

Fury Master

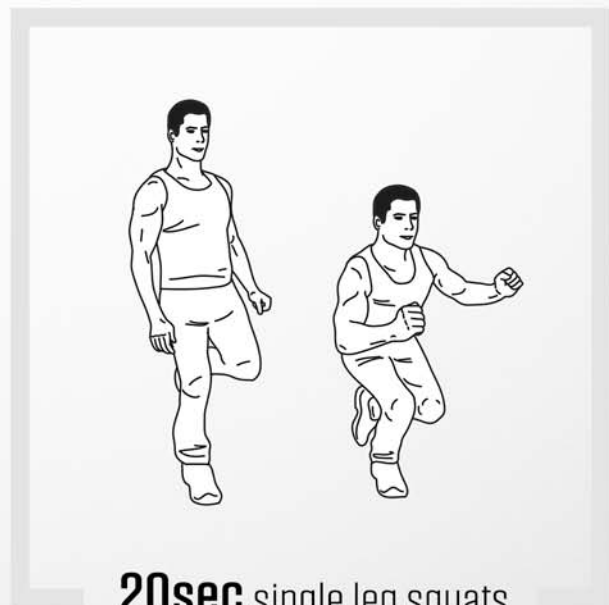
DAREBEE **HIIT** WORKOUT @ darebee.com



20sec punches



20sec squats



20sec single leg squats
10 seconds per leg