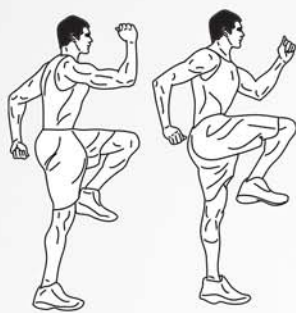


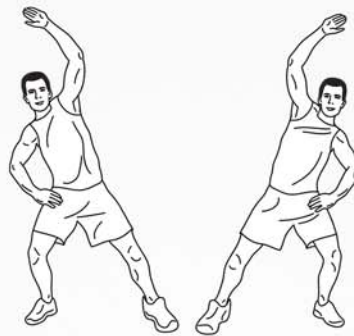
MELTDOWN

DAREBEE **HIIT** WORKOUT @ darebee.com

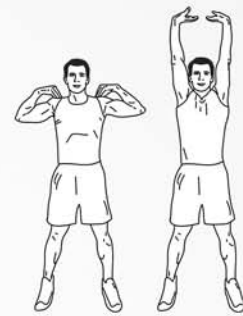
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



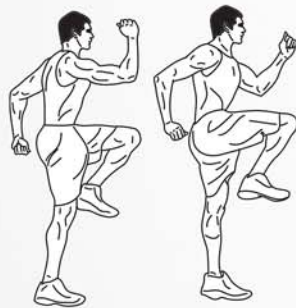
20sec march steps



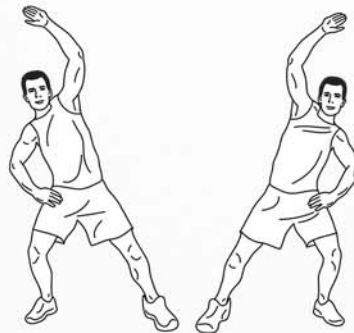
20sec side jacks



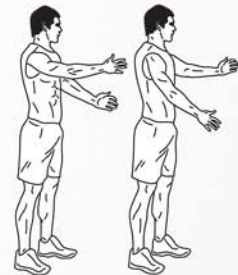
20sec shoulder taps



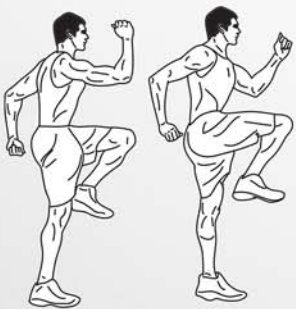
20sec march steps



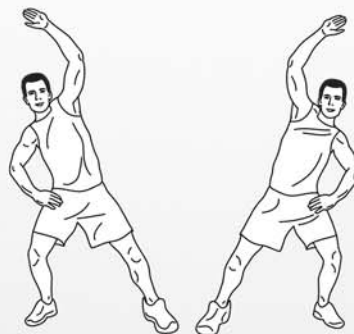
20sec side jacks



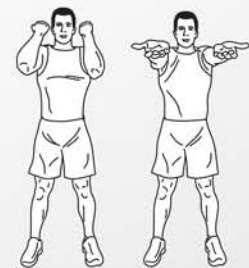
20sec arm chops



20sec march steps



20sec side jacks



20sec bicep extensions