

NTI assignment (5<sup>th</sup> – 8<sup>th</sup>)

Week 3: Warm up by jogging in place for 30 seconds/ 4 times (15 sec rest in between each set)

Do 2 sets of 15 jumping jacks.

Get your heart pumping and that blood flowing!

Begin the workout! You are to do Level 2!

\_\_\_\_\_ Parent/Guardian sign & date when completed

# 100%

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

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



**20sec** high knees



**20sec** shoulder taps



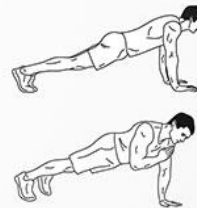
**20sec** high knees



**20sec** shoulder taps



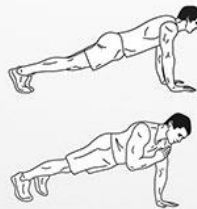
**20sec** plank hold



**20sec** shoulder taps



**20sec** high knees



**20sec** shoulder taps



**20sec** high knees

NTI assignment (5<sup>th</sup> – 8<sup>th</sup>)

Week 4: Warm up by jogging in place for 30 seconds/ 4 times (15 sec rest in between each set)

Do 2 sets of 15 jumping jacks.

Get your heart pumping and that blood flowing!

Begin the workout! You are to do Level 2!

\_\_\_\_\_ Parent/Guardian sign & date when completed

# What doesn't Kill you

DAREBEE WORKOUT

[@ darebee.com](https://darebee.com)

Level I 3 sets

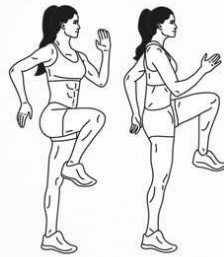
Level II 5 sets

Level III 7 sets

2 minutes rest



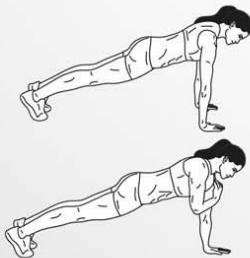
20 high knees



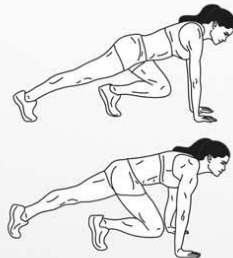
20 march steps



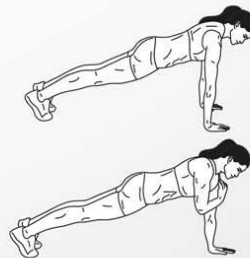
20 high knees



20 shoulder taps



20 climbers



20 shoulder taps