

HIIT It Hard

DAREBEE WORKOUT © darebee.com

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



10sec slow butt kicks



10sec fast butt kicks



tap the floor once



10sec slow jacks



10sec fast jacks



tap the floor once



10sec slow high knees



10sec fast high knees



tap the floor once