

WILDFIRE

DAREBEE CARDIO WORKOUT @ darebee.com

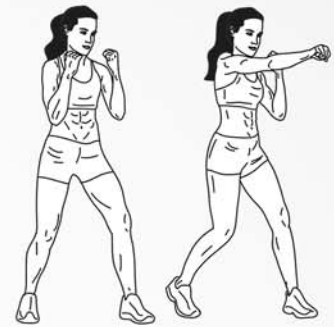
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 march steps



20 high knees



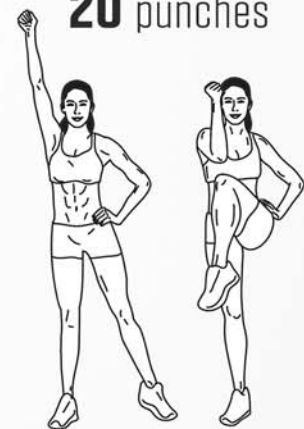
20 punches



20 march steps



20 high knees



20 knee-to-elbow



20 march steps



20 high knees



20 lunge step-ups