

# FIREHEART

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

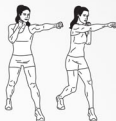
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



**20sec** high knees



**20sec** side kicks



**20sec** punches



**20sec** high knees



**20sec** knee strikes



**20sec** punches



**20sec** high knees



**20sec** squats



**20sec** punches