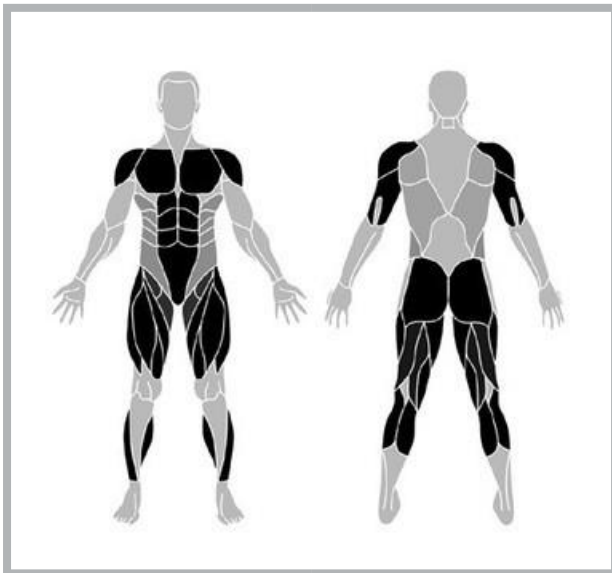


19

Daily Burn

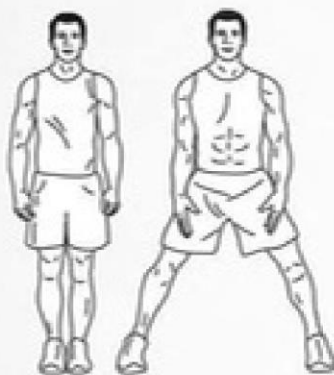
On those great, exceptional days when you leap out of bed with a fire in your belly and a song in your heart you know that through physical training you “forge your body to the fire of your will”. Every other day you just need to purse your lips and get on with it in a workout that’ll work for you. Well this is the one for those unexceptional days.

Focus: High Burn

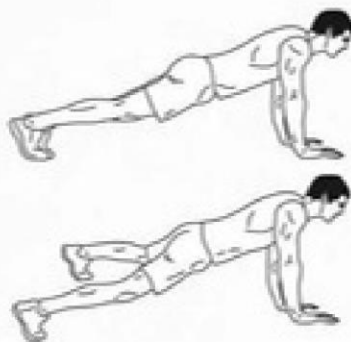


Daily Burn

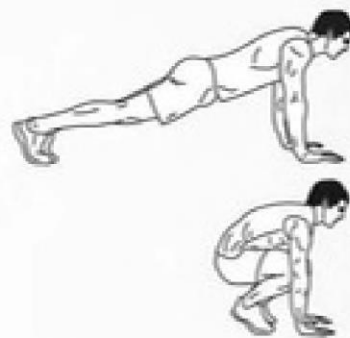
DAREBEE WORKOUT © darebee.com
3 sets | up to 2 minutes rest between sets



10 half jacks



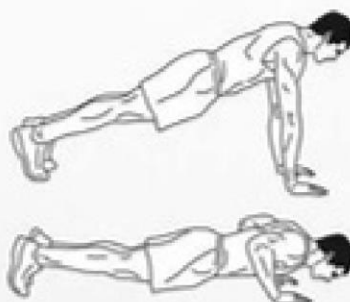
4 plank jacks



4 plank jump-ins



10-count plank



4 push-ups

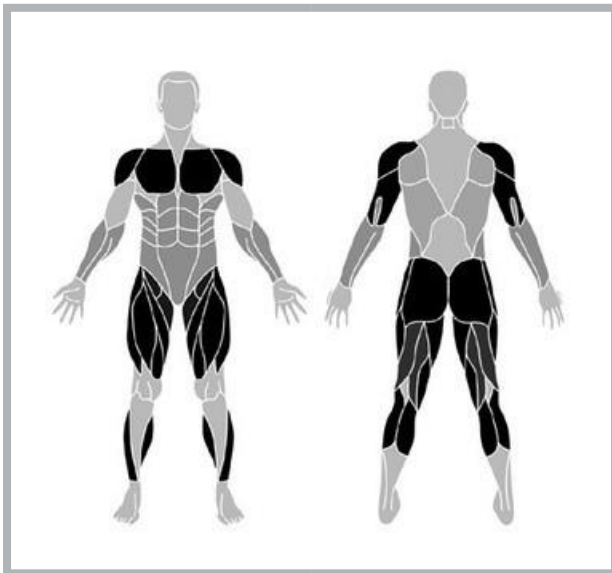


10 squats

Daily Workout

This is the perfect workout for those days when you're not sure what to do and know you really need to do something to workout. Use it as a filler, a routine, the go-to work out when you have nothing else to fire you up. At ten reps per exercise there really is no excuse not to do them.

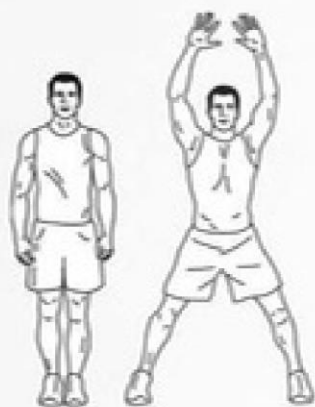
Focus: High Burn



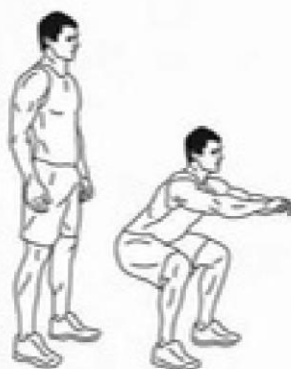
DAILY **WORKOUT**

BY DAREBEE © darebee.com

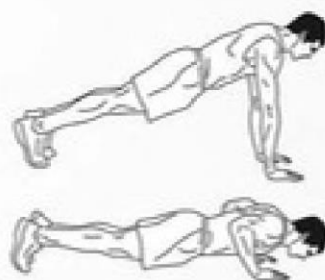
3 sets | up to 2 minutes rest between sets



10 jumping jacks



2 squats



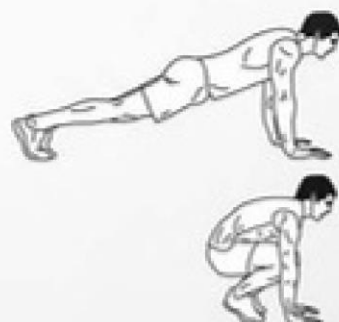
2 push-ups



10 high knees



10 climbers



2 plank jump-ins