

WILDFIRE

DAREBEE CARDIO WORKOUT © darebee.com

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



20 march steps



20 high knees



20 punches



20 march steps



20 high knees



20 knee-to-elbow



20 march steps



20 high knees



20 lunge step-ups