

# Hear Me Roar

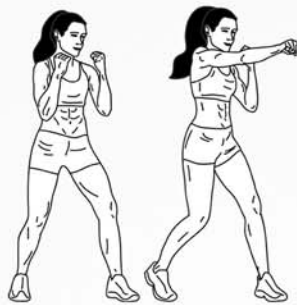
DAREBEE **HIIT** WORKOUT © [darebee.com](http://darebee.com)

Level I 3 rounds Level II 5 rounds Level III 7 rounds 2 min rest between rounds

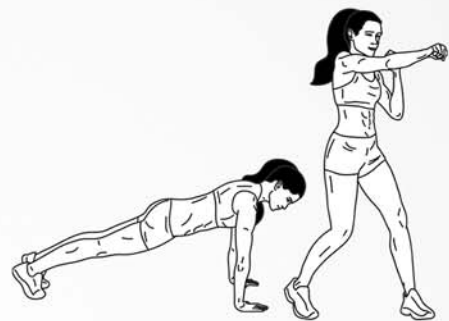
Extra Credit 1 push-up every 20 seconds 



**20sec** high knees



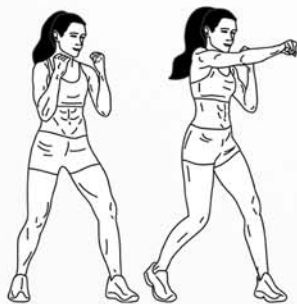
**20sec** punches



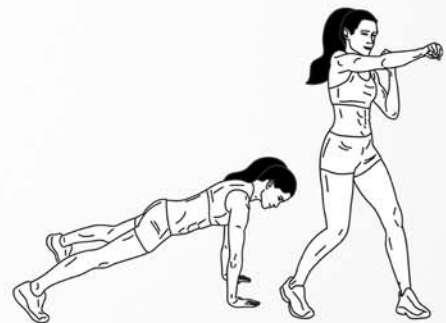
**20sec** plank + jab + cross



**20sec** high knees



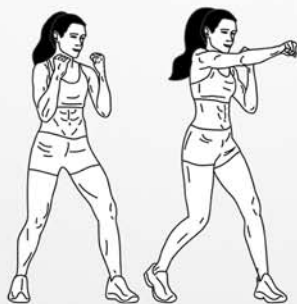
**20sec** punches



**20sec** plank jack + jab + cross



**20sec** high knees



**20sec** punches



**finish 20sec** plank