

POWER BURN

DAREBEE **HIIT** WORKOUT

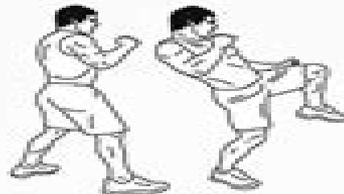
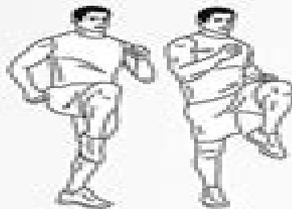
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Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10sec high knees

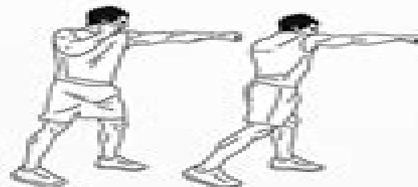
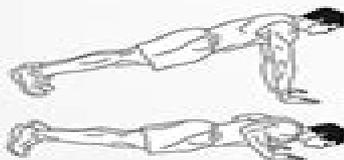
10sec knee strikes

10sec high knees

10sec knee strikes

10sec high knees

10sec knee strikes



10sec push-ups

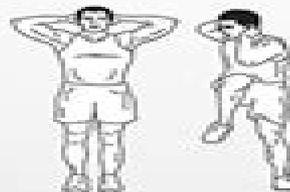
10sec punches

10sec push-ups

10sec punches

10sec push-ups

10sec punches



10sec jumping jacks

10sec knee-to-elbow

10sec jumping jacks

10sec knee-to-elbow

10sec jumping jacks

10sec knee-to-elbow

Power To Burn

Rosina Ehmann



Power To Burn:

Whispering the Strategies of Language: An Psychological Journey through **Power To Burn**

In a digitally-driven earth where displays reign great and instant transmission drowns out the subtleties of language, the profound strategies and mental nuances concealed within phrases often get unheard. Yet, nestled within the pages of **Power To Burn** a fascinating fictional treasure pulsing with fresh thoughts, lies an extraordinary journey waiting to be undertaken. Published by an experienced wordsmith, this charming opus attracts visitors on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within the very material of each and every word. Within the psychological depths of the touching review, we will embark upon a sincere exploration of the book is core styles, dissect their charming writing style, and yield to the powerful resonance it evokes serious within the recesses of readers hearts.

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