

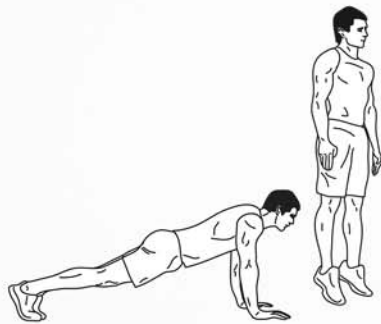
# OUT OF EXCUSES

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

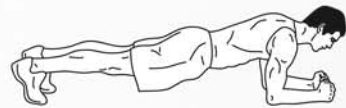
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



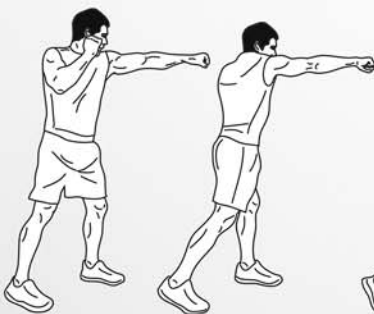
**30sec** squats



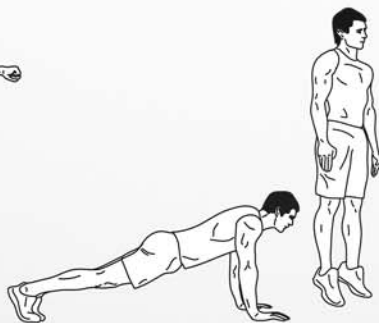
**30sec** basic burpees



**30sec** elbow plank



**30sec** punches



**30sec** basic burpees



**30sec** side elbow plank