

TRIAL BY FIRE

DAREBEE **HIT** WORKOUT @ darebee.com

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



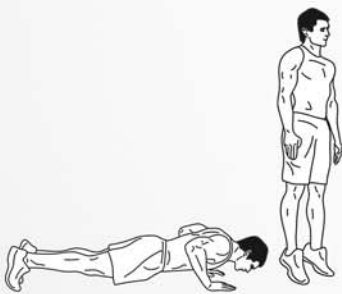
30sec high knees



10sec jump squats



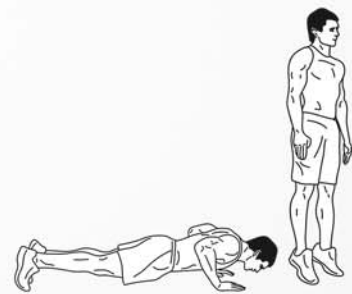
30sec high knees



10sec burpees



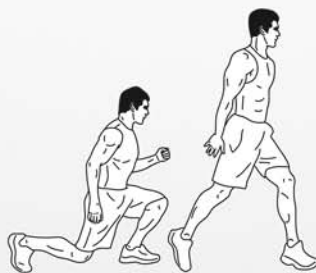
30sec high knees



10sec burpees



30sec high knees



10sec jumping lunges



30sec high knees