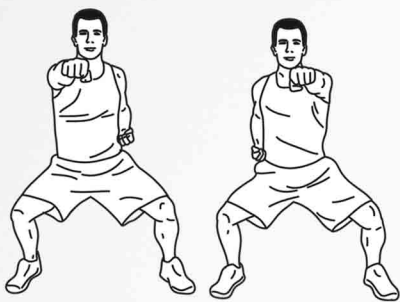


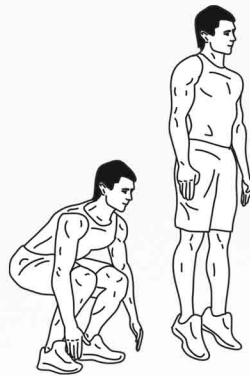
# FIRESTORM

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

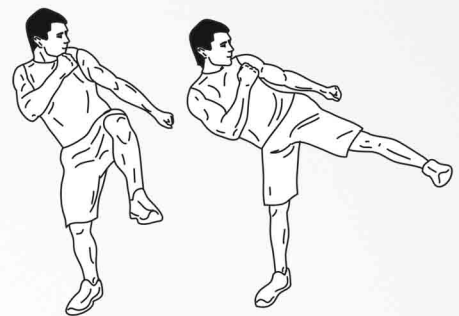
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



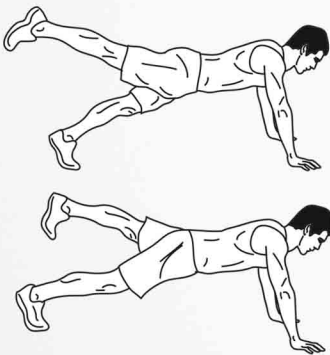
**20** squat hold punches



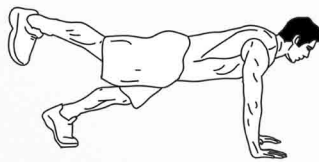
**10** jump squats



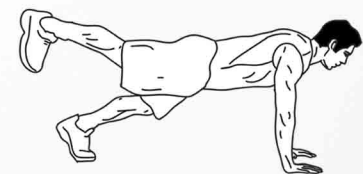
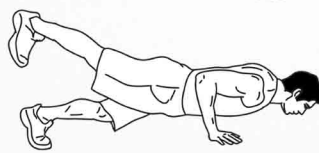
**20** double side kicks



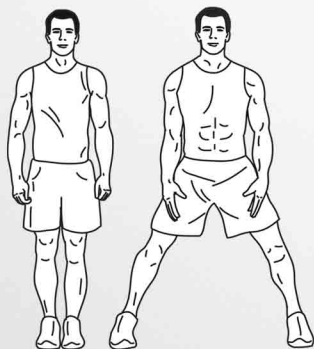
**20** plank leg raises



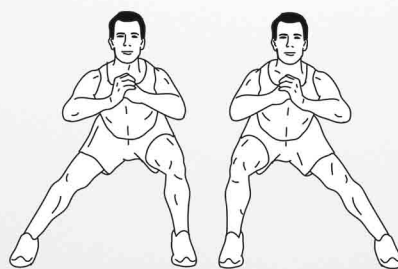
**10** raised leg push-ups



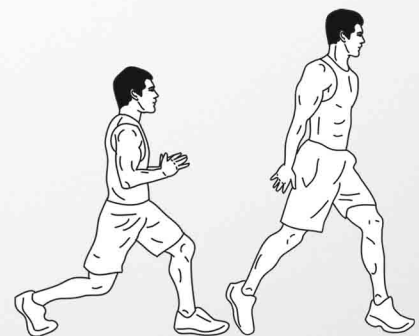
**20-count** raised leg plank



**20** half jacks



**10** side-to-side lunges



**20** lunge jacks