

Firebrand

DAREBEE **HIIT** WORKOUT @ darebee.com

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



20sec butt kicks



20sec march steps



20sec butt kicks



20sec calf raise hold



20sec butt kicks



20sec calf raise hold



20sec butt kicks



20sec march steps



20sec butt kicks