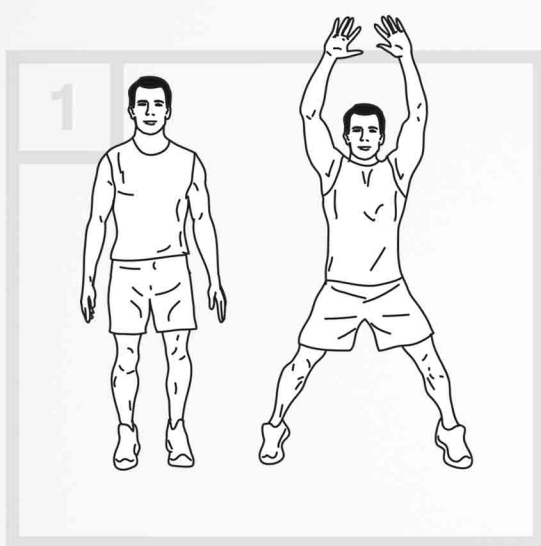


NUTCRACKER

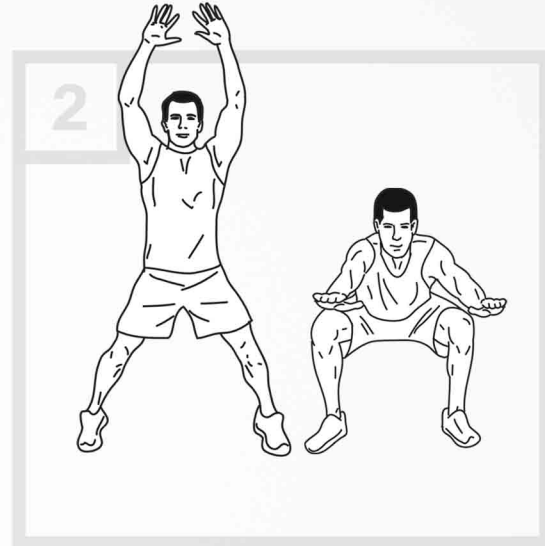
DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 5 rounds Level II 10 rounds Level III 15 rounds

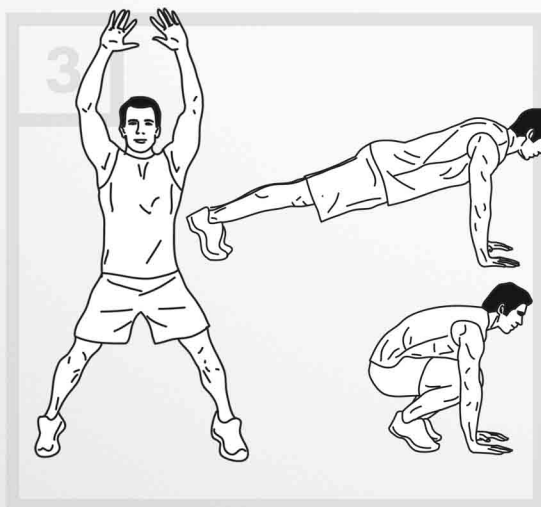
1 minute rest between rounds



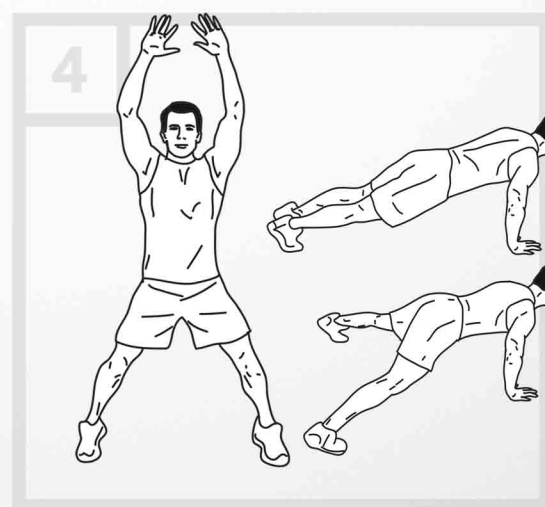
20sec jumping jacks



20sec jumping jack + squat



10sec jumping jack + plank jump-in



10sec jumping jack + plank jack