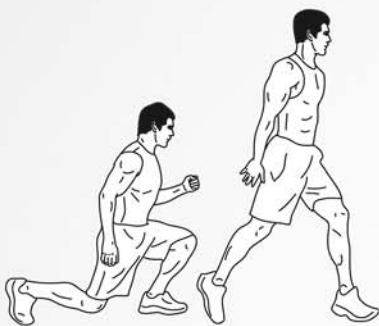


# HELL-FORGED

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

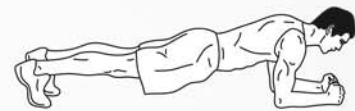
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



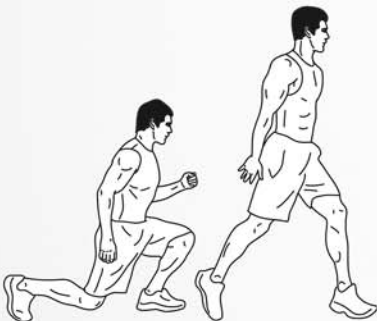
**20sec** jumping lunges



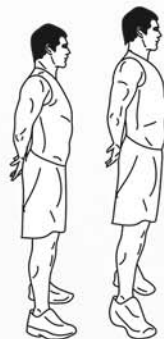
**20sec** calf raises



**40sec** elbow plank



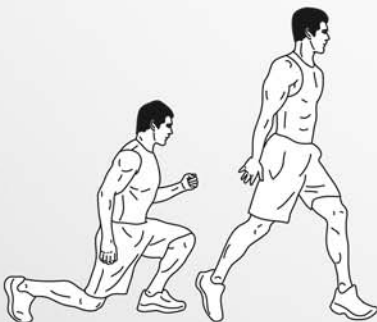
**20sec** jumping lunges



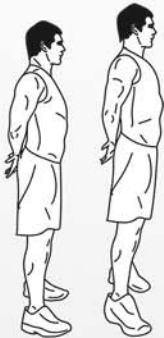
**20sec** calf raises



**40sec** side elbow plank



**20sec** jumping lunges



**20sec** calf raises



**40sec** raised leg elbow plank