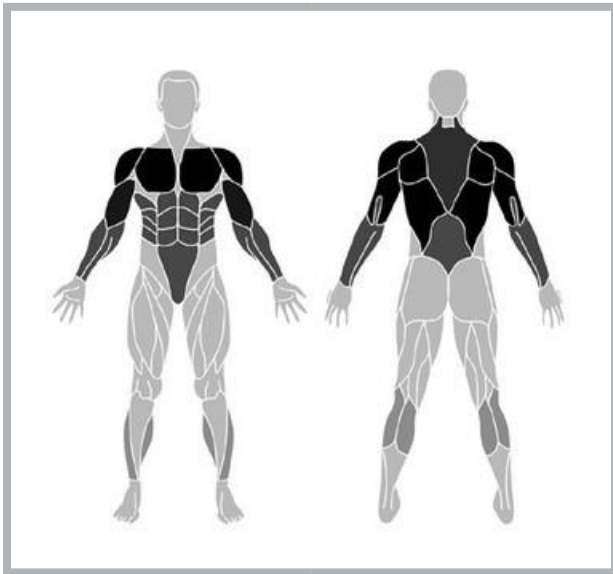


7

Arms of Steel

Whatever sport you may be doing, your arms are a critical component of it and the stronger they are, the better you get. Getting them strong however is not an easy job. This is where the Arms of Steel workout comes in. Not only does it tackle your arms from practically every angle but it also gives you no rest time, forcing your muscles to recover on the fly. Afterwards not only will you have arms of steel, you will also have the kind of arms that can power, manned, winged flight, almost.

Focus: Strength & Tone, Upper Body



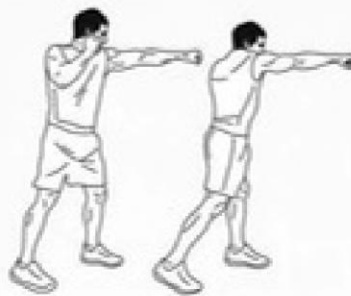
Arms of Steel

DAREBEE WORKOUT © darebee.com

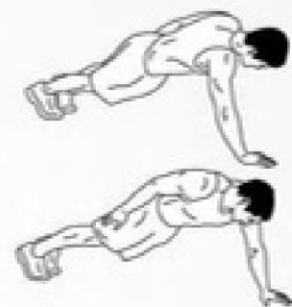
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



2 push-ups



20 punches



10 thigh taps



10 shoulder taps



20 overhead punches



2 tricep push-ups



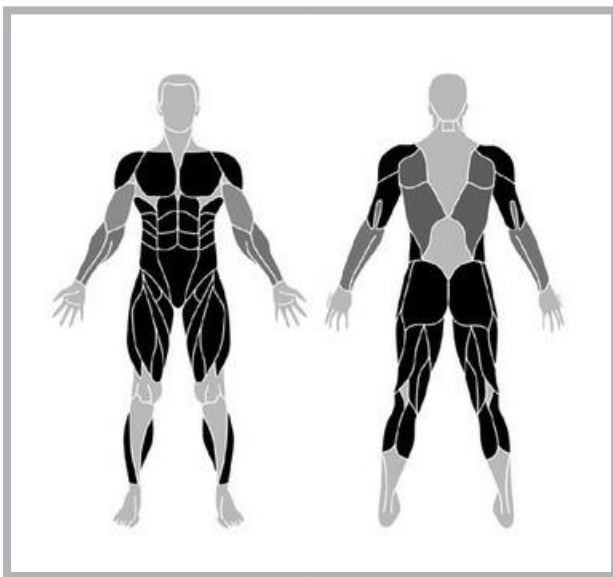
2 minutes speed bag punches

8

Beast

You know the times when you need to contemplate life and need to get in touch with your spirit guide and discover your totem animal? This is just one of them. You get ready for action, look deep inside yourself and unleash your inner beast to help you get through the workout. In the process you discover a new you. Fresh capabilities are unlocked and muscles you probably haven't used before in quite the same way come into play and ... you transform.

Focus: Strength & Tone



the Beast

DAREBEE WORKOUT

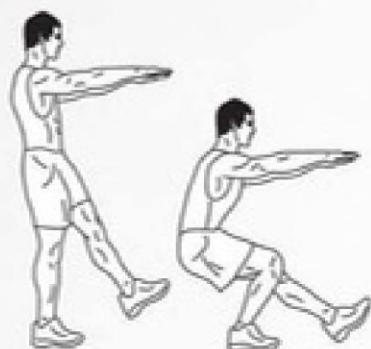
© darebee.com

LEVEL I 3 sets

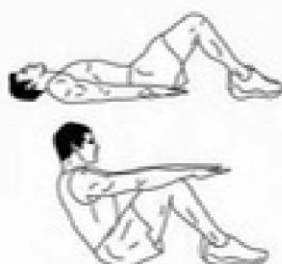
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



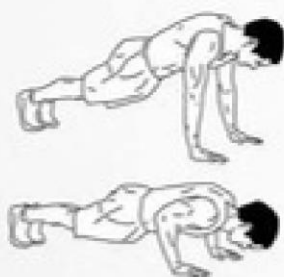
10 pistol squats



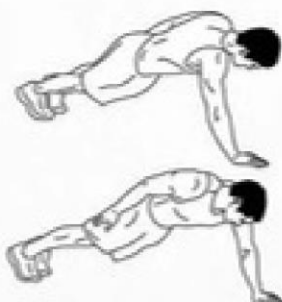
10 sit-ups



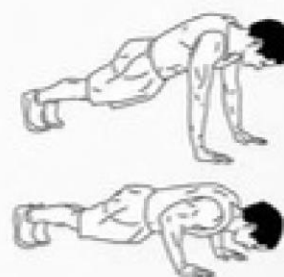
10 reverse crunches



5 push-ups



10 thigh taps



5 push-ups



10 side-to-side hops



5 back kicks



60sec plank