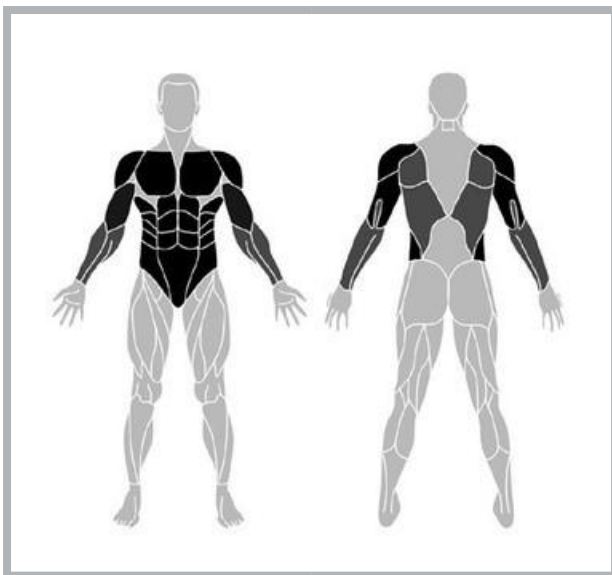


13

Boulder

Strength is not just about muscle size. It depends on muscle density, the type of muscle fiber you have. The composition of each bundle of muscle and its ability to perform under physical stress. The Boulder workout definitely creates some physical stress to challenge the muscles so you get to feel like a rock.

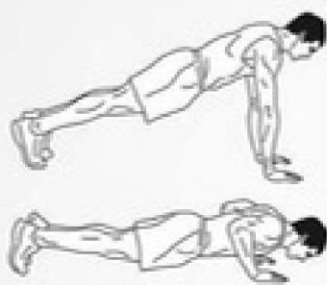
Focus: Strength & Tone



THE BOULDER

DAREBEE WORKOUT © darebee.com

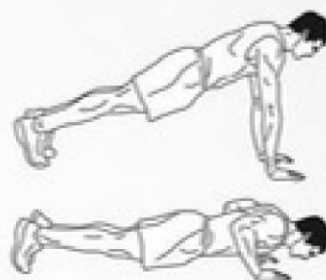
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



4 push-ups



10-count plank



4 push-ups



4 up and down planks



4 raised leg push-ups



10 shoulder taps



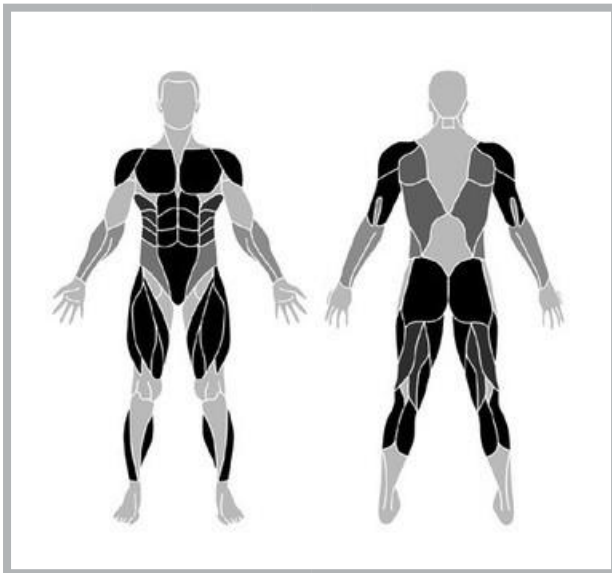
10 thigh taps

14

Boxer

Boxers have blazingly-fast hands, incredible stamina, focus, strength, perseverance, the ability to compartmentalize pain and great spatial awareness. All of which can now be yours provided you use this workout to remake your body and transform your spirit. Plus, when you next hear the Rocky soundtrack you'll be able to deservedly throw your arms up towards the sky and jog on the spot (com'on, you know you want to).

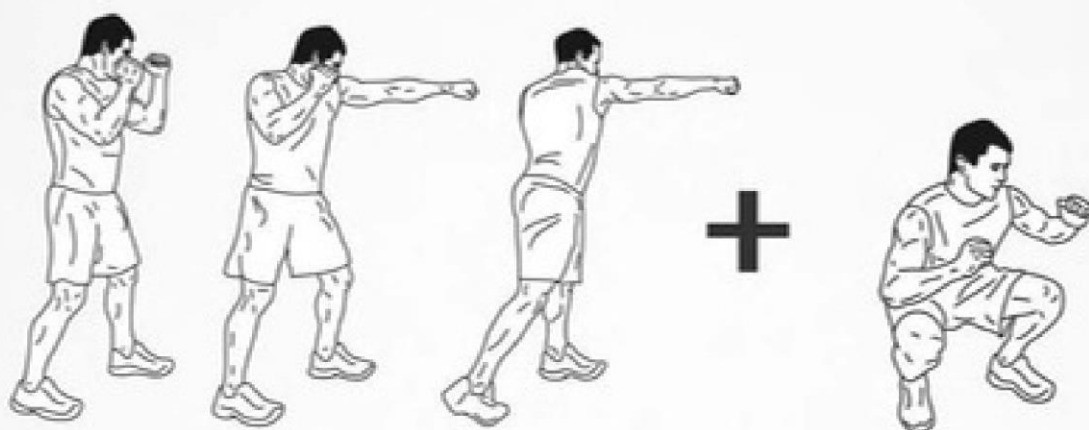
Focus: Strength & Tone



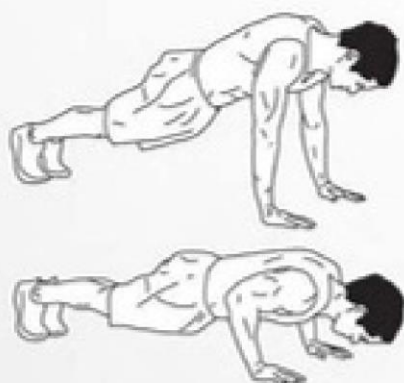
BOXER

5 SETS

DAREBEE WORKOUT © darebee.com
up to 2 minutes rest between rounds



5 minute shadow boxing **every 30 seconds** double squat

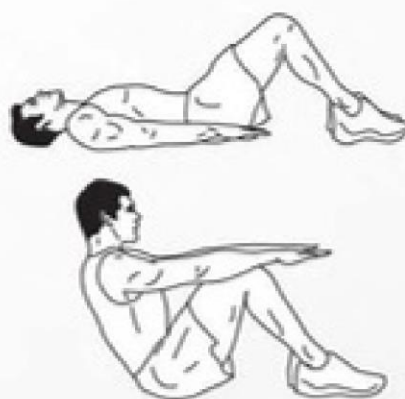


push-ups

level I 5 reps

level II 10 reps

level III 15 reps



sit-ups

level I 5 reps

level II 10 reps

level III 15 reps