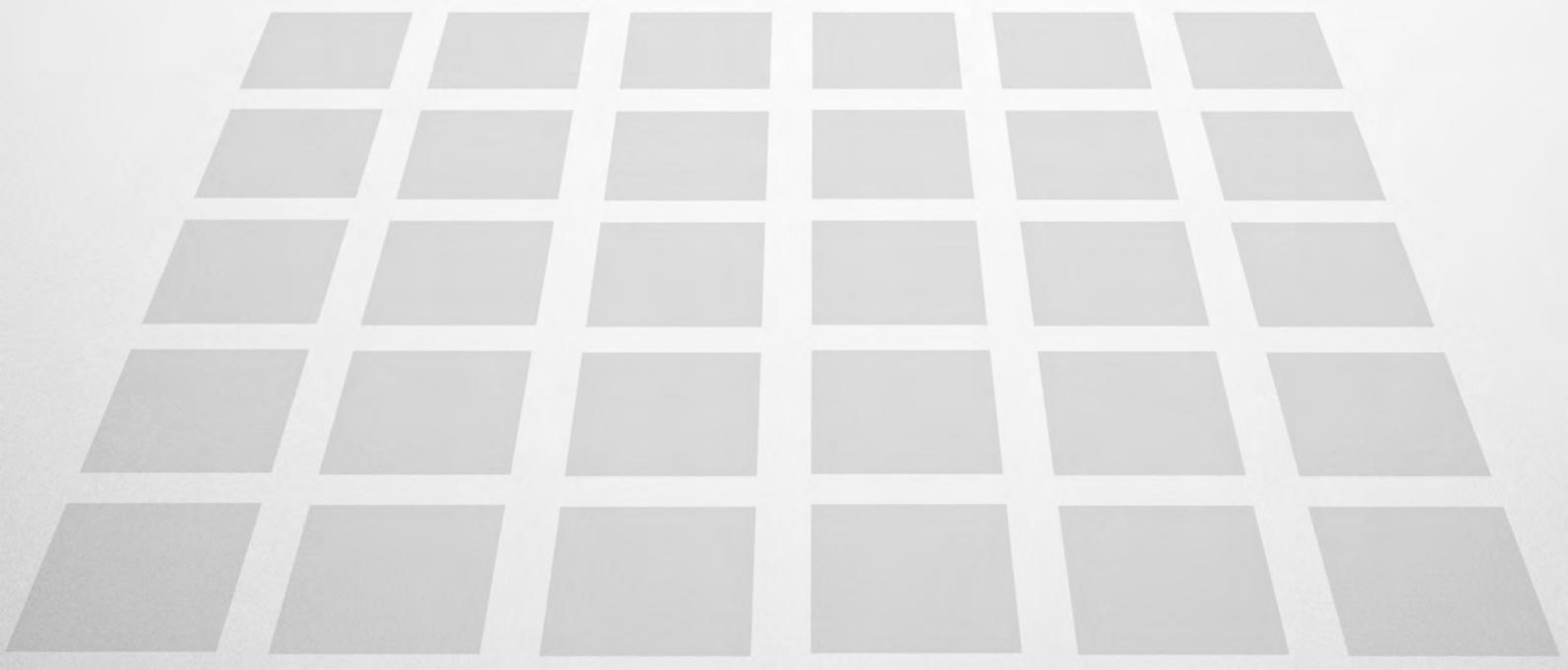


© darebee.com

WORKOUT CARDS

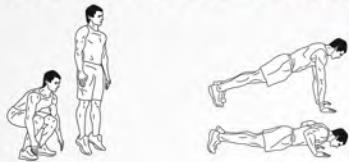
Volume 2



100G

DAREBEE WORKOUT © darebee.com

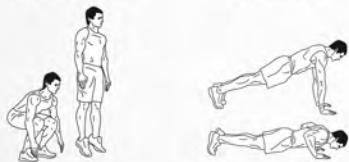
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jump squats

10 push-ups

10-count push-up plank



10 jump squats

10 push-ups

40 punches



10 jump squats

10 push-ups

10-count push-up plank

100 PUSH-UPS

DAREBEE WORKOUT © darebee.com

Repeat 5 times in total 2 minutes rest between sets



5 push-ups

20 shoulder taps

5 push-ups



20 punches

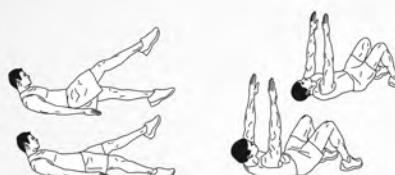
10 push-ups

20 punches

ab attack

DAREBEE WORKOUT © darebee.com

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



20 flutter kicks

20 high crunches

20 flutter kicks



20 sitting twists

20 flutter kicks

20 knee-to-elbow crunches

ab builder

DAREBEE WORKOUT © darebee.com



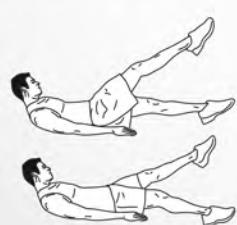
20 crunches x 3 sets

20 seconds rest between sets



20 knee-to-elbow crunches x 3 sets

20 seconds rest between sets



20 flutter kicks x 3 sets

20 seconds rest between sets



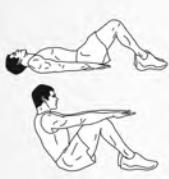
20 knee hug crunches x 3 sets

20 seconds rest between sets

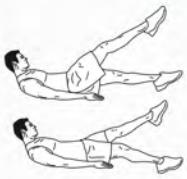
ab master

DAREBEE WORKOUT © darebee.com

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



20 sit-ups



20 flutter kicks



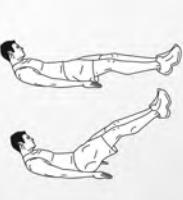
20 side jackknives



20 knee crunches



20 knee-to-elbow crunches



20 leg raises

ab sculpt

DAREBEE WORKOUT © darebee.com

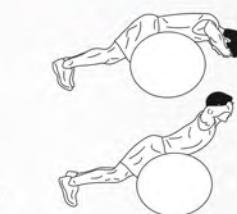
2 minutes rest between exercises



20 sit-ups x 5 sets in total

30

seconds



10 back extensions x 5 sets in total

30

seconds



10 combos roll out + push-up x 5 sets in total

30 seconds rest between sets

abs fold

DAREBEE WORKOUT © darebee.com

Repeat 3 times | 2 minutes rest between sets



20sec hold
raised leg hold
just off the floor



20sec hold
bring your knees in
and hold



20sec hold
extend your legs
at ~45 degrees and hold



20sec folds
fold in & out
as fast as you can



20sec leg raises
do leg raises -
keep legs off the floor

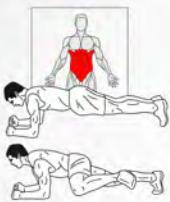


20sec hold
raised leg hold
just off the floor

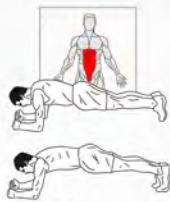
abs pro

DAREBEE AB WORKOUT © darebee.com

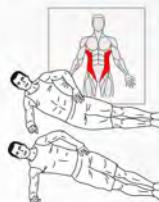
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



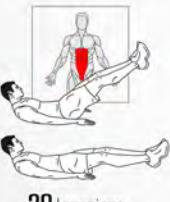
10 plank crunches



10 body saw



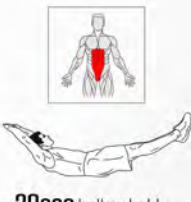
10 side bridges



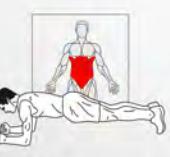
20 leg raises



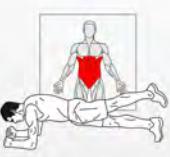
20 flutter kicks



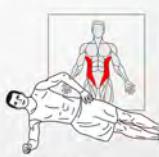
20sec hollow hold



20sec elbow plank



20sec raised leg plank

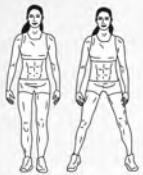


20sec side plank

ace

DAREBEE WORKOUT © darebee.com

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



10 half jacks

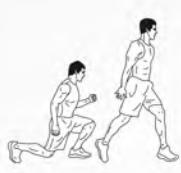
ALADDIN

DAREBEE WORKOUT © darebee.com

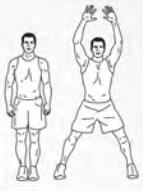
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



4 jumping lunges



10 jumping jacks



10 shoulder taps



4 burpees



10 shoulder taps



10 jumping jacks



4 jumping lunges



10 jumping jacks

Aloy

DAREBEE WORKOUT © darebee.com

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



6 basic burpees w / jump



10 climbers



6 plank rotations



6 basic burpees w / jump



10 palm strikes



6 arm rotations



6 basic burpees w / jump



10 butt kicks



6 jumping lunges

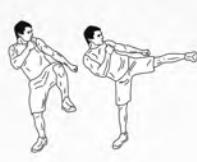
ALTER EGO

DAREBEE WORKOUT © darebee.com

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



10 jump squats



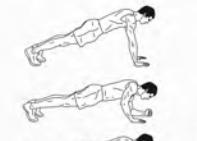
20 side kicks



10 jump squats



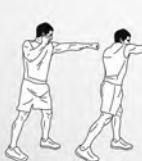
20-count elbow plank



10 up & down planks



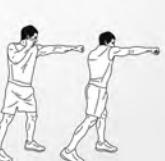
20-count elbow plank



20 punches



20 overhead punches

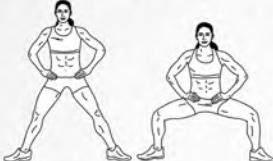


20 punches

Andromeda

DAREBEE WORKOUT © darebee.com

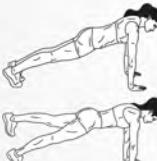
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 wide squats



20 squat hold side bends



10 plank leg raises



10 plank rotations



20sec plank hold



10 bridges



10 single leg bridges

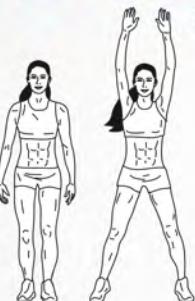


10 toe taps

start
your day
right!

a.m. workout

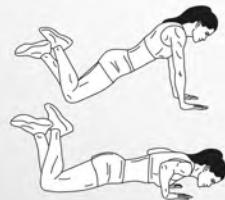
by DAREBEE © darebee.com



20 jumping jacks



20 squats



10 knee push-ups

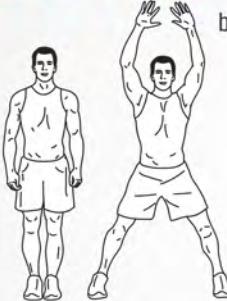


30 seconds elbow plank

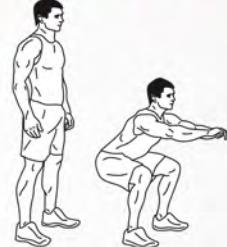
start
your day
right!

a.m. workout

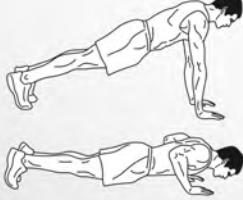
by DAREBEE © darebee.com



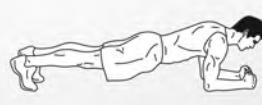
20 jumping jacks



20 squats



10 push-ups

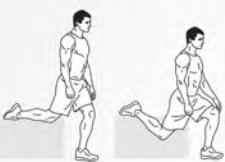


30 seconds elbow plank

ANTIHERO

DAREBEE WORKOUT © darebee.com

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



20 split squats



20 single leg bridges



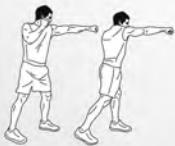
20 V-ups



10 circle push-ups



10 cross tricep extensions



40 punches



40sec elbow plank hold



40sec side elbow plank

ANTI POOCH WORKOUT

by DAREBEE © darebee.com

5 sets | 2 minutes rest in between



10 jumping jacks

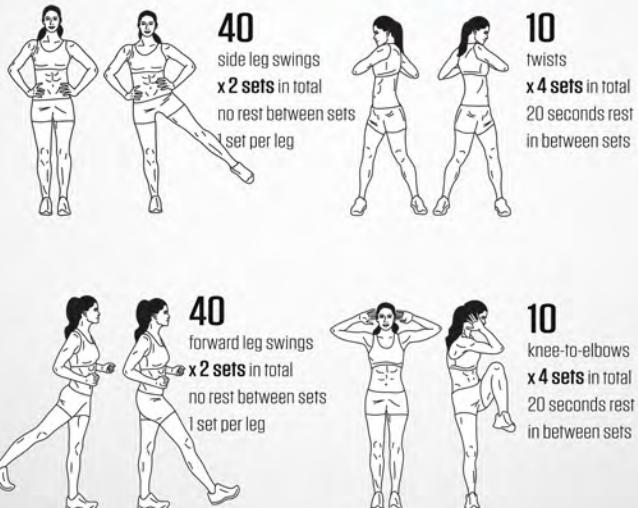
4 sit-ups

done



anywhere abs

DAREBEE WORKOUT © darebee.com



Aphrodite

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
2 minutes rest between sets

20 lunges **10** deadlift & twist **20** side leg raises

20 plank rotations **10** downward upward dog **20** raised arm circles

20 knee-to-elbow **10** leg raises **20** scissors

APOLLO

DAREBEE WORKOUT © darebee.com

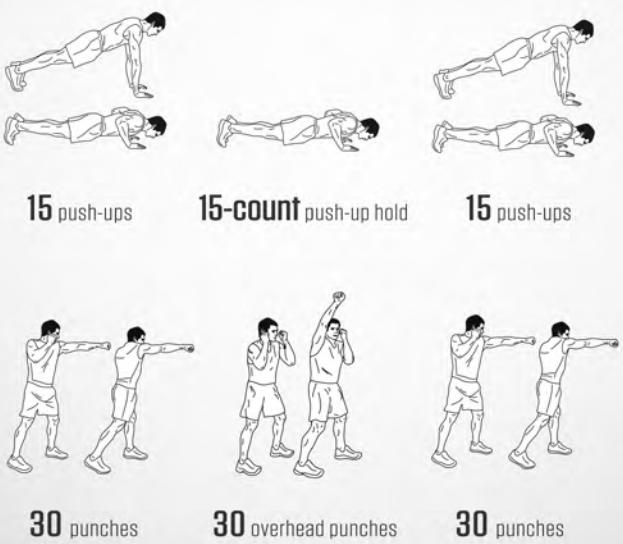
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



Arm Day

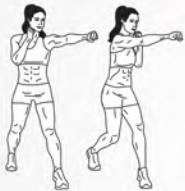
DAREBEE WORKOUT © darebee.com

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



arms & abs

DAREBEE WORKOUT
© darebee.com
Repeat 5 times
2 minutes rest
between sets



30 punches



10 push-ups



30 punches



30sec elbow plank



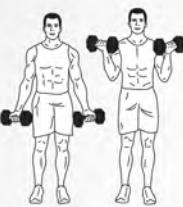
30sec raised leg plank



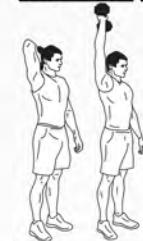
30sec side plank

ARM SHRED

DAREBEE WORKOUT
© darebee.com
60 seconds rest
between exercises



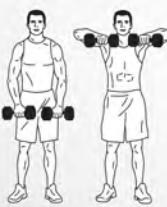
bicep curls
12/10/8/6 reps
30 seconds rest
between sets



tricep extensions
6/5/4/3 reps per side
30 seconds rest
between sets



shoulder press
12/10/8/6 reps
30 seconds rest
between sets



upright rows
12/10/8/6 reps
30 seconds rest between sets

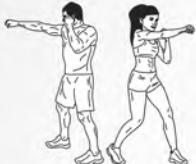


kneeling one arm rows
12/10/8/6 reps per side
30 seconds rest between sets

ARMY OF TWO

DAREBEE WORKOUT © darebee.com

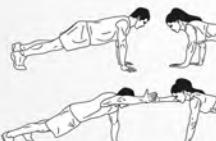
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



40 back-to-back punches



40 hand holding side leg raises



10 plank high fives



10 elbow plank high fives



10 sit-ups

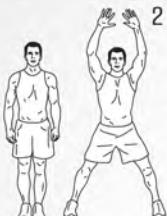


10 back-to-back sitting twists

The Astronaut

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises



20 jumping jacks
x 3 sets in total
20 seconds rest
between sets



10 push-ups
x 3 sets in total
20 seconds rest
between sets



10 lunges
x 3 sets in total
20 seconds rest
between sets



20sec elbow plank **x 3 sets**
20 seconds rest between sets



20sec wall-sit
x 3 sets in total
20 seconds rest
between sets



20sec raised leg hold **x 3 sets**
20 seconds rest between sets

Atlanta

DAREBEE WORKOUT © darebee.com

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



20 lunge punches



20 knee strikes



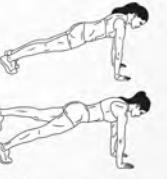
20 elbow strikes



20 slow climbers



20 shoulder taps



20 plank leg raises



10 bicycle crunches



10 sitting punches



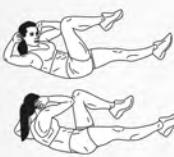
10 leg raises

at-home abs

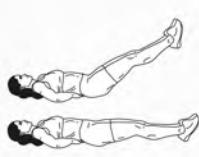
DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST up to 2 minutes



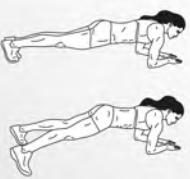
10 knee-to-elbow crunches



8 leg raises



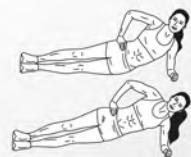
8 upward downward dog



10 elbow plank step-outs



8 side plank rotations



8 side bridges

AUGMENTED

DAREBEE WORKOUT © darebee.com

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



10 lunges



10 shrimp squats



10 cossack squats



10 push-ups



10 side crunch push-ups



20sec elbow plank



10 bridges



10 single leg bridges

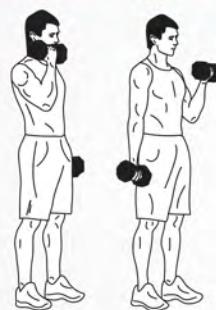
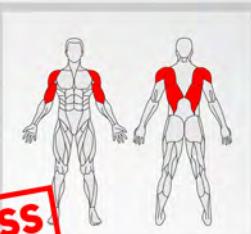


10 get-ups

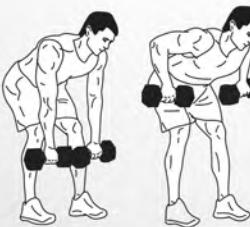
BACK & BICEPS

DAREBEE WORKOUT © darebee.com

EXPRESS



20 alternating bicep curls
x 4 sets in total
20 seconds rest
between sets

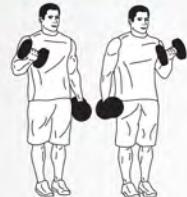
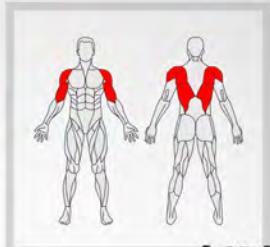


10 bent over rows
x 4 sets in total
20 seconds rest
between sets

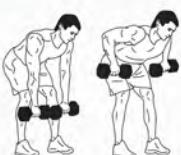
BACK & BICEPS

DAREBEE WORKOUT

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10 alt bicep curls
x 3 sets in total
20 seconds rest
between sets



8 bent over rows
x 3 sets in total
20 seconds rest
between sets



8 shoulder press
x 3 sets in total
20 seconds rest
between sets



16 kneeling one arm rows
x 3 sets in total
20 seconds rest between sets



8 dead lifts
x 3 sets in total
20 seconds rest between sets



back & core

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



20 sitting twists



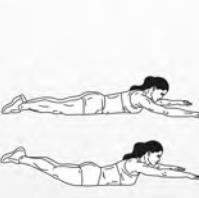
20 half wipers



20 bridges



10 cat cow



10 superman stretch



10 scorpion twists

BEASTMASTER

DAREBEE WORKOUT [© darebee.com](http://darebee.com)

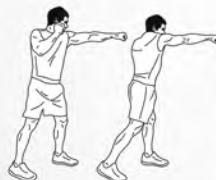
2 minutes rest between exercises



to failure pull-ups **x 5 sets** in total
30 seconds rest between sets



to failure
tricep push-ups
x 5 sets in total
30 seconds rest
between sets



1 minute punches (keep arms up)
x 5 sets in total
30 seconds rest between sets



2 minutes elbow plank
x 2 sets in total
30 seconds rest between sets



2 minute side elbow plank
x 2 sets in total, one side per set
30 seconds rest between sets

BEAST MODE

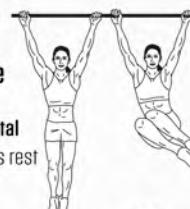
DAREBEE WORKOUT

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up to 2 minutes
rest between exercises



to failure
pull-ups
4 sets in total
30 seconds rest



to failure
knee-up twists
4 sets in total
30 seconds rest



to failure
push-ups
4 sets in total
30 seconds rest



to failure
jump squats
4 sets in total
30 seconds rest



to failure elbow plank hold
in one go



to failure
jumping lunges
4 sets in total
30 seconds rest

bedtime **GLUTES**

DAREBEE WORKOUT © darebee.com

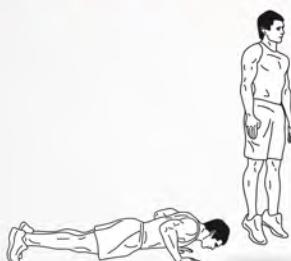


10 split squats
x3 sets
5 repetitions per leg
20 seconds between sets



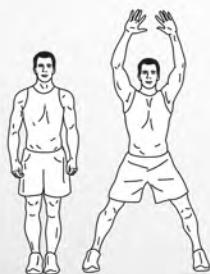
10 raised bridges
x3 sets
20 seconds between sets

BEFORE BREAKFAST BURPEES



DAREBEE WORKOUT
© darebee.com
Repeat once before breakfast.

10 burpees
10 jumping jacks
done



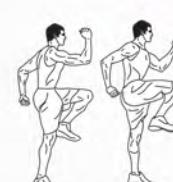
BEER BELLY

DAREBEE WORKOUT © darebee.com

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



20 high knees



20 march steps



20 high knees



20 sit-ups



20 sitting twists



20 sit-ups

beginner abs

DAREBEE WORKOUT © darebee.com

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



10 crunches



10 air bike crunches



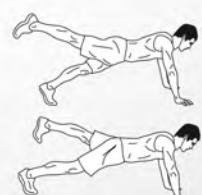
10 sitting twists



10-count raised leg hold



10-count plank hold



10 plank leg raises

Beginner Cardio

DAREBEE WORKOUT © darebee.com

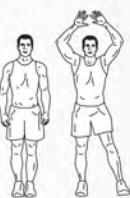
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 side jacks



30 jumping jacks



10 side jacks



10 march steps



30 high knees



10 march steps

BELLY BURNER

DAREBEE HIIT WORKOUT © darebee.com

Repeat 7 times in total | 2 minutes rest between sets



20sec high knees



20sec elbow plank



10sec basic burpees



20sec high knees



20sec elbow plank



10sec basic burpees

done

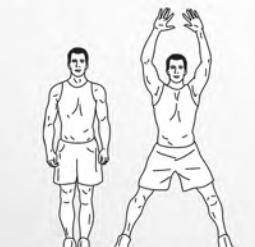
BELLY MELT

DAREBEE WORKOUT © darebee.com

5 sets | 2 minutes rest between sets



4 side jacks



10 jumping jacks

4 side jacks

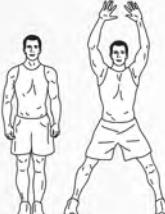
10 jumping jacks

done

Birthday Workout

by DAREBEE © darebee.com

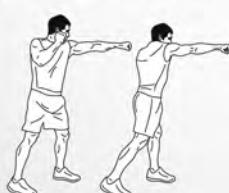
60 seconds rest
between exercises



10 jumping jacks x 3 sets in total
20 seconds rest between sets



10 burpees x 3 sets in total
20 seconds rest between sets



20 punches x 3 sets in total
20 seconds rest between sets



10 knee-to-elbow crunches
x 3 sets in total | 20 seconds rest

Body Flow

DAREBEE WORKOUT © darebee.com

Hold each pose for 20 seconds then move on to the next one.
Repeat the sequence again on the other side.



THE BOOMERANG

DAREBEE WORKOUT © darebee.com

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



THE BOOGEYMAN

DAREBEE WORKOUT © darebee.com

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



Booty Builder

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises



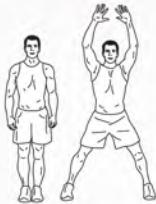
Bounceback

DAREBEE WORKOUT © darebee.com

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



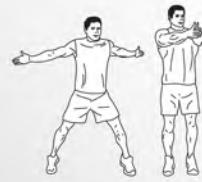
20 bounce on the spot (hops)



10 jumping jacks



20 bounce on the spot (hops)



10 seal jacks



20 bounce on the spot (hops)



10 split jacks

THE BOUNCER

DAREBEE WORKOUT © darebee.com

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



20 squats



10 jump squats



10-count squat hold



10 push-ups



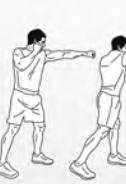
4 close grip push-ups



10-count p/plank hold



20 uppercuts



20 punches



20 hooks

BRIDGE 4

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec jumping jacks



20sec high knees



20sec squats



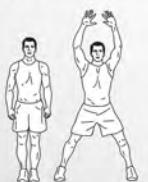
20sec jumping jacks



20sec high knees



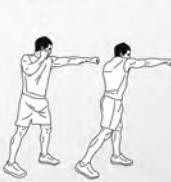
20sec push-ups



20sec jumping jacks



20sec high knees

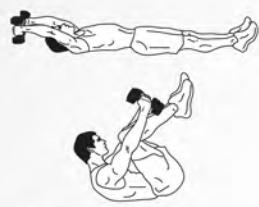


20sec punches

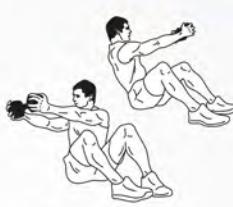
BRUTE ABS

DAREBEE WORKOUT © darebee.com

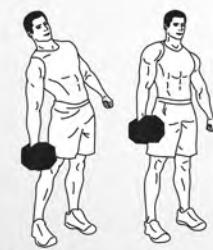
ABS



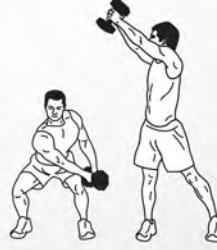
10 sit-up folds
x 4 sets in total
20 seconds rest between sets



10 sitting twists
x 4 sets in total
20 seconds rest between sets



10 side tilts
x 4 sets in total
20 seconds rest between sets



10 cross chops
x 4 sets in total
20 seconds rest between sets

BUBBLE BUTT

DAREBEE WORKOUT
© darebee.com

2 minutes rest
between exercises



20 squats **x 4 sets** in total
20 seconds rest between sets



20 plank back kicks **x 4 sets** in total
2 sets per leg | 20 seconds rest



20 lunge step-ups **x 4 sets** in total
2 sets per leg | 20 seconds rest



20 single leg bridges **x 4 sets** in total
2 sets per leg | 20 seconds rest

bulletproof abs

HIIT WORKOUT
BY DAREBEE
© darebee.com
Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest



40sec high knees



20sec raised leg plank hold (left leg)



20sec raised leg plank hold (right leg)



40sec high knees



20sec side plank hold (left side)



20sec side plank hold (right side)



40sec high knees



20sec crunch hold

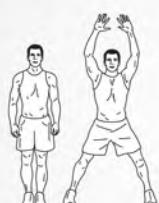


20sec raised leg hold

Burn & Build

DAREBEE WORKOUT © darebee.com

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



20 jumping jacks



10 squats



20 jumping jacks



10 squats



20 high knees



10 squats

BURN, BABY, BURN

DAREBEE WORKOUT
© darebee.com

Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest



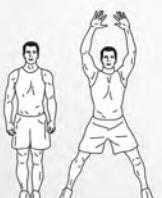
10 basic burpees



20 jumping jacks



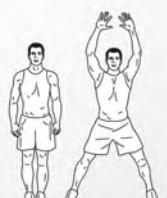
10 shoulder taps



20 jumping jacks



10 plank jacks



20 jumping jacks

BURN MODE

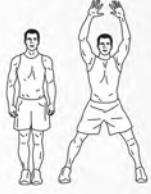
HIIT WORKOUT
BY DAREBEE
© darebee.com
Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest



30sec jumping jacks



30sec elbow plank



30sec jumping jacks



30sec raised leg plank



30sec jumping jacks



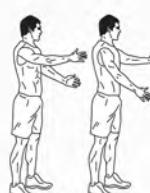
30sec side plank

BURN OFF

DAREBEE WORKOUT © darebee.com
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



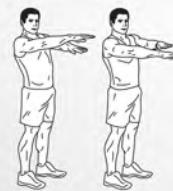
30 high knees



30 scissor chops



30 high knees



30 arm scissors



30 high knees



30 raised arm circles

Burn Zone

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets **Level II** 5 sets **Level III** 7 sets | 2 minutes rest



30sec jumping jacks



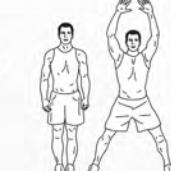
10sec push-ups



30sec jumping jacks



10sec burpees w/tuck



30sec jumping jacks



10sec push-ups



30sec elbow plank

Busy Day

DAREBEE WORKOUT © darebee.com

5 sets 2 minutes rest between sets



30 high knees



10 burpees



30 high knees



30sec elbow plank



BUTT & GUT

DAREBEE WORKOUT
© darebee.com
repeat 3 times
2 minutes rest
in between



20 plank back kicks

20 bridges

20 bridge taps

20 leg raises

20 crunch kicks

20 sit-ups

Buttercup

DAREBEE WORKOUT © darebee.com
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 knee strikes

10 climbers

10 knee strikes

10 shoulder taps

10 knee strikes

10 plank rotations

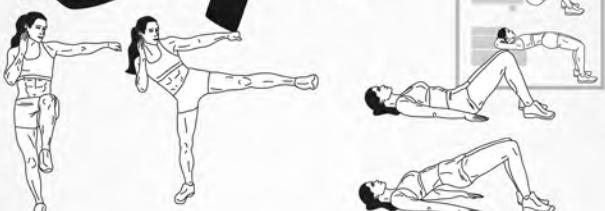
10 knee strikes

10 punches

10 knee strikes

Butt Lift

DAREBEE
WORKOUT
© darebee.com
2 minutes rest
between exercises



30 side leg extensions (side kicks)
x 4 sets in total 2 sets per leg
20sec rest between sets

30 bridges x 4 sets in total
superior version: raised bridges
20 seconds rest between sets



30 push extensions (back kicks)
x 4 sets in total 2 sets per leg
20sec rest between sets

30 leg extensions (donkey kicks)
x 4 sets in total 2 sets per leg
20sec rest between sets

CARDIO & COORDINATION

DAREBEE WORKOUT © darebee.com
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 butt kicks

6 single leg hops

20 butt kicks

20 jumping jacks

6 side-to-side jumps

20 jumping jacks

20 side leg raises

6 knee-to-elbows

20 side leg raises

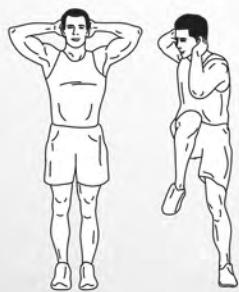
Cardio & Core

EXPRESS



DAREBEE
WORKOUT
© darebee.com

3 sets | 2 minutes rest



- 10 jumping jacks
- 4 knee-to-elbows
- done

CARDIO BOX



DAREBEE WORKOUT
© darebee.com

5 sets | 2 minutes rest



- 10 half jacks
- 4 punches (jab + cross)
- 4 uppercuts
- 10 half jacks
- 4 punches (jab + cross)
- 4 uppercuts
- 10 half jacks
- 4 punches (jab + cross)
- 4 uppercuts
- 10 half jacks
- 4 punches (jab + cross)
- 4 uppercuts
- done

CARDIO BEAST

DAREBEE WORKOUT
© darebee.com
LEVEL I 3 sets
LEVEL II 5 sets
LEVEL III 7 sets
REST up to 2 minutes



20 high knees



10 climbers



4 basic burpees



20 high knees



10 climbers



4 jumping lunges



20 high knees



10 climbers

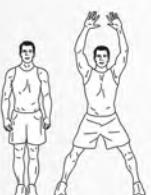


4 jump knee-tucks

CARDIO CROSS+

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



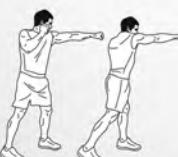
20sec jumping jacks



20sec side step jacks



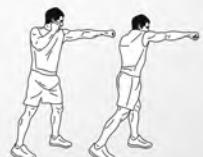
20sec jumping jacks



20sec punches



20sec bicep curls

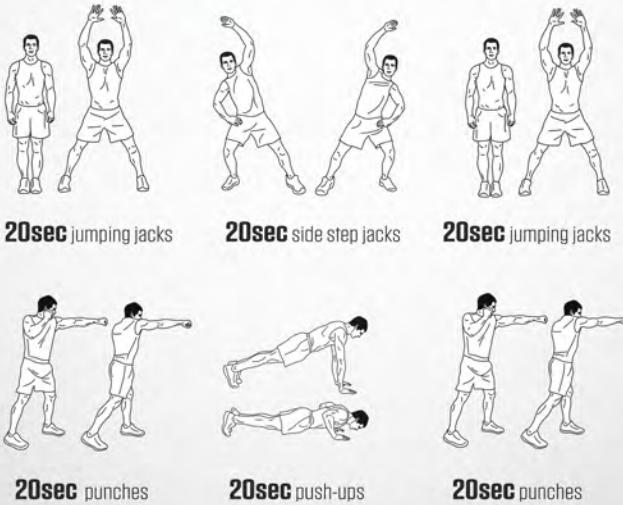


20sec punches

CARDIO CROSS

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



CARDIO CRUSH

HIIT WORKOUT
BY DAREBEE
© darebee.com

Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest



Cardio Dive

DAREBEE HIIT WORKOUT © darebee.com

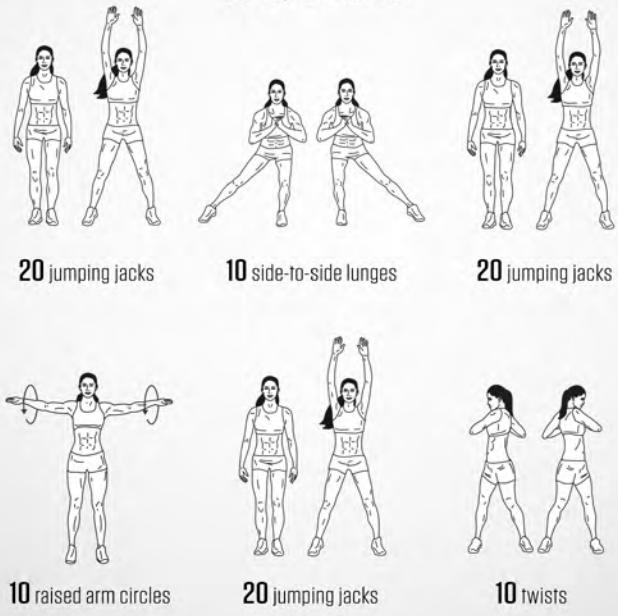
Level I 3 sets Level II 5 sets Level III 7 sets
2 minutes rest between sets



Cardio Fusion

DAREBEE WORKOUT © darebee.com

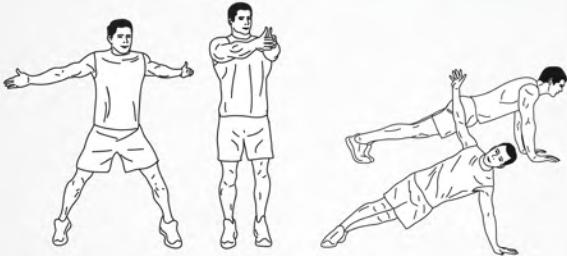
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
REST up to 2 minutes



Cardio Hack

WORKOUT BY DAREBEE © darebee.com

5 sets | 2 minutes rest



- 10 seal jacks
- 4 plank rotations
- 10 seal jacks
- 4 plank rotations
- 10 seal jacks
- 4 plank rotations
- done

cardio MAX

DAREBEE WORKOUT © darebee.com

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



- 10 high knees
- 5 jump knee tucks
- 10 high knees
- 10 basic burpees
- 5 jump knee tucks
- 10 basic burpees
- 10 high knees
- 5 jump knee tucks
- 10 high knees

Cardio High

DAREBEE WORKOUT © darebee.com

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



- 20 jumping jacks
- 20 plank jacks
- 20 jumping jacks
- 20 split jacks
- 20 jumping jacks
- 20 split jacks
- 20 jumping jacks
- 20 plank jacks
- 20 jumping jacks

Cardio Pro

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets

2 minutes rest rest between sets

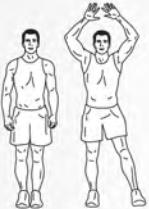


- 30sec high knees
- 30sec elbow plank
- 10sec basic burpees
- 30sec high knees
- 30sec raised leg plank
- 10sec basic burpees
- 30sec high knees
- 30sec side elbow plank
- 10sec basic burpees

Cardio Rehab

DAREBEE WORKOUT © darebee.com

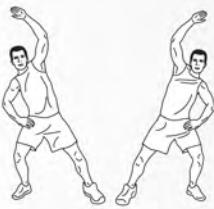
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



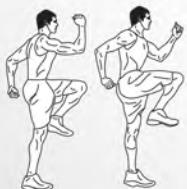
10 step jacks



10 knee-to-elbows



10 side jacks



10 march steps



10 reverse lunges



10 calf raises

CARPE DIEM

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec high knees



20sec climbers



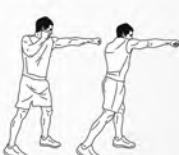
20sec high knees



20sec overhead punches



20sec push-ups



20sec punches



20sec basic burpees



20sec plank hold



20sec basic burpees

CASANOVA

DAREBEE WORKOUT © darebee.com

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



20 forward lunges



20 reverse lunges



20 calf raises



20 combos push-up + jab + cross



20 combos squat + jab + cross



20 high crunches



20 sitting twists

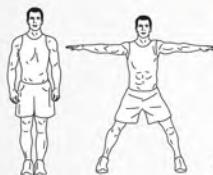


20 reverse crunches

THE CATCH

DAREBEE HIIT WORKOUT © darebee.com

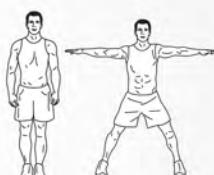
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



30sec jumping Ts



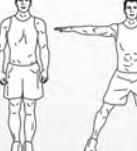
30sec plank



30sec jumping Ts



30sec alt arm/leg plank



30sec jumping Ts



30sec one-arm side plank

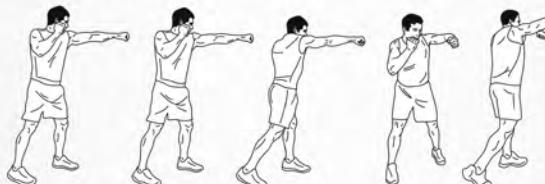
CHALLENGER

DAREBEE WORKOUT © darebee.com

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



20 combos shoulder taps (left + right) + push-ups



20 combos jab + jab + cross + hook (left) + hook (right)



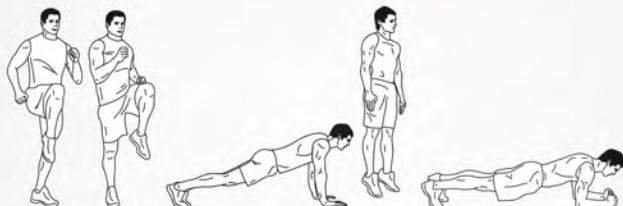
20 combos double side kick + front kick + step back + turning kick

CHISEL

DAREBEE HIIT WORKOUT © darebee.com

EXPRESS

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest rest



20sec high knees

10sec basic burpees

20sec high knees

10sec basic burpees

20sec high knees

10sec basic burpees

30sec elbow plank

done

CHEST & BACK

DAREBEE WORKOUT
© darebee.com

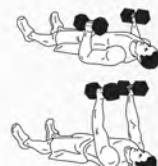
60 seconds rest
between exercises



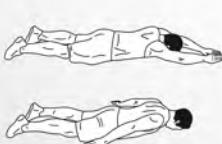
push-ups
12/10/8/6 reps
30 seconds rest
between sets



renegade rows
6/5/4/3 reps per arm
30 seconds rest
between sets



chest press
12/10/8/6 reps
30 seconds rest
between sets



reverse angels
12/10/8/6 reps
30 seconds rest
between sets



W-extensions
12/10/8/6 reps
30 seconds rest
between sets



back extensions
12/10/8/6 reps
30 seconds rest
between sets

THE CLASH

DAREBEE WORKOUT © darebee.com

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



20 side kicks



20 side kick + backfist



20 backfists



20 knee strikes



20 knee strike + elbow strike



20 upward elbow strikes



20 squats



20 squat + hook



20 hooks

THE CLIMBER

DAREBEE WORKOUT © darebee.com

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



20 climbers



4 push-ups



20 climbers



4 plank walk-outs



20 climbers



4 plank rotations

Muay Thai

the Clinch

DAREBEE WORKOUT © darebee.com

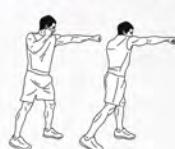
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



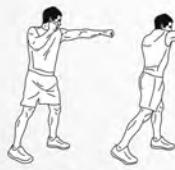
20 lunge step-ups



20 push-ups



20 jab + cross



20 combos jab + cross + upward elbow strike + elbow strike + knee strike



20 knee-to-elbows



20 side leg raises

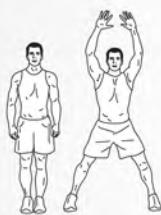


20-count squat hold

THE COMEBACK

DAREBEE WORKOUT © darebee.com

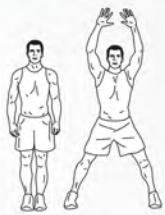
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jumping jacks



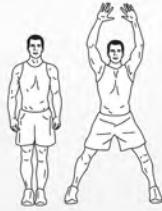
10 flutter kicks



20 jumping jacks



10 sit-ups



20 jumping jacks



10 knee-to-elbow crunches

Command & Control

DAREBEE WORKOUT © darebee.com

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



20 lunges



10-count calf raise hold



10 jump squats



20 push-ups



10-count push-up hold



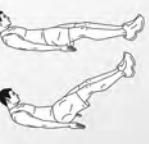
40 punches



20 sit-ups



10-count leg raise hold



10 leg raises

concrete core

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

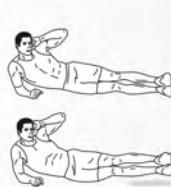
REST up to 2 minutes



20 raised leg circles



20 knee-to-elbows



20 side leg lifts



10 sit-up w/reach



10 dead bug



10 windshield wipers

core builder

DAREBEE WORKOUT © darebee.com

Switch sides on the fly, halfway through the exercise.



20sec elbow plank



40sec raised leg plank



40sec side plank



20sec raised leg hold



20sec leg raises



20sec slow kicks



20sec raised leg circles



20sec side-to-side tilts



40sec side leg raises

Core Burn

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets

2 minutes rest between sets



20sec high knees



20sec elbow plank



20sec high knees



20sec side plank (left)



20sec basic burpees



20sec side plank (right)



20sec high knees



20sec elbow plank



20sec high knees

CORE CRUSHER

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST up to 2 minutes



20 plank side crunches



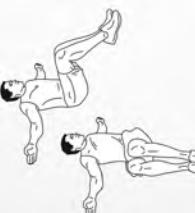
20 body saw



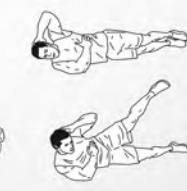
20 side bridges



20 knee-to-elbow crunches



20 half wipers



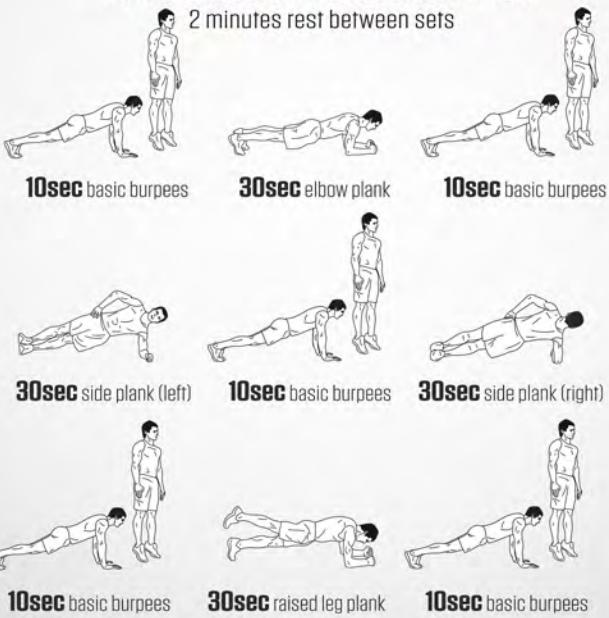
20 side jackknives

CORE FORGE

DAREBEE HIIT WORKOUT @ darebee.com

Level I 3 sets **Level II** 5 sets **Level III** 7 sets

2 minutes rest between sets



CORE SCULPT

DAREBEE HIIT WORKOUT @ darebee.com

Level I 3 sets **Level II** 5 sets **Level III** 7 sets

2 minutes rest between sets



CORRECTOR

DAREBEE WORKOUT @ darebee.com

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



the Crawler

DAREBEE WORKOUT
@ darebee.com

5 sets | 2 minutes rest between sets



Tip for small spaces: go back and forth for bear crawls

crunch time

DAREBEE WORKOUT © darebee.com

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



10 crunches

6 circle crunches

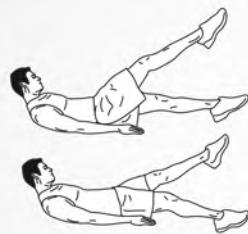
6 folded crunches



10 high crunches

6 knee crunches

6 cross crunches



20 flutter kicks

x 3 sets in total

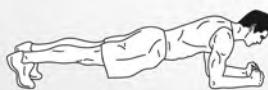
20 seconds rest between sets



20 knee-to-elbow crunches

x 3 sets in total

20 seconds rest between sets



1 minutes elbow plank



1 minutes side elbow plank

30 seconds per side

DAILY FIX

DAREBEE

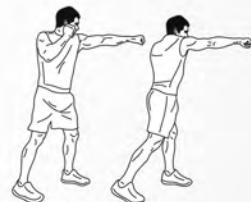
WORKOUT

© darebee.com

3 sets | 2 minutes rest



20 lunges



20 punches



20sec elbow plank



20sec side elbow plank

DEADLY 40

DAREBEE WORKOUT © darebee.com

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



40 basic burpees



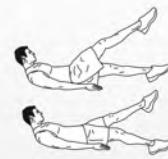
40 jumping jacks



40 climbers



40 sit-ups



40 flutter kicks

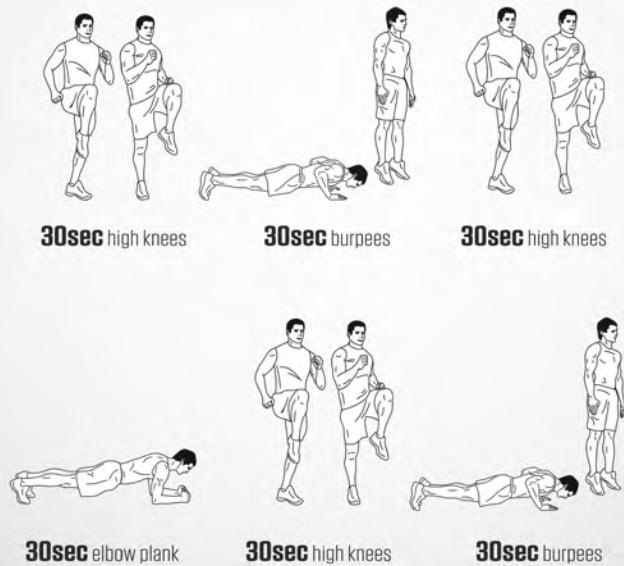


40 bridges

DEATHWISH

DAREBEE HIIT WORKOUT © darebee.com

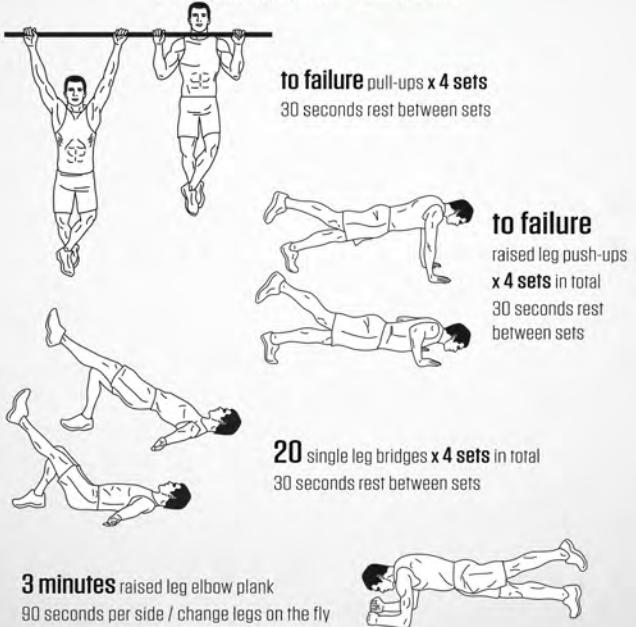
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



THE DEMIGOD

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises



THE DESTROYER

DAREBEE WORKOUT © darebee.com

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



[DNR]

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



DODGER

WORKOUT by DAREBEE © [darebee.com](#)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

REST up to 2 minutes

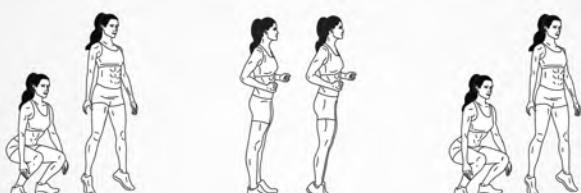


- 20sec** burpees
10sec push-up plank hold
20sec burpees
10sec push-up plank hold
20sec burpees
10sec push-up plank hold
20sec burpees
10sec push-up plank hold
done

DRACARYS!

DAREBEE WORKOUT © [darebee.com](#)

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



- 10** jump squats **10** calf raises **10** jump squats



- 10** calf raises **10** squat hold punches **10** calf raises

DOMINATOR

DAREBEE WORKOUT © [darebee.com](#)

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



- 4** jumping lunges **10** deep side-to-side lunges **4** jumping lunges

- 4** raised leg push-ups **10** side plank crunches **4** raised leg push-ups

- 4** jumping lunges **10** calf raises **4** jumping lunges

Dragon Knight

DAREBEE WORKOUT © [darebee.com](#)

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



- 20** lunges **20** knee strikes **20** jumping lunges

- 20** dragon push-ups **20** knife hand strikes **20** outward knife h/ strikes

- 20** sit-ups **20** sitting twists **20-count** hollow hold

THE DRIFTER

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets **Level II** 5 sets **Level III** 7 sets | 2 minutes rest



20sec jumping jacks



20sec hops on the spot



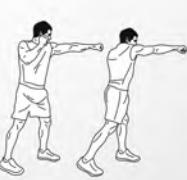
20sec squats



20sec jumping jacks



20sec push-ups



20sec punches

DYNAMIC DUMBBELL

DAREBEE WORKOUT

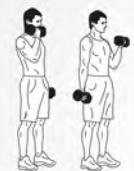
© darebee.com

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

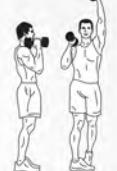
REST 2 minutes



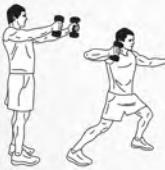
20 alt bicep curls



10 punches



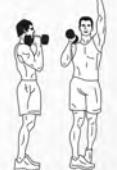
10 overhead punches



20 archers



10 punches



10 overhead punches



20 alt hammer curls



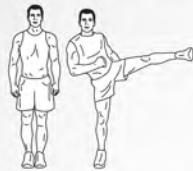
10 punches



10 overhead punches

EASE-OUT

DAREBEE WORKOUT © darebee.com



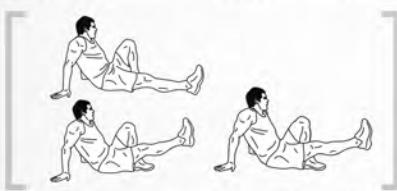
60 side leg raises



20sec hamstring stretch



10 deep side lunges



60sec leg raises + **60sec** hold

change sides and repeat



10 downward upward dog



60 leg extensions



60 alt arm/leg raises



10 back extensions

echo

DAREBEE WORKOUT © darebee.com

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



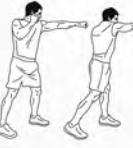
20 combos backfist + side kick



20 backfists



10 combos push-up + jab + cross



10 push-ups



20 combos squat + side kick



20 squats

THE EMPRESS

DAREBEE WORKOUT © darebee.com

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



20 lunge step-ups



20 slow climbers



20 wide squats



20 shoulder taps



10 plank rotations



20 raised arm circles



10 sit-ups



10 sitting twists



10 leg raises

EVERYDAY YOGA

DAREBEE WORKOUT © darebee.com

Hold each pose for 20 seconds then move on to the next one.
Repeat the sequence again on the other side.



deep lunge with twist



downward dog



upward dog



cat pose



cow pose



pigeon pose

THE EXECUTIONER

DAREBEE WORKOUT © darebee.com

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



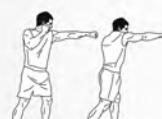
10 push-ups



20-count push-up plank



10 push-ups



20 punches



20 overhead punches



20 punches



20-count push-up plank



10 push-ups



20-count push-up plank

EXTREME BURN

3 combos



10sec high knees



10sec push-ups

3 combos

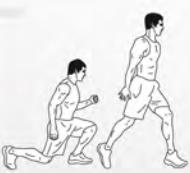


10sec basic burpees



10sec push-ups

3 combos



10sec jumping lunges



10sec push-ups

Fat-Fryer

DAREBEE WORKOUT © darebee.com

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



THE FIGHTER

DAREBEE WORKOUT © darebee.com

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



THE FINAL FORM

DAREBEE WORKOUT
© darebee.com

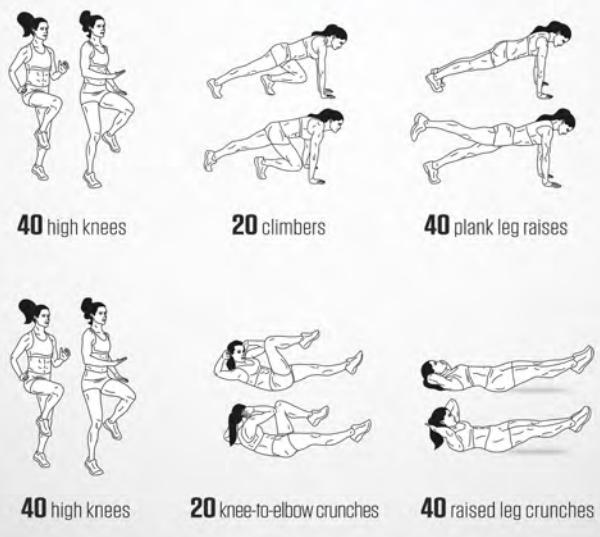
LEVEL I 3 sets
LEVEL II 5 sets
LEVEL III 7 sets
REST up to 2 minutes



FLAT STOMACH

DAREBEE WORKOUT © darebee.com

repeat 5 times in total | 2 minutes rest between sets

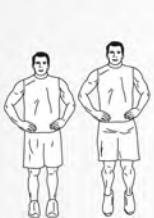


the floor is

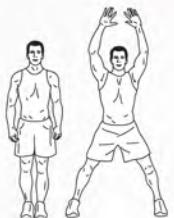
LAVA

DAREBEE WORKOUT © darebee.com

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



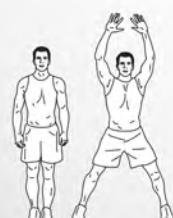
20 hops, feet together



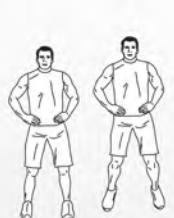
20 jumping jacks



20 half jacks



20 jumping jacks



20 hops, feet apart



20 jumping jacks

FLYBY

DAREBEE HIIT WORKOUT © darebee.com

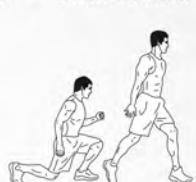
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



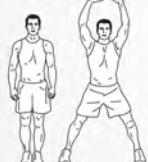
20sec jumping jacks



20sec lunges



20sec jumping lunges



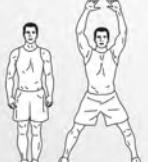
20sec jumping jacks



20sec plank



20sec raised leg plank



20sec jumping jacks



20sec squats



20sec jump squats

FOAM ROLLER

RECOVERY WORKOUT by DAREBEE © darebee.com

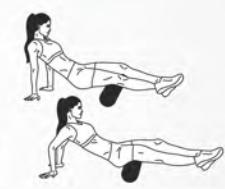
Repeat each one 10 times.



glutes



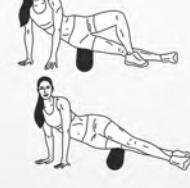
calves



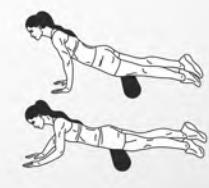
hamstrings



lower back



thighs



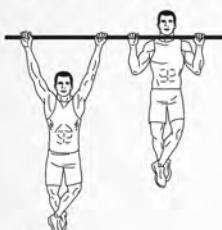
quads

FRONT LEVER PREP

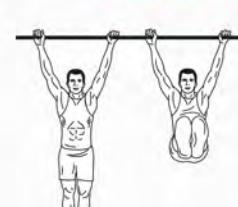
attempt
when ready



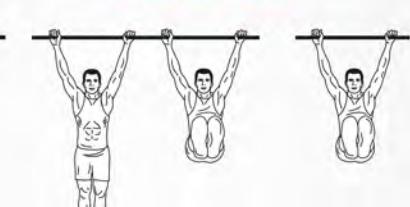
DAREBEE WORKOUT
© darebee.com



5 pull-ups
3 sets



8 leg raises
3 sets
(as high as possible)



to failure leg raise hold
3 sets
60sec rest between sets



30sec x 3 sets
tuck front lever hold
60sec rest between sets



30sec x 3 sets
advanced tuck front lever
60sec rest between sets

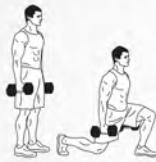


30sec x 3 sets
single leg front lever
60sec rest between sets

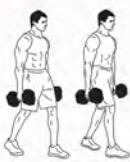
THE GAINER

DAREBEE WORKOUT © darebee.com

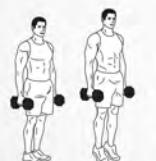
2 minutes rest between exercises



10 lunges
x 3 sets in total
20 seconds rest
between sets



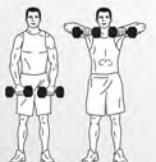
10 steps farmer's walk
x 3 sets in total
20 seconds rest
between sets



10 calf raises
x 3 sets in total
20 seconds rest
between sets



10 Arnold's press
x 3 sets in total
20 seconds rest
between sets



10 upright rows
x 3 sets in total
20 seconds rest
between sets



10 deadlifts
x 3 sets in total
20 seconds rest
between sets

Game Changer

DAREBEE **HIIT** WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



15sec basic burpees



30sec high knees



15sec basic burpees



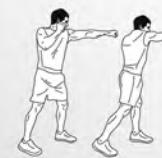
15sec push-ups



30sec high knees



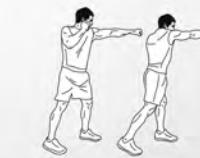
15sec push-ups



15sec punches



30sec high knees



15sec punches

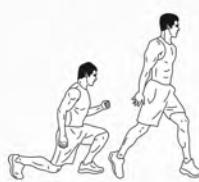
GERONIMO!

DAREBEE WORKOUT © darebee.com

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



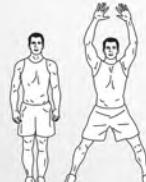
20 high knees



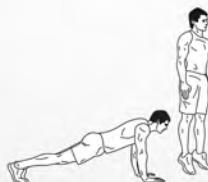
10 jumping lunges



20 high knees



20 jumping jacks



10 basic burpees w/ jump



20 jumping jacks

GLADIATOR

GLADIUS EDITION

DAREBEE WORKOUT © darebee.com

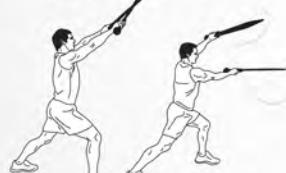
5 sets 2 minutes rest between sets



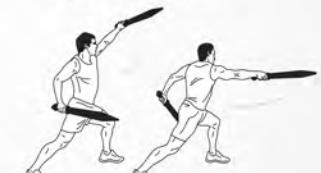
20 inner cross cuts



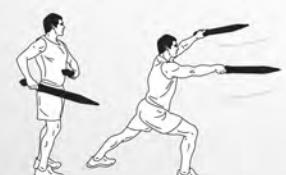
20 outward cross cuts



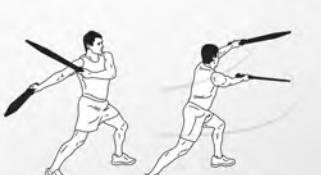
20 combo block & horizontal cuts



20 combo block & forward cut



20 double forward thrusts



20 full double horizontal cuts

GLADIOLUS

FINAL FANTASY XV TRIBUTE WORKOUT

by DAREBEE © darebee.com



20 lunges
4 sets
10 lunges per leg
20 seconds rest
between sets



to failure
stacked push-ups
4 sets
20 seconds rest
between sets



40 punches
4 sets
20 seconds rest
between sets



2 minutes elbow plank



2 minutes side elbow plank
60 seconds per side

GLUTES

WORKOUT BY © darebee.com
2 minutes rest between exercises

SCULPT



forward lunges
12, 10, 8, 6 (both legs)
30 seconds rest



single leg deadlifts
12, 10, 8, 6 (both legs)
30 seconds rest



deep side lunges
12, 10, 8, 6 (both legs)
30 seconds rest



goblet squats
10, 8, 6, 4
30 seconds rest

GODDESS

DAREBEE WORKOUT © darebee.com

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



30 high knees



10 burpees



30 high knees



30 climbers



10 burpees



30 climbers



30 high knees



10 burpees



30 high knees

GODKILLER

DAREBEE WORKOUT © darebee.com

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



20 front kicks



20 high knees



20 front kicks



5 push-ups



20 high knees



5 push-ups



20 punches



20 high knees

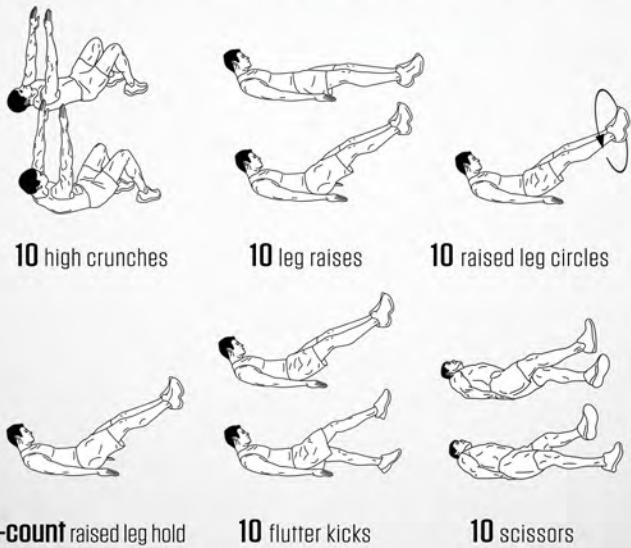


20 punches

Good morning, abs

DAREBEE WORKOUT © darebee.com

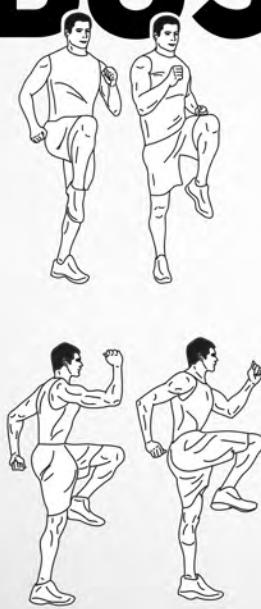
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



GUT BUSTER

DAREBEE WORKOUT
© darebee.com

5 sets | 2 minutes rest between sets



- 20 high knees
- 10 march steps (walk)
- 20 high knees
- 10 march steps (walk)
- 20 high knees
- 10 march steps (walk)
- 20 high knees
- 10 march steps (walk)
- 20 high knees
- 10 march steps (walk)
- done

GRIDLOCK

DAREBEE WORKOUT © darebee.com

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



Hades

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



hamstring stretch

by DAREBEE
© darebee.com
30 seconds each



step forward stretch



forward bend stretch



lunge stretch



forward stretch



single leg forward stretch



leg raise stretch

HD ARMS

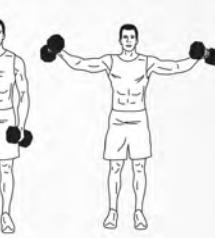
DAREBEE WORKOUT © darebee.com

Use light 4kg (9lb) dumbbells and go to failure each time

Repeat the workout 4-5 times during the day, whenever you can
Increase the reps the moment you feel you can do more.



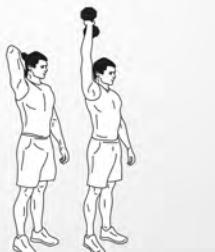
alternating dumbbell curls



lateral raises



shoulder press



tricep extensions

HEAVY HITTER

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 jump squats



10 push-ups



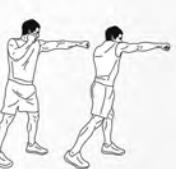
20 uppercuts



10 jump squats



10 push-ups



20 punches



10 jump squats



10 push-ups



20 hooks

To Hell & Back

HIIT WORKOUT

BY DAREBEE

© darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



30sec high knees



10sec basic burpees



20sec elbow plank



30sec high knees



10sec basic burpees



20sec raised leg plank



30sec high knees



10sec basic burpees

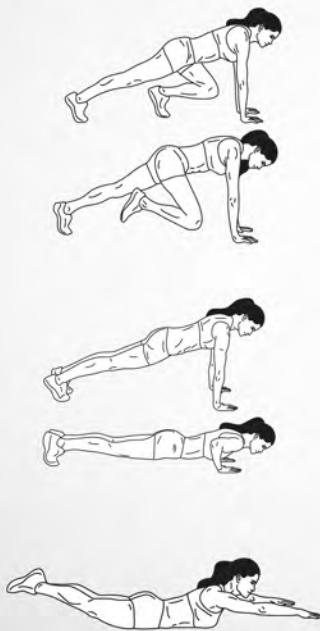


20sec side elbow plank

HELLBOUND

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



40sec climbers

20sec push-ups

20sec superman hold

40sec climbers

20sec push-ups

20sec superman hold

40sec climbers

20sec push-ups

20sec superman hold

done

HELL-FORGED

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



HELLFIRE

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec high knees



20sec basic burpees



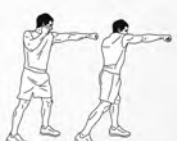
20sec high knees



20sec punches



20sec basic burpees



20sec punches



20sec elbow plank



20sec basic burpees



20sec elbow plank



20sec jumping lunges



20sec calf raises



40sec elbow plank



20sec jumping lunges



20sec calf raises



40sec side elbow plank



20sec jumping lunges



20sec calf raises



40sec raised leg elbow plank

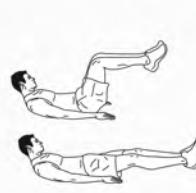
Hello, abs!

DAREBEE WORKOUT © darebee.com

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



20 high crunches



20 crunch kicks



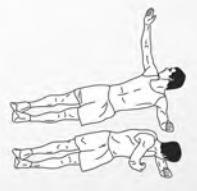
20 knee-to-elbow crunches



20 plank crunches



20 side bridges



20 side plank rotations

HELLRAISER

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



30sec high knees



30sec elbow plank hold



30sec plank rolls



30sec high knees



30sec side plank hold



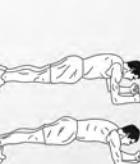
30sec side planks



30sec high knees



30sec elbow plank hold



30sec bodysaw

HELL, UNLEASHED

DAREBEE HIIT WORKOUT © darebee.com

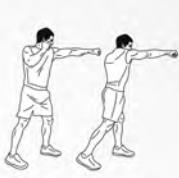
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



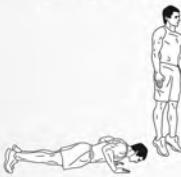
20sec burpees



20sec one-arm plank (right)



40sec punches



20sec burpees



20sec push-ups



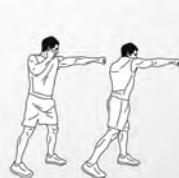
40sec overhead punches



20sec burpees



20sec one-arm plank (left)



40sec punches

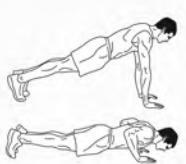
THE HENCHMAN

DAREBEE WORKOUT © darebee.com

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



20-count push-up hold



20 push-ups



20-count push-up hold



20-count squat hold



20 jump squats



20-count squat hold

HERA

DAREBEE WORKOUT © darebee.com

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



4 push-ups



6 basic burpees



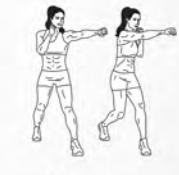
4 push-ups



10 punches



4 push-ups



10 punches



4 push-ups



6 basic burpees

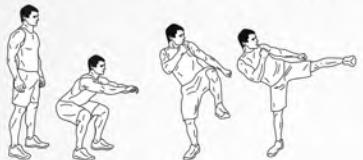


4 push-ups

HEYDAY

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets **Level II** 5 sets **Level III** 7 sets | 2 minutes rest



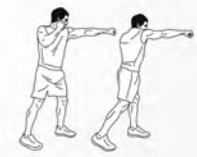
20sec squat + side kicks



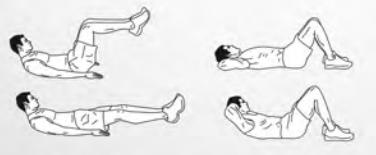
40sec side kicks



20sec push-up + punches



40sec punches



20sec crunch kick + crunch

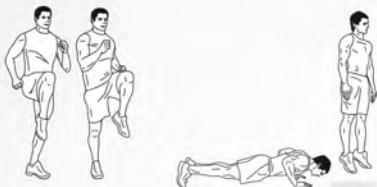


40sec crunches

HIGHSPOT

DAREBEE WORKOUT © darebee.com

Level I 3 sets **Level II** 5 sets **Level III** 7 sets | 2 minutes rest



60 seconds
high knees

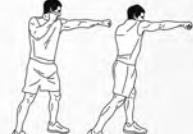
Do 1 burpees
every 15 seconds



20sec push-ups



20sec plank rotations



20sec punches



20sec sit-ups



20sec sitting twists



20sec raised leg hold

highway to HELL

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest



40sec jumping jacks

20sec push-ups



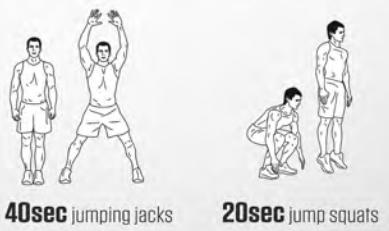
40sec jumping jacks

20sec jump squats



40sec jumping jacks

20sec push-ups



40sec jumping jacks

20sec jump squats

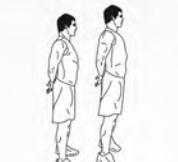
hotfoot

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets **Level II** 5 sets **Level III** 7 sets | 2 minutes rest



30sec high knees



10sec calf raises



30sec high knees



10sec march twists



30sec high knees



10sec march twists



30sec high knees



10sec calf raises



30sec high knees

Hot Mess

DAREBEE WORKOUT © darebee.com

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



20 jumping jacks



6 jumping lunges



20 jumping jacks



20sec elbow plank



20sec raised leg plank



20sec side plank



20 jumping jacks



6 basic burpees w/jump



20 jumping jacks

HOUR GLASS

DAREBEE WORKOUT © darebee.com

repeat 5 times
2 minutes rest
between sets



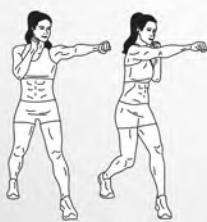
20 raised arm circles



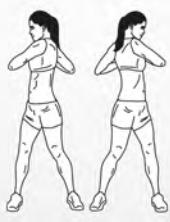
10 knee-to-elbows



10 squats



20 punches



10 twists



10 lunges

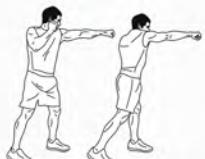
THE HYBRID

DAREBEE WORKOUT © darebee.com

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



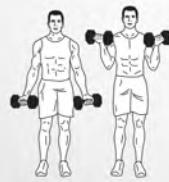
10 push-up renegade rows



20 punches



20 overhead punches



10 bicep curls



20 hooks

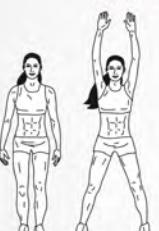


20 uppercuts

INDOOR CARDIO

DAREBEE WORKOUT © darebee.com

repeat 5 times up to 2 minutes rest between sets



20 jumping jacks



20 knee-to-elbow



20 butt kicks



10 climbers



10 plank jacks



10 basic burpees

INQUISITOR

DAREBEE WORKOUT © darebee.com

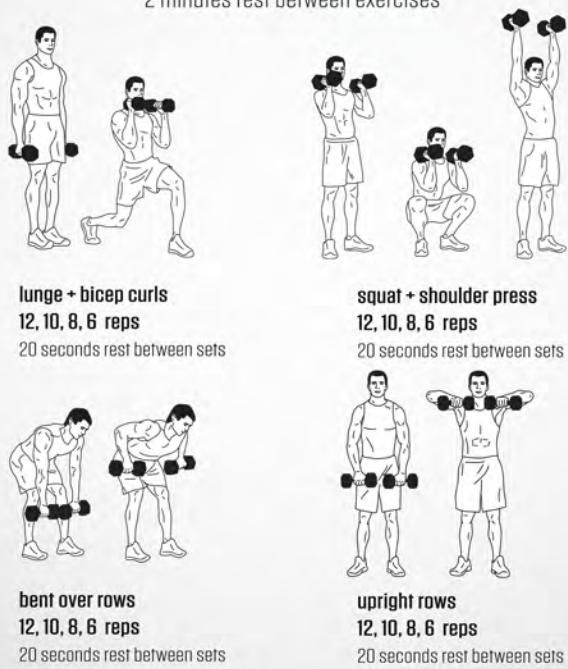
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



JACKED

DAREBEE WORKOUT © darebee.com

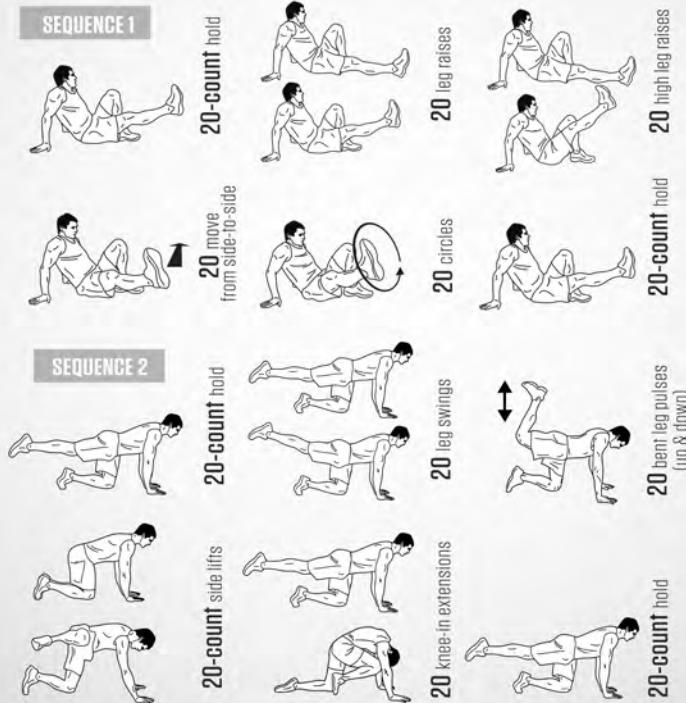
2 minutes rest between exercises



ADVANCED iron bar

TENDON STRENGTH
DAREBEE WORKOUT © darebee.com

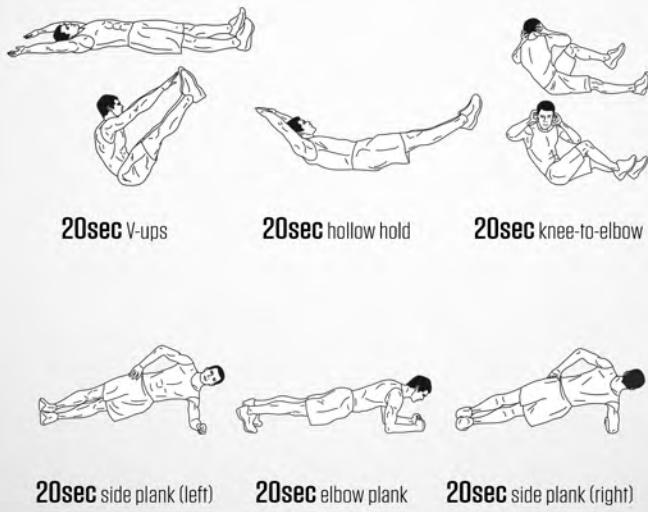
Change legs after each sequence
and repeat it again. Keep your leg off the floor
throughout the sequence. Perfect post workout.



killer abs

DAREBEE WORKOUT © darebee.com

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



Killer BUTT

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises



20 front kicks
x 3 sets in total
20 seconds rest
between sets



10 single leg deadlifts
x 3 sets in total
20 seconds rest
between sets



20 knee strikes
x 3 sets in total
20 seconds rest
between sets



20 side leg raises
x 3 sets in total
20 seconds rest
between sets

Killer legs

DAREBEE WORKOUT © darebee.com

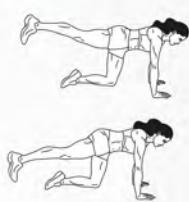
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



40 leg extensions



40 side leg lifts



40 plank leg swings



40 single leg bridges



40 single leg swings



40 side leg raises

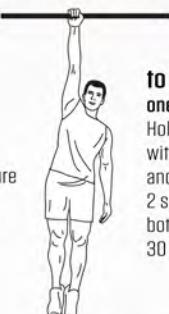
THE KITTEN

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises



to failure
straight hang
Hold on to the bar
and hang until failure
4 sets in total
30 seconds rest



to failure
one-arm hang
Hold on to the bar
with one arm only
and hang until failure
2 sets in total
both arms = 1 set
30 seconds rest



to failure
chin-up hang
Take a close grip,
lift yourself up
and hang until failure
4 sets in total
30 seconds rest



10 leg raises
Raise your legs up
while hanging on the bar
4 sets in total
30 seconds rest

KNEE SAVER

DAREBEE
STRENGTH
& RECOVERY
WORKOUT
© darebee.com

PART I



20sec hamstring stretch
10 seconds per leg



20sec quad stretch
10 seconds per leg

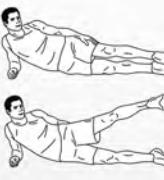


20sec calf raises

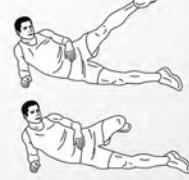
PART II



30sec leg raises



30sec side leg raises



30sec slow turning kicks

change sides and repeat again

KNEE TUNER

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



20 squats



20 butt kicks



20 calf raises



20sec squat hold



20 low turning kicks



20 side leg raises



10 bridges



10 butt-ups



10 plank side crunches

LAST STAND

DAREBEE WORKOUT © darebee.com
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



20 knee strikes



20 combos knee strike + elbow strike



20 push-ups



20 punches



20 hooks



20 side kicks



20 combos backfist + side kick

LEAN & MEAN

DAREBEE WORKOUT © darebee.com

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



40 high knees



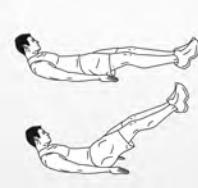
40 climbers



40 high knees



20 knee-to-elbows



20 leg raises



20 knee-to-elbows

the Leap

DAREBEE WORKOUT © darebee.com

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



20 jumping jacks



20 squat hops



5 jump squats



20 jumping jacks



20 climbers



5 basic burpees w/jump

The Legacy

DAREBEE WORKOUT © darebee.com

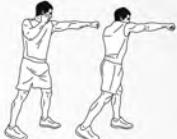
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 side kicks



10 push-ups



20 jab + cross



20 hook kicks



10 push-ups



20 hook + hook



20sec side plank



20sec elbow plank



20sec side plank

LEG SHRED

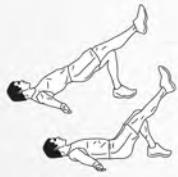
DAREBEE
WORKOUT
© darebee.com
2 minutes rest
between exercises



20 lunges
x 3 sets in total
20 seconds rest
between sets



20 reverse lunges
x 3 sets in total
20 seconds rest
between sets



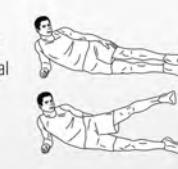
20 single leg bridges
x 3 sets in total
20 seconds rest
between sets



60sec
wall-sit
once



40 leg raises
x 2 sets in total
1 set per leg



40 side leg raises
x 2 sets in total
1 set per leg

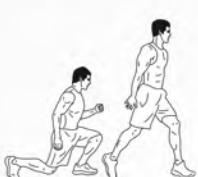
LEVEL-UP!

DAREBEE WORKOUT © darebee.com

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



20 high knees



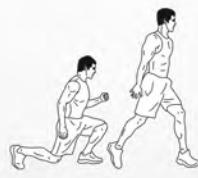
20 jumping lunges



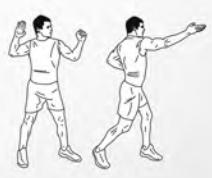
20 overhead punches



20 squats



20 jumping lunges



20 knife hand strikes

LIFEGUARD

DAREBEE WORKOUT © darebee.com

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



10 lunges



20 high knees



10 lunges



10 push-ups



20 high knees



10 push-ups



10 sit-ups



20 high knees



10 sit-ups

Lionheart

DAREBEE WORKOUT © darebee.com

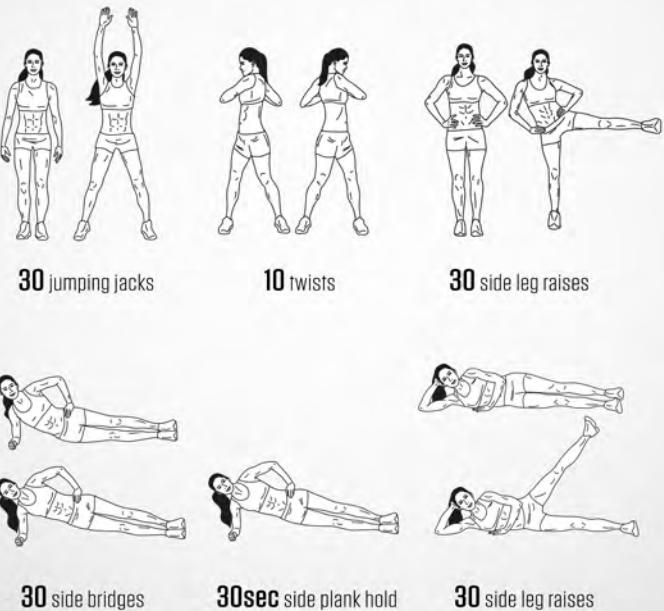
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



Love Handles

DAREBEE WORKOUT © darebee.com

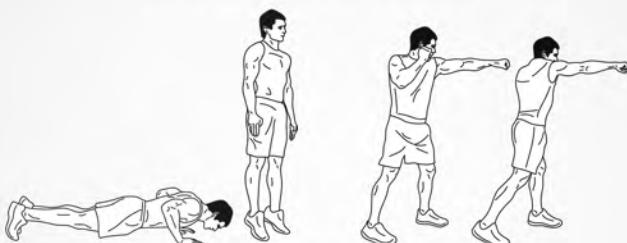
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



MADMAN

WORKOUT by DAREBEE © darebee.com

3 sets | 2 minutes rest between sets



- 10 burpees
- 20 punches (jab + cross)
- 10 burpees
- 20 punches (jab + cross)
- 10 burpees
- 20 punches (jab + cross)
- 10 burpees
- 20 punches (jab + cross)
- done

MAJOR

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

REST up to 2 minutes



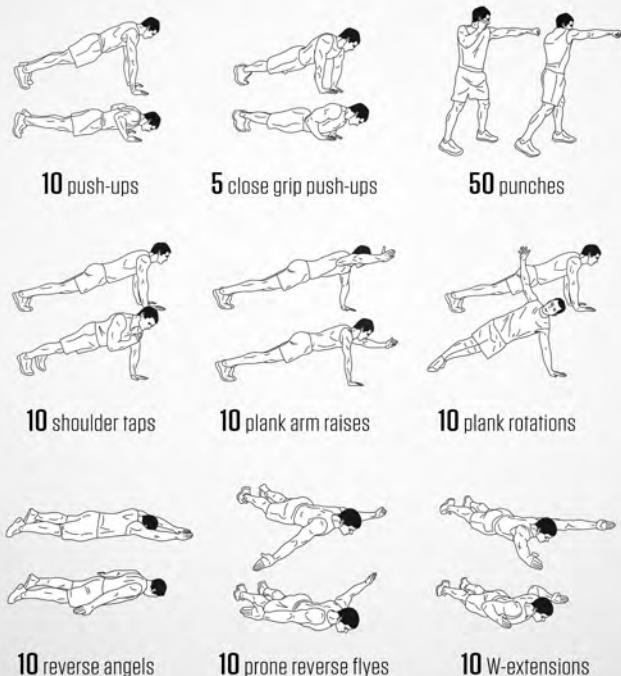
GO AHEAD **MAKE MY DAY**

DAREBEE WORKOUT
© darebee.com
LEVEL I 3 sets
LEVEL II 5 sets
LEVEL III 7 sets
REST up to 2 minutes



MARAUDER

DAREBEE WORKOUT © darebee.com
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



MARS

DAREBEE WORKOUT © darebee.com
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



MASTER **PLANK**

DAREBEE WORKOUT © darebee.com



MASTER PLAN

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

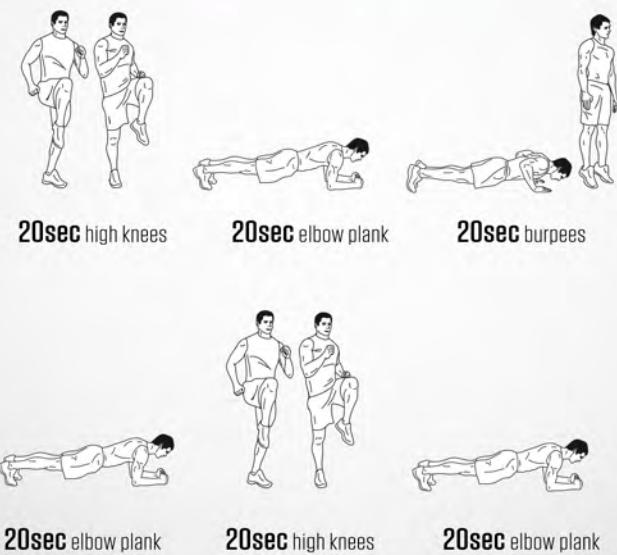
2 minutes rest between sets



MELT OFF

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



memento mori

DAREBEE WORKOUT

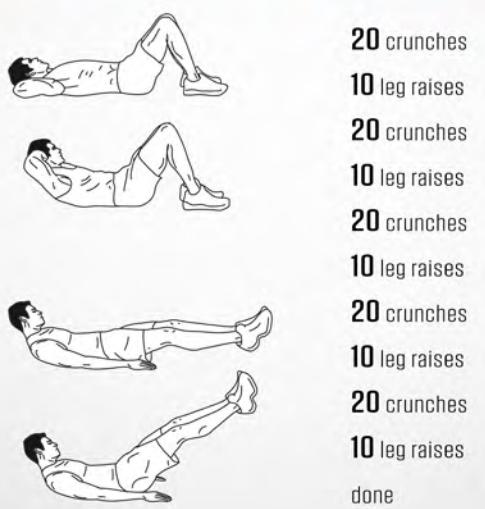
© darebee.com

5 sets | 2 minutes rest



MICRO SHRED

WORKOUT by DAREBEE © darebee.com



MISFIT

DAREBEE WORKOUT © darebee.com

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



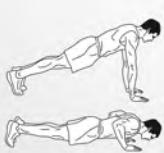
20 high knees



10 climbers



20 high knees



10 push-ups



20 high knees



10 push-ups

Mistborn

DAREBEE WORKOUT © darebee.com

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



10 jumping lunges



10 twists



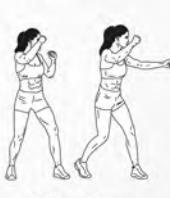
20 palm strikes



10 jumping lunges



10 knee strikes



20 backfists



10 jumping lunges



10 sit-up punches



20 sitting punches

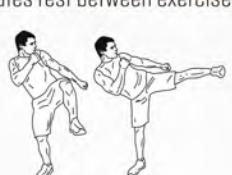
MONSTER LEGS

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises



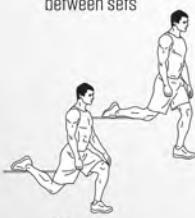
20 jump squats
x 4 sets in total
30 seconds rest
between sets



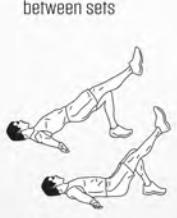
40 side kicks
x 4 sets in total
30 seconds rest
between sets



20 calf raises
x 4 sets in total
30 seconds rest
between sets



20 split lunges
x 4 sets in total
30 seconds rest
between sets



20 single leg bridges
x 4 sets in total
30 seconds rest
between sets



2 minutes
wall-sit
once

MORD-SITH

DAREBEE WORKOUT © darebee.com

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



20 lunge punches



10 jump squats



20-count squat hold



20 plank rotations



10 push-ups



20 punches



20 back kicks



10 bridge taps



20 crunches

MUSCLE FACTORY

DAREBEE WORKOUT © darebee.com

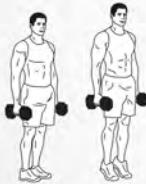
2 minutes rest between exercises



8 side lunges
x 5 sets in total
30 seconds rest
between sets



8 lunges
x 5 sets in total
30 seconds rest
between sets



8 calf raises
x 5 sets in total
30 seconds rest
between sets



8 goblet squats
x 5 sets in total
30 seconds rest
between sets



8 single leg deadlifts
x 5 sets in total
30 seconds rest
between sets



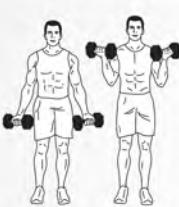
2 minutes
wall-sit

LOWERBODY

MUSCLE FACTORY

DAREBEE WORKOUT © darebee.com

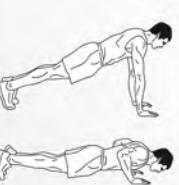
2 minutes rest between exercises



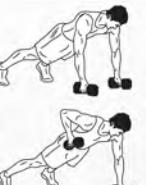
10 bicep curls
x 5 sets in total
30 seconds rest
between sets



10 deadlifts
x 5 sets in total
30 seconds rest
between sets



20 push-ups
x 5 sets in total
30 seconds rest
between sets



10 renegade rows
x 5 sets in total
30 seconds rest
between sets



10 up and down planks x 5 sets in total | 30 seconds rest between sets

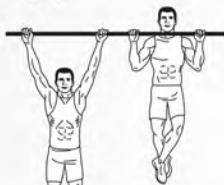
UPPERBODY

MUSCLE-UP PREP

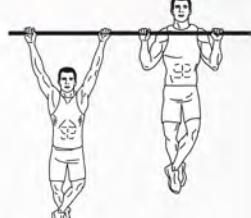


DAREBEE WORKOUT © darebee.com

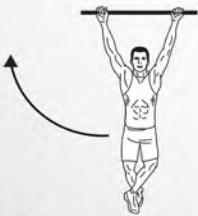
only attempt
if you can do
10+ pull-ups



8 pull-ups x 3 sets
60sec rest between sets



8 explosive pull-ups x 3 sets
60sec rest between sets



8 lateral swings x 3 sets
60sec rest between sets



to failure
pull-up hold x 3 sets
60sec rest between sets

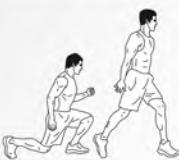


5 bar dips x 3 sets
60sec rest between sets

The Nix

DAREBEE WORKOUT © darebee.com

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



20 jumping lunges



40 high knees



20 jumping lunges



20 push-ups



40 high knees



20 push-ups



20 jump squats



40 high knees



20 jump squats

NO TOMORROW

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec high knees



20sec jumping jacks



20sec high knees



20sec plank



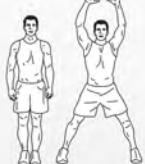
20sec basic burpee w/jump



20sec plank



20sec high knees



20sec jumping jacks



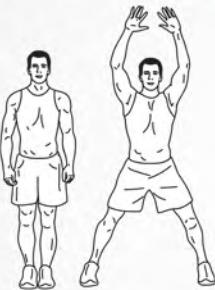
20sec high knees

not feeling like it? do - NUMBERS

DAREBEE WORKOUT © darebee.com

Split total reps into manageable sets.

CARDIO



100

jumping jacks



200

high knees

5	5	5	5	5
5	5	5	5	5
5	5	5	5	5
5	5	5	5	5

10	10	10	10	10
10	10	10	10	10
10	10	10	10	10
10	10	10	10	10

origami abs

DAREBEE WORKOUT © darebee.com

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



20 sit-up + crunch kick



20 sit-up + reach



20 dead bug



20 V-ups



20 windshield wipers

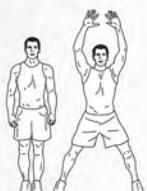


20 side jackknives

ORIGIN STORY

DAREBEE WORKOUT © darebee.com

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



20 jumping jacks



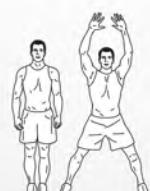
5 jump squats



20 jumping jacks



5 burpees



20 jumping jacks



5 burpees

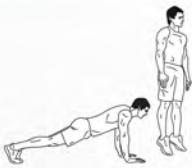
OUT OF EXCUSES

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



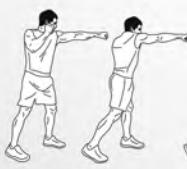
30sec squats



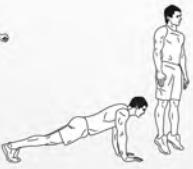
30sec basic burpees



30sec elbow plank



30sec punches



30sec basic burpees



30sec side elbow plank

OVERHAUL

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec high knees



20sec march steps



20sec high knees



20sec plank hold



20sec high knees



20sec plank hold



20sec high knees



20sec march steps

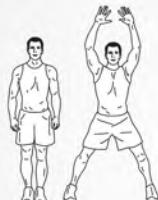


20sec high knees

PAYBACK

DAREBEE WORKOUT © darebee.com

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



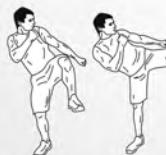
10 jumping jacks



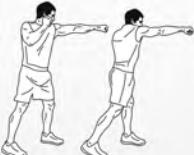
10 jump squats



20 high knees (sprint!)



10 side kicks



10 punches



20 high knees (sprint!)

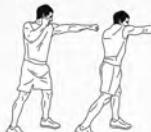
PENDRAGON

DAREBEE workout © darebee.com

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



4 push-ups



20 punches



4 push-ups



20 overhead punches



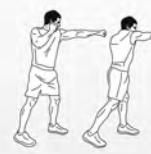
4 push-ups



20 overhead punches



4 push-ups



20 punches



4 push-ups

PERSEPHONE

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



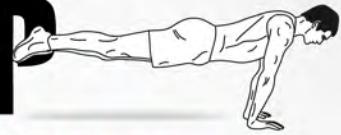
30sec high knees

30sec elbow plank

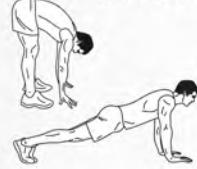
done

PLANCHE PREP

attempt
when ready



DAREBEE WORKOUT © darebee.com



8 plank walk-outs

4 sets 60sec rest between sets

10SEC leaning plank

4 sets 60sec rest between sets



10SEC leaning plank
leg raised (each leg)

4 sets

60sec rest between sets



5 crane pose lifts

4 sets

60sec rest between sets



to failure **L-Sit**

4 sets

60sec rest between sets

the Player

DAREBEE WORKOUT © darebee.com

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



10 jump squats



10 push-ups



10 jump squats



10 up and down planks



10 jump squats



10 push-ups



10 jump squats

POSTURE PERFECT

DAREBEE WORKOUT © darebee.com

repeat 3 times | up to 2 minutes rest in between



10 alt arm & leg raises



10 plank back rotations



10 prone extensions



10 swimmers



10 W-extensions



10 prone reverse fly

POUNCE

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets
2 minutes rest between sets

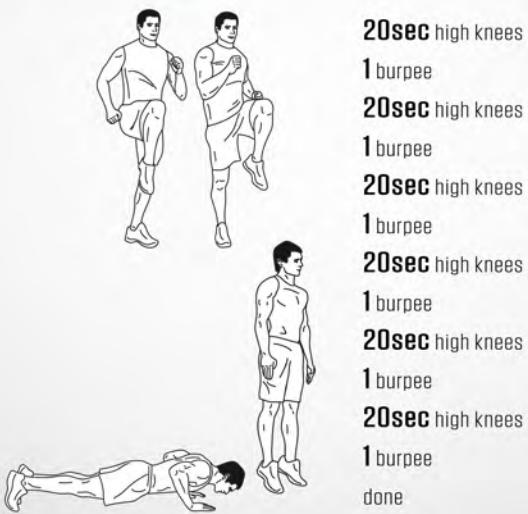


- 20sec** elbow plank
10sec basic burpees
20sec elbow plank
10sec basic burpees
20sec elbow plank
10sec basic burpees
20sec elbow plank
10sec basic burpees
done

POWER BOLT

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



- 20sec** high knees
1 burpee
20sec high knees
1 burpee
done

POWER BUILDER

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises



POWER BURNER

DAREBEE WORKOUT © darebee.com

5 sets | 2 minutes rest between sets

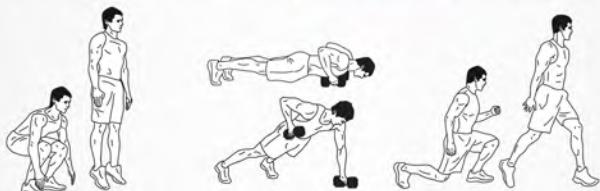


- 20** jumping jacks
5 calf raises
20 jumping jacks
5 calf raises
done

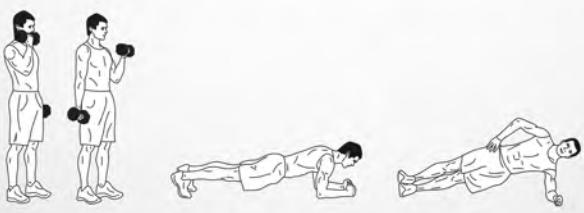
POWER CIRCUIT+

DAREBEE WORKOUT © darebee.com

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



10 jump squats 10 renegade row push-ups 10 jumping lunges

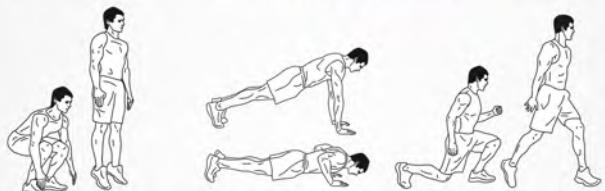


10 alt bicep curls 30sec elbow plank 30sec side elbow plank

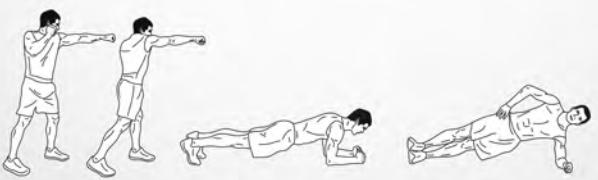
POWER CIRCUIT

DAREBEE WORKOUT © darebee.com

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



10 jump squats 10 push-ups 10 jumping lunges



40 punches 30sec elbow plank 30sec side elbow plank

POWER CRAWL

DAREBEE WORKOUT
© darebee.com

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



10 shoulder taps 10 bear crawl 5 push-ups



10-count plank 10 bear crawl 5 ape hops

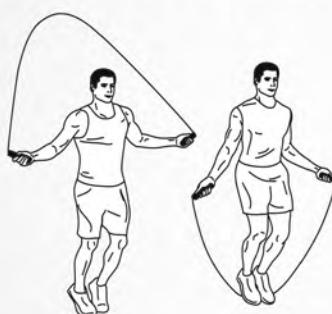


10 shoulder taps 10 bear crawl 5 up & down planks

POWER LINE

DAREBEE WORKOUT
© darebee.com

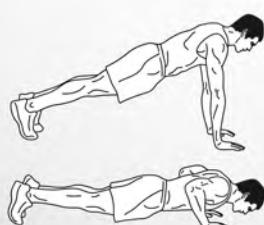
5 sets | 2 minutes rest



30 jump rope skips

3 push-ups

done



PowerMelt

DAREBEE HIIT WORKOUT © darebee.com

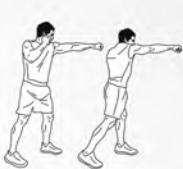
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



30sec high knees



10sec basic burpees



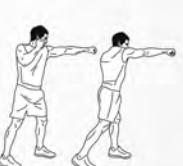
20sec punches



30sec high knees



10sec push-ups



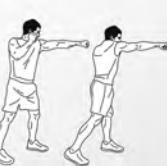
20sec punches



30sec high knees



10sec jump squats



20sec punches

POWER PUNCH

DAREBEE WORKOUT © darebee.com

5 sets | 2 minutes rest

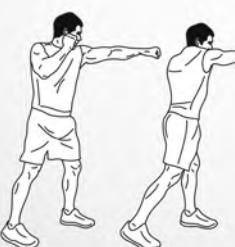
EXPRESS



5 push-ups

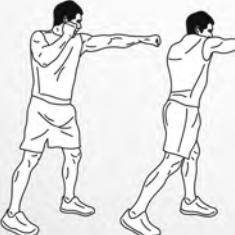


20 punches



5 push-ups

20 punches



5 push-ups

20 punches

done

POWER PUNCH

DAREBEE WORKOUT © darebee.com

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



10 push-ups



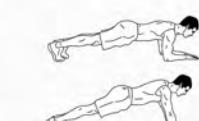
10-count push-up plank



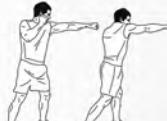
40 punches



10 push-ups



4 tricep extensions



40 punches



10 push-ups



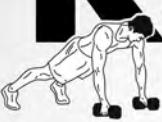
10 shoulder taps



40 punches

POWER ROW

DAREBEE WORKOUT
© darebee.com



renegade rows

12, 10, 10, 8 (in total)

4 sets

20 seconds rest

between sets



bent over rows

10, 10, 8, 6

4 sets

20 seconds rest

between sets



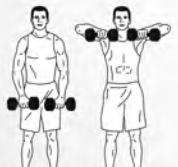
goblet squats

12, 10, 10, 8

4 sets

20 seconds rest

between sets



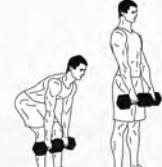
upright rows

10, 10, 8, 6

4 sets

20 seconds rest

between sets



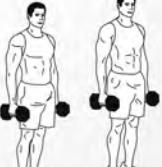
deadlifts

8, 8, 6, 4

4 sets

20 seconds rest

between sets



calf raises

12, 10, 10, 8

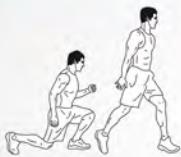
4 sets

20 seconds rest

between sets

POWER SHED

HIIT WORKOUT
BY DAREBEE
© darebee.com
Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest



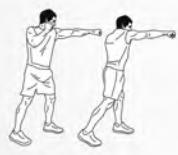
10sec jumping lunges



20sec high knees



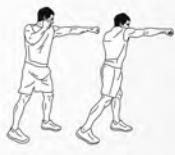
10sec jumping lunges



20sec punches



10sec push-ups



20sec punches



20sec side plank hold



20sec plank hold



20sec side plank hold

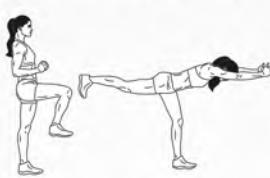
The PRINCESS

DAREBEE WORKOUT © darebee.com

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



10 lunges



4 single leg deadlifts



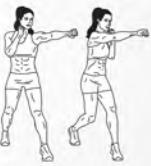
10 lunges



10 punches



4 plank rotations



10 punches



10 butterfly sit-ups



4 half wipers



10 clamshells

THE PRODIGY

DAREBEE WORKOUT © darebee.com

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



10 jump squats



20 turning kicks



20 double turning kicks
low / high



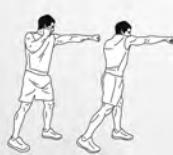
10 raised leg push-ups



10 shoulder tap push-ups



20sec one-arm plank



20 punches



20 overhead punches



20 hooks

PROTECT & SERVE

DAREBEE WORKOUT © darebee.com

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



10 pop-ups



20 squat hops



10 jump squats



10 staggered push-ups



40 punches



10 raised leg push-ups



10 up & down plank

THE PROWLER

DAREBEE WORKOUT © darebee.com

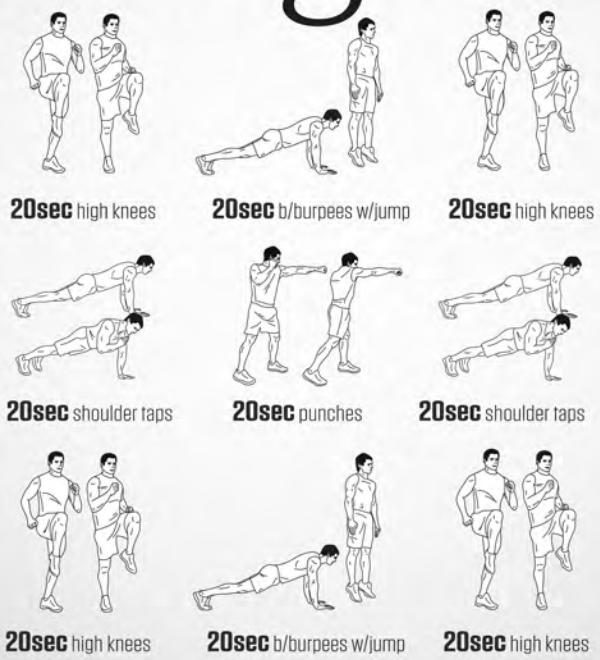
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



the Purge

HIIT WORKOUT
BY DAREBEE
© darebee.com

Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest



THE PULSE

DAREBEE WORKOUT © darebee.com



PUSH & PULL

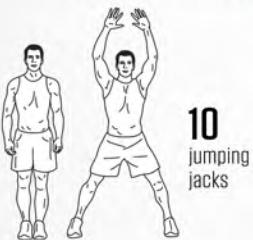
DAREBEE WORKOUT
© darebee.com
3 sets | 2 minutes rest



QUICK & EASY

DAREBEE WORKOUT © darebee.com

Repeat 3 times in total | 1 minute rest between sets



10
jumping
jacks



10
plank
rotations



10
high
knees

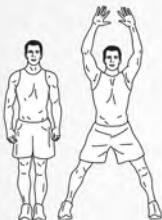


10
climbers

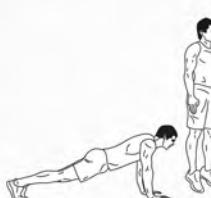
Quick Start

DAREBEE WORKOUT © darebee.com

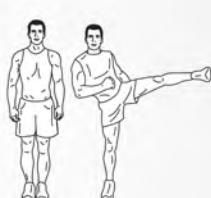
3 sets 2 minutes rest between sets



10 jumping jacks



5 basic burpees (no push-up)



10 side leg raises



10 climbers



10 knee-to-elbow crunches



20sec elbow plank hold

RAVEN

DAREBEE WORKOUT © darebee.com

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



10 hop heel clicks



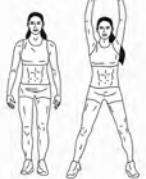
20 jumping jacks



4 climbers



10 hop heel clicks



20 jumping jacks



4 plank jump-ins



10 hop heel clicks



20 jumping jacks



4 shoulder taps

RAW POWER

DAREBEE WORKOUT © darebee.com

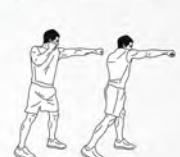
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



8 jump squats



8 push-ups w/rotations



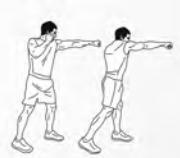
20 punches



8 jump squats



8 push-up shoulder taps



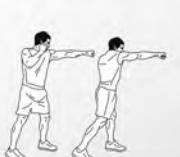
20 punches



8 jump squats



8 knee crunch push-ups



20 punches

READY, AIM, FIRE!

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



20 jumping jacks



10 burpees



20 jumping jacks



10 jump squats



20 jumping jacks



10 jumping lunges

RECALIBRATOR

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets **Level II** 5 sets **Level III** 7 sets | 2 minutes rest



20sec jumping jacks



20sec b/ burpees w/jump



20sec jumping jacks



20sec one-arm plank



20sec jumping jacks



20sec one-arm plank



20sec jumping jacks



20sec b/ burpees w/jump



20sec jumping jacks

THE RECOMP

DAREBEE WORKOUT © darebee.com

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



20 squats



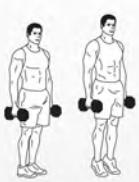
20 push-ups



20 lunges



10 bicep curls



10 calf raises

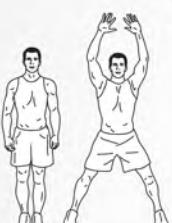


10 bent over rows

REVENGE BODY

DAREBEE WORKOUT © darebee.com

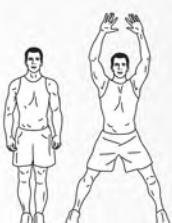
Repeat the circuit 5 times
2 minutes rest between sets



20 jumping jacks



20 push-ups



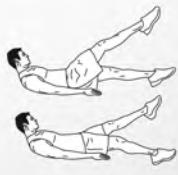
20 jumping jacks



20 sit-ups



20 sitting twists



20 flutter kicks

Ring of Fire

DAREBEE WORKOUT © darebee.com

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



20 high knees



2 jump knee-tucks



20 high knees



2 basic burpees



20 high knees



2 basic burpees



20 high knees



2 jump knee-tucks



20 high knees

THE RIVAL

DAREBEE WORKOUT © darebee.com

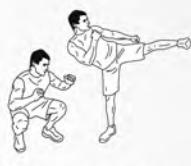
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 bounces



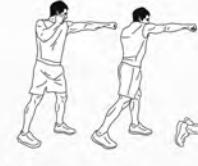
20 side kicks



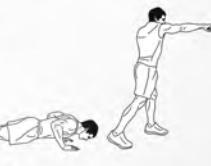
20 squat + side kick



20 bounces



20 punches (jab + cross)



20 push-up + jab + cross



20 bounces



20 hooks

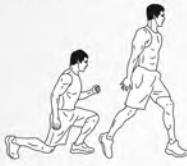


20 squat + hook

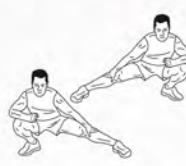
ROGUE WARRIOR

DAREBEE WORKOUT © darebee.com

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



10 jumping lunges



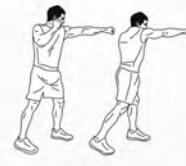
4 side-to-side lunges



10 jumping lunges



10 push-ups



40 punches



10 push-ups



10sec elbow plank



40sec side elbow plank



10sec elbow plank

RYU

DAREBEE WORKOUT © darebee.com

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



20 combos front kick (right leg) + squat + front kick (left leg)



20 combos



20 combos jab + jab + cross + hook + uppercut



20 combos low side kick + mid height side kick + reverse hook kick

playing with scissors

DAREBEE HITT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



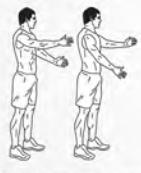
20sec jumping jacks



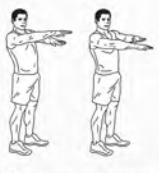
20sec seal jacks



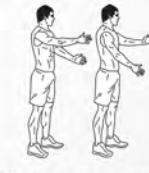
20sec jumping jacks



20sec scissor chops



20sec arm scissors



20sec scissor chops



20sec flutter kicks



20sec scissoring



20sec flutter kicks

THE SCRAPPER

DAREBEE WORKOUT © darebee.com

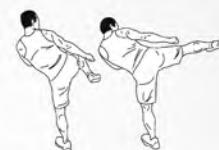
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



20 side kicks (left leg)



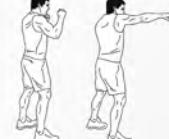
20 side kicks (right leg)



20 push-ups



20 jabs (left arm)



20 jabs (right arm)



20sec elbow plank



20sec side plank (left)

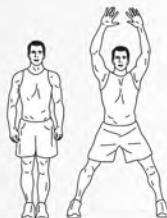


20sec side plank (right)

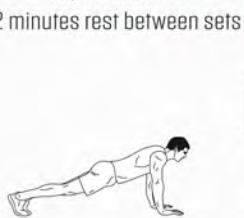
SECOND CHANCE

DAREBEE WORKOUT © darebee.com

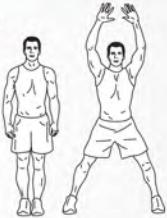
repeat 5 times



20 jumping jacks



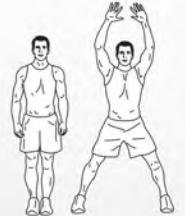
20sec plank



20 jumping jacks



20sec raised leg plank



20 jumping jacks



20sec balance plank

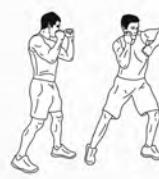
SHAKEN, NOT STIRRED

DAREBEE WORKOUT © darebee.com

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



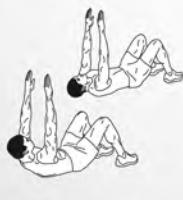
20 knee strikes



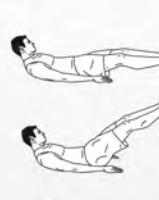
20 elbow strikes



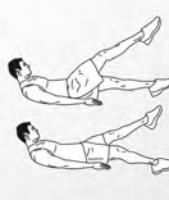
20 upward elbow strikes



20 high crunches



20 leg raises



20 flutter kicks

SHAKE-UP

DAREBEE WORKOUT © darebee.com

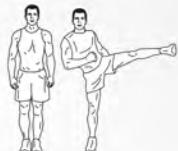
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jumping jacks



4 side-to-side lunges



20 side leg raises



20 jumping jacks



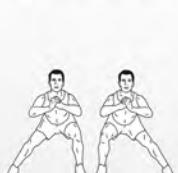
4 side-to-side lunges



20 knee-to-elbows



20 jumping jacks



4 side-to-side lunges



20 step side jacks

SHARK WEEK

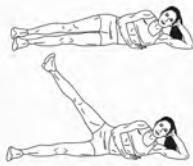
DAREBEE WORKOUT © darebee.com

Ease cramps, reduce discomfort and period pain.

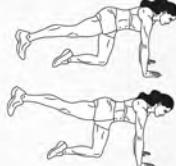
2 minutes rest between exercises



20 side-to-side lunges
x 3 sets in total
20 seconds rest
between sets



20 side leg raises
x 3 sets in total
20 seconds rest
between sets



20 leg raises
x 3 sets in total
20 seconds rest
between sets



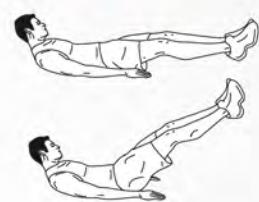
Hold each pose for 30 seconds



SHREDDER

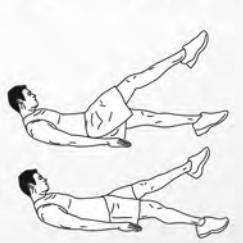
DAREBEE WORKOUT © darebee.com
2 minutes rest between exercises

ab edition



30 knee to elbows x 3 sets in total
30 seconds rest between sets

30 leg raises x 3 sets in total
30 seconds rest between sets



30 high crunches x 3 sets in total
30 seconds rest between sets

30 flutter kicks x 3 sets in total
30 seconds rest between sets

SHOWDOWN

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets
2 minutes rest between sets



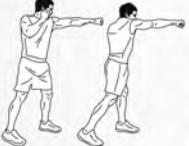
50sec high knees + one basic burpee every ten seconds



10sec basic burpees



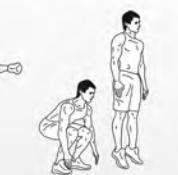
50sec punches + one push-up every ten seconds



10sec push-ups



50sec side kicks + one jump squat every ten seconds



10sec jump squats

SIZE DOWN

DAREBEE WORKOUT © darebee.com

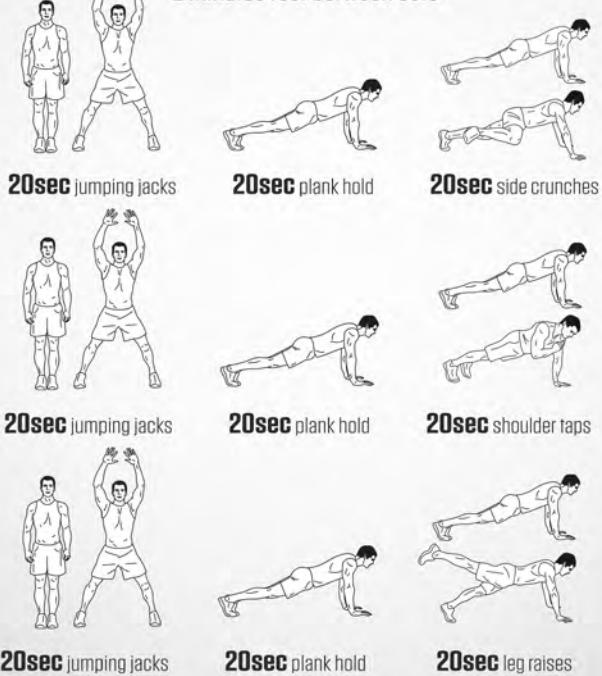
Level I 3 sets **Level II** 5 sets **Level III** 7 sets | 2 minutes rest



the sizzler

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets **Level II** 5 sets **Level III** 7 sets
2 minutes rest between sets



skydiver

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets **Level II** 5 sets **Level III** 7 sets | 2 minutes rest



Sky Ripper

DAREBEE WORKOUT © darebee.com

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

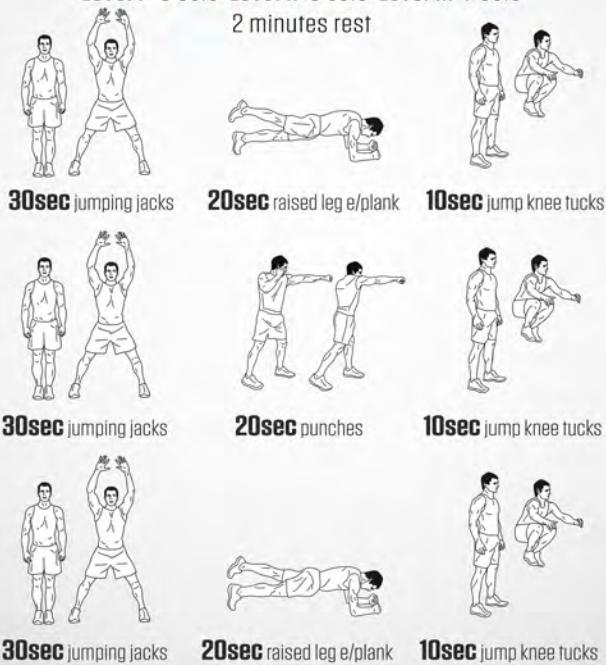


SOS

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets

2 minutes rest



SPACE COWBOY

DAREBEE WORKOUT © darebee.com

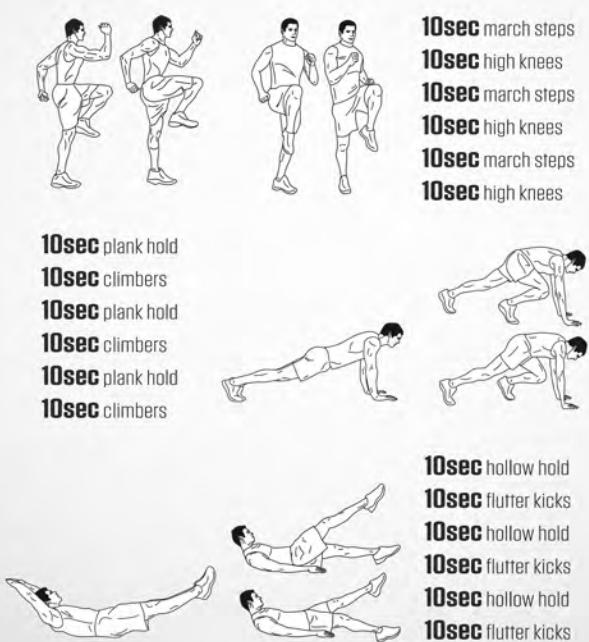
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



SPEEDSTER

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



SPIRIT BREAKER

DAREBEE WORKOUT © darebee.com

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



SPLINTER

DAREBEE WORKOUT © darebee.com

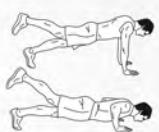
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



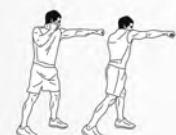
10 raised leg push-ups



10 jump squats



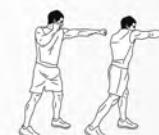
10 raised leg push-ups



20 punches



10 jump squats



20 punches



10 plank crunches



10 jump squats



10 plank crunches

SQUARE ONE

DAREBEE WORKOUT © darebee.com

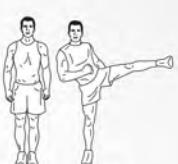
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



10 march twists



10 side leg raises



10 jumping jacks



10 step jacks



10 side jacks



10 jumping jacks



10 chest expansions



10 raised arm circles

stakeout

ACTIVE STRETCHING © darebee.com

20 seconds each | 2 sets, one for each side
no rest between sets



raised knee hold



side kick hold



quad stretch hold



deep lunge hold



calf raise hold



shoulders back hold



deep side lunge hold



side splits



chest squeeze

STAMINA BUILDER

DAREBEE WORKOUT © darebee.com



3min high knees



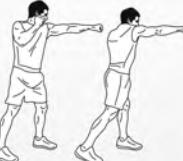
3min calf raises



3min wall sit



3min elbow plank hold



3min punches



3min raised arm hold

STARTER PACK

CARDIO



STRENGTH



ABS & CORE



DAREBEE WORKOUT
© darebee.com

Repeat each sequence 5 times
2 minutes rest between sets

STORMBORN

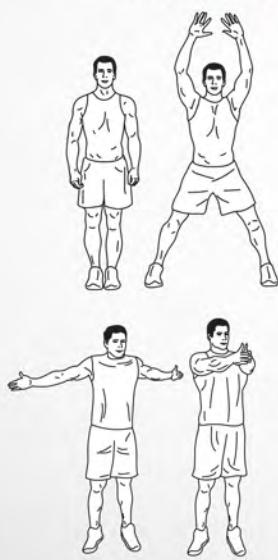
DAREBEE WORKOUT © darebee.com

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



STRESS BUSTER

DAREBEE WORKOUT © darebee.com



5 jumping jacks

5 chest expansions

5 jumping jacks

5 chest expansions

5 jumping jacks

5 chest expansions

done

STRONGMAN

DAREBEE WORKOUT © darebee.com

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



SUCKER PUNCH

DAREBEE WORKOUT © darebee.com

5 sets | 2 minutes rest between sets



10 squats

20 punches

4 squat + punch

10 squats

20 punches

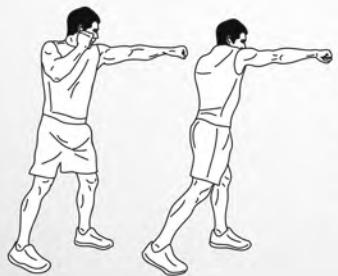
4 squat + punch

10 squats

20 punches

4 squat + punch

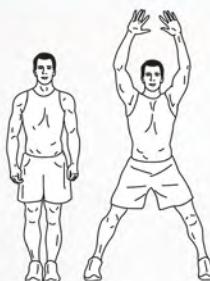
done



SUPER BUZZ

DAREBEE WORKOUT © darebee.com

3 sets | 2 minutes rest



10 jumping jacks

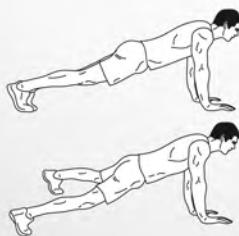
2 plank jacks

10 jumping jacks

2 plank jacks

10 jumping jacks

2 plank jacks



done

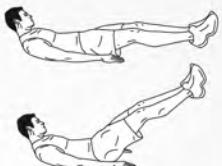
superhero abs

DAREBEE WORKOUT © darebee.com

60 seconds rest between exercises



20 knee-to-elbow crunches x 4 sets
20 seconds rest between sets



20 leg raises x 4 sets
20 seconds rest between sets



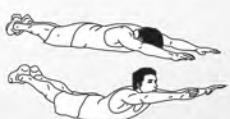
2 minutes elbow plank hold
repeat once



2 minutes side elbow plank
one minute per side | repeat once



2 minutes hollow hold
repeat once



10 superman stretches x 4 sets
20 seconds rest between sets

SUPER HIIT

DAREBEE WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec high knees



20sec climbers



20sec high knees



20sec plank crunches



20sec plank hold



20sec plank crunches



20sec jump squats



20sec jumping jacks



20sec jump squats

SUPERHUMAN

DAREBEE WORKOUT © darebee.com

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



40 march steps



40 climbers



80 high knees



20 shoulder taps



20 push-ups



20 burpees



40 plank crunches



40 plank leg raises



80 punches

SUPER SIZER

DAREBEE WORKOUT © darebee.com

2 minutes rest
between exercises



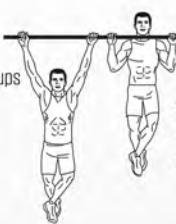
20 shrimp squats
x 4 sets in total
30 seconds rest
between sets



20 single leg bridges
x 4 sets in total
30 seconds rest
between sets



to failure push-ups
x 4 sets in total
30 seconds rest
between sets



to failure pull-ups
x 4 sets in total
60 seconds rest
between sets



20 sit-ups
x 4 sets in total
30 seconds rest
between sets



20 leg raises
x 4 sets in total
30 seconds rest
between sets

SUPER SQUAT

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



10 wide squats



10 jump squats



SUPERSTAR

DAREBEE WORKOUT © darebee.com

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



10 jumping jacks



4 side jacks



10 jumping jacks



4 plank rotations



10 jumping jacks



4 plank rotations



10 jumping jacks



4 side jacks



10 jumping jacks

20sec wide squat hold

20 wide squat hold calf raises

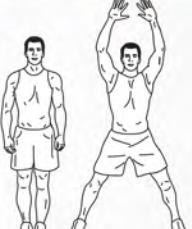
SUPER TORCH

DAREBEE WORKOUT © darebee.com

In total, each. Complete everything as fast as you can.



200 high knees



100 jumping jacks

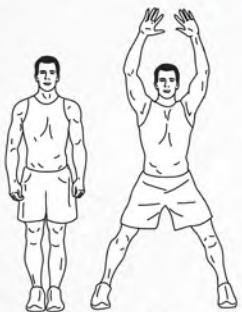


50 basic burpees with a jump



DAREBEE WORKOUT © darebee.com

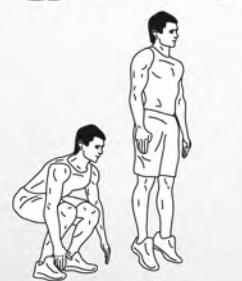
5 sets | 2 minutes rest between sets



10 jumping jacks

2 jump squats

done



THE TAKEDOWN

DAREBEE WORKOUT © darebee.com

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



10 side kicks



4 close grip push-ups



10 side kicks



4 staggered push-ups



10 side kicks



4 stacked push-ups



10 side kicks



4 raised leg push-ups



10 side kicks

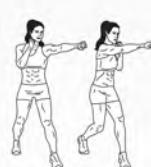
TAMSIN

DAREBEE WORKOUT © darebee.com

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



10 jumping lunges



20 punches



10 jumping lunges



10 push-ups



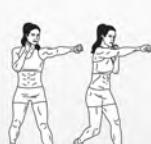
20 punches



10 push-ups



10 jump squats



20 punches



10 jump squats

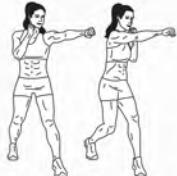
Toned Arms

DAREBEE WORKOUT © darebee.com

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



20 tricep dips



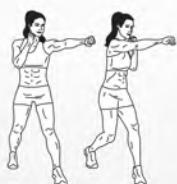
20 punches



20 elbow strikes



20 shoulder taps



20 punches



20 backfists

TOP of the WORLD

DAREBEE WORKOUT
© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

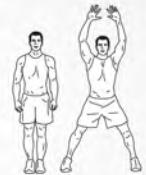
REST up to 2 minutes



10 climbers



4 jump squats



20 jumping jacks



10 climbers



4 push-ups



4 basic burpees



10 climbers



4 jump squats



20 jumping jacks

Total Core

DAREBEE WORKOUT © darebee.com

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



30 high knees



10 climber taps



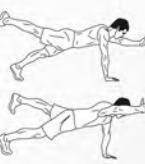
10 plank walk-outs



30 high knees



10 climber taps



10 alt arm/leg raises



30 high knees



10 climber taps



10 side plank crunches

TRIAL BY FIRE

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



30sec high knees



10sec jump squats



30sec high knees



10sec burpees



30sec high knees



10sec burpees



30sec high knees



10sec jumping lunges



30sec high knees

TRIMMER

DAREBEE WORKOUT © darebee.com

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



20 high knees



20 march steps



20 high knees



20 reverse lunges



20 high knees



20 knee-to-elbow twists

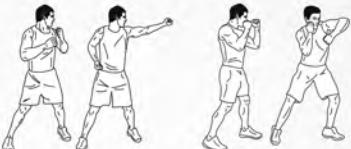
TROUBLEMAKER

DAREBEE WORKOUT © darebee.com

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



30 side kicks



10 combos backfist + elbow strike



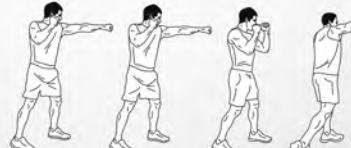
30 side kicks



10 combos push-up + jab + cross



30 side kicks

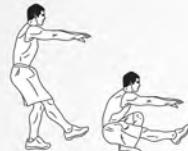


10 combos jab + jab + hook

TYPHON

DAREBEE WORKOUT © darebee.com

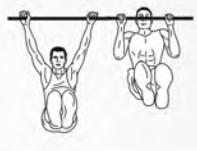
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 pistol squats



20 single leg bridges



to failure raised leg pull-ups



20 plank walk-outs



20 archer push-ups



20 cross tricep extensions



20 knee-to-elbow crunches



20 side jackknives



40sec hollow hold

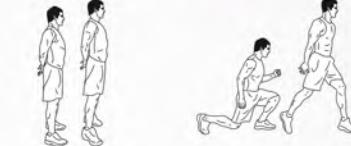
THE ultimatum

DAREBEE WORKOUT © darebee.com

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



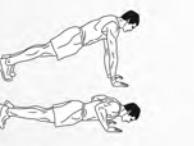
40 side kicks



20 calf raises



20 jumping lunges



20 push-ups



40 punches



20 burpees



20sec hollow hold



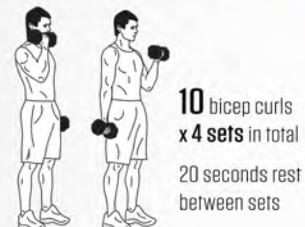
20sec elbow plank



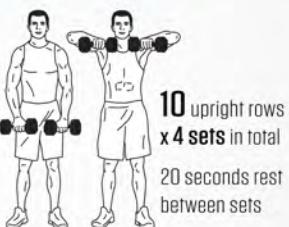
40sec side plank

UPPERBODY FORGE

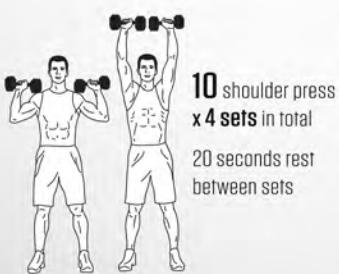
DAREBEE WORKOUT © darebee.com



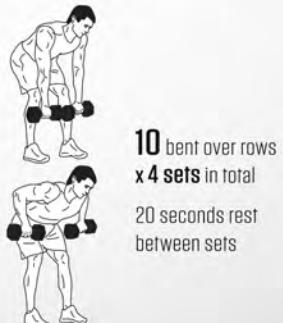
10 bicep curls
x 4 sets in total
20 seconds rest
between sets



10 upright rows
x 4 sets in total
20 seconds rest
between sets



10 shoulder press
x 4 sets in total
20 seconds rest
between sets



10 bent over rows
x 4 sets in total
20 seconds rest
between sets

UPPER BODY SCULPT

WORKOUT BY © darebee.com



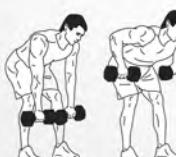
bicep curls
12, 10, 8, 6
20 seconds rest



shoulder press
12, 10, 8, 6
20 seconds rest



tricep extensions
9, 7, 5, 3
20 seconds rest



bent over rows
10, 8, 6, 4
20 seconds rest



bent over raises
10, 8, 6, 4
20 seconds rest

VENI, VIDI, VICI

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



20sec high knees



10sec climbers



20sec high knees



10sec burpees w/ jump tuck



20sec high knees



40sec elbow plank

Venus

DAREBEE WORKOUT © darebee.com

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



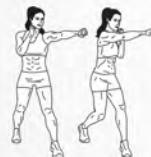
5 jump squats



20 push-ups



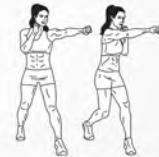
5 jump squats



20 punches



5 jump squats



20 punches



5 jump squats



20 push-ups



5 jump squats

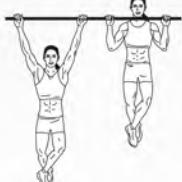
VICIOUS

DAREBEE WORKOUT © darebee.com

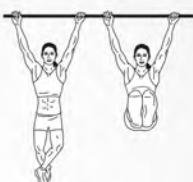
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jump squats



to failure pull-ups



to failure leg raises



to failure push-ups



20 punches



20 jumping lunges



20 sit-up punches



20 sitting punches



20 sitting twists

VICTOR

DAREBEE WORKOUT © darebee.com

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



10 jumping lunges



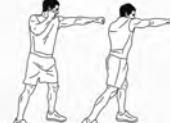
20 knee strikes



10 jumping lunges



10 stacked push-ups



20 punches



10 stacked push-ups



10 knee in & twists



20 sit-ups



10 knee in & twists

THE VINDICATOR

DAREBEE WORKOUT © darebee.com

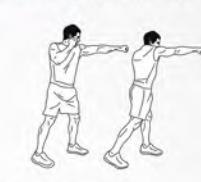
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jump squats



10 combos push-up + jab + cross



20 hooks



10 jumping lunges



10 shrimp squats



10 leg raises



10 raised leg circles



10-count raised leg hold

wake up & connect

DAREBEE WORKOUT © darebee.com

Hold each pose for 20 seconds then move on to the next one.
Repeat the sequence again on the other side.



chest to thighs



sundial salutation



deep lunge



deep lunge with twist



triangle pose



yogi squat



forearm plank



upward dog



pigeon pose

Warlord

DAREBEE WORKOUT © darebee.com

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



20 lunges



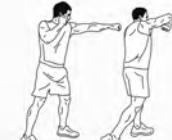
20 twisting lunges



10 side-to-side lunges



10 raised leg push-ups



20 jab + hook combo



20 speed bag punches



20 plank leg raises



20 body saw



20 plank rolls

THE WARP

DAREBEE HIIT WORKOUT © darebee.com

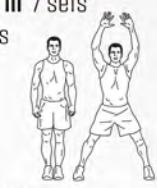
Level I 3 sets Level II 5 sets Level III 7 sets
2 minutes rest between sets



20sec jumping jacks



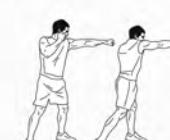
20sec elbow plank



20sec jumping jacks



20sec burpees



20sec punches



20sec burpees



20sec jumping jacks



20sec elbow plank



20sec jumping jacks

wash board abs

DAREBEE WORKOUT © darebee.com

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



10 leg raises



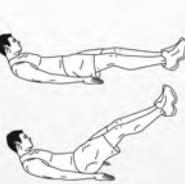
20 sit-ups



10 leg raises



20 knee-to-elbow crunches



10 leg raises



20 side jackknives

WAYWARD

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



40sec high knees



10sec jump squats



10sec push-ups



40sec high knees



10sec jumping lunges



10sec push-ups



40sec high knees



10sec jump knee tucks



10sec push-ups

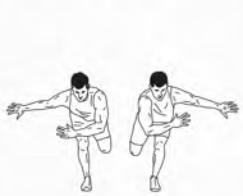
WILD WEST

DAREBEE WORKOUT © [darebee.com](#)

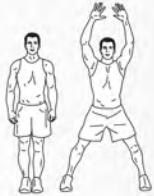
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



4 side-to-side jumps



10 jumping jacks



10 push-ups



4 plank jacks

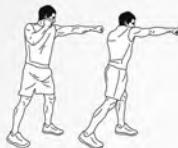


10 push-ups

WRECK IT!

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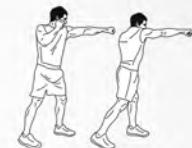
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 punches



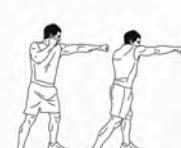
10 push-ups



20 punches



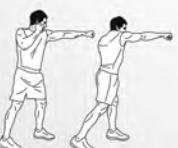
10 jump squats



20 punches



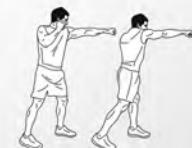
10 jump squats



20 punches



10 push-ups



20 punches

Zenith

DAREBEE WORKOUT © [darebee.com](#)

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



20 lunges



10 side-to-side lunges



20 lunges



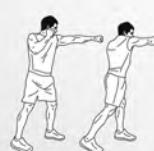
5 plank walk-outs



10 push-ups



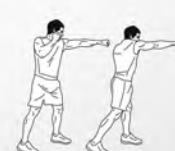
5 plank walk-outs



20 punches



10 overhead punches



20 punches

ZEUS

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



20 reverse lunges



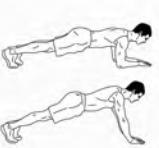
20 squat hold punches



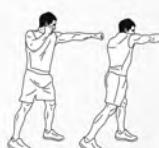
20 uppercuts



20 push-ups



4 tricep extensions



20 punches



10 leg raises



10 scissors



10-count raised leg hold