

Fire and Sweat

DAREBEE **HIT** WORKOUT @ darebee.com

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



30sec high knees



30sec march steps



30sec raised leg plank hold



30sec high knees



30sec march steps



30sec plank hold



30sec high knees



30sec march steps



30sec raised leg plank hold