

# GENESIS

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

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



**20sec** high knees



**20sec** knee-to-elbows



**20sec** high knees



**20sec** climbers



**20sec** high knees



**20sec** climbers



**20sec** high knees



**20sec** knee-to-elbows



**20sec** high knees