

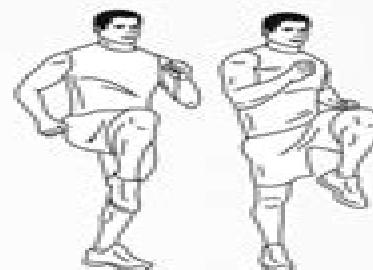
MAX IMPACT

DAREBEE **HIIT** WORKOUT © darebee.com

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



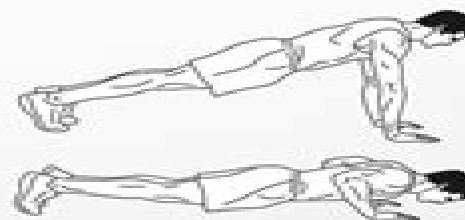
20sec jumping Ts



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Max Workout Manual

SJ Ball



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