sec basic burpees



10sec plank hold



30sec punches



20sec basic burpees



10sec plank hold



30sec elbow plank hold