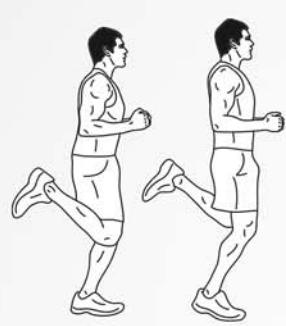


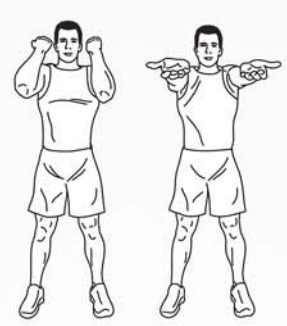
# CATCHING FIRE

**HIIT** WORKOUT  
BY DAREBEE  
© [darebee.com](http://darebee.com)

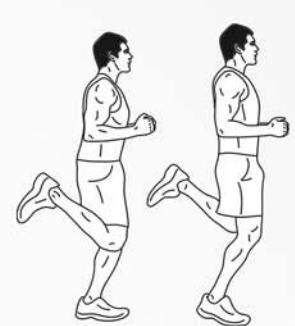
**Level I** 3 sets  
**Level II** 5 sets  
**Level III** 7 sets  
2 minutes rest



**20sec** butt kicks



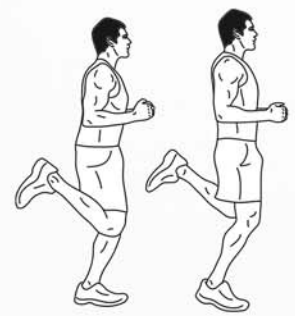
**20sec** bicep extensions



**20sec** butt kicks



**20sec** raised arm circles



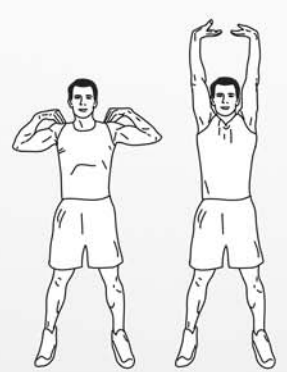
**20sec** butt kicks



**20sec** raised arm circles



**20sec** butt kicks



**20sec** standing shoulder taps



**20sec** butt kicks