

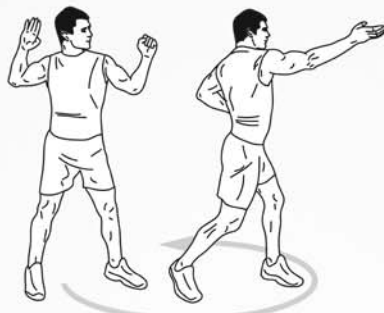
RAMPAGE

DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 rounds Level II 5 rounds Level III 7 rounds
2 minutes rest between rounds



20sec high knees



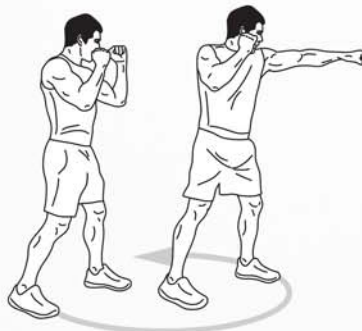
20sec knife hand strikes



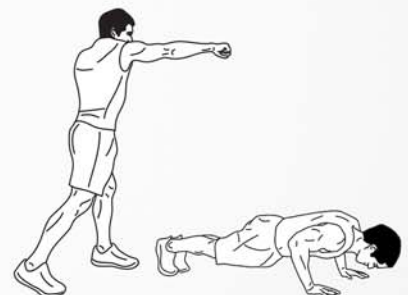
20sec knife hand strike + squat



20sec high knees



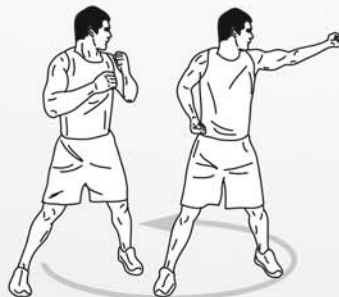
20sec jabs



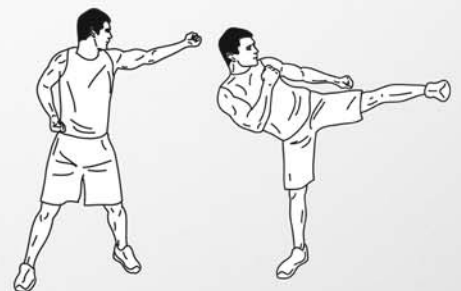
20sec jab + cross + push-up



20sec high knees



20sec backfists



20sec backfist + side kick