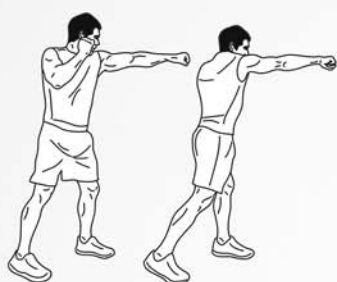


# FIRE PUNCH

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

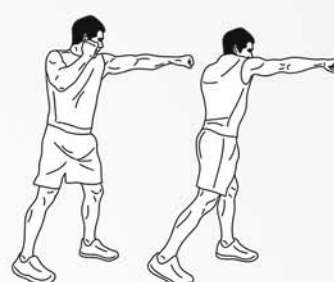
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



**20sec** punches



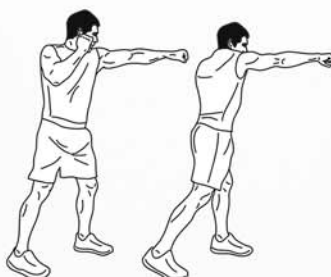
**20sec** burpees



**20sec** punches



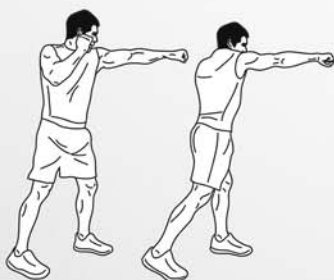
**20sec** squats



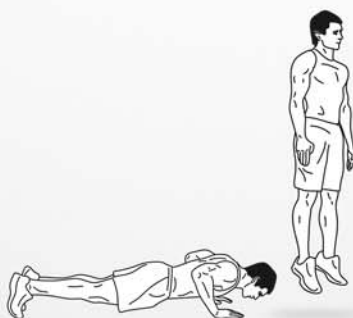
**20sec** punches



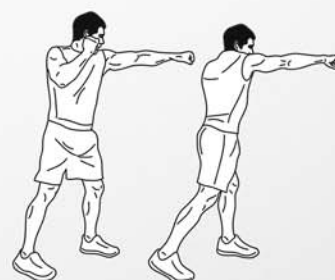
**20sec** squats



**20sec** punches



**20sec** burpees



**20sec** punches