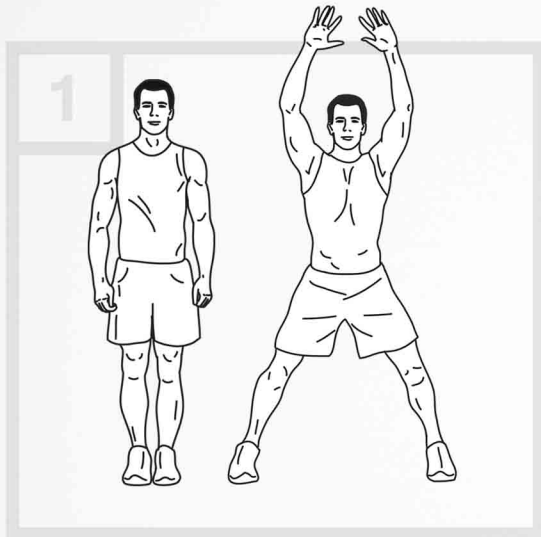


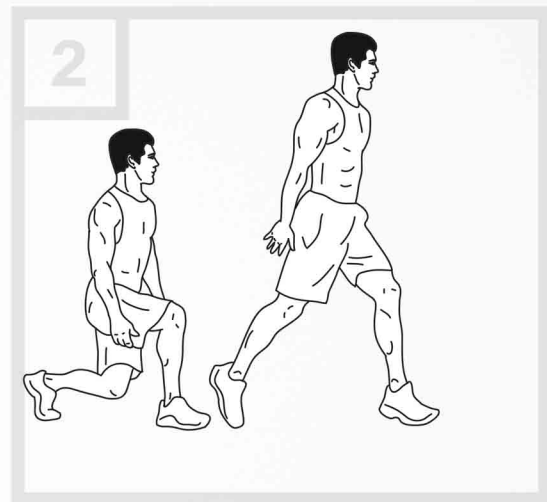
PHOENIX BURN

DAREBEE **HIIT** WORKOUT @ darebee.com

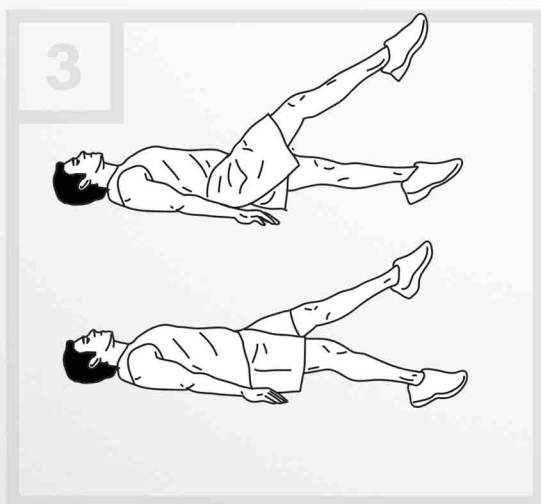
Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds
1 minute rest between rounds



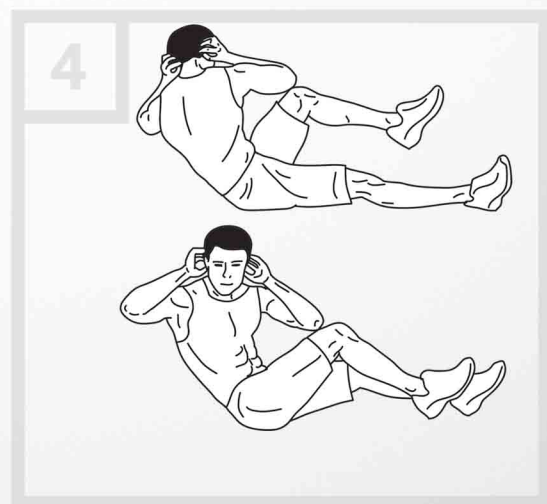
20sec jumping jacks



10sec jumping lunges



10sec flutter kicks



20sec knee-to-elbow crunches