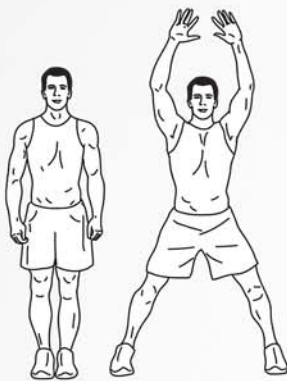


# GRASSHOPPER

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

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



**60sec** jumping jacks

**one** jump squat

every 15 seconds



**60sec** butt kicks

**one** jump squat

every 15 seconds



**60sec** split jacks

**one** jump squat

every 15 seconds