


Hear Me Roar

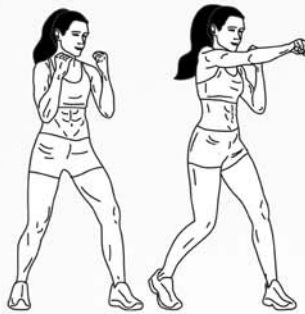
DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 rounds Level II 5 rounds Level III 7 rounds 2 min rest between rounds

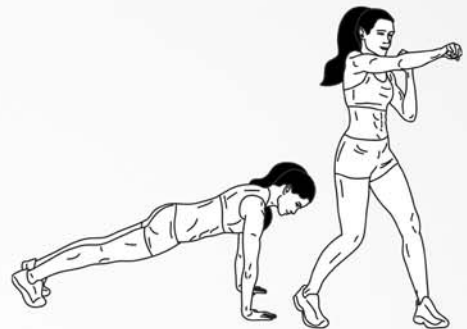
Extra Credit 1 push-up every 20 seconds 



20sec high knees



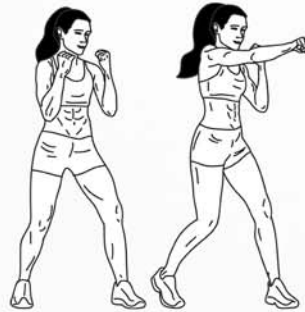
20sec punches



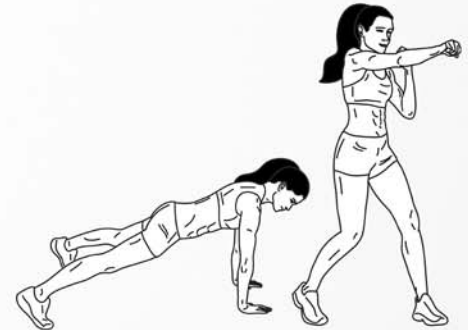
20sec plank + jab + cross



20sec high knees



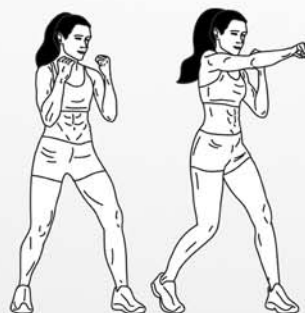
20sec punches



20sec plank jack + jab + cross



20sec high knees



20sec punches



finish 20sec plank