

Sprint & Halt

DAREBEE **HIIT** WORKOUT @ darebee.com

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

2 minutes rest between rounds



one push-up every 10 seconds during high knees



20sec high knees



10sec calf raise hold



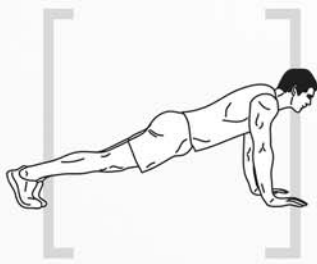
20sec high knees



10sec single leg stand



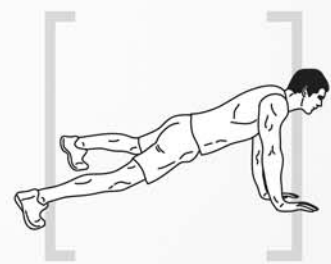
20sec high knees



10sec plank



20sec high knees



10sec wide plank



20sec high knees



10sec squat hold



20sec high knees



10sec leg raise hold