



**JAB. CROSS. KICK.**

**FIREHEART**

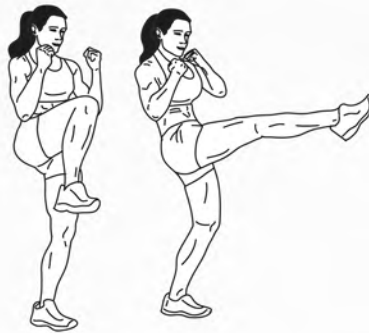
# FIREHEART

– Day 1 – [© darebee.com](https://darebee.com)

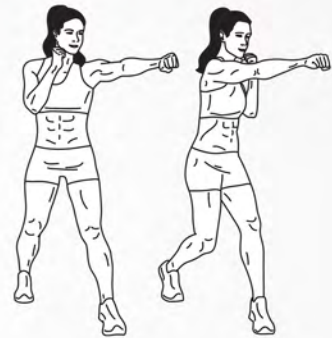
Level I 3 sets Level II 5 sets Level III 7 sets  
2 minute rest between sets



**10** squats



**20** front kicks



**20** jab + cross



**10** squats



**20** knee strikes

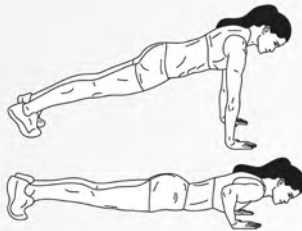


**20** elbow strikes

# FIREHEART

— Day 2 — © [darebee.com](http://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



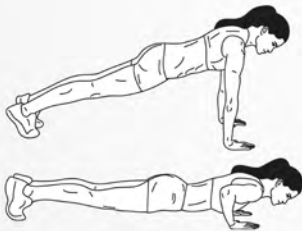
**2** push-ups



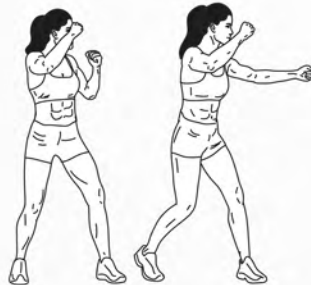
**20** jabs  
left arm only



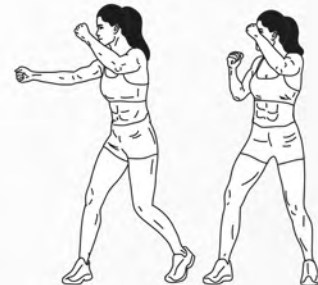
**20** jabs  
right arm only



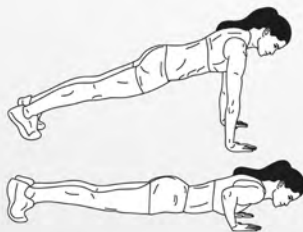
**2** push-ups



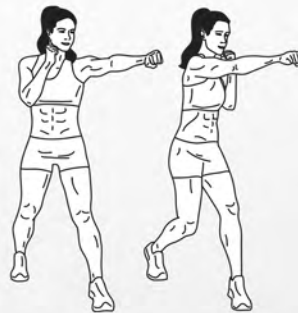
**20** backfists  
left arm only



**20** backfists  
right arm only



**4** push-ups

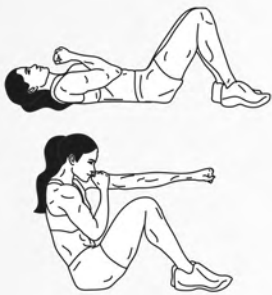


**20** jab + cross

# FIREHEART

—Day 3— [© darebee.com](https://darebee.com)

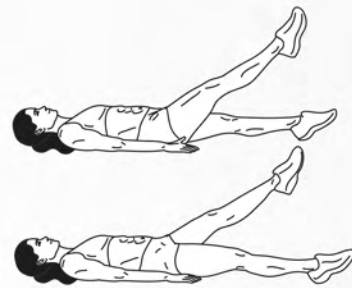
Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



**10** sit-up punches



**10** sitting punches



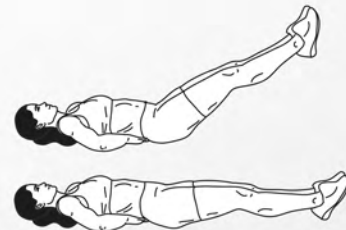
**10** flutter kicks



**10** sit-up punches



**10** sitting punches



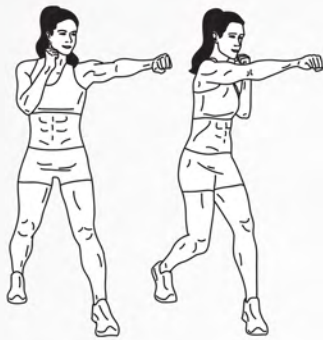
**5** leg raises

# FIREHEART

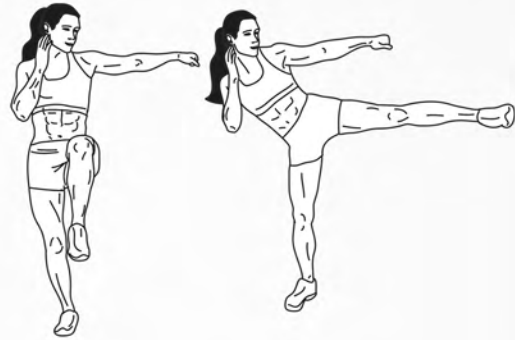
— Day 4 — [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets

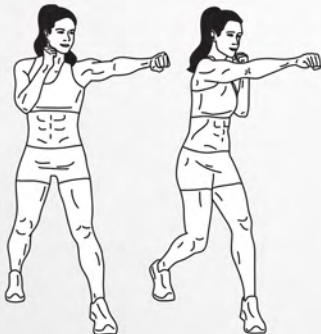
2 minute rest between sets



**20** jab + cross



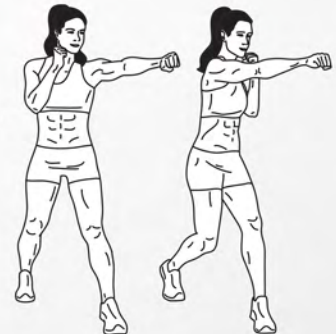
**20** side kicks



**20** jab + cross



**20** squat + side kick

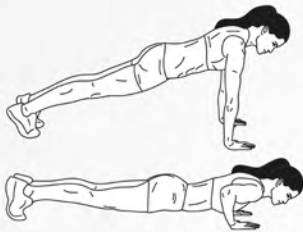


**20** jab + cross

# FIREHEART

— Day 5 — © [darebee.com](http://darebee.com)

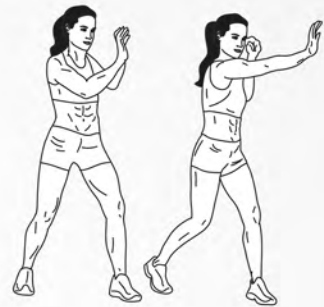
Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



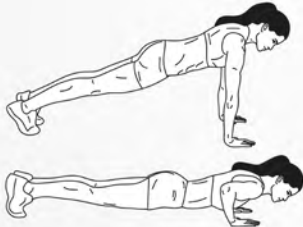
**2** push-ups



**10-count** plank hold



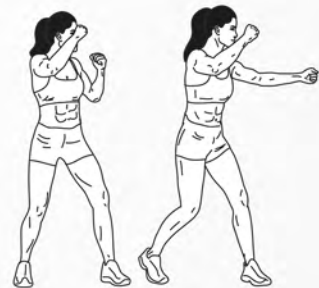
**20** palm strikes



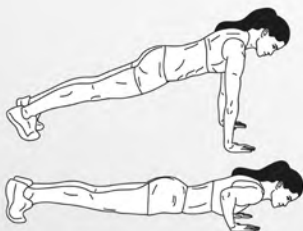
**2** push-ups



**10-count** plank hold



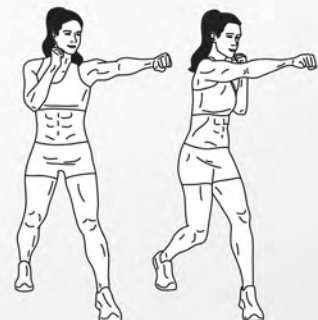
**20** backfists



**2** push-ups



**10-count** plank hold



**20** jab + cross

# FIREHEART

— Day 6 — [@ darebee.com](https://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



**10-count** hold



**10** side leg raises



**10-count** hold



**10-count** hold



**10** side bridges



**10-count** hold

# FIREHEART

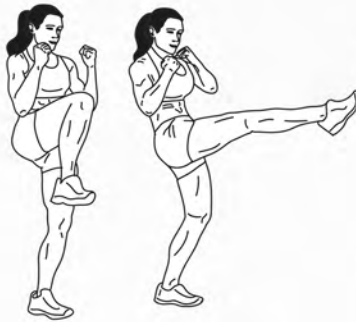
— Day 7 — [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets

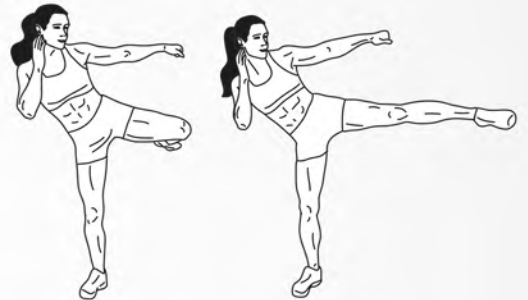
2 minute rest between sets



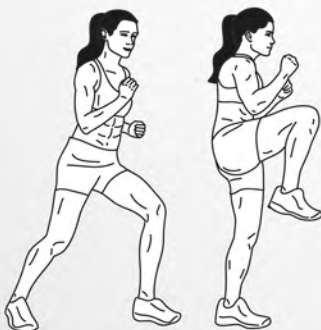
**10** lunge + cross



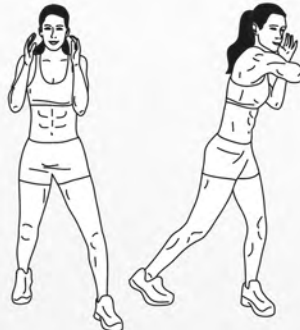
**20** front kicks



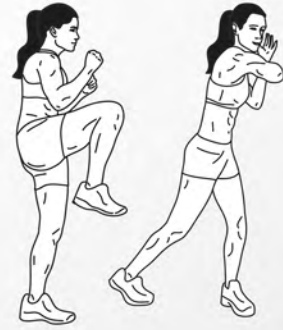
**20** turning kicks



**10** knee strikes



**10** elbow strikes



**10** combos  
knee strike + elbow strike

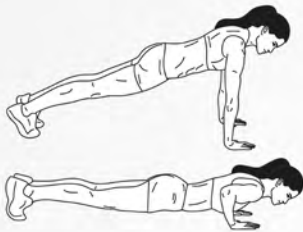


# FIREHEART

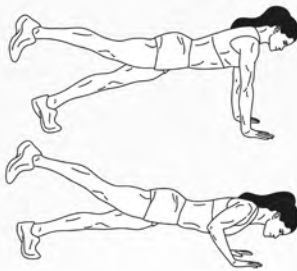
— Day 8 — © [darebee.com](http://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets

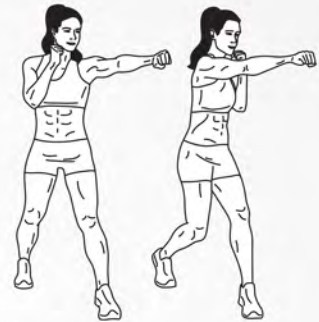
2 minute rest between sets



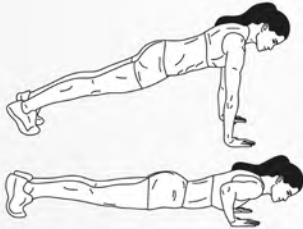
**2** push-ups



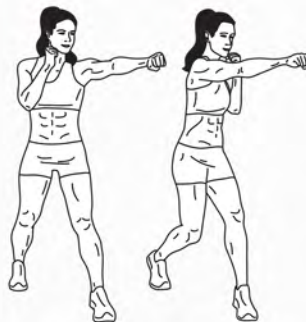
**2** raised leg push-ups



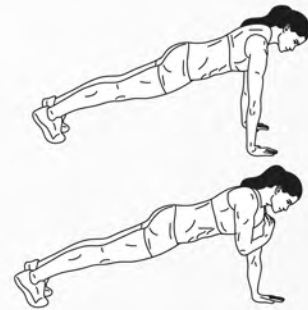
**20** jab + cross



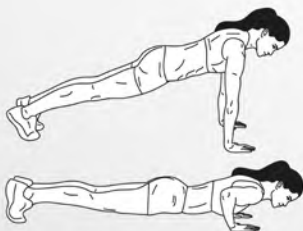
**2** push-ups



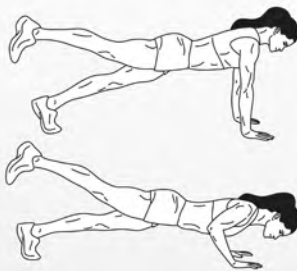
**20** jab + cross



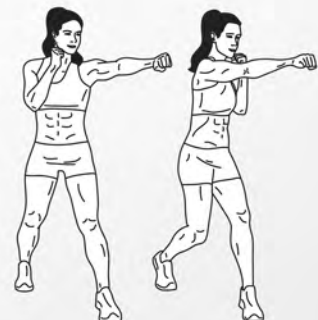
**20** shoulder taps



**2** push-ups



**2** raised leg push-ups



**20** jab + cross

# FIREHEART

—Day 9— [© darebee.com](https://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



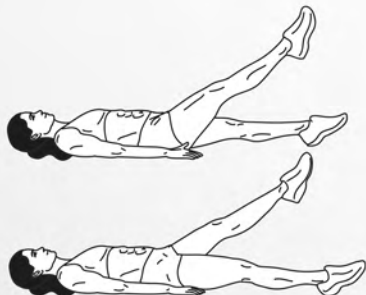
**10** sit-up punches



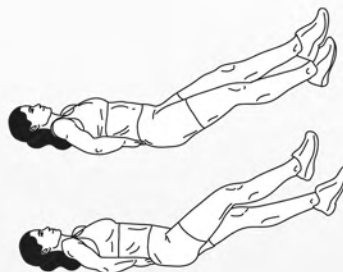
**10** sitting punches



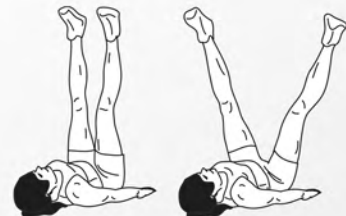
**5** crunch kicks



**10** flutter kicks



**10** scissors



**5** V-extensions

# FIREHEART

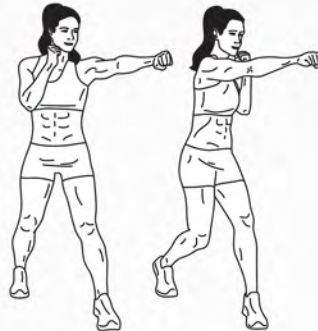
- Day 10 - [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets

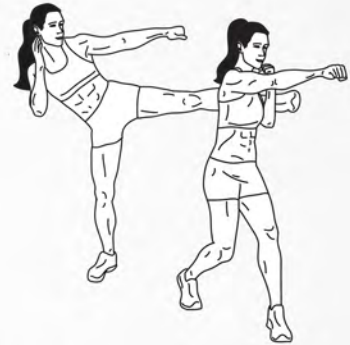
2 minute rest between sets



**20** side kicks



**20** jab + cross



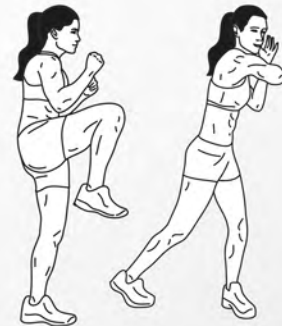
**20** combos  
side kick + jab + cross



**20** knee strikes



**20** elbow strikes

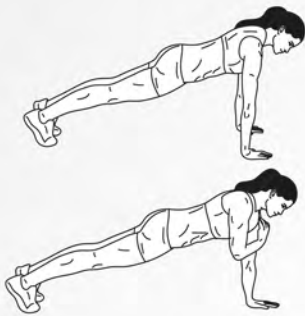


**20** combos  
knee strike + elbow strike

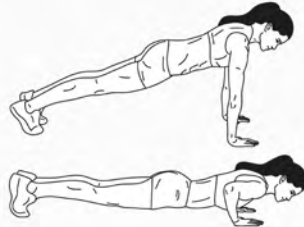
# FIREHEART

– Day 11 – [© darebee.com](http://darebee.com)

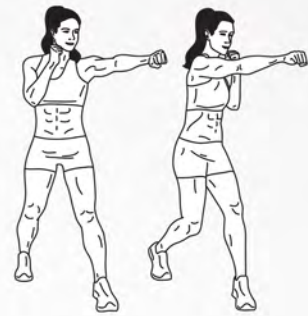
Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



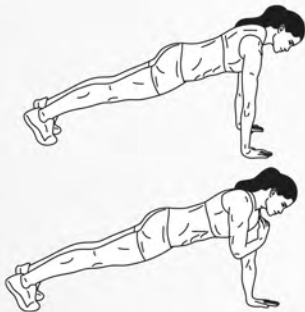
**20** shoulder taps



**2** push-ups



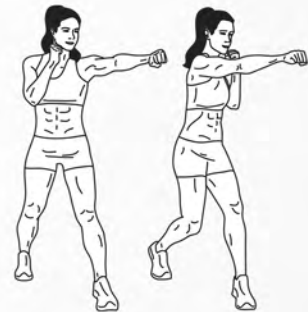
**20** jab + cross



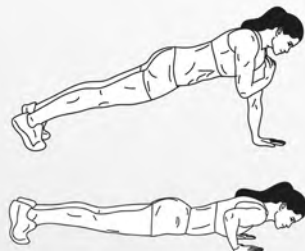
**20** shoulder taps



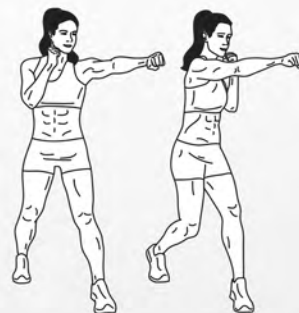
**2** plank rotations



**20** jab + cross



**4** push-up + shoulder tap



**20** jab + cross

# FIREHEART

– Day 12 – [@ darebee.com](https://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



**10-count** hold



**10** bridges



**10-count** hold



**10-count** hold



**10** side bridges



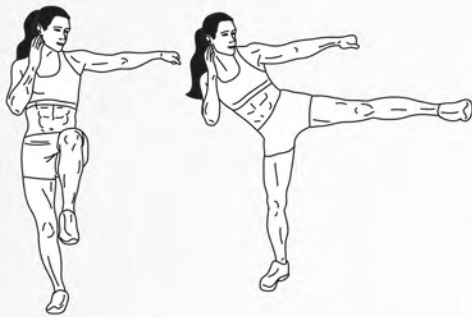
**10-count** hold

# FIREHEART

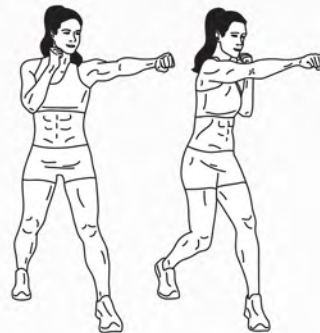
- Day 13 - @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets

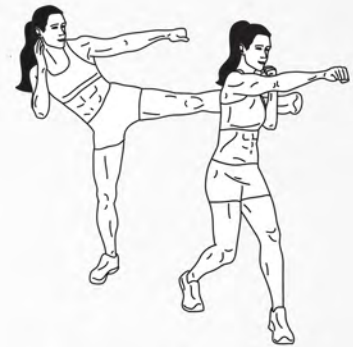
2 minute rest between sets



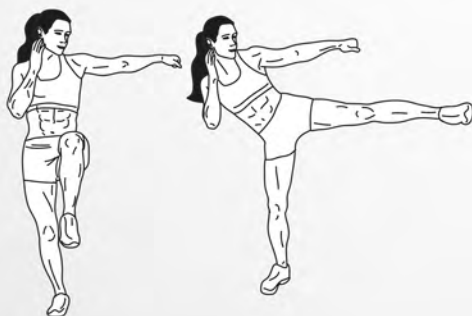
**10** side kicks



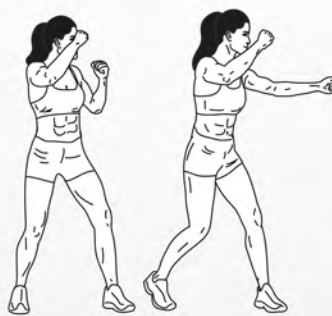
**20** jab + cross



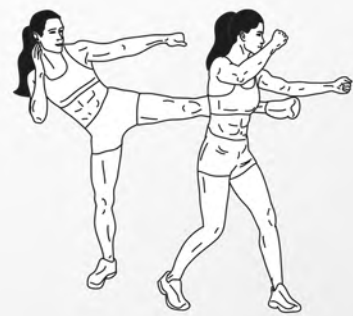
**20** combos  
side kick + jab + cross



**10** side kicks



**20** backfists

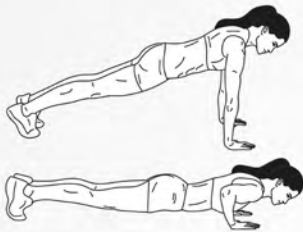


**20** combos  
side kick + backfist

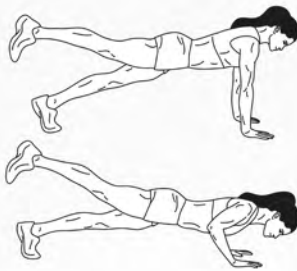
# FIREHEART

– Day 14 – [© darebee.com](https://darebee.com)

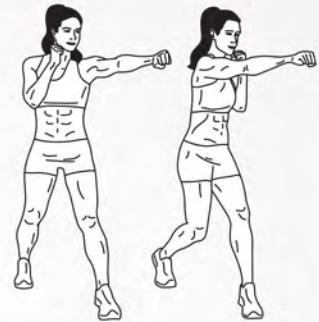
Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



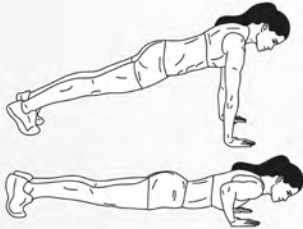
**2** push-ups



**2** raised leg push-ups



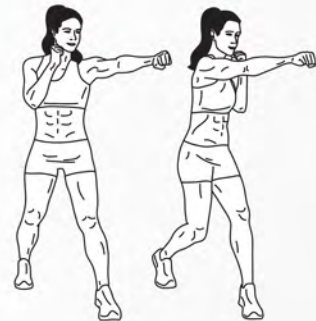
**20** jab + cross



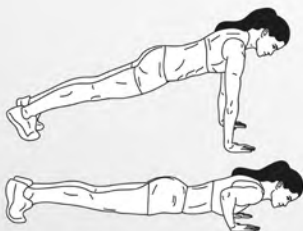
**2** push-ups



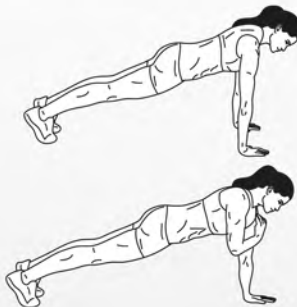
**10-count** plank hold



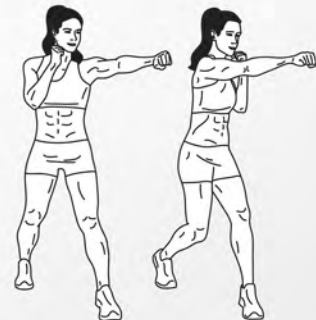
**20** jab + cross



**2** push-ups



**20** shoulder taps



**20** jab + cross

# FIREHEART

– Day 15 – [@ darebee.com](https://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



**10** sit-up punches



**10** sitting punches



**10** sit-up punches



**10** crunch kicks



**10** sitting punches



**10** crunch kicks

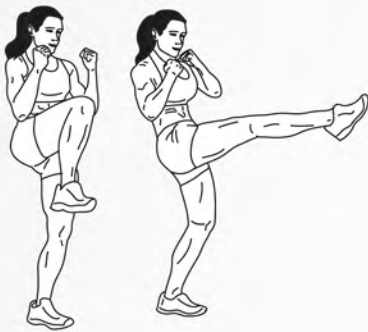


# FIREHEART

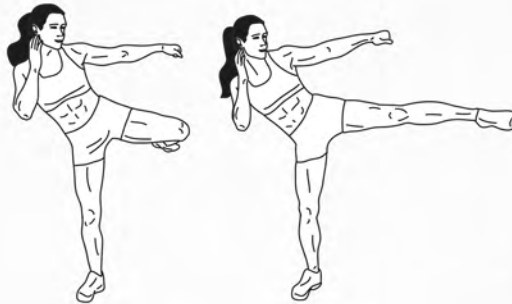
- Day 16 - @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets

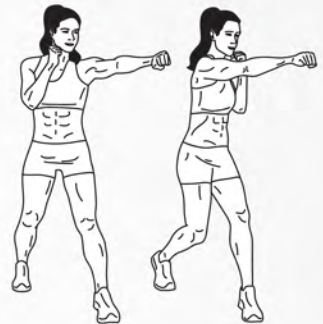
2 minute rest between sets



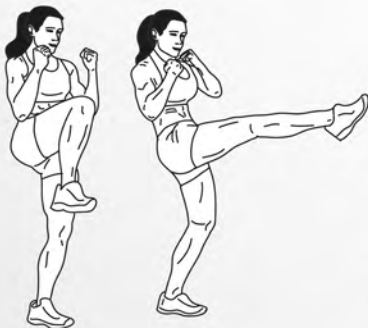
**20** front kicks



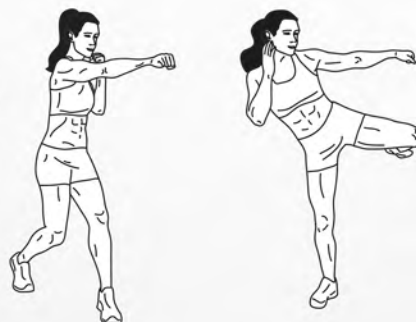
**20** turning kicks



**20** jab + cross



**20combos** front kick + jab + cross



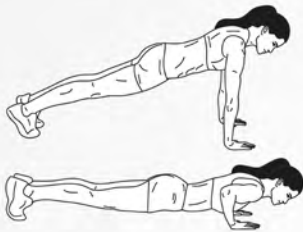
**20combos** turning kick + jab + cross

# FIREHEART

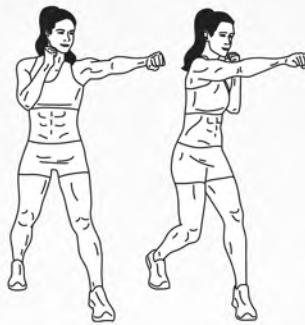
– Day 17 – [@ darebee.com](https://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets

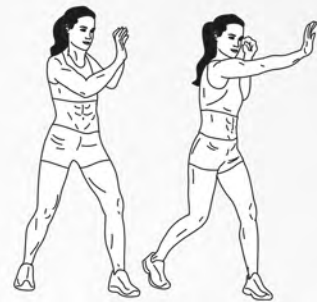
2 minute rest between sets



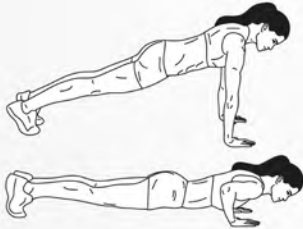
**3** push-ups



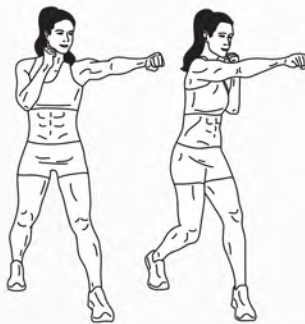
**30** jab + cross



**10** palm strikes



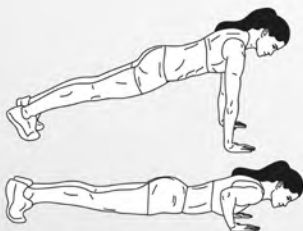
**3** push-ups



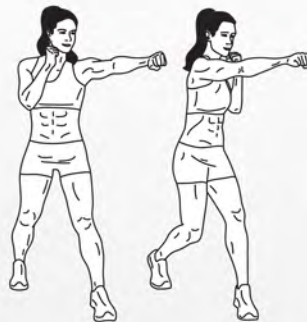
**30** jab + cross



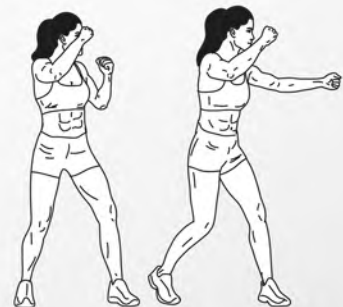
**10** elbow strikes



**3** push-ups



**30** jab + cross



**10** backfists

# FIREHEART

– Day 18 – [@ darebee.com](https://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



**10-count** hold



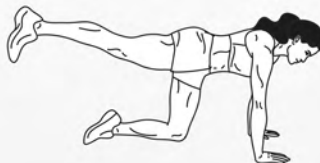
**10** side leg raises



**10-count** hold



**10-count** hold



**10** back kicks



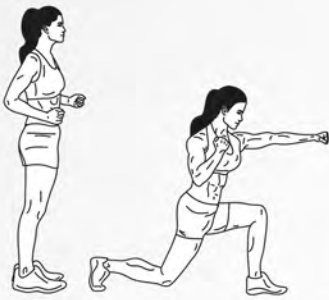
**10-count** hold

# FIREHEART

– Day 19 – [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets

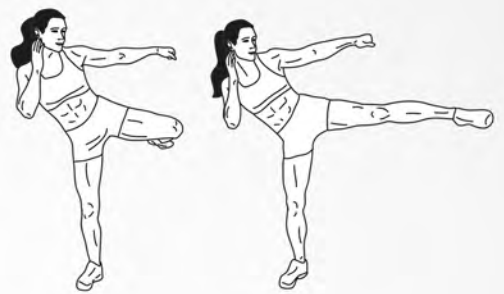
2 minute rest between sets



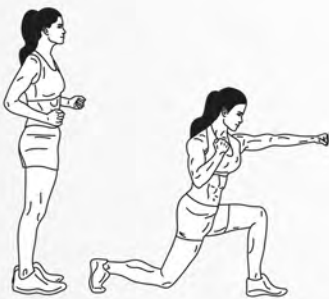
**4** lunge + cross



**20** front kicks



**20** turning kicks



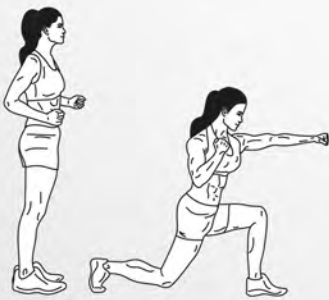
**4** lunge + cross



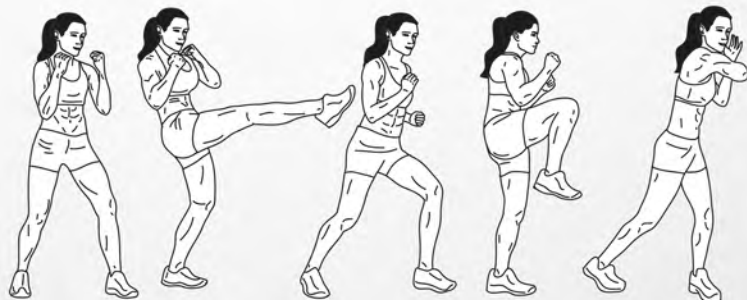
**20** knee strikes



**20** elbow strikes



**4** lunge + cross

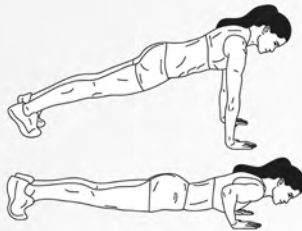


**20** combos front kick + knee strike + elbow strike

# FIREHEART

- Day 20 - © [darebee.com](http://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



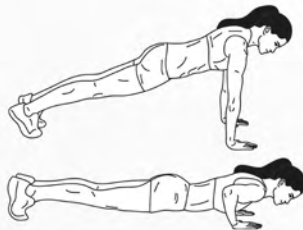
**3** push-ups



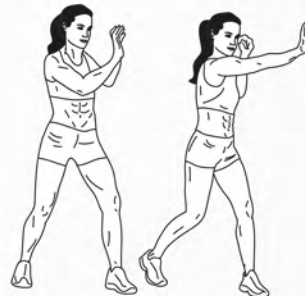
**30** jabs  
left arm only



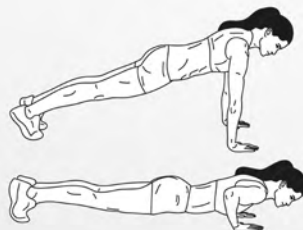
**30** jabs  
right arm only



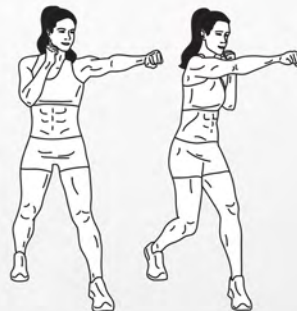
**3** push-ups



**30** palm strikes



**3** push-ups



**30** jab + cross

# FIREHEART

– Day 21 – [© darebee.com](https://darebee.com)

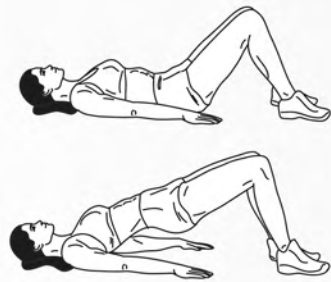
Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



**10** sit-up punches



**10** sitting punches



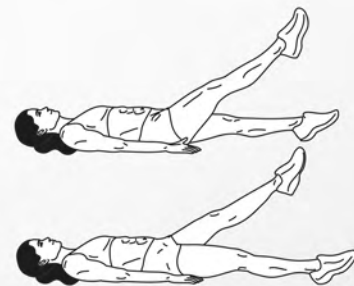
**10** bridges



**10** sit-up punches



**10** sitting punches

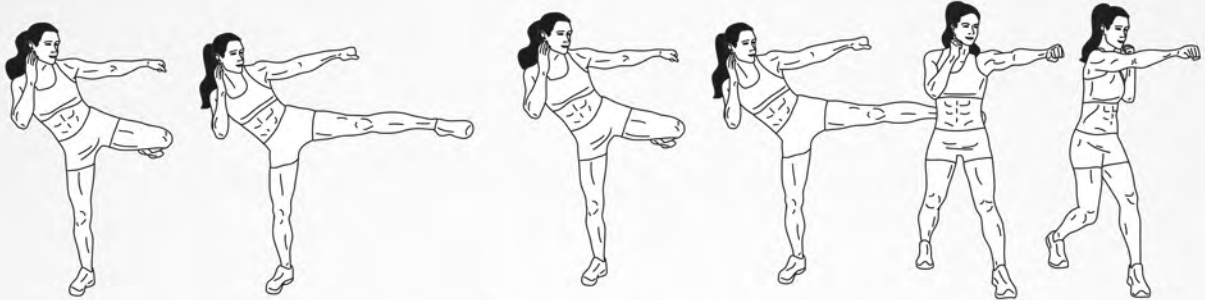


**10** flutter kicks

# FIREHEART

-Day 22- © [darebee.com](http://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets  
2 minute rest between sets



**10** turning kicks

**20combos** turning kick + jab + cross



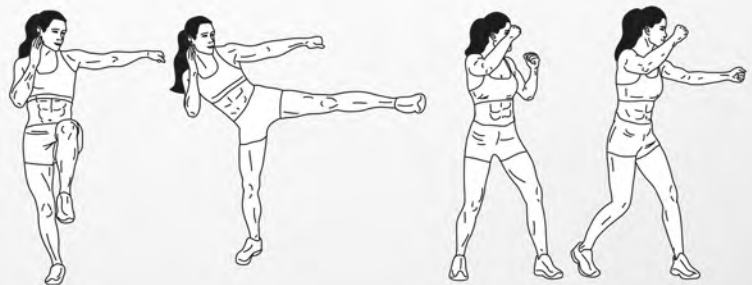
**10** knee strikes



**20combos** knee strike + elbow strike



**10** side kicks

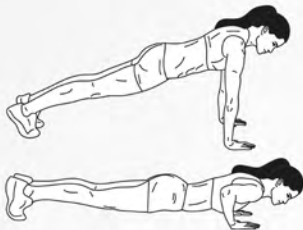


**20combos** side kick + backfist

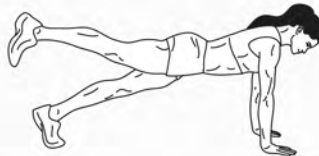
# FIREHEART

-Day 23- © [darebee.com](http://darebee.com)

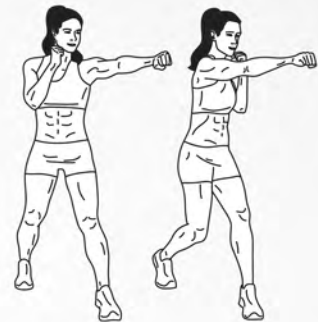
Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



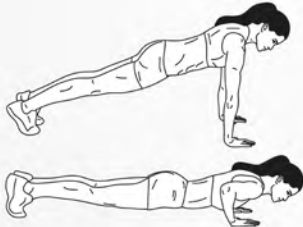
**3** push-ups



**10-count** plank hold



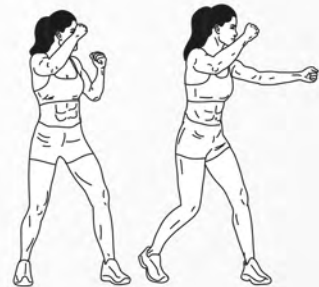
**30** jab + cross



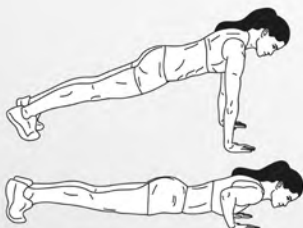
**3** push-ups



**10-count** plank hold



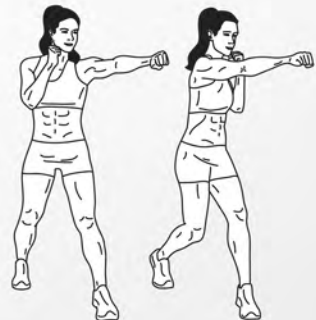
**30** backfists



**3** push-ups



**10-count** plank hold



**30** jab + cross



# FIREHEART

–Day 24– [© darebee.com](https://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



**10-count** hold



**10** bridges



**10** side bridges



**10-count** hold



**10** leg raises



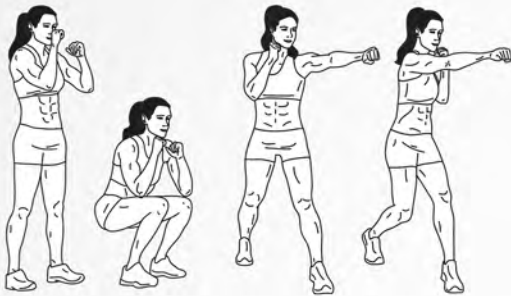
**10** flutter kicks

# FIREHEART

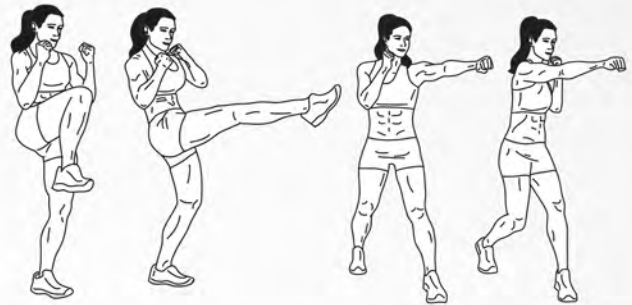
-Day 25- © [darebee.com](http://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets

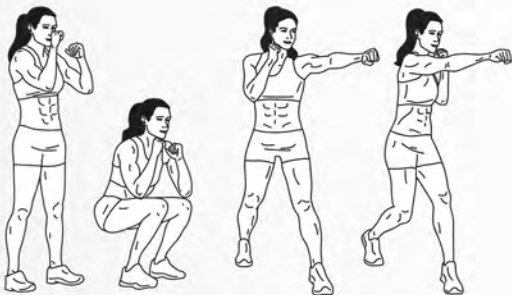
2 minute rest between sets



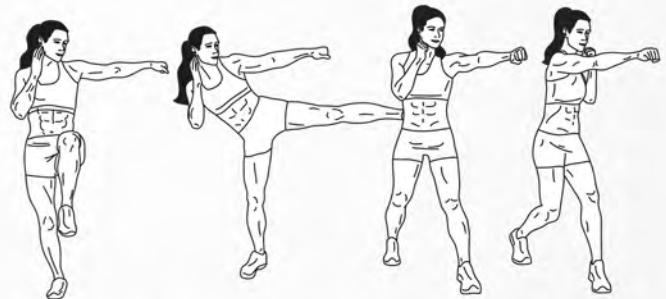
**10combos** squat + jab + cross



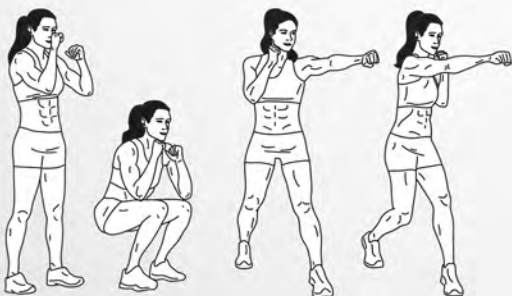
**20combos** front kick + jab + cross



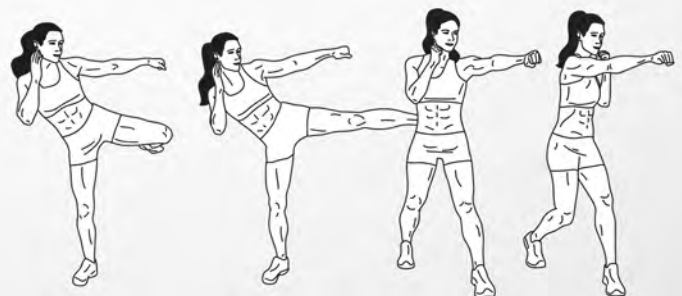
**10combos** squat + jab + cross



**20combos** side kick + jab + cross



**10combos** squat + jab + cross

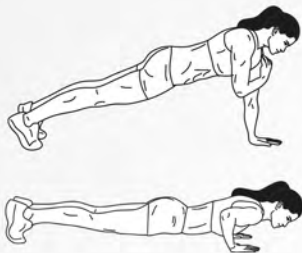


**20combos** turning kick + jab + cross

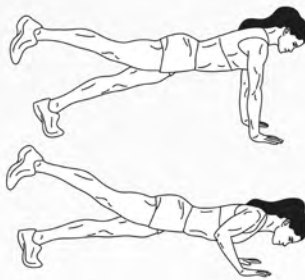
# FIREHEART

-Day 26- © [darebee.com](http://darebee.com)

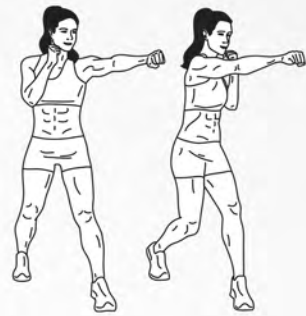
Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



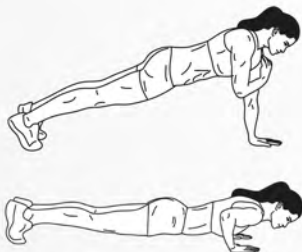
**4** shoulder tap + push-ups



**2** raised leg push-ups



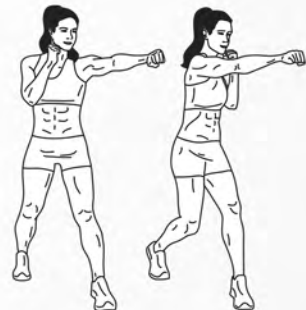
**20** jab + cross



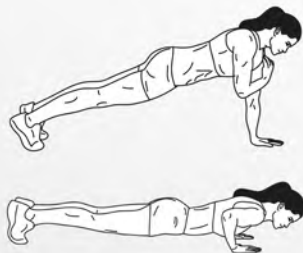
**4** shoulder tap + push-ups



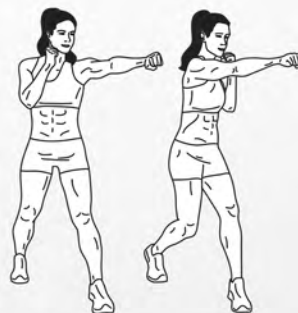
**10** plank rotations



**20** jab + cross



**4** shoulder tap + push-ups



**20** jab + cross

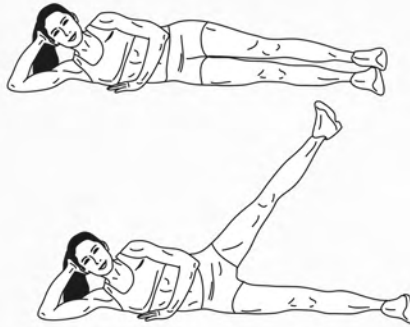
# FIREHEART

—Day 27— [© darebee.com](https://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



**10-count** hold



**20** side leg raises



**10-count** hold



**10** sitting punches



**10** sit-up punches



**10** sitting punches

# FIREHEART

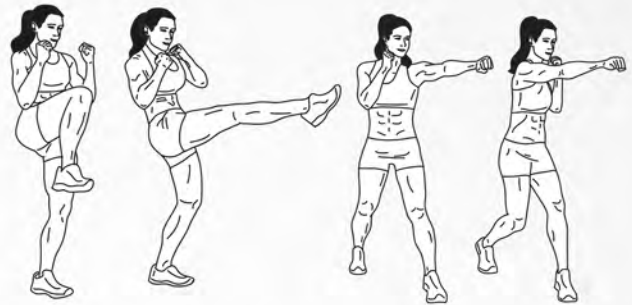
-Day 28- © [darebee.com](http://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets

2 minute rest between sets



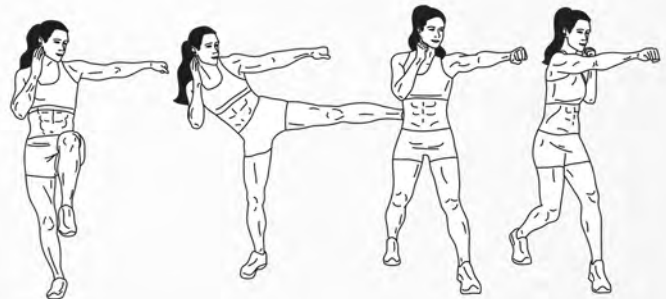
**10combos** knee strike + elbow strike



**20combos** front kick + jab + cross



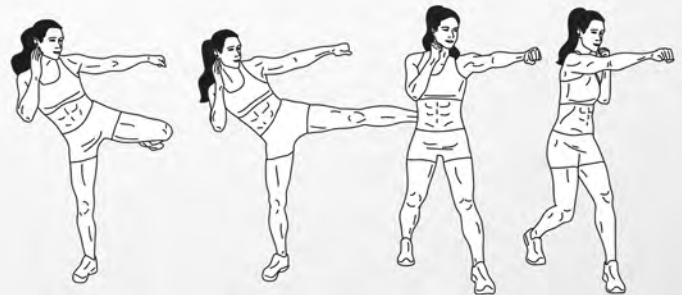
**10combos** knee strike + elbow strike



**20combos** side kick + jab + cross



**10combos** knee strike + elbow strike

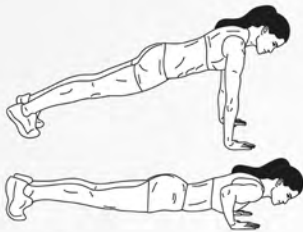


**20combos** turning kick + jab + cross

# FIREHEART

-Day 29- © [darebee.com](http://darebee.com)

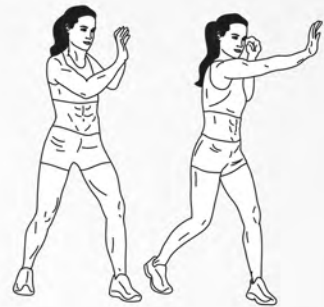
Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



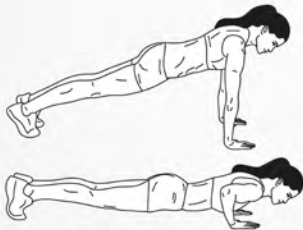
**3** push-ups



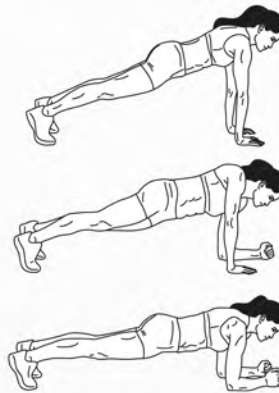
**10-count** plank hold



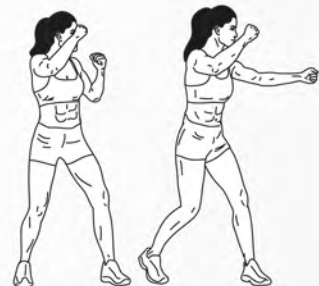
**30** palm strikes



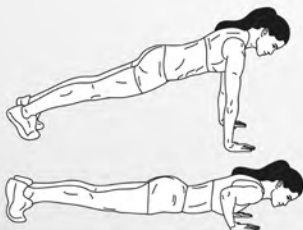
**3** push-ups



**3** up and down planks



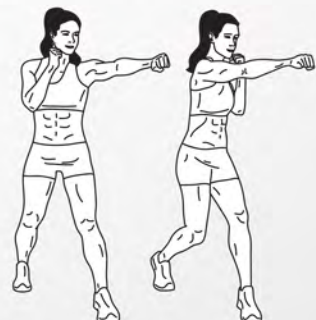
**30** backfists



**3** push-ups



**10-count** plank hold

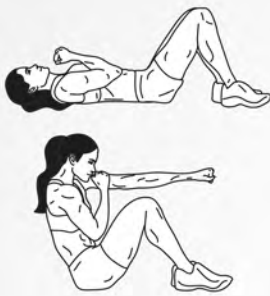


**30** jab + cross

# FIREHEART

-Day 30- © [darebee.com](http://darebee.com)

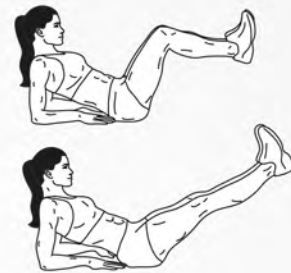
Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



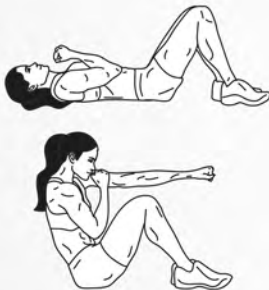
**10** sit-up punches



**10** sitting punches



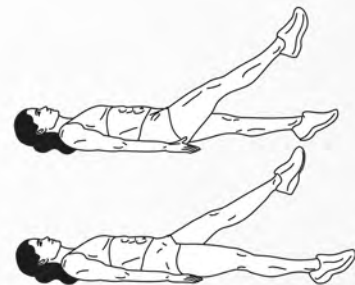
**10** crunch kicks



**10** sit-up punches



**10** sitting punches



**10** flutter kicks



**10** sit-up punches



**10** sitting punches



**10** bridges

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