

Ring of Fire

DAREBEE WORKOUT © darebee.com

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



20 high knees



2 jump knee-tucks



20 high knees



2 basic burpees



20 high knees



2 basic burpees



20 high knees



2 jump knee-tucks



20 high knees