

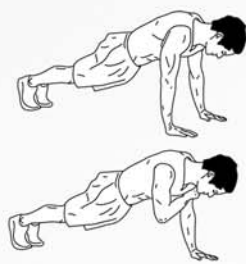
# purgatory

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

**Level I** 3 rounds **Level II** 5 rounds **Level III** 7 rounds  
2 minutes rest between rounds



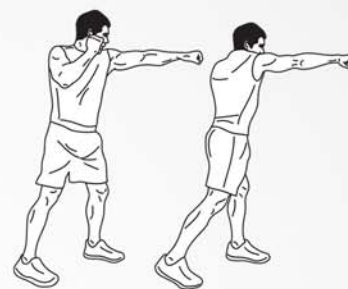
**10sec** high knees



**20sec** shoulder taps



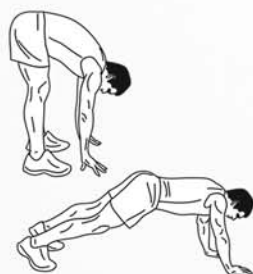
**10sec** high knees



**20sec** punches



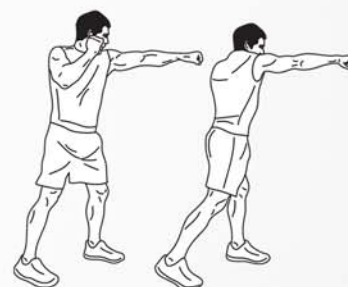
**10sec** high knees



**20sec** plank walk-outs



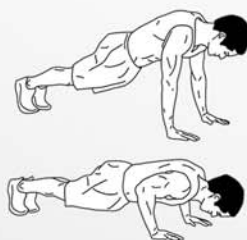
**10sec** high knees



**20sec** punches



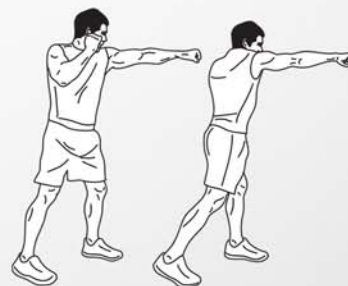
**10sec** high knees



**20sec** push-ups



**10sec** high knees



**20sec** punches