

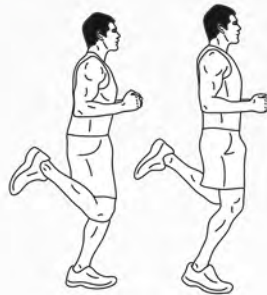
get to the chopper

DAREBEE **HIIT** WORKOUT @ darebee.com

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



20sec high knees



20sec butt kicks



20sec high knees



20sec one-arm plank



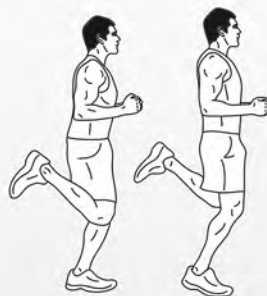
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