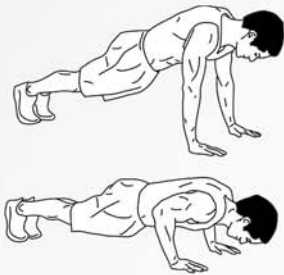


# duck & swing

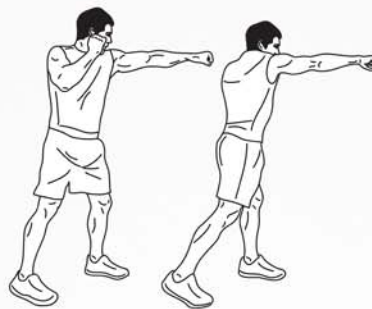


DAREBEE **HIIT** WORKOUT @ [darebee.com](http://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets - 2 minutes rest  
squat [ duck! ] every 10 seconds



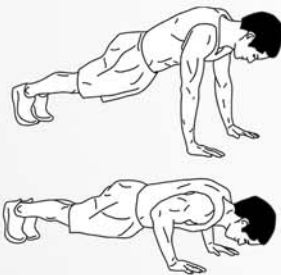
**10sec** push-ups



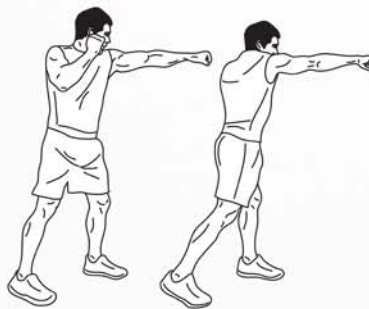
**30sec** punches



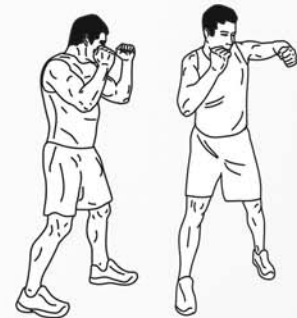
**20sec** uppercuts



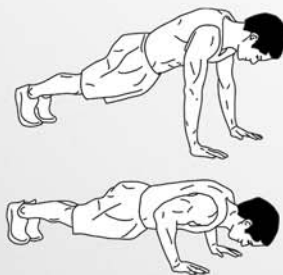
**10sec** push-ups



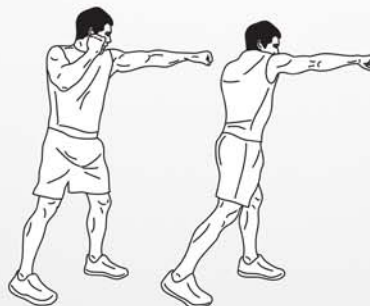
**30sec** punches



**20sec** hooks



**10sec** push-ups



**30sec** punches



**finish: 20sec** plank hold