

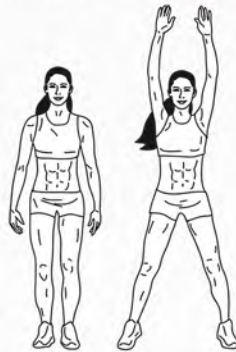
SWEAT ZONE

DAREBEE **HIIT** WORKOUT @ darebee.com

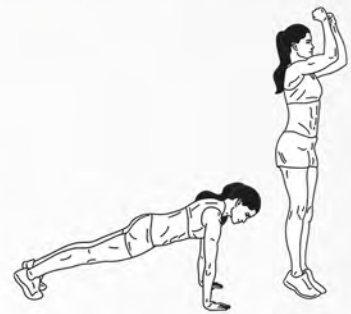
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



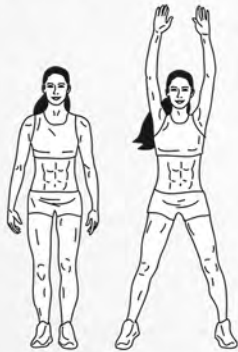
20sec basic burpees



20sec jumping jacks



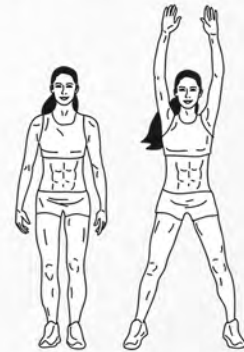
20sec basic burpees



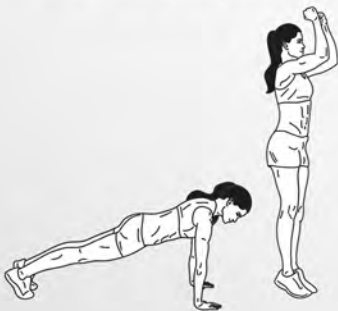
20sec jumping jacks



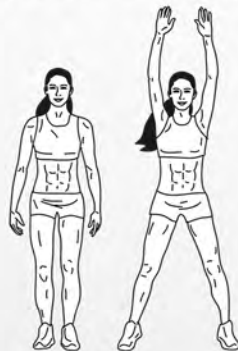
20sec side jacks



20sec jumping jacks



20sec basic burpees



20sec jumping jacks



20sec basic burpees