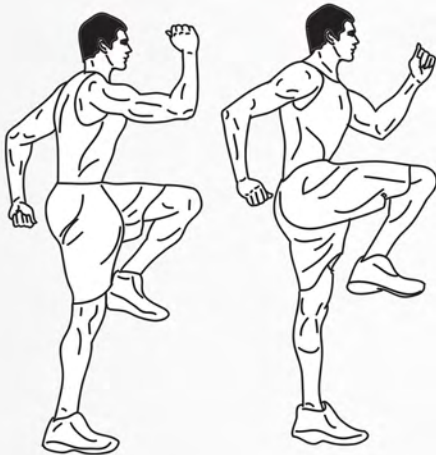


**HIIT** WORKOUT  
BY DAREBEE  
© [darebee.com](http://darebee.com)

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

# WALK RUN REPEAT



**20 sec** march steps

**10 sec** high knees

**20 sec** march steps

**10 sec** high knees

**20 sec** march steps

**10 sec** high knees

**20 sec** march steps

**10 sec** high knees