

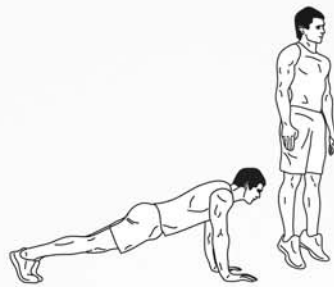
superhero HIIT

DAREBEE WORKOUT @ darebee.com

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



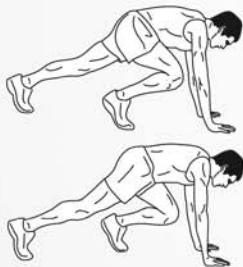
30sec high knees



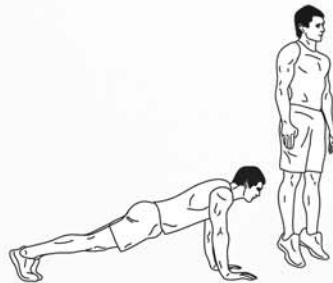
30sec basic burpees



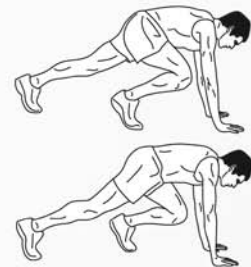
30sec high knees



30sec climbers



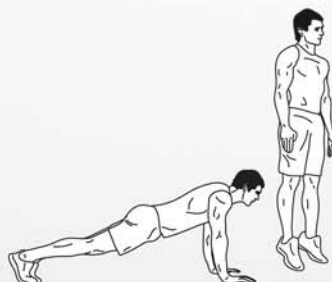
30sec basic burpees



30sec climbers



30sec high knees



30sec basic burpees



30sec high knees