

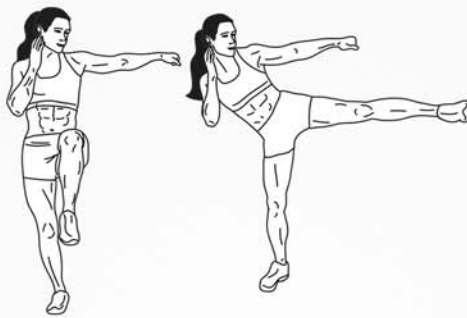
FIREHEART

DAREBEE **HIIT** WORKOUT @ darebee.com

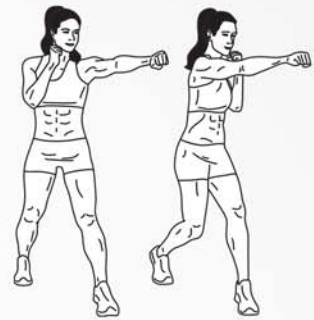
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec high knees



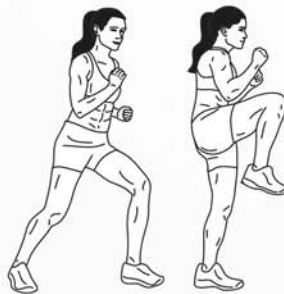
20sec side kicks



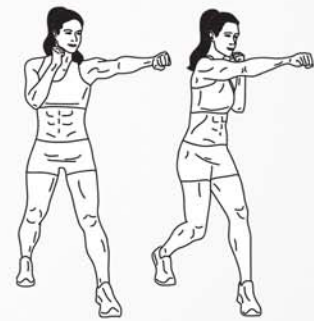
20sec punches



20sec high knees



20sec knee strikes



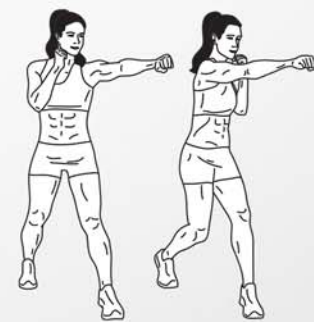
20sec punches



20sec high knees



20sec squats



20sec punches