

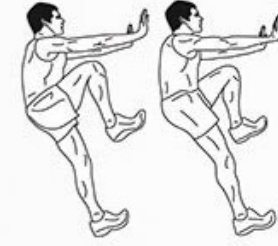
# GUT CONTROL

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

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



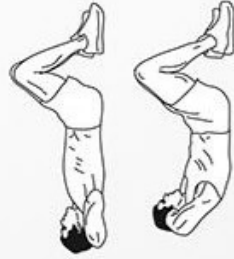
**20sec** high knees



**20sec** climbers



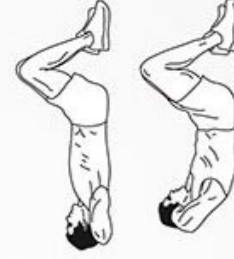
**20sec** high knees



**20sec** crunches



**20sec** leg raises



**20sec** crunches



**20sec** heel taps



**20sec** flutter kicks



**20sec** heel taps