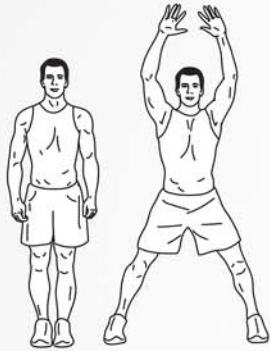


# CARDIO SUPREME

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

Level I 3 sets Level II 5 sets Level III 7 sets

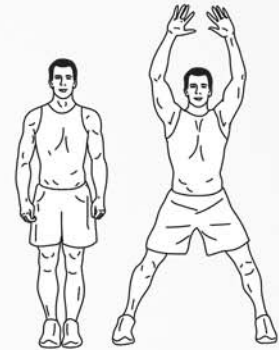
2 minutes rest between sets



**20sec** jumping jacks



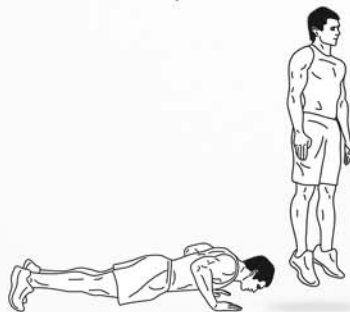
**20sec** plank hold



**20sec** jumping jacks



**20sec** plank hold



**20sec** burpees



**20sec** plank hold



**20sec** high knees



**20sec** plank hold



**20sec** high knees