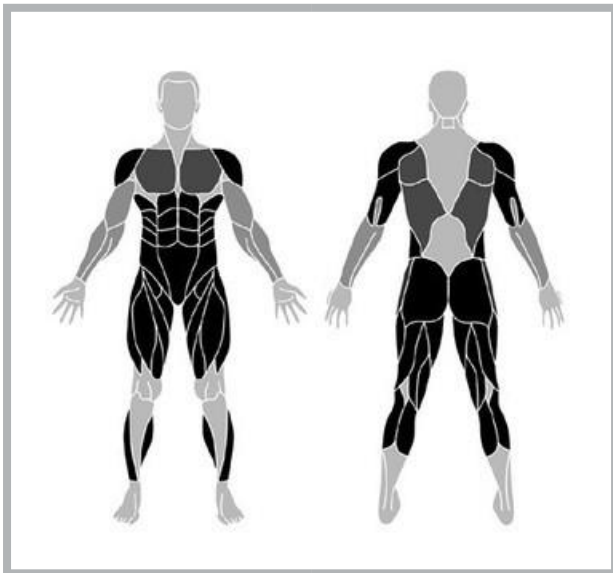


5

Achilles

The body is made up of two basic sections: upper body and lower body. Physical power emerges by forging a better synchronized connection of the two. The Achilles workout aims to help you do just that through a series of routines that will make you feel you're working hard.

Focus: High Burn



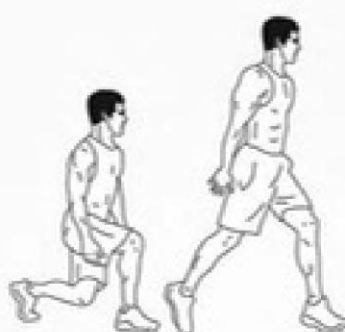
ACHILLES

DAREBEE WORKOUT © darebee.com

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



20 high knees



4 jumping lunges



4 calf raises



20-count calf raise hold



20 combos knee strike + elbow strike



10 knee-to-elbow crunches



10 get-ups



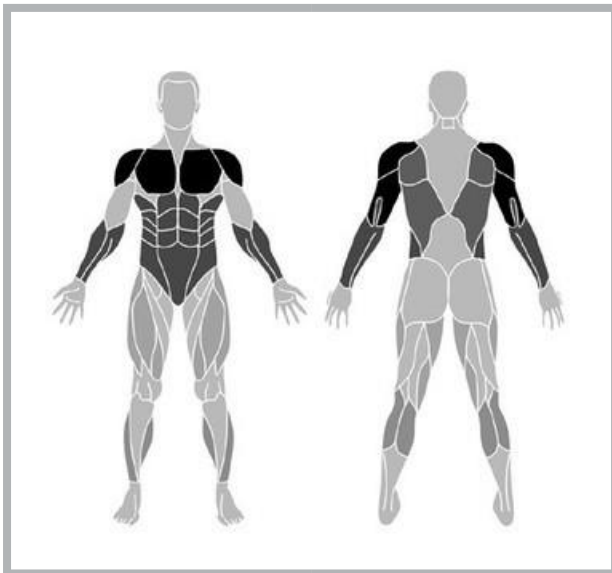
10 single leg bridges

6

Aim to Misbehave

"You all got on this boat for different reasons, but you all come to the same place. So now I'm asking more of you than I have before. Maybe all. Sure as I know anything I know this, they will try again. Maybe on another world, maybe on this very ground swept clean. A year from now, ten, they'll swing back to the belief that they can make people...better. And I do not hold to that. So no more running. I aim to misbehave. " Mal, Serenity

Focus: Strength & Tone, Upper Body



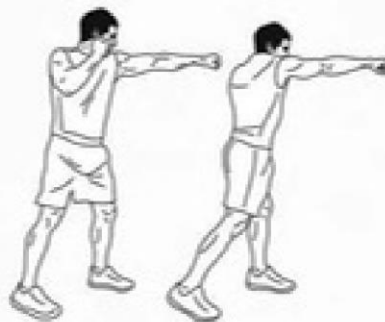
I aim to misbehave

DAREBEE WORKOUT © darebee.com

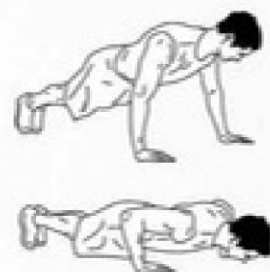
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



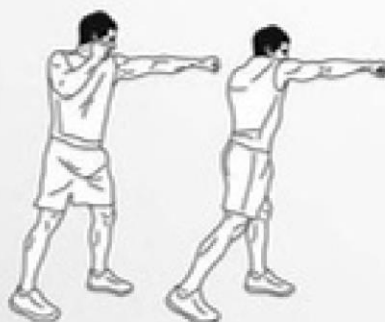
2 push-ups



20 punches



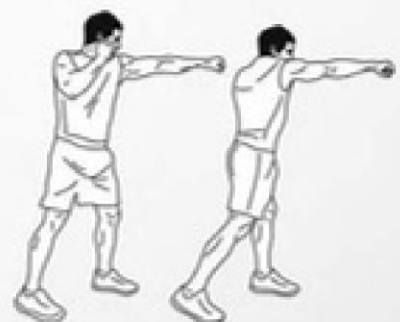
2 wide grip push-ups



20 punches



2 close grip push-ups



20 punches