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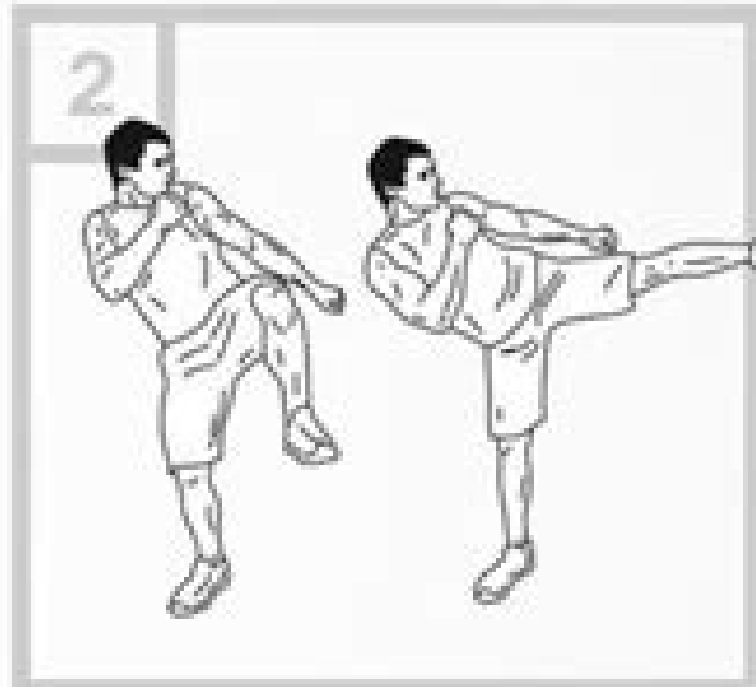
# Goku

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

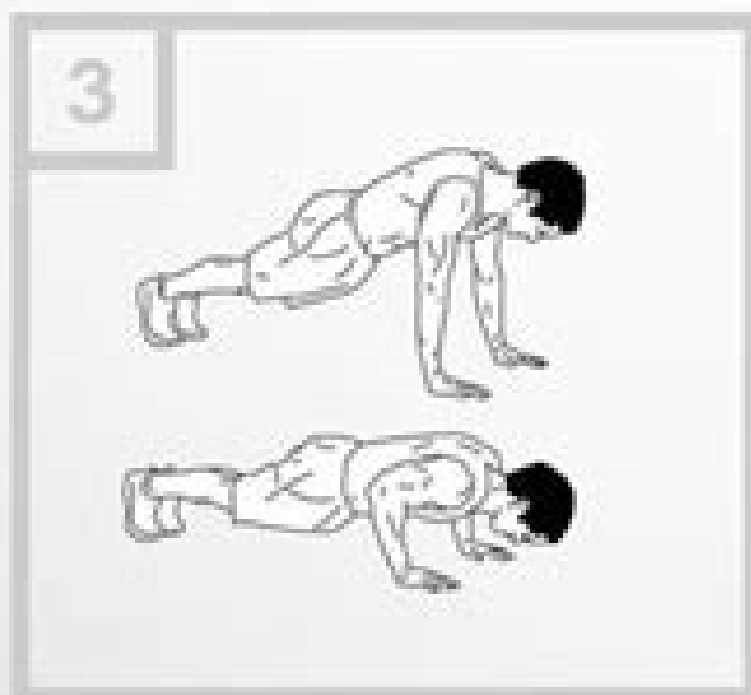
Level I 5 rounds Level II 10 rounds Level III 15 rounds  
1 minute rest between rounds



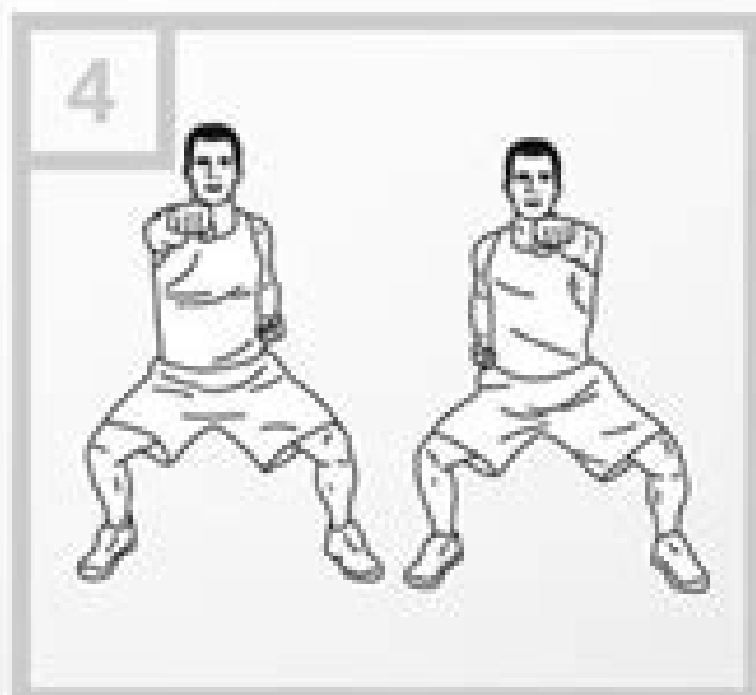
**10sec** squats



**20sec** side kicks

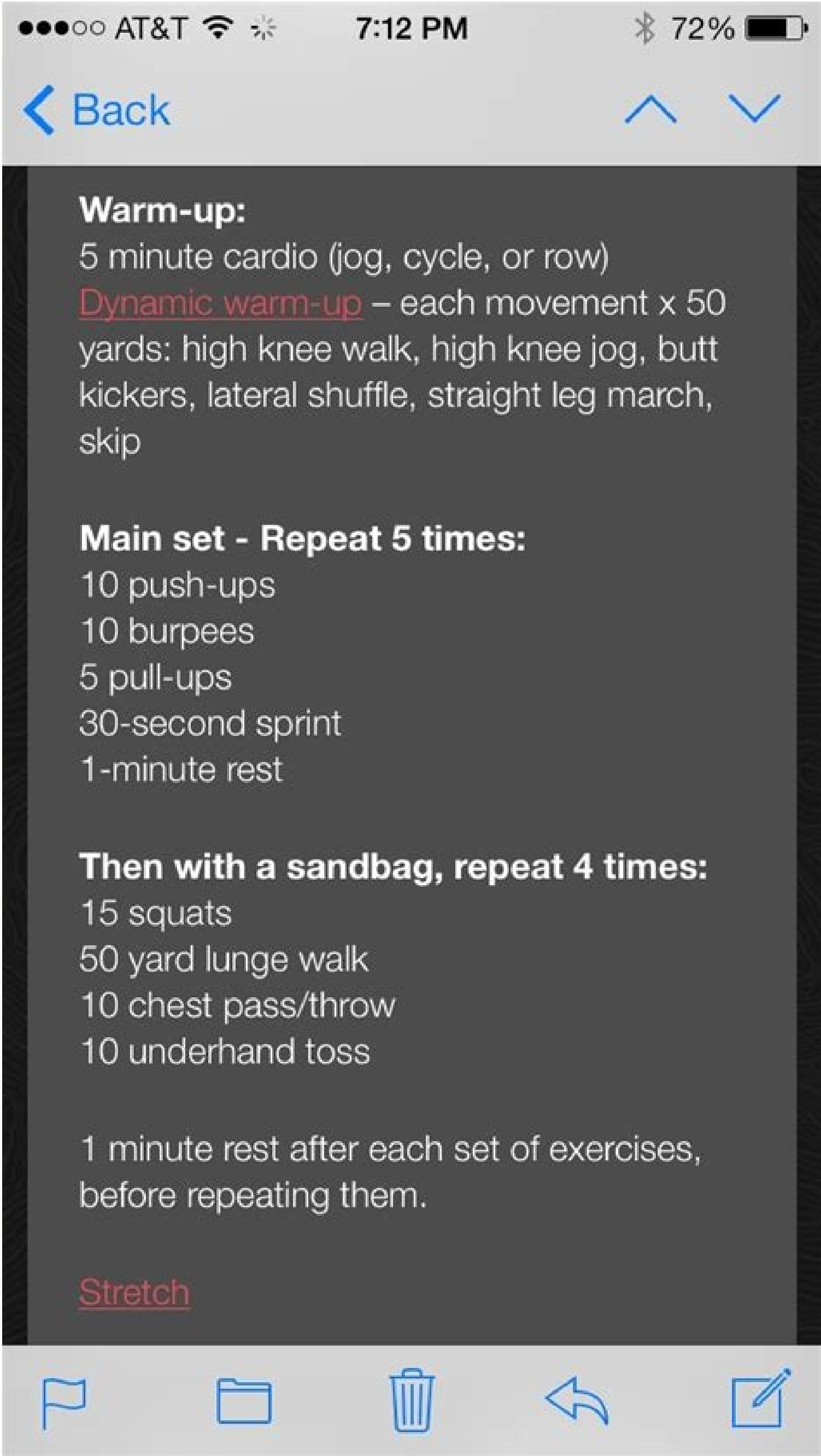


**10sec** push-ups



**20sec** squat hold punches





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