

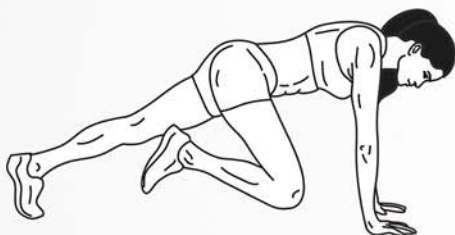
# HELLBOUND

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

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

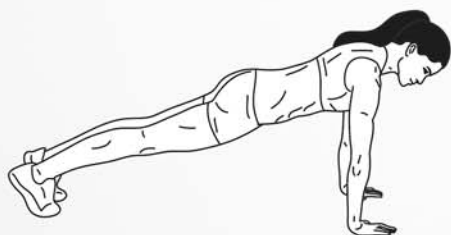


**40sec** climbers



**20sec** push-ups

**20sec** superman hold



**40sec** climbers

**20sec** push-ups

**20sec** superman hold



**40sec** climbers

**20sec** push-ups

**20sec** superman hold



done