

POWER STRIKE

DAREBEE **HIIT** WORKOUT
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LEVEL I 3 sets

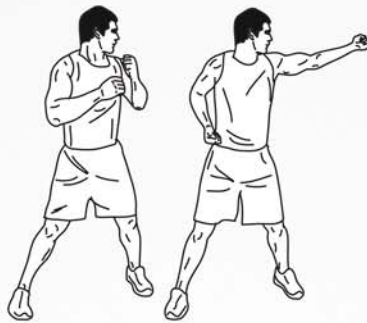
LEVEL II 5 sets

LEVEL III 7 sets

2 minutes rest between sets



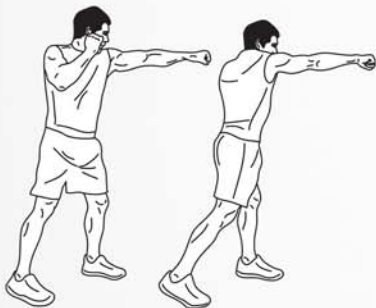
20sec high knees



20sec backfists



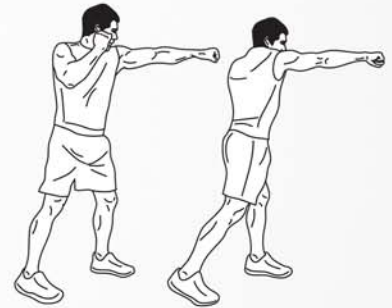
20sec high knees



20sec punches



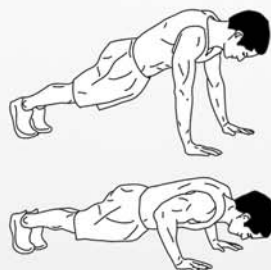
20sec squat + hook



20sec punches



20sec high knees



20sec push-ups



20sec high knees