

ATOMIC

DAREBEE **HIIT** WORKOUT © darebee.com

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



40sec step jacks



10sec knee-to-elbows



10sec lunge step-ups



40sec step jacks



10sec knee-to-elbows



10sec calf raises



40sec step jacks



10sec knee-to-elbows



10sec staggered deadlifts