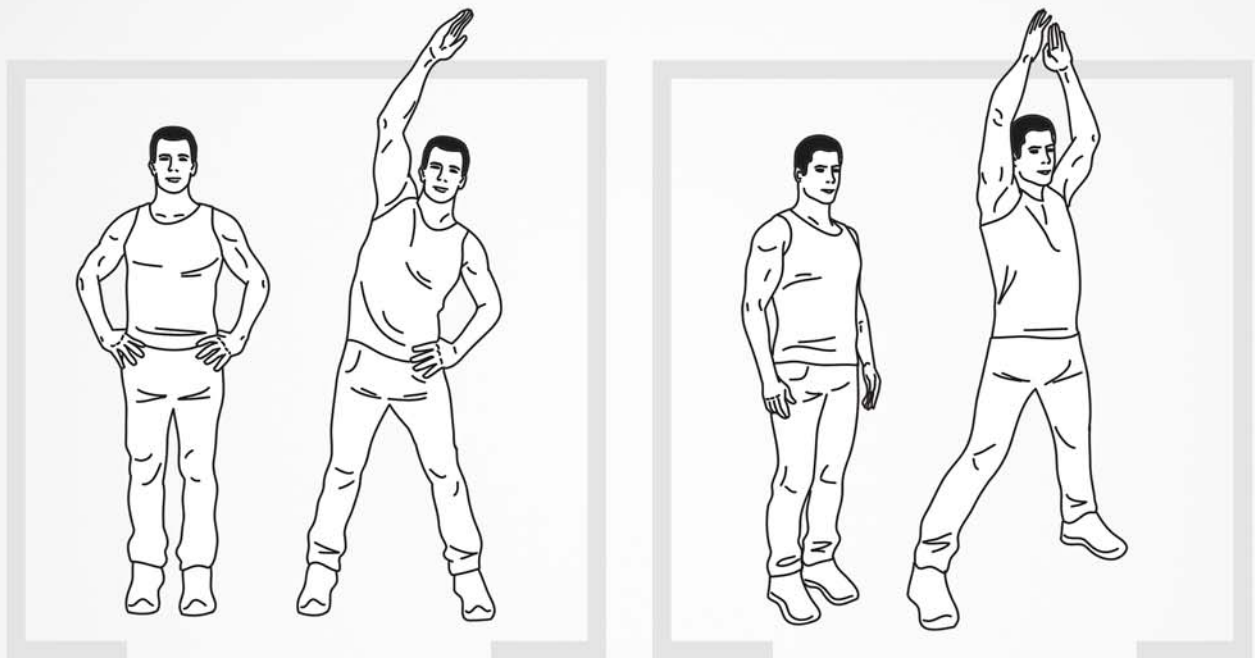


# Quick Burn

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



**10sec** step side jacks

**10sec** jumping jacks

**10sec** step side jacks

**10sec** jumping jacks

**10sec** step side jacks

**10sec** jumping jacks

done