

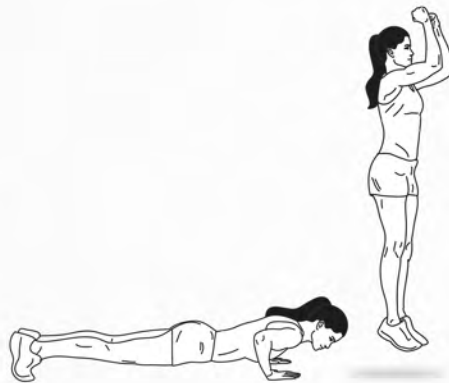
BURNING BRIGHT

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



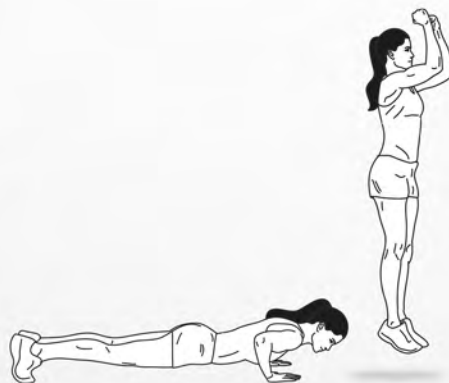
2 burpees



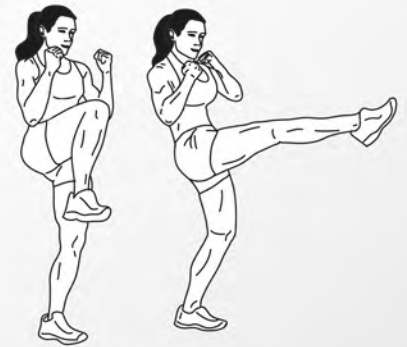
20 punches



20 high knees



2 burpees



20 front kicks