

Goku

DAREBEE **HIIT** WORKOUT © darebee.com

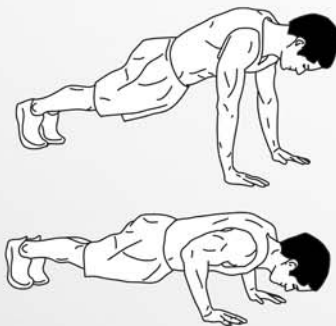
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



10sec squats



20sec side kicks



10sec push-ups



20sec squat hold punches