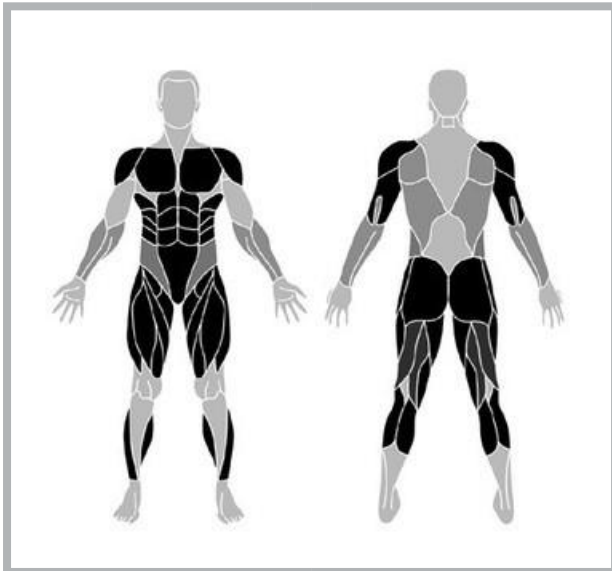


1

One & One

Get up close and personal with your inner being with minute-long workout routines followed by minute-long breaks in between. This is interval training. It primes up your system, helps you burn fat. It will challenge you irrespective of your fitness level as you can simply up the intensity of each rep, in each set, for that special burn.

Focus: High Burn



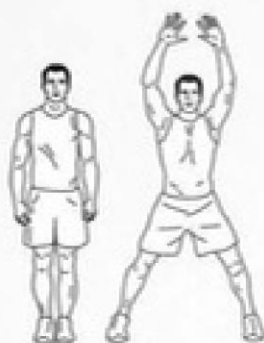
one & one

DAREBEE WORKOUT @ darebee.com

1 minute each exercise | **1 minute** rest between each



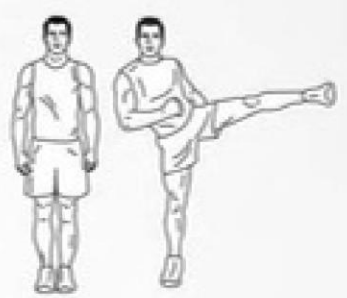
high knees



jumping jacks



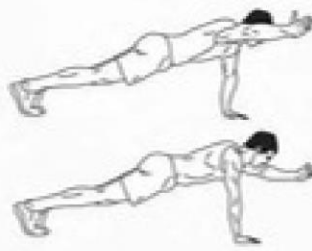
squats



side leg raises



lunges



plank arm raises



plank leg raises



planks with rotations



climbers



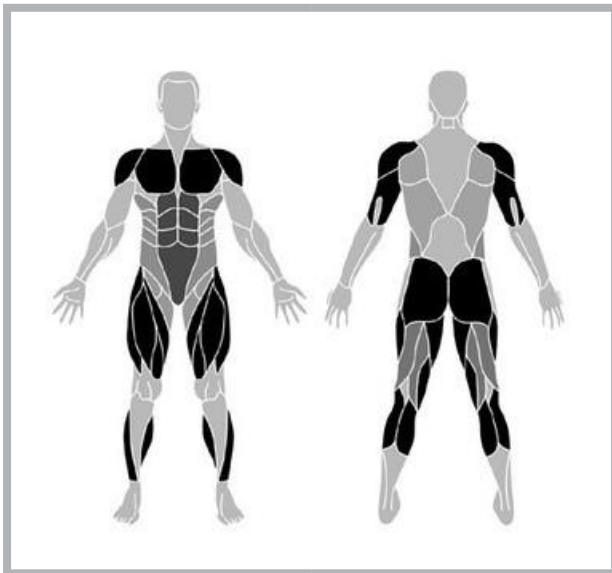
knee push-ups

2

12-Count Burpee

One burpee to beat them all. This is a super-set of the classic burpee exercise. The twelve-step program to the perfect burpee set can be practiced anywhere you have a little bit of floor space, making this the perfect exercise routine to have with you when you travel.

Focus: High Burn



12-COUNT

BURPEE

DAREBEE WORKOUT © darebee.com

LEVEL I 10 burpees LEVEL II 20 burpees LEVEL III 30 burpees

1



2



3



4



5



6



7



8



9



10



11



12

