

# FIRE & FURY

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

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



**20sec** jumping jacks



**20sec** punches



**20sec** overhead punches



**20sec** high knees



**20sec** punches



**20sec** overhead punches



**20sec** butt kicks



**20sec** punches



**20sec** overhead punches