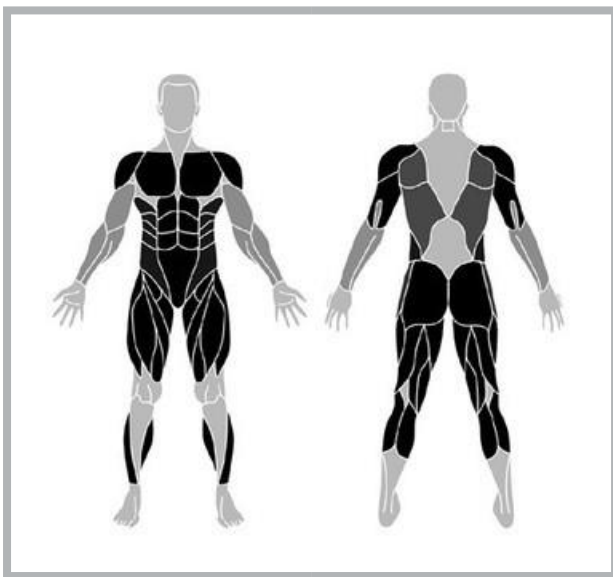


17

Contender

One of the hardest things you can do is get into a ring and go a few rounds. Beyond the fact that there is the inevitable exchange of blows you are pushing your entire body to the limit with no room to ease off, no matter how much your muscles ache or your lungs burn. As a physical test the Contender takes you through one exercise after another, slowly loading each muscle group and then asking you to exercise even as fatigue tags at you. Well, there is no exchange of blows taking place, so dig deep and feel the burn.

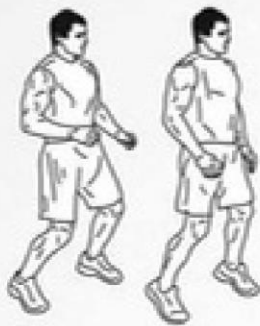
Focus: Strength & Tone



CONTENDER

DAREBEE WORKOUT © darebee.com

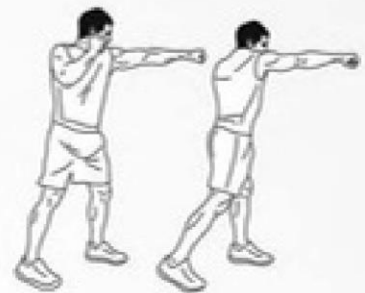
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 bounces



2 push-ups



20 punches



20 arm circles



2 push-ups



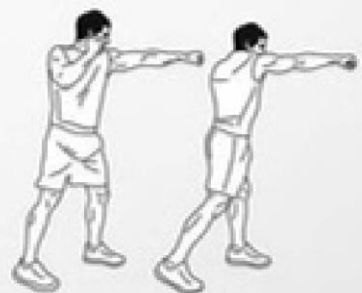
2 squats



20 high knees



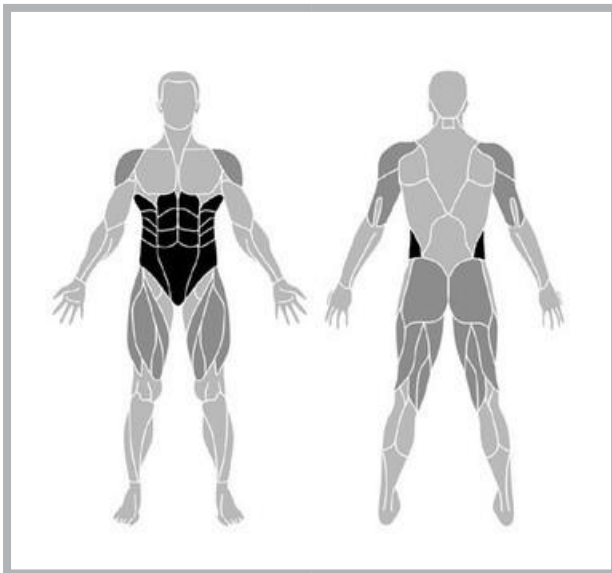
2 push-ups



20 punches

A strong core is not easy to come by. The muscles associated with it (transversus abdominis) help develop better functional movements and prevent injury. The core is active in both static and dynamic movements as it brings the skeletal structure into play and allows it to align itself so that it can better absorb and direct specific forces. The Core Connect workout helps strengthen your core and change the way you do, everything.

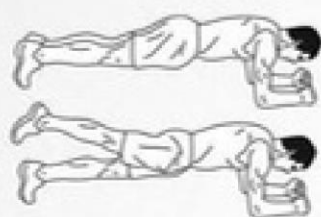
Focus: Abs & Core



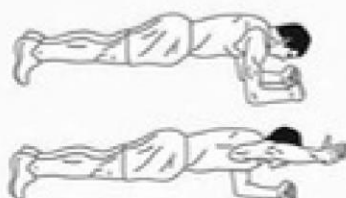
core connect

DAREBEE WORKOUT © darebee.com

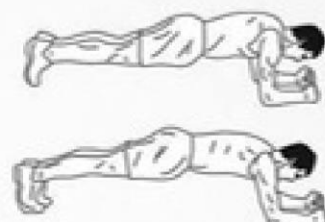
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



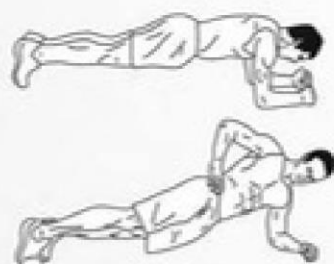
4 plank leg raises



10 plank arm raises



4 body saw



4 plank rotations



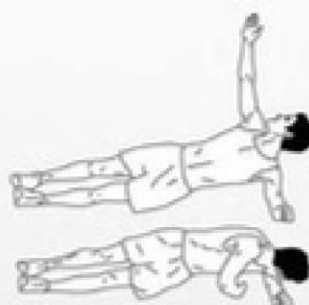
10 plank crunches



4 side plank knee taps



4 side star plank



10 side plank rotations



to fatigue elbow plank