

# TAKEOVER

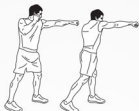
DAREBEE **HIIT** WORKOUT @ [darebee.com](http://darebee.com)

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

2 minutes rest between sets



**20sec** turning kicks



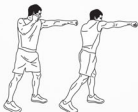
**20sec** punches



**20sec** sit-up punches



**20sec** hook kicks



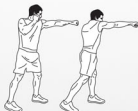
**20sec** punches



**20sec** sit-up punches



**20sec** double turning kicks



**20sec** punches



**20sec** sit-up punches