

# SMOKING HOT

DAREBEE **HIIT** WORKOUT

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Level I 3 sets Level II 5 sets Level III 7 sets

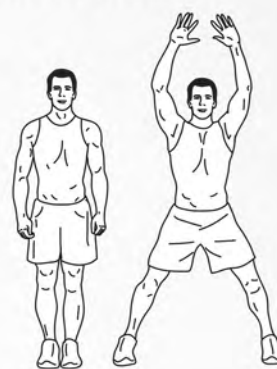
2 minutes rest between sets



**20sec** high knees



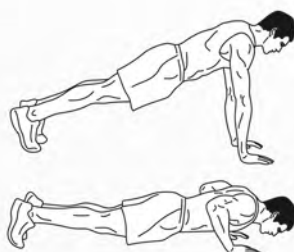
**20sec** calf raises



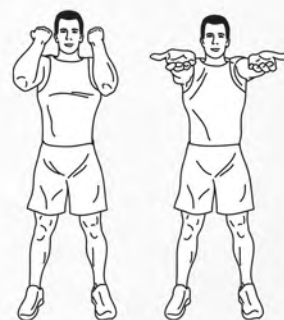
**40sec** jumping jacks



**20sec** plank hold



**20sec** push-ups



**40sec** bicep extensions



**20sec** side plank hold  
- right -



**20sec** side plank hold  
- left -



**40sec** elbow plank hold