

INTO THE FIRE

DAREBEE **HIT** WORKOUT @ darebee.com

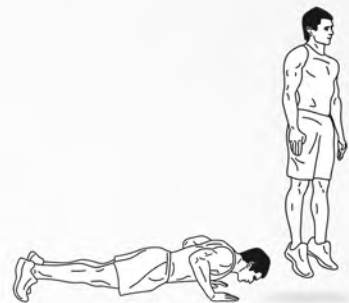
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



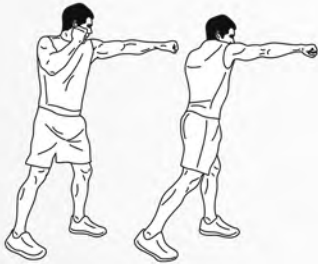
30sec march steps



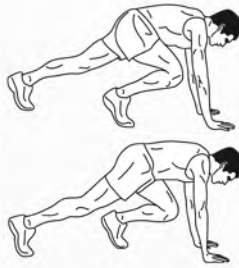
15sec high knees



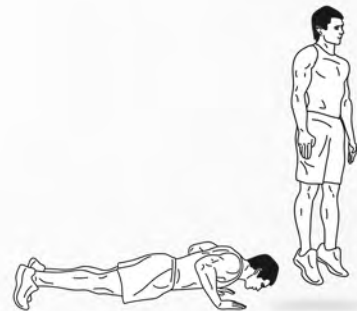
15sec burpees



30sec punches



15sec climbers



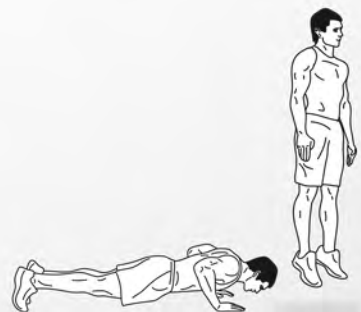
15sec burpees



30sec plank hold



15sec shoulder taps



15sec burpees