

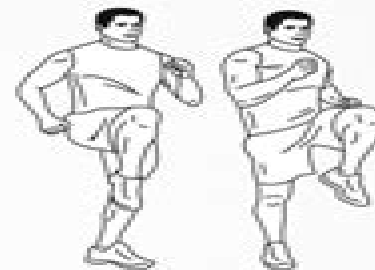
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DAREBEE **HIIT** WORKOUT © [darebee.com](http://darebee.com)

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



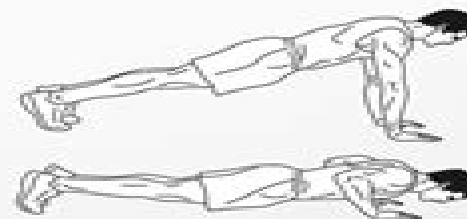
**20sec** jumping Ts



**20sec** high knees



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**10sec** push-ups

# Max Workout Manual

**Patrick Vollmar**



## Max Workout Manual:

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