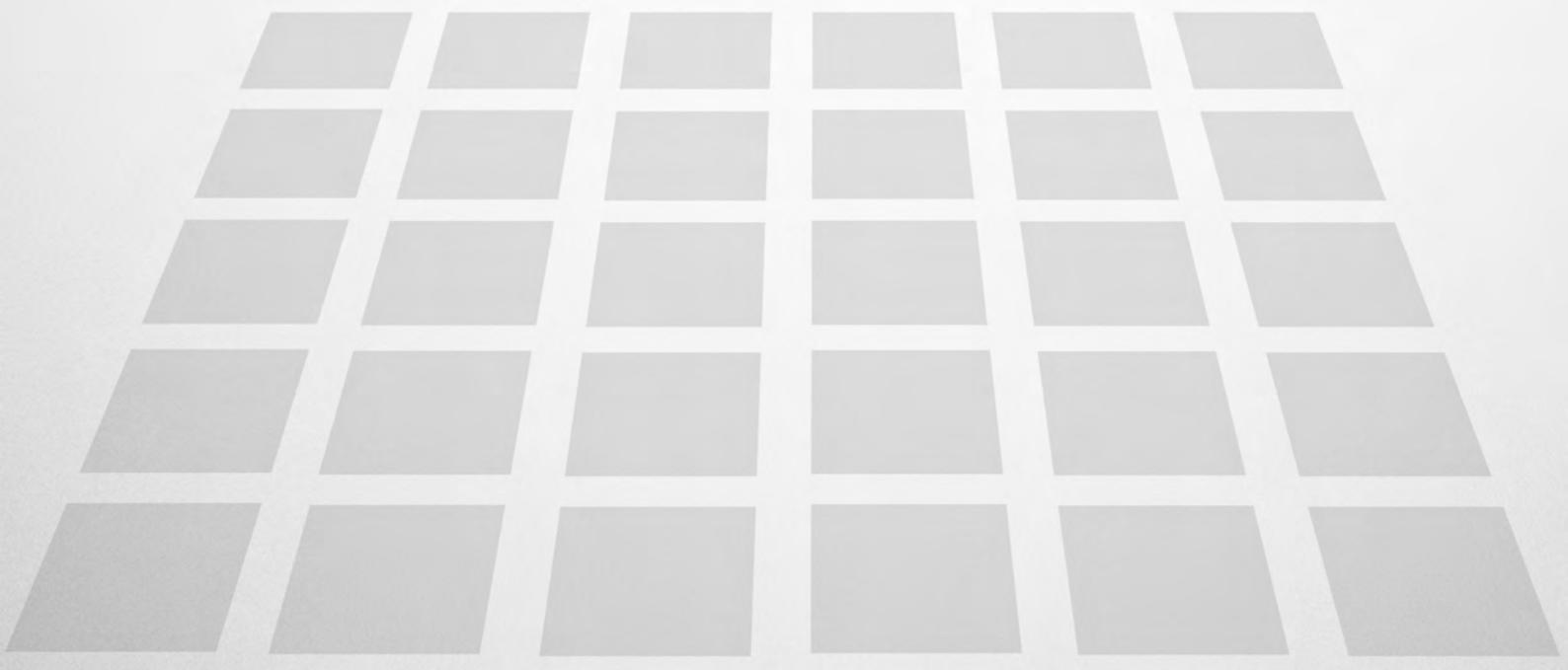


© darebee.com

WORKOUT CARDS

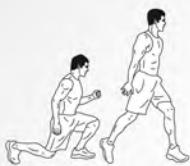
Volume 1



ABSOLUTION

DAREBEE HIIT WORKOUT © darebee.com

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



15sec jumping lunges



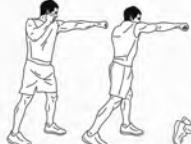
15sec reverse lunges



30sec high knees



15sec push-ups



15sec punches



30sec push-up + punches



15sec plank walk-outs



15sec plank hold

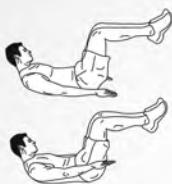


30sec basic burpee w/ jump

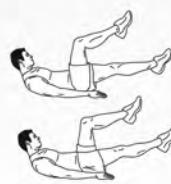
abs unlocked

DAREBEE WORKOUT © darebee.com

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



20 hundreds



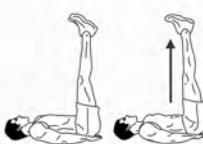
20 air bike crunches



20 high crunches



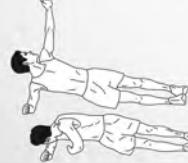
10 reverse crunches



10 pulse-ups



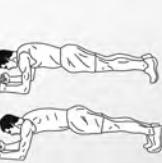
10 infinity circles



10 side plank rotations



10 side bridges

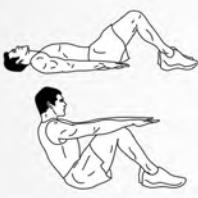


10 body saw

abs upgrade

DAREBEE WORKOUT © darebee.com

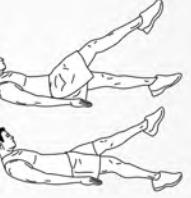
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 sit-ups



20 sitting twists



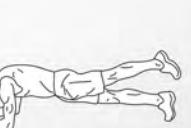
20 flutter kicks



20-count raised leg hold



20-count plank



20-count raised leg plank

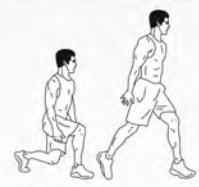
ACHILLES

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 calf raises



20-count calf raise hold



20 combos knee strike + elbow strike



10 knee-to-elbow crunches



10 get-ups



10 one legged bridges

ACROBAT

DAREBEE WORKOUT © darebee.com

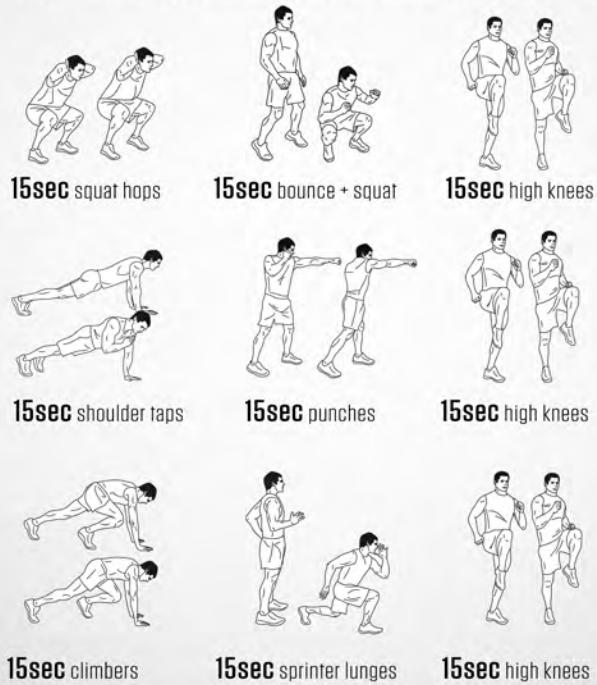
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



activator

DAREBEE HIIT WORKOUT © darebee.com

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



ACTION HERO

DAREBEE WORKOUT
© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes

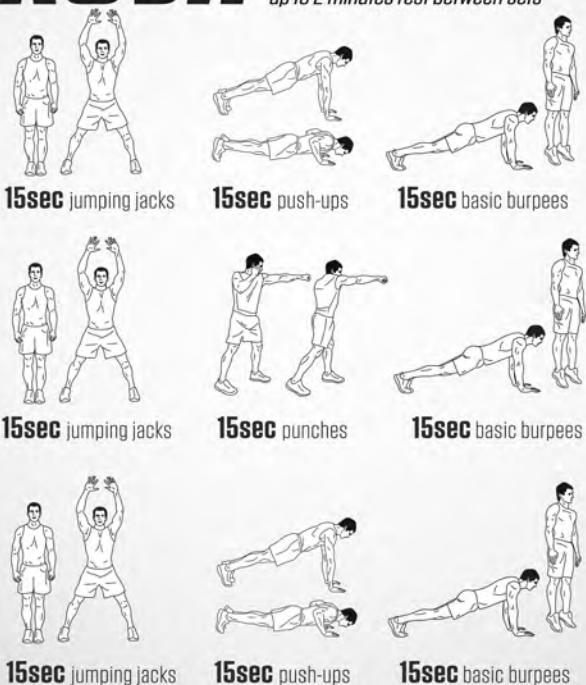


ADRENALINE RUSH

DAREBEE HIIT WORKOUT

© darebee.com

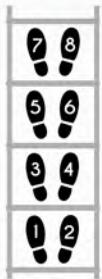
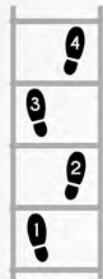
Level I 3 sets Level II 5 sets Level III 7 sets
up to 2 minutes rest between sets



AGILITY LADDER

DAREBEE WORKOUT © darebee.com

repeat each drill **5 times in total** with no breaks in between
60 seconds rest between drills



AIRBORNE

DAREBEE WORKOUT © darebee.com

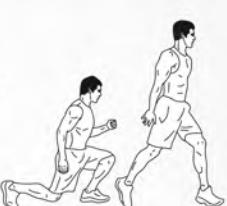
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



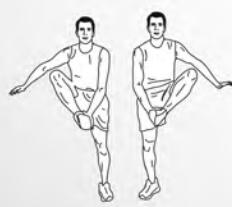
20 high knees



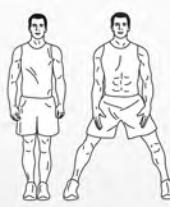
10 butt kicks



10 jumping lunges



20 toe tap hops



10 half jacks

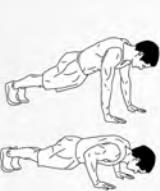


10 jump squats

I aim to misbehave

DAREBEE WORKOUT © darebee.com

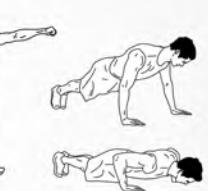
LEVEL I 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** up to 2 minutes



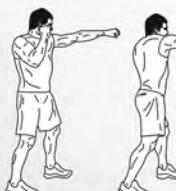
5 push-ups



20 punches



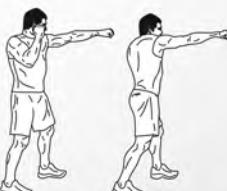
5 wide grip push-ups



20 punches



5 close grip push-ups



20 punches

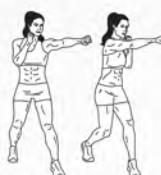
ALICE

DAREBEE WORKOUT © darebee.com

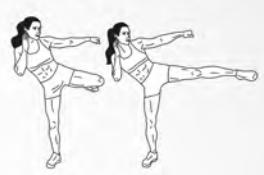
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



20 high knees



20 punches



20 turning kicks



20 front kicks



20 combo squat



+ hop heel click



10 half wipers



10 sit-up punches



10 crunch kicks

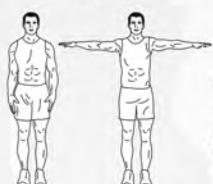
ALTAIR

DAREBEE WORKOUT © darebee.com

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



to failure pull-ups



20 arm raises



5 tricep push-ups



30sec elbow plank



20 plank arm raises



20 side plank rotations



20 knee-to-elbow crunches



10 leg raises



10 windshield wipers

ALTERED CARBON

DAREBEE WORKOUT

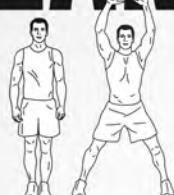
© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 jumping jacks



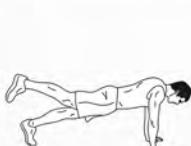
10 squats



5 jump squats



10 push-ups



10-count raised leg hold



10 plank rotations



10 raised arm rotations



10 crunches



10 sitting twists

AMAZON

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 jumping lunges



10 hop heel clicks



10 push-ups



2 close grip push-ups



20 punches



20sec elbow plank



20sec raised leg plank



20sec side plank

ANCHOR'D

ACTIVE STRETCHING © darebee.com

60 seconds each - 30 seconds each leg

3 sets | up to 2 minutes rest between sets



side kick hold



front kick hold



raised knee hold



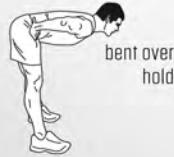
arm grip stretch hold



overhead arm lock hold



bent over balance hold



bent over hold



deep lunge hold



deep lunge hold (toes up)

BAG WORK

DAREBEE WORKOUT © darebee.com
repeat 5 times in total, no rest in between

5 minutes bag work (freestyle)

- keep your arms up at all times
- keep moving (bouncing)

combinations to try:

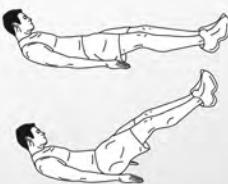
jab + cross (head height)
jab + jab + cross (head height)
jab + jab + hook (head height)
jab + cross + jab + hook (head height)
jab + cross + jab + cross (torso height)
jab (torso height) + jab (head height) + hook (head height)
jab + squat + hook



1 minute sit-ups



1 minute leg raises



BALANCE & COORDINATION

DAREBEE WORKOUT © darebee.com

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

Repeat the sequence going from one move to the next quickly
10 times in total (5 each side) = 1 set



lunge



deep lunge elbow bent



deep lunge



knee raise



knee raise press

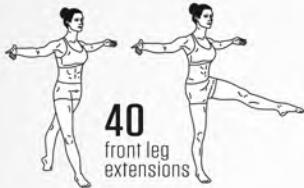


balance stand

Swan

DAREBEE WORKOUT © darebee.com

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



40
front leg
extensions



20
arabesque
penchée



10
grand plié
in first position



20
rond de jambe
en l'air



10
grand plié
in second
position



20
sauté

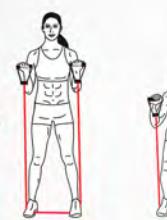
BANDit

DAREBEE WORKOUT © darebee.com

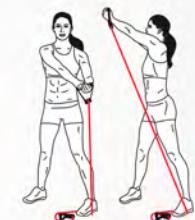
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



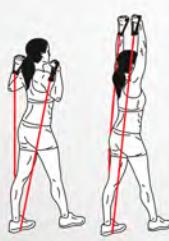
10 bicep curls



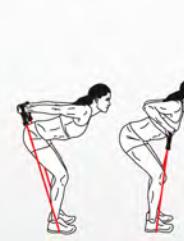
10 squats



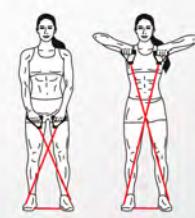
10 cross body reach



5 shoulder stretch



10 tricep extensions



5 upright rows

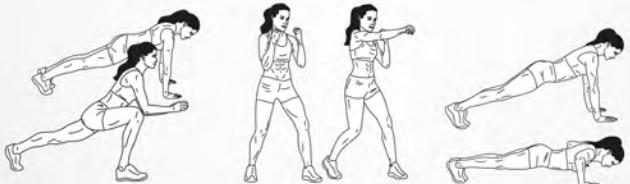
BANSHEE

DAREBEE WORKOUT © darebee.com

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



10 combos push-up + climber tap (each foot)



10 plank into lunges

40 punches

10 wide grip push-ups



10 up and down planks

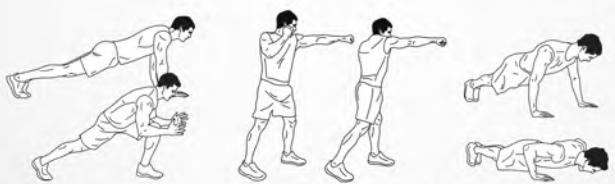
BANSHEE

DAREBEE WORKOUT © darebee.com

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



10 combos push-up + climber tap (each foot)



10 plank into lunges

40 punches

10 wide grip push-ups



10 up and down planks

BARBARIAN

DAREBEE WORKOUT © darebee.com

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



5 push-ups

10-count plank

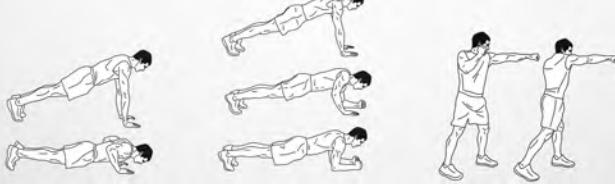
40 punches



5 push-ups

10-count push-up plank

40 punches



5 push-ups

10 up & down planks

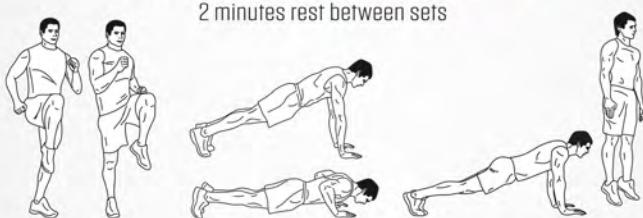
40 punches

BAT OUT OF HELL

DAREBEE WORKOUT © darebee.com

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

2 minutes rest between sets



40 high knees

4 push-ups

40 high knees

4 basic burpees w/ jump

40 high knees

4 push-ups

40 high knees

4 basic burpees w/ jump

done

BBQ

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 plank jacks



20 jumping jacks



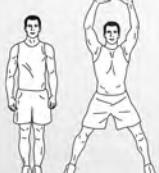
4 climbers



20 jumping jacks



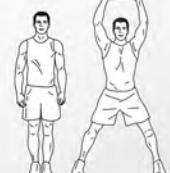
4 plank rotations



20 jumping jacks



4 plank jump-ins



20 jumping jacks

the Beast

DAREBEE WORKOUT

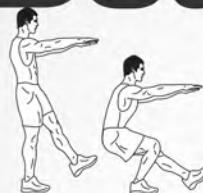
© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



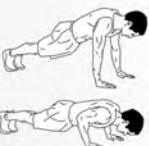
20 pistol squats



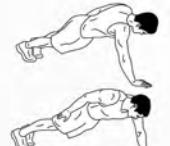
20 sit-ups



20 reverse crunches



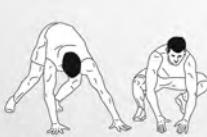
10 push-ups



20 thigh taps



10 push-ups



10 side-to-side hops



10 back kicks



60sec plank

HOLD MY BEER

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 half jack squats



10-count squat hold



10 basic burpees



10-count plank hold



10 flutter kicks



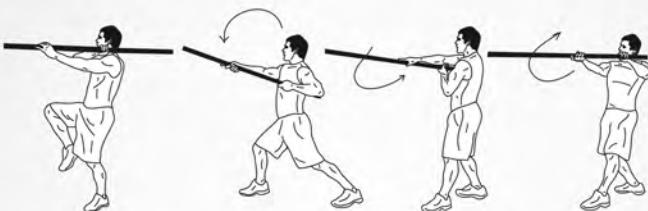
10-count raised legs hold

BENDER

DAREBEE WORKOUT © darebee.com

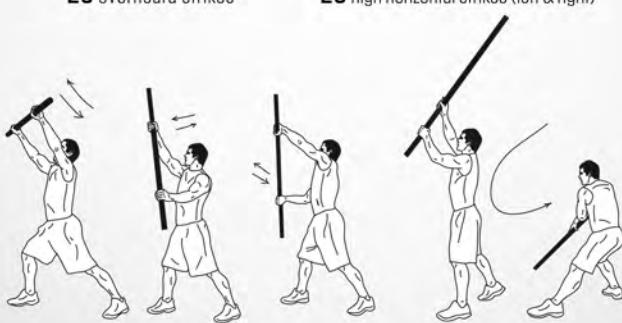
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes

alternatively do all four as a combination 20, 30 or 40 times



20 overheard strikes

20 high horizontal strikes (left & right)



20combo block high + block left + block right

20 downward swipes

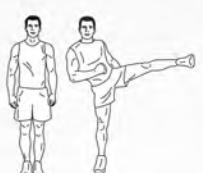
BEOWULF

DAREBEE WORKOUT © darebee.com

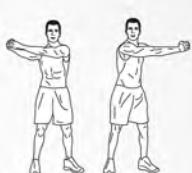
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 lunges



20 side leg raises



20 side-to-side chops



10 push-ups



10 planks-into-lunges



20 punches



10 butt-ups



10 get-ups



10 sitting twists

BERSERKER+

DAREBEE WORKOUT © darebee.com

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



20 squats



10 renegade rows



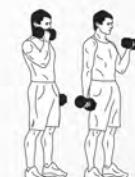
20 squats



10 walk-out + shoulder tap



20 squats



10 alt bicep curls



20sec elbow plank



20sec one arm plank



20sec side plank

BERSERKER

DAREBEE WORKOUT © darebee.com

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



20 squats



10 push-up + shoulder tap



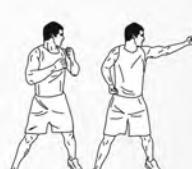
20 squats



10 walk-out + shoulder tap



20 squats



20 backfists



20sec elbow plank



20sec one arm plank



20sec side plank

better sleep

DAREBEE YOGA WORKOUT

© darebee.com



20sec hero pose



20sec child's pose



20sec upward dog



20sec camel pose



20sec butterfly fold



20sec supine twist



20sec bridge



20sec knee-to-chest



20sec corpse pose

BIG BANG

DAREBEE WORKOUT

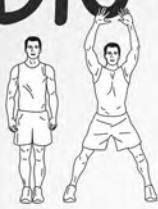
© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 jumping jacks



5 push-ups



5 jump squats



10 jumping jacks



5 push-ups



5 plank jacks



10 jumping jacks



5 push-ups



5 plank jump-ins

Blackbird

DAREBEE WORKOUT © darebee.com

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



40 high knees



10 climbers



20 raised arm circles



40 high knees



10 push-ups



20 raised arm circles



40 high knees



10 shoulder taps



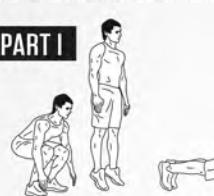
20 raised arm circles

BLACK OPS

DAREBEE WORKOUT © darebee.com

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

PART I



20 jump squats



20 push-up + jab + cross



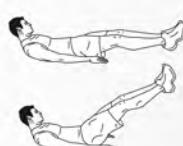
20 tricep push-ups



20 sit-ups

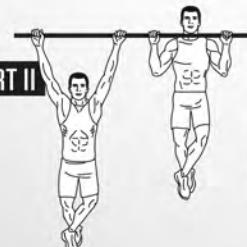


20 knee-in & twist



20 leg raises

PART II



to failure pull-ups
to failure pull-ups
to failure pull-ups

1 minute rest
1 minute rest
done

BLACKSMITH

DAREBEE WORKOUT © darebee.com

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



20-count squat hold



20 squats



20-count squat hold



10-count push-up hold



10 push-ups



10-count push-up hold



10-count hollow hold



10 V-ups



10-count hollow hold

BLADE RUNNER

DAREBEE WORKOUT © darebee.com

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



40 high knees



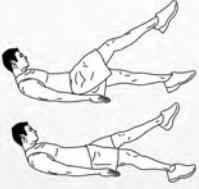
20 calf raises



40 high knees



20 scissors



20 flutter kicks

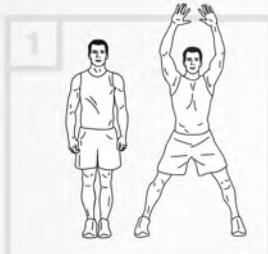


20 reverse flutter kicks

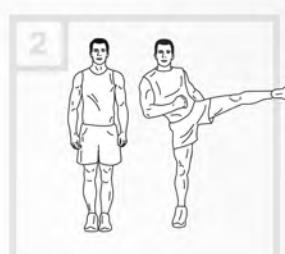
BLASTER

DAREBEE HIIT WORKOUT © darebee.com

Level I 5 rounds Level II 10 rounds Level III 15 rounds
1 minute rest between rounds



20sec jumping jacks



10sec side leg raises



20sec high knees



10sec climbers

THE BLUEPRINT

DAREBEE HIIT WORKOUT © darebee.com

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



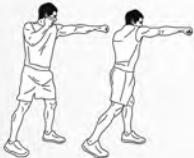
30sec high knees



10sec push-ups



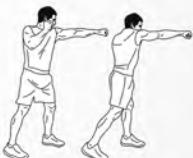
30sec high knees



30sec punches



10sec push-ups



30sec punches



30sec squats



10sec push-ups



30sec squats

BODY {CSS}

DAREBEE WORKOUT © darebee.com

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



20 squats



20 lunges



20 high knees



20 elbow plank arm raises



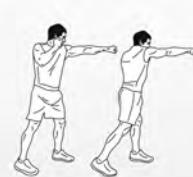
20 elbow plank leg raises



20 high knees



20 push-ups



20 punches



20 high knees

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.



BODYGUARD

DAREBEE WORKOUT © darebee.com

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



BODY HACK

DAREBEE WORKOUT © darebee.com

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



BODY MOD

DAREBEE WORKOUT © darebee.com

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



BODY PATCH

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



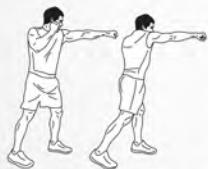
20 squats



20 slow climbers



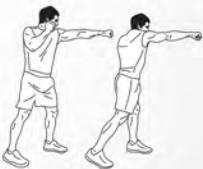
20 lunges



40 punches



20 push-up shoulder taps



40 punches



20-count plank



20-count raised leg plank



20-count side plank

BODY + PATCH

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



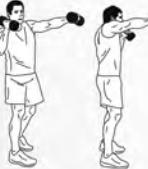
40 squats



40 slow climbers



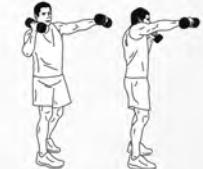
20 lunges



40 punches



20 push-up + renegade row



40 punches



20-count plank



20-count raised leg plank

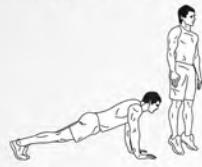


20-count side plank

BoilerRoom

DAREBEE HIIT WORKOUT © darebee.com

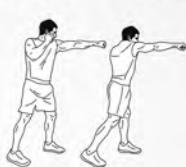
Level I 3 sets Level II 5 sets Level III 7 sets REST up to 2 minutes rest



10sec basic burpees



20sec push-ups



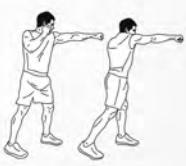
30sec jab + cross



10sec basic burpees



20sec squat + jab



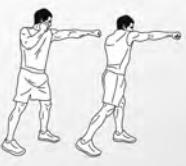
30sec jab + cross



10sec basic burpees



20sec push-ups



30sec jab + cross

BOOTCAMP

DAREBEE WORKOUT © darebee.com

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



20 squats



20 squat + hook



20-count squat hold



10 push-ups



10 plank step-out + punches



10-count plank



10 sit-ups



10 sit-up + punches



10-count sit-up hold

BORDERLINE

DAREBEE WORKOUT © darebee.com

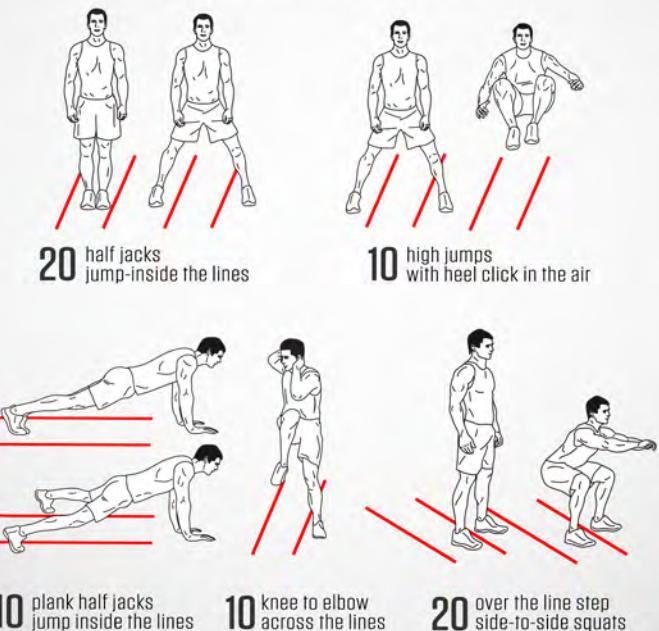
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes
draw a line on the floor



BORDERLINE 2.0

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes
draw two lines shoulder length apart



BOSS FIGHT



DAREBEE WORKOUT © darebee.com

1 bar = 1 set rest between sets up to 2 minutes

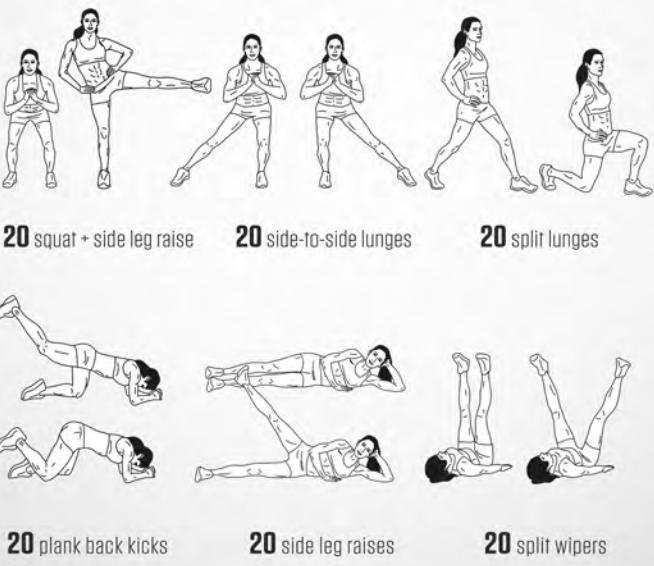


THE BOTTOM LINE

DAREBEE WORKOUT

FOR LEGS & BUTTOCKS
© darebee.com

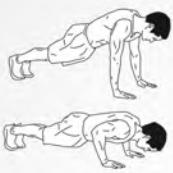
LEVEL I 3 sets
LEVEL II 4 sets
LEVEL III 5 sets
REST 2 minutes



THE BOULDER

DAREBEE WORKOUT © darebee.com

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



10 push-ups



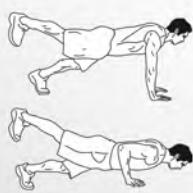
10-count plank



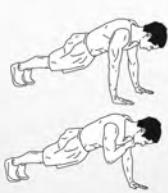
10 push-ups



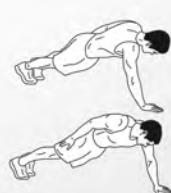
10 up and down planks



10 raised leg push-ups



10 shoulder taps



10 thigh taps

BOUNTY HUNTER

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

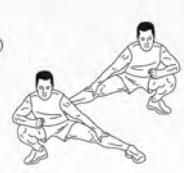
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



20 squat + side kick



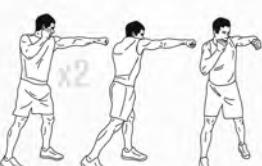
4 side-to-side lunges



20 knee strike + elbow strike



20 push-ups



20 jab + jab + cross + hook



20 shoulder taps



10 up and down planks



+ 10-count elbow plank hold finish

BOWMAN

PNF STRETCHIN © darebee.com

60 seconds each - 30 seconds each side / leg

3 sets | up to 2 minutes rest between sets

Pull for 15 seconds while resisting. Relax and pull again.



leg to chest stretch



legs back stretch



legs apart stretch



heel hold stretch



lunge back stretch



lunge tilt stretch



side stretches



wall bent over



wall body tilt

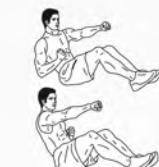
BOXER | ABS

DAREBEE BOXING WORKOUT © darebee.com

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



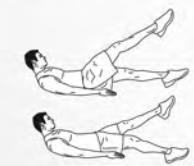
30 sit-up punches



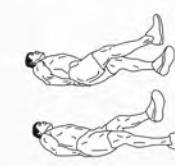
30 sitting punches



30 knee-ins & twists



30 flutter kicks



30 scissors



30 butt-ups



30-count plank



30-count raised leg plank



30-count side plank

BOXER | AGILITY

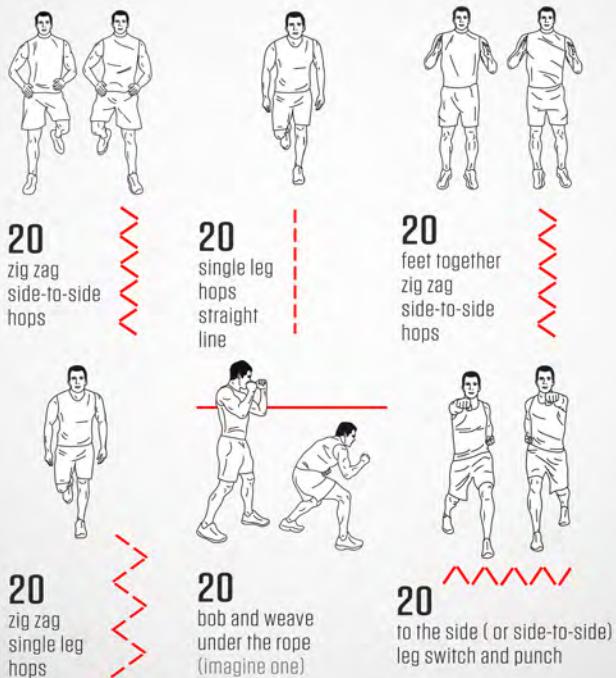
DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST 2 minutes



BOXER | FLEXIBILITY

DAREBEE BOXING WORKOUT © darebee.com

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

REST 2 minutes



BOXER | ENDURANCE

DAREBEE BOXING WORKOUT © darebee.com

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

50 high knees

after each exercise

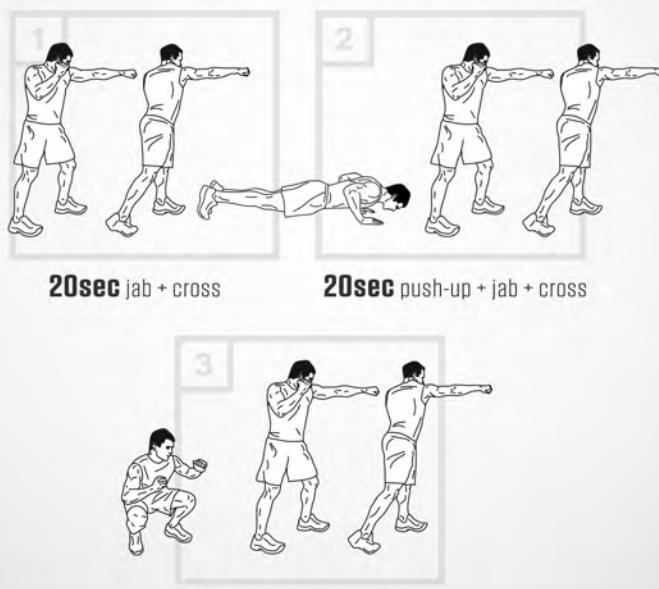


BOXER

DAREBEE HIIT WORKOUT © darebee.com

Level I 5 rounds Level II 10 rounds Level III 15 rounds

1 minute rest between rounds



20-count back stretch 20-count arm stretch #1 20-count arm stretch #2

20sec squat + jab + cross

BOXER | POWER

DAREBEE BOXING WORKOUT © darebee.com

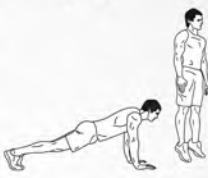
LEVEL I 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** 2 minutes
tip: last row can be done on a punching bag



20 jump knee tucks



20 squat hops



20 basic burpees + jump



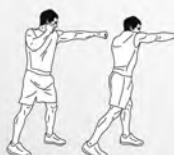
10 power push-ups



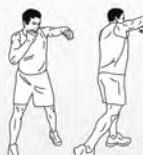
10-count push-up plank



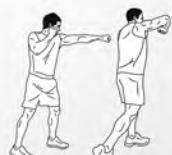
10 power push-ups



40 jab + cross



40 hooks (left + right)



40 jab + hook

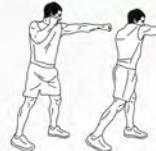
BOXER | SPEED

DAREBEE BOXING WORKOUT © darebee.com

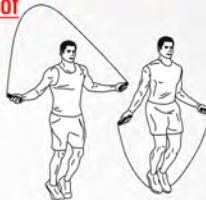
LEVEL I 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** 2 minutes
no jump rope? hop on the spot



15sec push-ups



15sec jab + cross



30sec jump rope



15sec push-ups



15sec hooks



30sec jump rope



15sec push-ups



15sec uppercuts

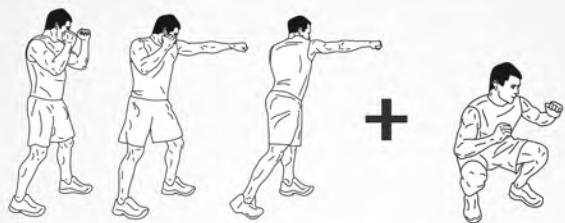


30sec jump rope

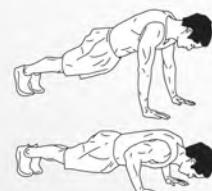
BOXER

5 SETS

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



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



push-ups
level I 5 reps
level II 10 reps
level III 15 reps

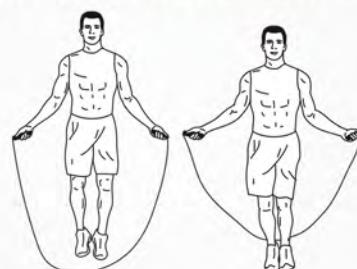


sit-ups
level I 10 reps
level II 20 reps
level III 30 reps

BOXING DRILLS

DAREBEE WORKOUT © darebee.com

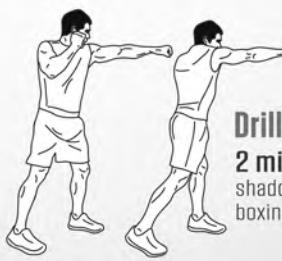
LEVEL I 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** 2 minutes



Drill #1
2 minutes
jump rope



Drill #2
2 minutes
heavy bag
boxing



Drill #3
2 minutes
shadow
boxing

BOY, THAT ESCALATED QUICKLY

DAREBEE WORKOUT
© darebee.com



10 jumping jacks

10 high knees

4 side-to-side jumps

20 jumping jacks

20 high knees

4 side-to-side jumps

40 jumping jacks

40 high knees

4 side-to-side jumps

done



LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

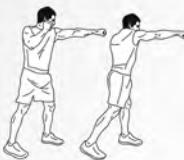
REST up to 2 minutes



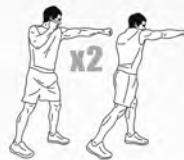
theBrawler

DAREBEE WORKOUT © darebee.com

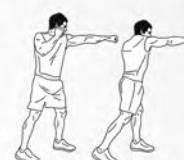
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jab + cross



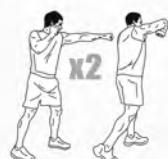
20 jab + jab + cross



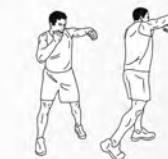
20 x 4 fast punches



20 jab + hook



20 jab + jab + hook



20 hooks



20 jab + uppercut



20 jab + jab + uppercut



20 uppercuts

breathless

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 squats



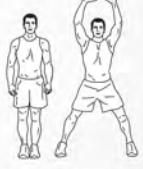
20 high knees



2 jumping lunges



20 high knees



2 jumping jacks



20 high knees



2 squat hops



20 high knees

THE BRIDE

DAREBEE WORKOUT © darebee.com

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



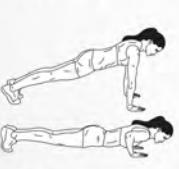
30 turning kicks



10 squats



30 turning kicks



10 push-ups



30 punches



10 push-ups



10 crunch kicks



10 sit-up punches

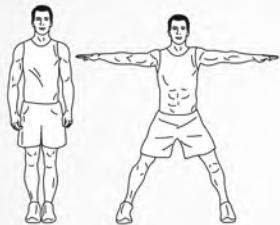


10 sitting punches

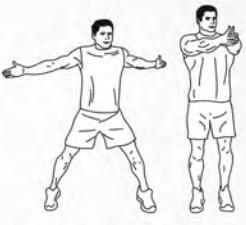
COME AT ME BRO

DAREBEE WORKOUT @ darebee.com

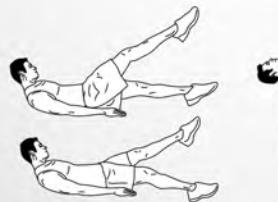
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jumping Ts



20 seal jumps



10 flutter kicks



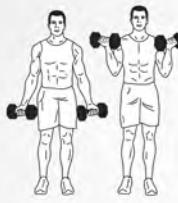
10 sit-ups



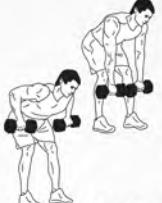
10 sitting twists

BRUTE

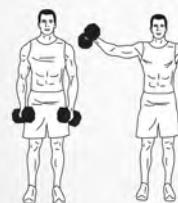
DAREBEE WORKOUT @ darebee.com ARMS & BACK



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



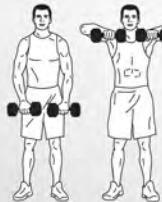
12 bent over rows
x 4 sets in total
20 seconds rest
between sets



12 lateral raises
x 4 sets in total
20 seconds rest
between sets



12 arnold press
x 4 sets in total
20 seconds rest
between sets



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

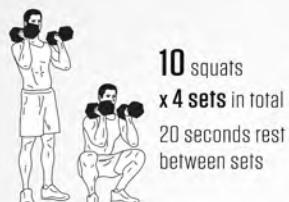


12 bent over raises
x 4 sets in total
20 seconds rest
between sets

BRUTE

DAREBEE WORKOUT @ darebee.com

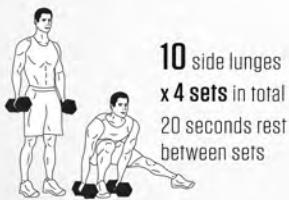
LEG DAY



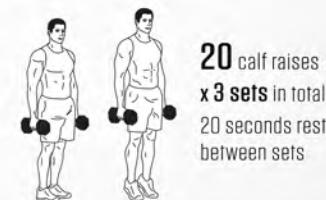
10 squats
x 4 sets in total
20 seconds rest
between sets



10 lunges
x 4 sets in total
20 seconds rest
between sets

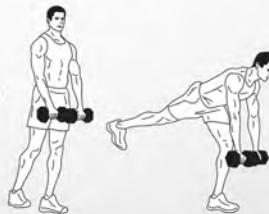


10 side lunges
x 4 sets in total
20 seconds rest
between sets



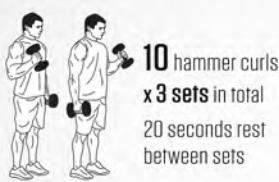
20 calf raises
x 3 sets in total
20 seconds rest
between sets

10 single leg straight leg dead lifts
x 4 sets in total
20 seconds rest between sets

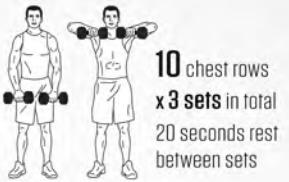


BUTCHER

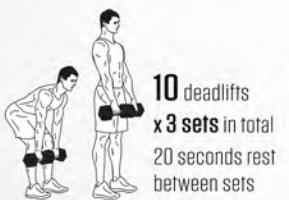
DAREBEE WORKOUT @ darebee.com



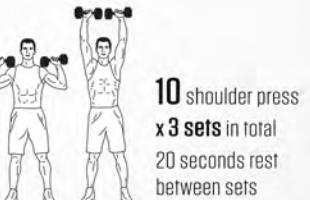
10 hammer curls
x 3 sets in total
20 seconds rest
between sets



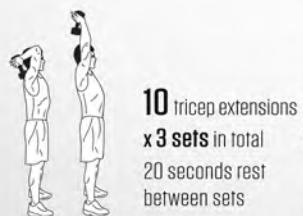
10 chest rows
x 3 sets in total
20 seconds rest
between sets



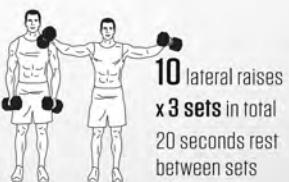
10 deadlifts
x 3 sets in total
20 seconds rest
between sets



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



10 tricep extensions
x 3 sets in total
20 seconds rest
between sets

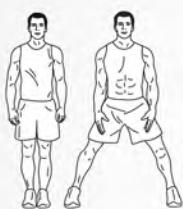


10 lateral raises
x 3 sets in total
20 seconds rest
between sets

THE CAKE IS A LIE

DAREBEE WORKOUT © darebee.com

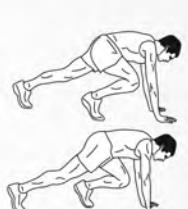
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



40 half jacks



20 squats



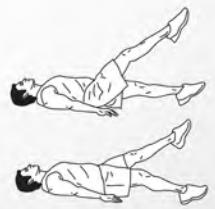
40 climbers



20 sit-ups



20 sitting twists



40 flutter kicks

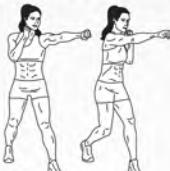
Callisto

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 punches



10 donkey kicks



10 clamshells



10 side planks rotations



10 bridges



10 toe taps



10 sit-ups



10 sitting twists

Cardio & Core

DAREBEE WORKOUT © darebee.com

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



60 high knees



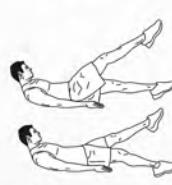
10 climbers



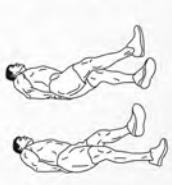
10 climber taps



60 high knees



10 flutter kicks



10 scissors



60 high knees



10 leg raises



10 raised leg circles

CARDIO COMBAT

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



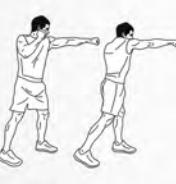
20 high knees



10 march twists



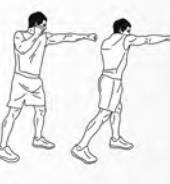
20 high knees



20 punches



10 overhead punches



20 punches



20 high knees



10 knee-to-elbow
one side first, then the other side



20 high knees

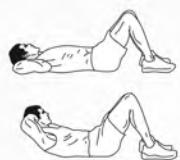
Cardio Crunch

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 crunches



10 cross crunches



20 high knees



10 long arm crunches



10 knee crunches

CARDIO DEMON

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

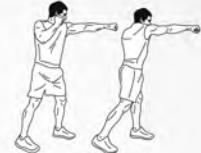
REST up to 2 minutes



20 high knees



20 jumping jacks



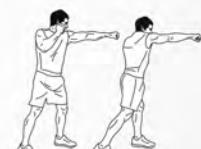
20 punches



20 high knees



20 jump squats



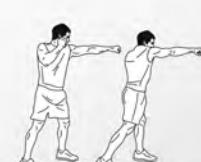
20 punches



20 high knees



20 jumping lunges



20 punches

CARDIO DRILL

DAREBEE WORKOUT © darebee.com

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



3 combos:

20 high knees

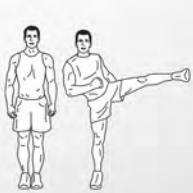
4 knee-to-elbow



3 combos:

20 high knees

2 side-to-side jumps



3 combos:

20 high knees

4 side leg raises

CARDIO FIRE

WORKOUT

BY DAREBEE

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

2 minutes rest



10 jumping jacks



4 side-to-side jumps



10 jumping jacks



10 high knees



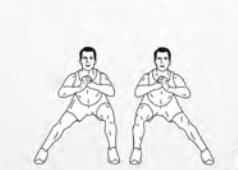
4 knee-to-elbow twists



10 high knees



10 jumping lunges



4 side-to-side lunges



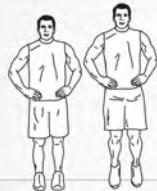
10 jumping lunges

Cardio Hop

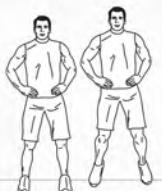
DAREBEE WORKOUT © darebee.com

Repeat 3 times | up to 2min rest between sets

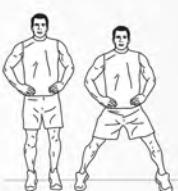
IN COLLABORATION WITH **NHS choices**



10 hop on the spot



10 wide leg hops



10 half jack hops



10 toe tap hops



10 side-to-side single leg jumps



10 side-to-side hops

cardio light

DAREBEE WORKOUT © darebee.com

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



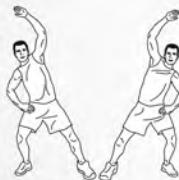
10 march steps



20 step jacks



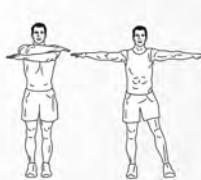
10 march steps



20 side jacks



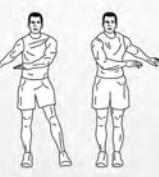
10 march steps



20 scissor steps



10 march steps



20 side-to-side steps



10 march steps

cardio melt

DAREBEE WORKOUT © darebee.com

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



20 jumping jacks



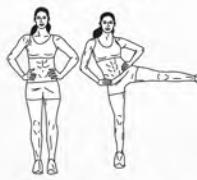
20 arm circles



20 jumping jacks



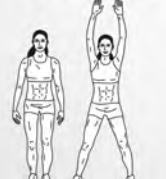
20 arm circles



20 side leg raises



20 arm circles



20 jumping jacks



20 basic burpees

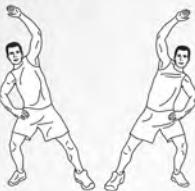


20 jumping jacks

CARDIO POP

DAREBEE WORKOUT © darebee.com

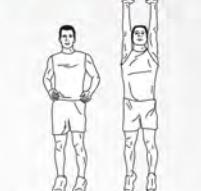
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST 2 minutes rest



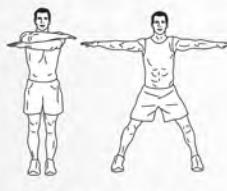
20 side step jacks



20 hops on the spot



20 calf raise hop & reach



20 step expansions



20 hops on the spot



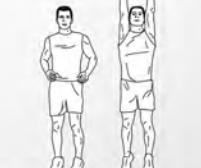
20 calf raise hop & reach



20 knee-to-elbow strikes



20 hops on the spot

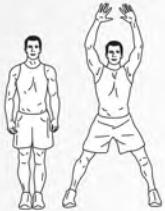


20 calf raise hop & reach

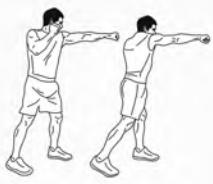
Cardio Punch

DAREBEE WORKOUT © darebee.com

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



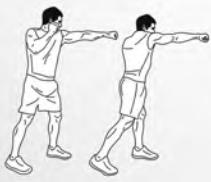
20 jumping jacks



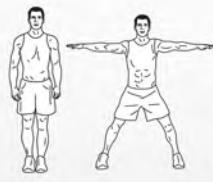
40 punches



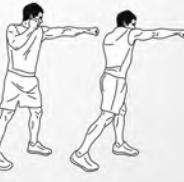
20 seal jacks



40 punches



20 jumping Ts

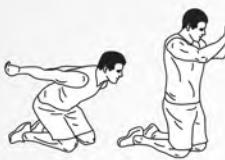


40 punches

Cardio Rock

DAREBEE WORKOUT © darebee.com

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



20 kneeling skiers



10 plank
with lateral thrusts



20 half squat skiers



10 wide leg plank
with lateral thrusts



20 reverse lunge skiers

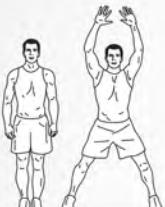


10 side plank thrusts

CARDIO SHOCK

DAREBEE WORKOUT © darebee.com

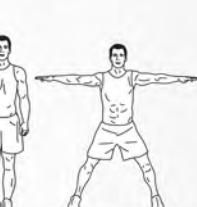
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jumping jacks



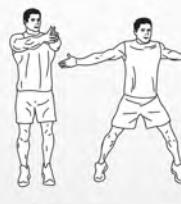
2 jump knee-tucks



20 jumping Ts



2 jump knee-tucks



20 seal jacks



2 jump knee-tucks

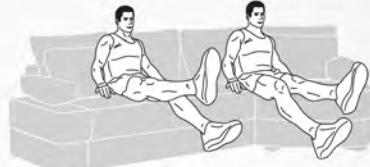
cardio sofa

DAREBEE WORKOUT © darebee.com

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



40 high knees



20 flutter kicks



40 high knees



20 leg raises



40 high knees



20 scissors

CARDIO STEP

DAREBEE WORKOUT © darebee.com

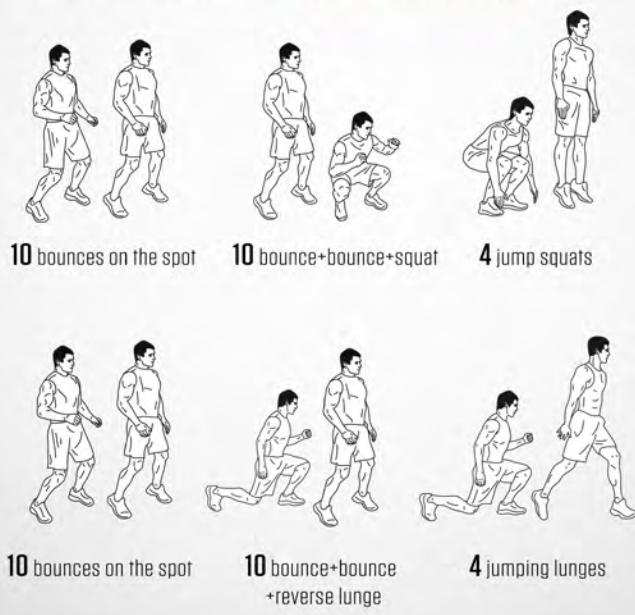
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



catapult

DAREBEE WORKOUT © darebee.com

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



CARVER

DAREBEE BACK WORKOUT © darebee.com

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



catch'em all

DAREBEE WORKOUT © darebee.com

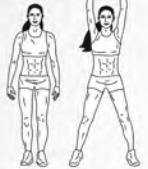
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



caterpillar- ***Butterfly***

DAREBEE WORKOUT © darebee.com

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



20 jumping jacks



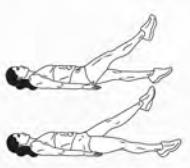
10 butterfly sit-ups



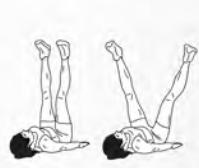
10 sitting twists



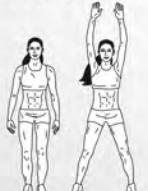
20 jumping jacks



10 flutter kicks



10 V-wipers



20 jumping jacks



10 knee-to-elbow crunches



10 half wipers

CENTURION

DAREBEE WORKOUT © darebee.com

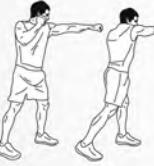
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



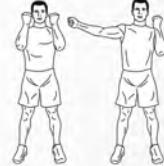
10combo squat + calf raise



10 side-to-side lunges



10combo jab + cross + push-up



10 side-to-side backfists



10 high crunches



10 knee-to-elbow crunches



10 side jackknives

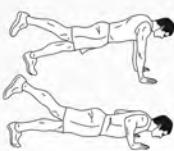
CERBERUS

DAREBEE WORKOUT © darebee.com

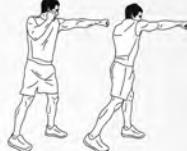
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



6 push-ups



4 raised leg push-ups



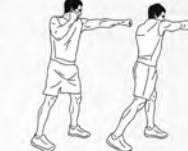
20 punches



6 push-ups



4 push-ups w/ rotations



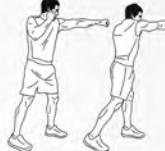
20 overhead punches



6 push-ups



4 push-up shoulder taps

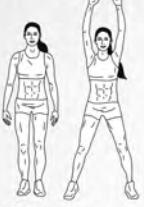


20 backfists

Chapter 1

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



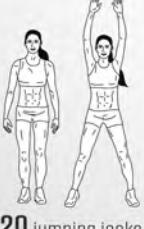
10 march steps



20 jumping jacks



10 knee-to-elbow



20 jumping jacks



10 lunge step-up



20 jumping jacks

CHASE

DAREBEE WORKOUT © darebee.com

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

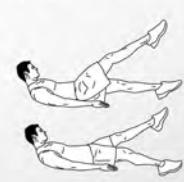


3 combos: 10 high knees + 4 plank leg raises



10 combos successive lunge step-ups

10 squat calf raises



3 combos: 10 high knees + 4 side-to-side hops

40 flutter kicks

CHIMERA

DAREBEE WORKOUT © darebee.com

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



20 side-to-side lunges

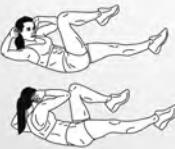
20 combos half jack + side leg raise



10 butt kicks

10 lunge step-ups

10 jumping lunges



10 knee-to-elbow crunches



10-count raised leg hold



10 raised leg circles

CHISEL

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 squats



10 jump squats



20 high knees



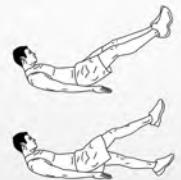
10 shoulder taps



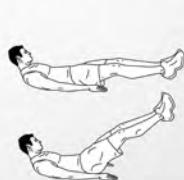
10 shoulder tap push-ups



20 high knees



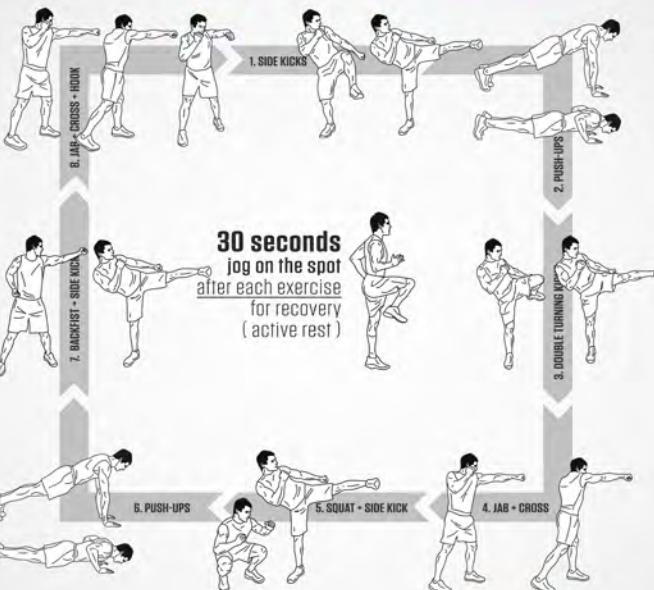
10 flutter kicks



10 leg raises

CLIPPER

FULL CIRCUIT HIIT WORKOUT © darebee.com



20
seconds
WARM-UP

25
seconds
ROUND 1

30
seconds
ROUND 2

35
seconds
ROUND 3

20
seconds
BONUS ROUND

CLOSE CONTACT

DAREBEE WORKOUT © darebee.com

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



20 knee strikes



20combo knee strike + elbow strike



20 front kicks



20combos front kick + backfist



20combos bounce + squat + back leg low turning kick + palm strike

CODEX

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes
hands never off the ground



10 plank leg raises



10 push-ups



30sec plank



10 climbers



10 plank jacks



10 plank jump-ins

code of abs

DAREBEE WORKOUT © darebee.com

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



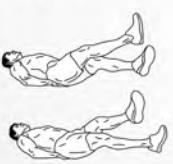
10 sit-ups



10 reverse crunches



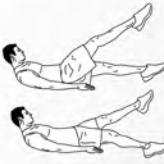
10 sitting twists



8 scissors



8 leg raises



20 flutter kicks



30sec plank



30sec elbow plank



8 body saw

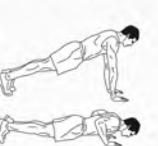
CODE ZERO

DAREBEE WORKOUT © darebee.com

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



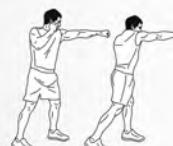
20 side kicks



5 push-ups



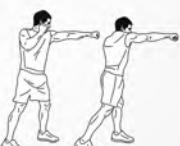
20 side kicks



20 punches



5 push-ups



20 punches



20-count elbow plank



5 push-ups

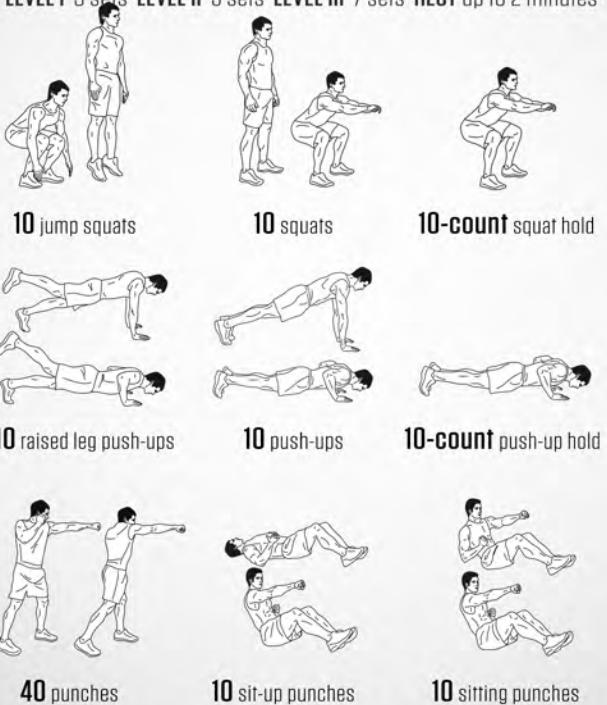


20-count elbow plank

COLOSSUS

DAREBEE WORKOUT © darebee.com

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



COMBAT MEDIC +

DAREBEE WORKOUT © darebee.com

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



Combat Strength

DAREBEE WORKOUT © darebee.com

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



COMBO FIGHTER

DAREBEE WORKOUT © darebee.com

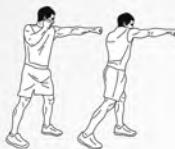
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



THE COMMANDER

DAREBEE WORKOUT © darebee.com

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



40 jab + cross

CONQUEROR

DAREBEE WORKOUT © darebee.com

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



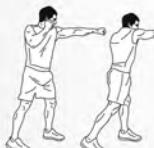
20 squats



20 slow climbers



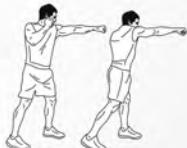
20 squats



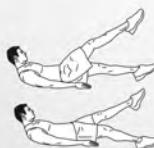
20 punches



20 push-ups



20 punches



20 flutter kicks



20 sitting twists



20 flutter kicks

CONTENDER

DAREBEE WORKOUT © darebee.com

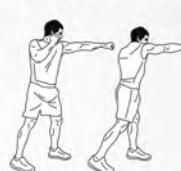
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



30 bounces



5 push-ups



30 punches



30 arm rotations



5 push-ups



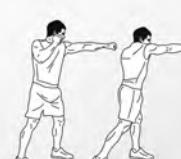
30 squats



30 high knees



5 push-ups

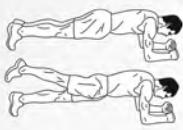


30 punches

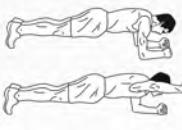
core connect

DAREBEE WORKOUT © darebee.com

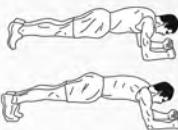
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes
10 reps each exercise



plank leg raises



plank arm raises



body saw



plank rotations



spiderman planks



side plank knee taps



side star plank



side plank rotations



to failure elbow plank

CORE CONTROL

DAREBEE WORKOUT © darebee.com

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



10 shoulder tap + rotation



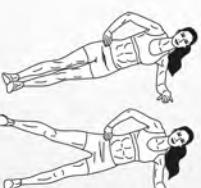
10 alt arm/leg raises



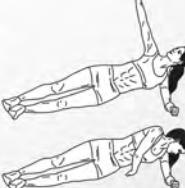
10 sit-outs



10 side plank raises



10 side plank leg raises



10 side plank rotations

Cossack

DAREBEE WORKOUT © darebee.com

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



20 march steps



10 toe tap hops



20 straight leg bounds



20 march steps



10 squat + front kick



20 straight leg bounds



20 march steps



10 jump knee-tucks

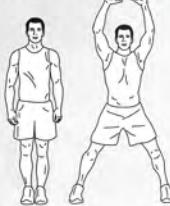


20 straight leg bounds

COWBOY

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

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



30 jumping jacks



5 jump knee tucks



10 lunges



30 climbers



10 planks with rotations



30sec elbow plank



10 basic burpees

CRUCIBLE

DAREBEE WORKOUT © darebee.com

LEVEL I 5 push-ups LEVEL II 10 push-ups LEVEL III 15 push-ups

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



20 squats



10 sit-ups



20 squats



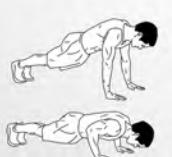
20 lunges



10 sit-ups



20 lunges



X push-ups



10 sit-ups



X push-ups

THE CRUSHER

DAREBEE WORKOUT © darebee.com

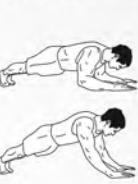
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jump squats



10 lunges



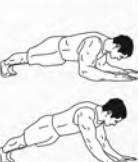
5 tricep extensions



10 jump squats



10 calf raises



5 tricep extensions



10 jump squats



30-count plank



5 tricep extensions

CRUX

DAREBEE WORKOUT © darebee.com

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



20 squat hops



10 jump squats



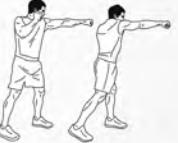
40 punches



20 push-ups



10 plank rotations



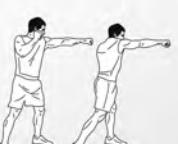
40 punches



20 sit-ups



10 get-ups

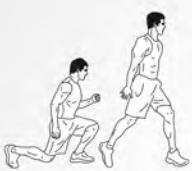


40 punches

cursor

DAREBEE HIIT WORKOUT © darebee.com

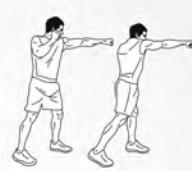
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



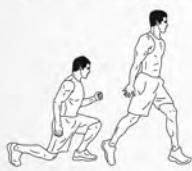
10sec jumping lunges



10sec push-ups



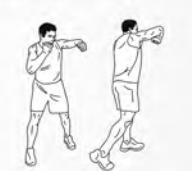
40sec punches



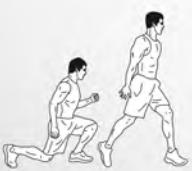
10sec jumping lunges



10sec judo push-ups



40sec hooks



10sec jumping lunges



10sec push-up + shoulder tap



40sec uppercuts

cycle core

DAREBEE BACK WORKOUT © darebee.com

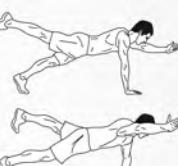
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 climbers



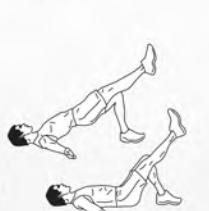
10 plank rotations



10 alt arm / leg raises



10 dead bug



10 single leg bridges



10 back extensions

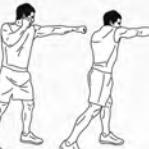
CYPHER

DAREBEE WORKOUT © darebee.com

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



4combos: **2** push-up + **10** jab + cross



10 slow push-ups



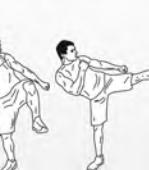
4combos: **2** sit-ups + **10** sitting twists



10 slow sit-ups



4combos: **2** squats + **10** side kicks

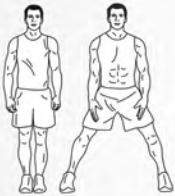


10 slow squats

Daily Burn

DAREBEE WORKOUT © darebee.com

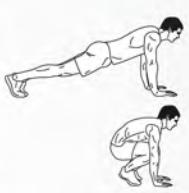
3 sets | up to 2 minutes rest between sets



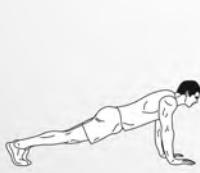
10 half jacks



6 plank jacks



6 plank jump-ins



10-count plank



6 push-ups



10 squats

DAILY

WORKOUT

BY DAREBEE © darebee.com

3 sets | up to 2 minutes rest between sets



10 jumping jacks



5 squats



5 push-ups



10 high knees



10 climbers



5 plank jump-ins

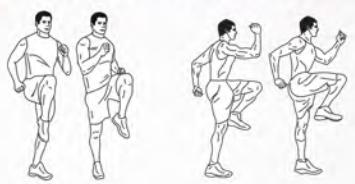
DAMAGE CONTROL

DAREBEE HIIT WORKOUT © darebee.com

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

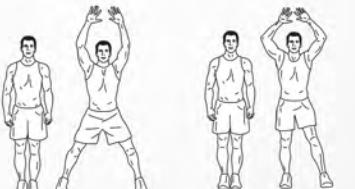
3 combos:

- 10sec high knees
- 10sec march steps



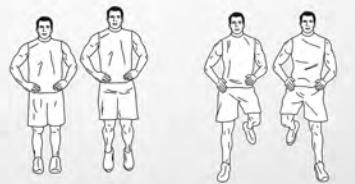
3 combos:

- 10sec jumping jacks
- 10sec step jacks



3 combos:

- 10sec hops on the spot
- 10sec side-to-side hops



DANGER ZONE

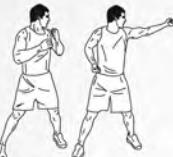
DAREBEE WORKOUT
© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



20 combos backfist + side kick



20 squat + uppercut



10 high knees



10 climbers



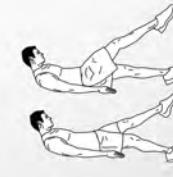
10 high knees



10 sit-ups



10 sitting twists



10 flutter kicks

DASH

DAREBEE WORKOUT © darebee.com

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



DEADLOCK

DAREBEE WORKOUT © darebee.com

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



DEATH BY BURPEES

DAREBEE WORKOUT © darebee.com

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

2 minutes rest between sets



5 burpees	10-count rest
5 burpees	10-count rest
10 burpees	20-count rest
10 burpees	20-count rest
5 burpees	10-count rest
5 burpees	rest

Hint: 10-count rest means count to ten and resume

DEEP FRYER

DAREBEE HIIT WORKOUT © darebee.com

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



DEMOLITION

DAREBEE WORKOUT © darebee.com

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



DNA:REWRITE

DAREBEE WORKOUT © darebee.com

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



DIRTY 30

DAREBEE WORKOUT © darebee.com

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



double dash

DAREBEE WORKOUT
© darebee.com

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



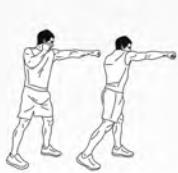
DOUBLE HELIX

DAREBEE HIT WORKOUT © darebee.com

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



10sec jump squats



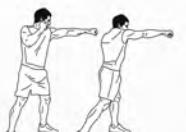
40sec punches



10sec jump squats



10sec push-ups



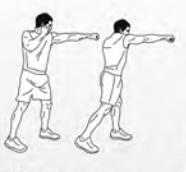
40sec punches



10sec push-ups



10sec jumping lunges



40sec punches



10sec jumping lunges

DRAG & DROP

DAREBEE WORKOUT
© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



20 rows



20 lunges



5 push-up & drag



20 squats



20 throws



5 push-up & drag

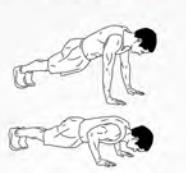
DRAGON SLAYER

DAREBEE WORKOUT © darebee.com

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



20 climbers



6 push-ups



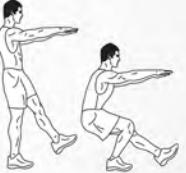
6 squats



20 one arm climbers



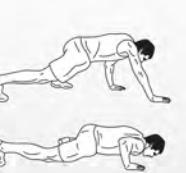
6 pike push-ups



6 pistol squats



20 one arm climbers



6 dragon push-ups

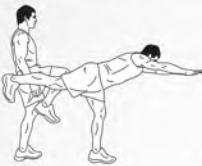


6 shrimp squats

DRYLAND

DAREBEE WORKOUT FOR SWIMMERS © darebee.com

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



12 balance stretch



6 upward dogs



6 staggered push-ups



12 bird dogs



12 plank rotations



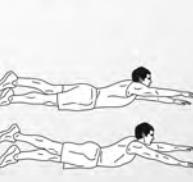
6 bridges



6 cross reach sit-ups



12 flutter kicks



12 swimmers

duck & swing

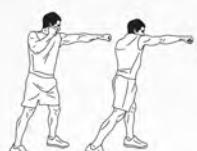


DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets - 2 minutes rest squat [duck!] every 10 seconds



10sec push-ups



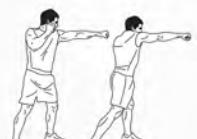
30sec punches



20sec uppercuts



10sec push-ups



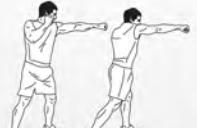
30sec punches



20sec hooks



10sec push-ups

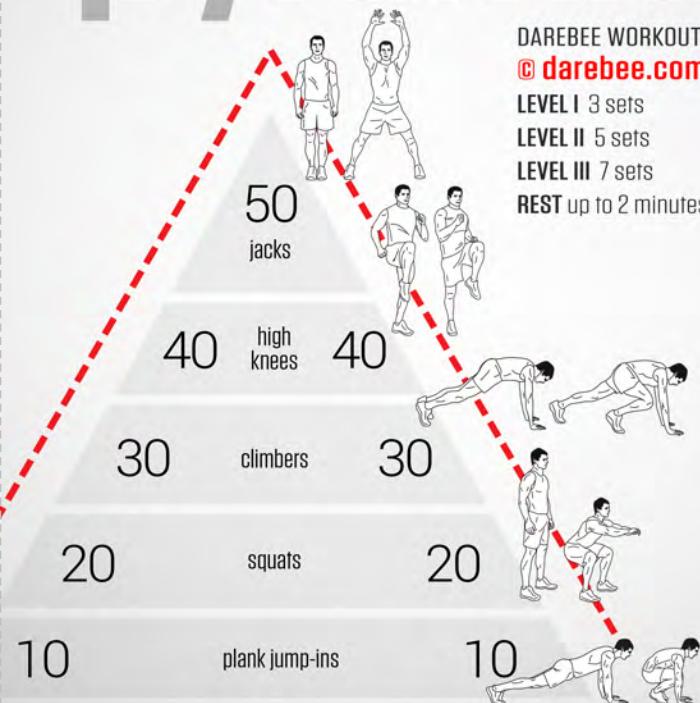


30sec punches



finish: **20sec** plank hold

dynamic pyramid



Dynamic Plank

yoga workout for abs & core

SPYROS KAPNIAS GARUDANANDA for © darebee.com

LEVEL I 20 seconds LEVEL II 40 seconds LEVEL III 60 seconds hold each pose before moving for 3 seconds



1. Tricep Extensions

2. Knee to Elbow Planks



3. Push-Up Plank Into Downward Dog

4. Push-Up Plank Into Upward Dog



5. Knee to Elbow Planks

6. Upward Dog Back Kicks



7. Plank Rotation & Reach

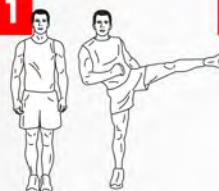
8. Push-Up Plank Tilts

X ELIMINATOR

DAREBEE WORKOUT © darebee.com

5 sets – after every set take the last exercise off the following set
rest between sets up to 45 seconds

1



2



3



20 side leg raises

20 squats

20 climbers

4



5



6



20 lunges

10 plank arm raises

40 high knees

ENDER

DAREBEE WORKOUT © darebee.com

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



ENDER+

DAREBEE WORKOUT © darebee.com

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



ENDGAME

DAREBEE WORKOUT © darebee.com

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



ENDGAME+

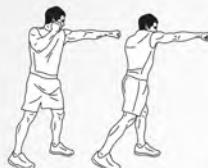
DAREBEE WORKOUT © darebee.com

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



ENEMY LINES

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



40 punches



40 backfists



40 squats



10 push-ups



10 slow climbers



10 push-ups



20-count plank



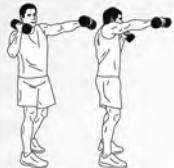
20-count plank



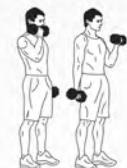
20-count plank

ENEMY LINES+

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



20 punches



20 bicep curls



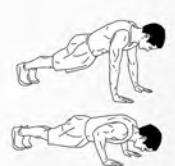
40 squats



10 push-ups



10 slow climbers



10 push-ups



20-count plank



20-count plank



20-count plank



ENERGIZER

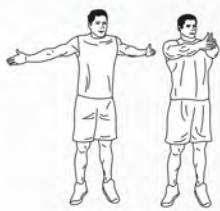
ENERGY BOOSTING © darebee.com

12 reps each exercise

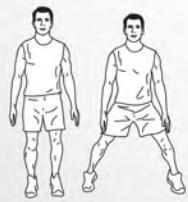
repeat once whenever your energy levels are low



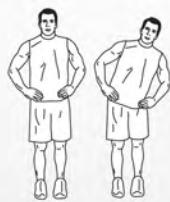
arm raises



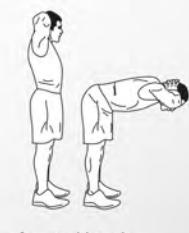
chest expansions



half jacks



side bends



forward bends

enFORCER

DAREBEE WORKOUT © darebee.com

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



20 combos jab + cross + squat + double side kick (low / mid height)



20 combo sit-up + jab + cross + butt-up



20 combos crunch kick + reverse crunch

20 fast high knees

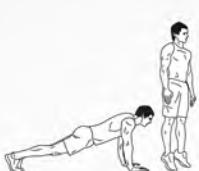
EPIC DASH

DAREBEE HIIT WORKOUT © darebee.com

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



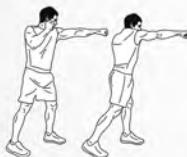
20sec high knees



10sec basic burpees



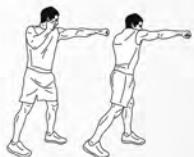
20sec high knees



20sec punches



10sec push-ups



20sec punches



20sec jumping jacks



10sec basic burpees



20sec jumping jacks

EQUALIZER

DAREBEE WORKOUT © darebee.com

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



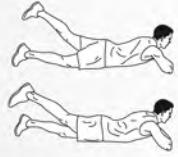
10 push-ups



4 wide grip push-ups



4 close grip push-ups



10 reverse flutter kicks



4 back extensions



4 plank walk-outs



10 push-ups



4 shoulder taps



4 raised leg push-ups

EXPANSE

YOGA WORKOUT by SPYROS KAPNIAS GARUDANANDA
for DAREBEE © darebee.com

LEVEL I 5 reps LEVEL II 10 reps levels III 20 reps each
plank holds: LEVEL I 5-count LEVEL II 10-count LEVEL III 20-count



plank rotations



side plank rotations



plank rotations



side plank rotations



side leg raises
(each side)



plank hold



push-up plank hold



downward into upward dog



downward dog leg raises



alt arm/leg plank hold



downward dog leg raises



alt arm/leg plank hold

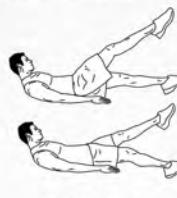
express abs

REPEAT ONCE | DAREBEE WORKOUT © darebee.com

LEVEL I 6 reps LEVEL II 10 reps each LEVEL III 20 reps each
LEVEL I 6-count hold LEVEL II 10-count hold LEVEL III 20-count hold



sit-ups



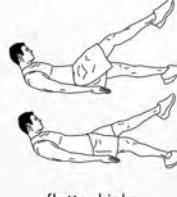
flutter kicks



crunch hold



sit-ups



flutter kicks



raised leg hold



sit-ups



sitting twists



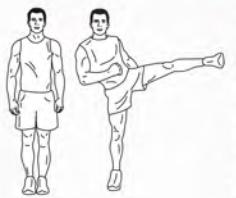
hollow hold

EXPRESS WORKOUT

BY DAREBEE © darebee.com



20 lunges



20 side leg raises



20 squats



20 slow climber



20 push-ups



20sec elbow plank

EXTRACTOR

DAREBEE WORKOUT © darebee.com

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



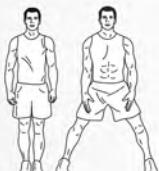
20 high knees



5 plank jump-ins



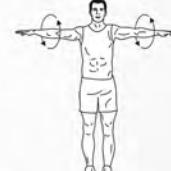
20 raised arm circles



20 half jacks



5 plank jump-ins



20 raised arm circles



20 jumping lunges



5 plank jump-ins



20 raised arm circles

EXTRA DIRTY 30

DAREBEE WORKOUT © darebee.com

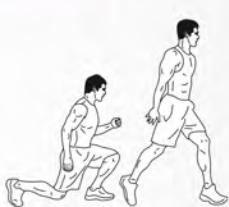
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



30 jump squats



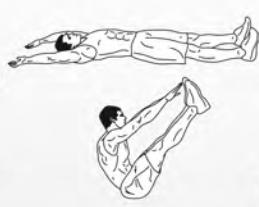
30 wide grip push-ups



30 jumping lunges



30 knee to elbow crunches



30 V-ups



30 climber taps

FAE

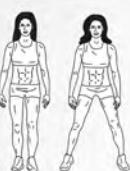
DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



40 half jacks



40 side leg raises



40 kick backs



10 hop heel clicks



10 knee strikes



10 lunge step-ups



10 sit-outs



10 toe taps



10 bridge taps

FALCON

DAREBEE WORKOUT © darebee.com

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



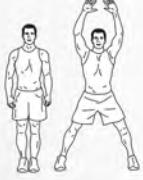
20 jumping jacks



6 plank rotations



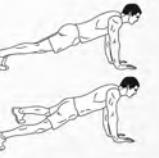
6 plank crunches



20 jumping jacks



6 shoulder taps



6 plank jacks



20 jumping jacks



6 plank arm raises



6 slow climbers

FAR POINT

PASSIVE STRETCHING © darebee.com

60 seconds each - 30 seconds each side / leg

3 sets | up to 2 minutes rest between sets



hamstring stretch



groin stretch



leg to chest stretch



quad stretch



elbow stretch



cross neck elbow stretch



gravity toe touches



sumo squat hold



side splits

FEARLESS

DAREBEE WORKOUT © darebee.com

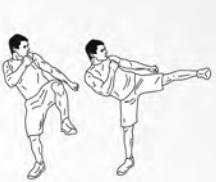
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 side lunges



20 squats



20 side kicks



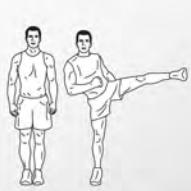
20 combos knee strike + step forward + turning kick + step forward + side kick



20 calf raises



20 squats



20 side leg raises

FIGHTER MODE

DAREBEE WORKOUT
© darebee.com

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



20 squats



20 squat + side kick



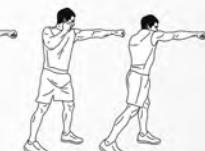
20 side kicks



10 push-ups



10 push-up + jab + cross



40 jab + cross



30-count plank



30-count raised leg plank



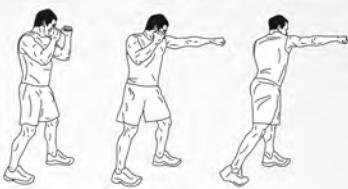
30-count side plank

FIGHTER'S CLUB

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



to failure chin-ups



100 jab + cross



10 wide grip push-ups



4 raised leg push-ups



40 speed bag punches



10 sit-ups



10 knee-to-elbow crunches



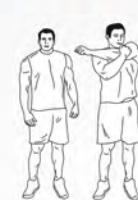
10 reverse crunches

FIGHTER'S STRETCHING

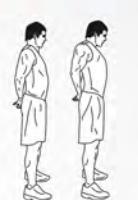
20 SECONDS EACH © darebee.com



shoulder stretch #1



shoulder stretch #2



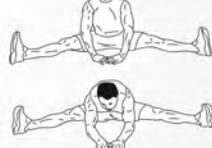
shoulder stretch #3



side-to-side lunges



side splits



forward bends



hamstring stretch #1



hamstring stretch #2



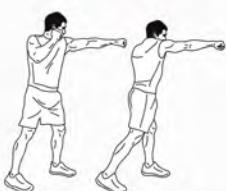
butterfly stretch

FIGHTER'S WARMUP

BY DAREBEE © darebee.com 30 seconds each



bounce on the spot



light punches



torso rotations



bounce on the spot



light low front kicks

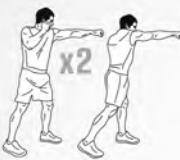


light low turning kicks

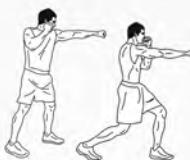
FIGHT NIGHT

DAREBEE BOXING WORKOUT © darebee.com

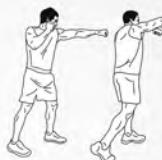
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST 2 minutes



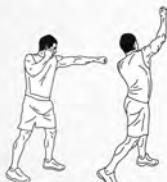
20sec jab + jab + cross



20sec jab + lunge cross



20sec jab + hook



20sec jab + upper cut



20sec upper cut + upper cut



20sec hook + hook



20sec squat + hook



20sec squat + upper cut



20sec squat + cross

THE FINISHER

STRETCHING BY DAREBEE © darebee.com



FINISH LINE

UNIVERSAL COOLDOWN
BY DAREBEE
© darebee.com

Go through the sequence:
once the move is done,
change sides and repeat again
for the same amount of time.



FIREFIGHTER

DAREBEE WORKOUT © darebee.com

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



FIRESTORM

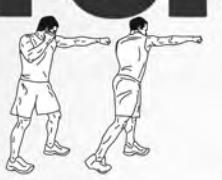
DAREBEE WORKOUT © darebee.com

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



FIST of FURY

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



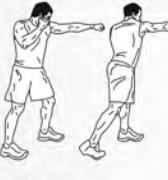
60 jab + cross



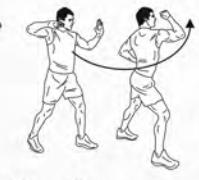
10 combos jump knee tuck + front snap kick



10 combos mid elbow strike + knife hand strike



60 jab + cross



60 double backfists

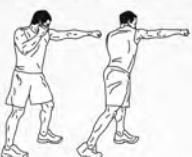


FIST OF LEGEND

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



40 turning kicks



40 jab + cross



40 side kicks



60 squat hold punches



20 combos front snap kick + cross (same leg & arm)

finish

side leg raises
LEVEL I 60 reps
LEVEL II 80 reps
LEVEL III 100 reps



2 minute
side splits



fitmom

DAREBEE WORKOUT © darebee.com

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



10 lunges



10 squats



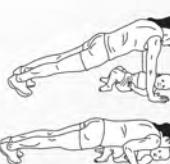
10 sitting twists



10 bridges



10 lifts



5 push-ups

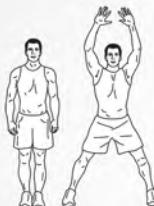


20sec elbow plank

five minute blast

DAREBEE WORKOUT © darebee.com

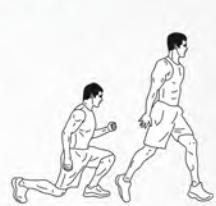
Instructions: Set a timer & survive.



60sec jumping jacks



60sec push-ups



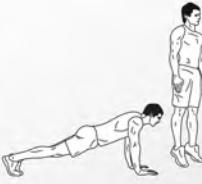
30sec jumping lunges



60sec climbers



60sec high knees



30sec basic burpees

FIVE MINUTE PLANK

DAREBEE WORKOUT © darebee.com



60sec full plank



30sec elbow plank



60sec raised leg plank
30 seconds - each leg



60sec side plank
30 seconds - each side



30sec full plank

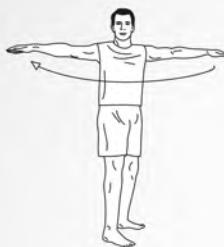


60sec elbow plank

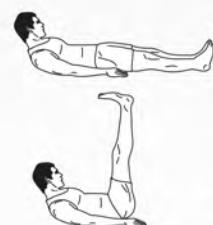
Five Rites

BY DAREBEE © darebee.com

21 repetitions each exercise



First Rite
360° turns clockwise



Second Rite
90° leg raises



Third Rite
back stretches



Fourth Rite
table stretch



Fifth Rite
upward dog stretch

FLAMETHROWER

DAREBEE HIIT WORKOUT © darebee.com

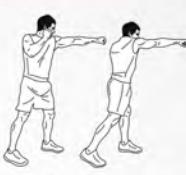
Level I 3 sets Level II 5 sets Level III 7 sets REST up to 2 minutes rest



30sec high knees



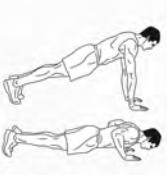
15sec push-ups



15sec jab + cross



30sec high knees



15sec push-ups



15sec hooks



30sec high knees



15sec push-ups

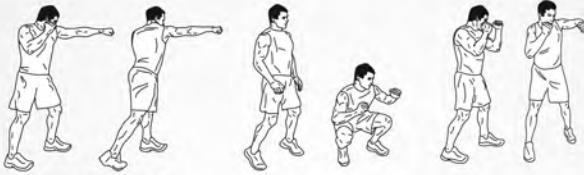


15sec uppercuts

Flash Point

DAREBEE WORKOUT © darebee.com

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

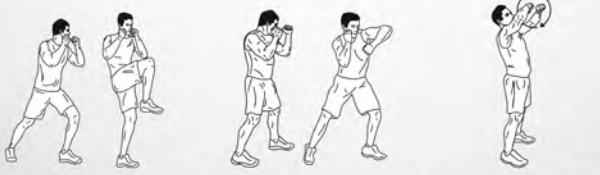


40combos jab + cross + squat + hook



40 double side kicks / low and high

40 front kicks



40combos knee strike + elbow strike

40 speed bag punches

the Fold

yoga workout
by SPYROS KAPNIAS GARUDANANDA
for @darebee.com
LEVEL I 20 seconds
LEVEL II 30 seconds
LEVEL III 60 seconds



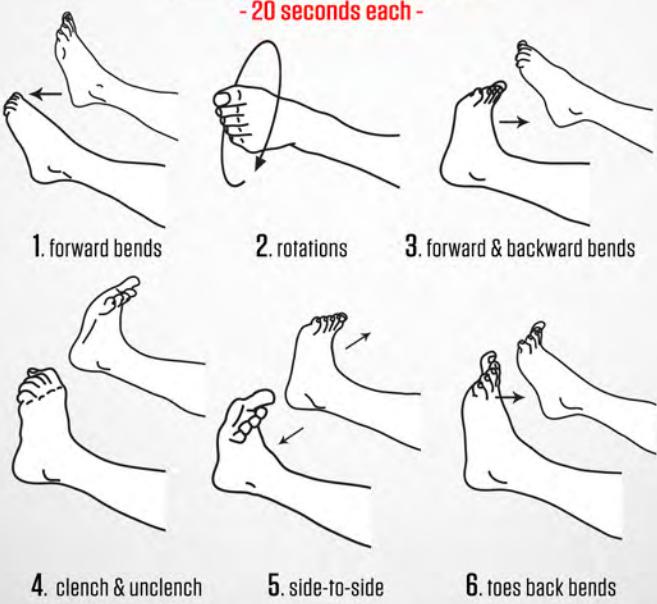
1. Elbow Tuck: Fold & Hold (each)
2. Lock: Fold & Hold (each side)
3. Hands Lock & Extend - repeatedly
4. Pigeon Pose: Fold & Hold (each)
5. Foot Tuck & Hug - repeatedly each
6. Forward Fold & Hold

footwork

DAREBEE 2-MINUTE WORKOUT © darebee.com

FOOT SORENESS & TENSION RELIEF;
IMPROVED CIRCULATION & POSTURE

- 20 seconds each -



FOOTBALLER

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



THE FORGE

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



FREE FALL

DAREBEE HIIT WORKOUT
© darebee.com

Level I 3 sets

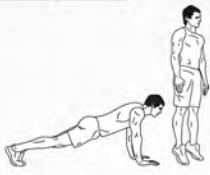
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



30sec jumping jacks



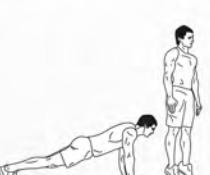
30sec basic burpees



30sec raised arm circles



30sec jumping jacks



30sec basic burpees



30sec raised arm circles



20sec push-up into back extension

+ **10sec** back extension hold



FREE ROAM

DAREBEE WORKOUT © darebee.com

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



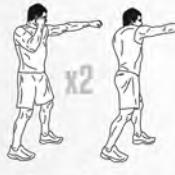
20

combo knee strike + elbow strike



40

side kicks



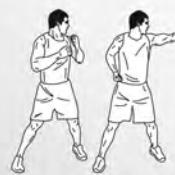
20

combos jab + jab + cross + double turning kick



40

combos squat + hook



20

combos backfist + side kick



40

speed bag punches

FREMEN

DAREBEE WORKOUT © darebee.com

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



10 squats



5 push-ups



10 shoulder taps



10 squats



5 close grip push-ups



10 plank arm raises



10 squats



5 wide grip push-ups



10 planks w/ rotations

FROST

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

raised arm circles



20

side leg raises



20

low back kicks



20

twists



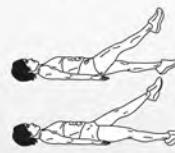
20

back kick + side leg raise



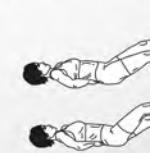
10

leg raises



10

flutter kicks



10

scissors

FULLBODY RENDER

DAREBEE WORKOUT © darebee.com

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



40 squats 40 lunges 20 push-ups



40 punches 20 sit-ups 20 leg raises

FULL HOUSE

DAREBEE HIIT WORKOUT
© darebee.com

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

3 combos



10sec high knees 10sec march steps

3 combos



10sec push-ups 10sec punches

3 combos



10sec flutter kicks 10sec sitting-twists

FULLBODY RENDER+

DAREBEE WORKOUT © darebee.com

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



20 squats 20 lunges 20 alt bicep curls



20 push-ups 20 sit-ups 20 leg raises

FURY

DAREBEE WORKOUT © darebee.com

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



20 climbers 10 push-ups 2 raised leg push-ups



20 punches 20 squats 10 popup tripods



10 raised leg bridges 10 roll-ups 10 crunch kicks

GAMBIT

DAREBEE WORKOUT © darebee.com

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



20 squats



6 plank walk-outs



10-count plank hold



20 squats



6 slow push-ups



10-count plank hold



20 squats



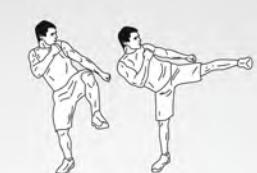
6 plank-into-lunges



10-count plank hold



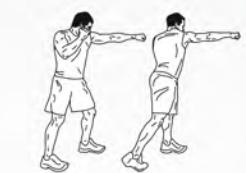
20 squats



40 side kicks



10 push-ups



40 punches



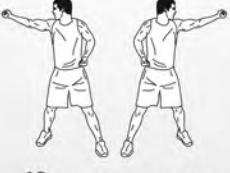
20 squats



40 hook kicks



10 push-ups



40 side-to-side backfists

GENINI

DAREBEE WORKOUT © darebee.com

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

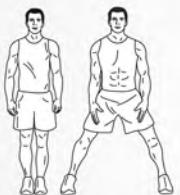
REST up to 2 minutes

GAMER



DAREBEE WORKOUT © darebee.com

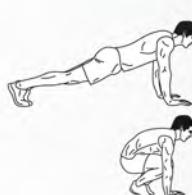
every respawn, construction or cinematic trailer



20 half jacks



10 squats



10 plank jump-ins



20 climbers



10 lunges



10 flutter kicks

G.I.JANE

TRIBUTE WORKOUT BY DAREBEE © darebee.com

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



20 high knees (sprint)



10 lunges



10 reverse lunges



5 push-ups



5 upward dogs



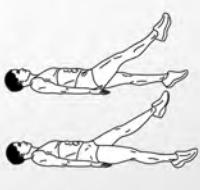
5 army crawl



10 sit-ups



10 reverse crunches



20 flutter kicks

GLADIATOR

DAREBEE WORKOUT © darebee.com

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



40 lunges



20 jumping lunges



20 squats



20 shoulder taps



40 slow climbers



10 push-ups



10 up & down planks

WHAT'S YOUR CODE?

GOD MODE

Y, A, Y, A, X, X, B, X, B, X, Y, Y, A, A, B, X

DAREBEE
WORKOUT
darebee.com

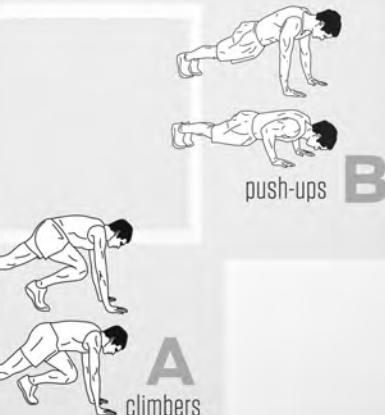
LEVEL I 10 reps
LEVEL II 20 reps
LEVEL III 30 reps



Y
high
knees



squats



push-ups B



A
climbers

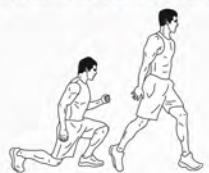
GOLEM

DAREBEE WORKOUT © darebee.com

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



20 lunges



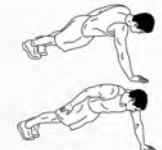
10 jumping lunges



10 side lunges



10 push-ups



10 thigh taps



10-count plank



20 squats



10-count squat hold

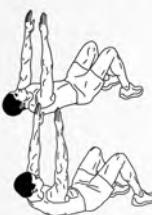


10 jump squats

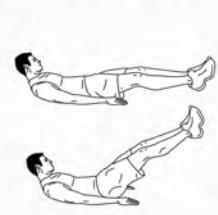
Good morning, abs

DAREBEE WORKOUT © darebee.com

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



10 high crunches



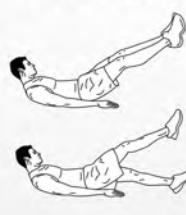
10 leg raises



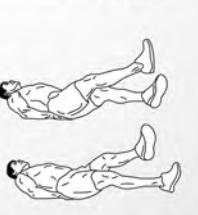
10 raised leg circles



10-count raised leg hold



10 flutter kicks



10 scissors

GRADE A

DAREBEE WORKOUT © darebee.com

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



10 cross squats



10 cossack squats



10 get-ups



5 judo push-ups



10-count push-up plank



10 up & down planks



10 reverse angels



10 prone fly extensions



10 W-extensions

GRAVITY

DAREBEE WORKOUT © darebee.com

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



4 push-ups



4 wide grip



2 close grip



4 push-ups



4 shoulder taps



2 staggered



4 push-ups



4 raised leg



2 stacked feet

Gravity Control

DAREBEE ISOMETRIC WORKOUT © darebee.com

LEVEL I 10 seconds LEVEL II 20 seconds LEVEL III 30 seconds each

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

REST up to 2 minutes



push-up plank



squat hold



calf raise hold



raised arms stand



balance stand



one leg squat hold



half side splits



toe reach



side leg raise hold

GRIDLOCK

DAREBEE WORKOUT © darebee.com

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



20sec squat hold



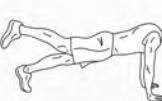
20sec side lunge hold



20sec reach down hold



10sec plank hold



10sec raised leg plank hold



10sec push-up hold



20sec bridge hold



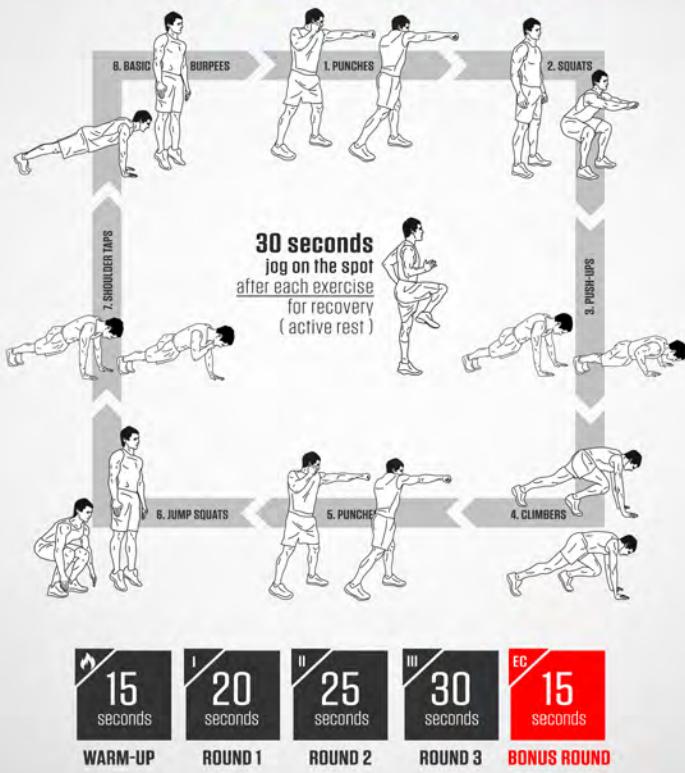
20sec extended leg bridge hold



20sec low bridge hold

GRINDER

FULL CIRCUIT HIIT WORKOUT © darebee.com



15 seconds	20 seconds	25 seconds	30 seconds	15 seconds
WARM-UP	ROUND 1	ROUND 2	ROUND 3	BONUS ROUND

Ground Control

yoga for glutes
by SPYROS KAPNIAS GARUDANANDA
for DAREBEE © darebee.com
LEVEL I 30 seconds each
LEVEL II 40 seconds each
LEVEL III 60 seconds each



GROUNDER

DAREBEE WORKOUT © darebee.com

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



GUARDIAN

DAREBEE WORKOUT © darebee.com

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



GUARDSMAN

DAREBEE WORKOUT © darebee.com

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



TALK TO THE **HAND**

DAREBEE WORKOUT
© darebee.com
10 reps each | 3 sets
2 minutes rest between sets



HAND STAND PREP

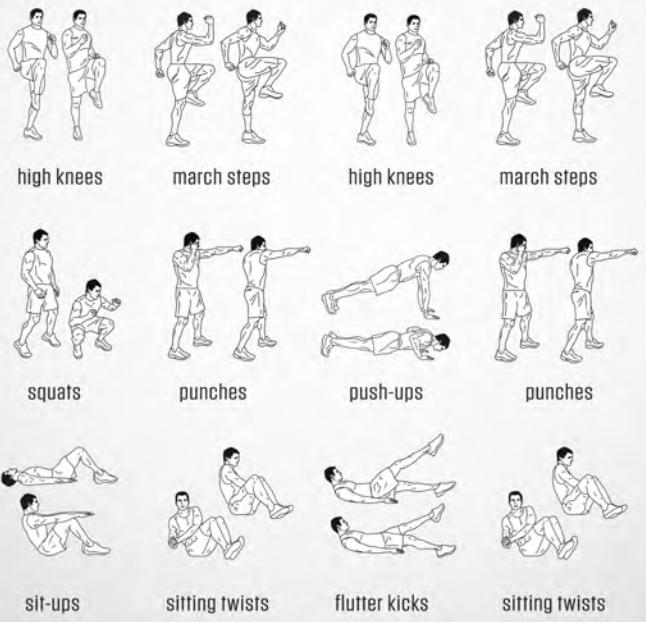
attempt when ready

DAREBEE WORKOUT © darebee.com



Happy Hour

DAREBEE WORKOUT © darebee.com
10 sets with 2 minute rest between sets
20 seconds each exercise



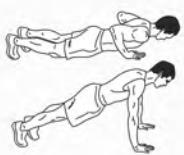
HARDBACK

DAREBEE BACK WORKOUT © darebee.com

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



10 downward upward dog



10 drop push-ups



10 back extensions



10 reverse angels



10 prone reverse fly



10 prone W-extensions

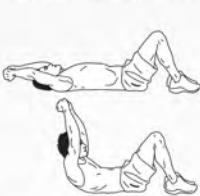
HARD CORE

DAREBEE WORKOUT © darebee.com

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



20 flutter kicks



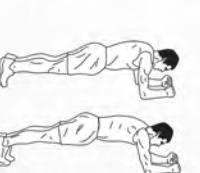
12 long arm crunches



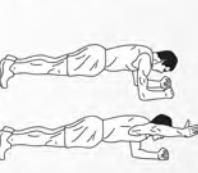
14 sitting twists



10 side bridges



10 body saw



20 plank arm raises



10 push-up into lunges

Happy

DAREBEE WORKOUT

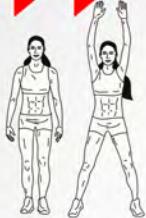
© darebee.com

LEVEL I 3 sets

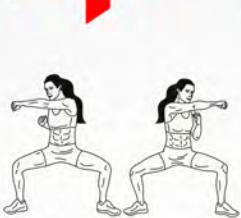
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



20 jumping jacks



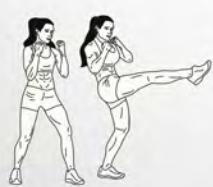
20 squat hold punches



20 jumping lunges



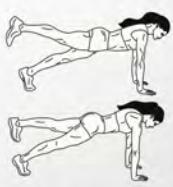
10 basic burpees (no push-up)



10 front kicks



10 climbers



10 plank leg raises

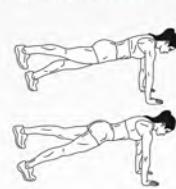
Haywire

DAREBEE WORKOUT © darebee.com

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



10 high knees



10 plank leg raises



2 push-ups



10 jumping jacks



10 plank jacks



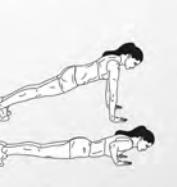
2 push-ups



10 punches



10 plank jump-ins



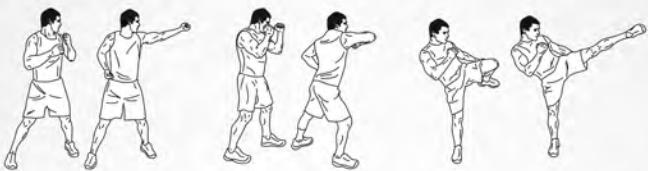
2 push-ups

HEADHUNTER

DAREBEE WORKOUT © darebee.com

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

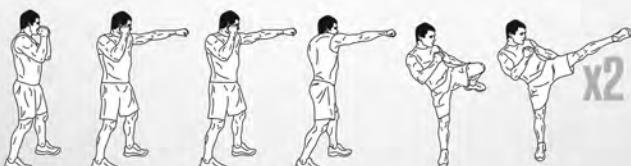
🎯 target aim your kicks as high as you can - or head height



60 combos backfist + step forward + elbow strike + step forward + turning kick



60 turning kicks: kick forward + bounce and change side + kick forward



60 combos jab + jab + cross + double turning kick

HEART BREAKER

DAREBEE WORKOUT © darebee.com

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



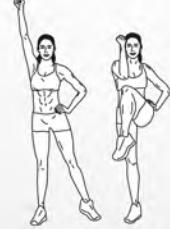
20 high knees

20 knee-to-elbows

20 side leg raises



20 jump squats



20 knee-to-elbows



20 lunges

Hear Me Roar

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 rounds Level II 5 rounds Level III 7 rounds 2 min rest between rounds

Extra Credit 1 push-up every 20 seconds



20sec high knees

20sec punches

20sec plank + jab + cross



20sec high knees

20sec punches

20sec plank jack + jab + cross



20sec high knees

20sec punches

finish **20sec** plank

HEAVY DUTY

WORKOUT BY DAREBEE

© darebee.com

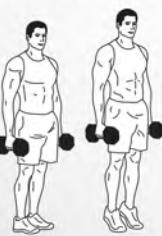
5 sets in total

2 min rest between sets

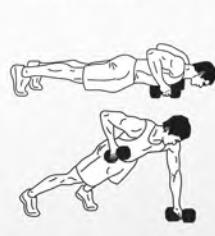


20 combos squat + shoulder press

20 combos lunge + hammer curl



20 calf raises



20 renegade row push-ups

THE HEIST

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

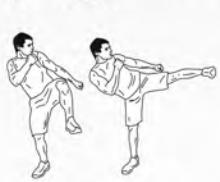
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



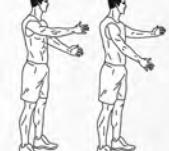
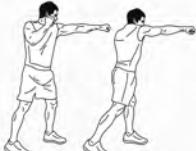
10 combos: 1 squat + 2 double side kicks



10 jumping jacks



10 combos: 1 push-ups + 4 punches



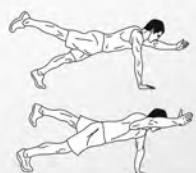
10 scissor chops



10 plank arm raises



10 plank leg raises



10 plank alt arm/leg raises

HELL DIVER

DAREBEE WORKOUT

© darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



40 high knees



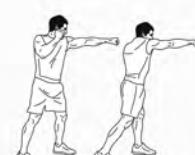
20 jumping jacks



10 push-ups



40 high knees



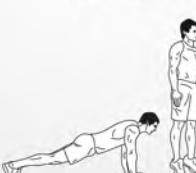
20 punches



10 push-ups



40 high knees



20 basic burpees



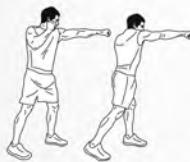
10 push-ups

Hellhound

DAREBEE HIIT WORKOUT © darebee.com

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

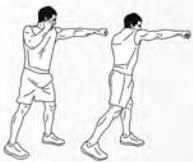
1 min high knees - or one lap around a field
in the beginning of every set
one jump knee tuck every 20 seconds



20sec punches



20sec push-ups



20sec punches



20sec squats



20sec backfists



20sec squats

Hell Raider

"ONE HELL OF A RAID" DAREBEE WORKOUT © darebee.com

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



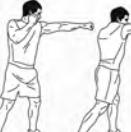
20 squat + side chop



4 combos: **10** high knees + **2** jump knee tucks



10 push-ups



4 combos: **10** punches + **2** hooks



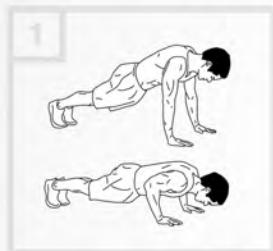
20 side kick + side chop

4 combos: **10** high knees + **2** side-to-side jumps

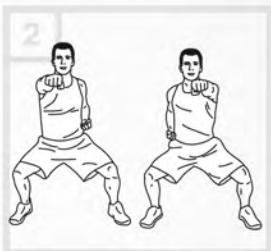
Hell's Circuit

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 rounds Level II 4 rounds Level III 5 rounds
1 minute each | 2 minutes rest between rounds



push-ups



squat hold punches



jump squats



side kicks

HERCULES

DAREBEE WORKOUT © darebee.com

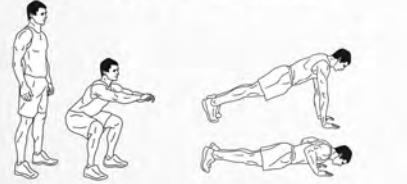
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 combos lunge + deep side lunge



40-count star hold



20 combos squat + push-up



20-count push-up plank



20 combos sit-up + sitting twists

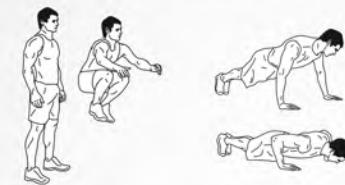


40-count raised leg hold

HIGHLANDER

DAREBEE WORKOUT © darebee.com

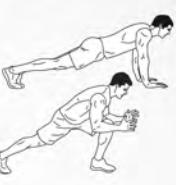
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



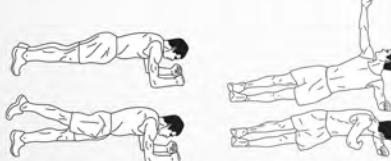
10 jump knee-tucks



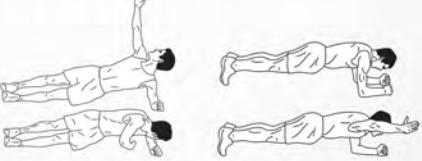
10 wide grip push-ups



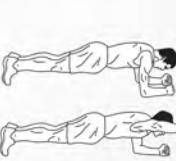
10 plank into lunges



20 plank leg raises



20 side plank rotations



10 plank arm raises



10 up and down planks

HIGH TAIL

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 high knees



10 jump squats



40 march steps



40 high knees



10 jumping lunges



40 march steps



40 high knees



10 jump knee tucks

hitman

DAREBEE WORKOUT © darebee.com

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



HOMEMADE BACK

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes

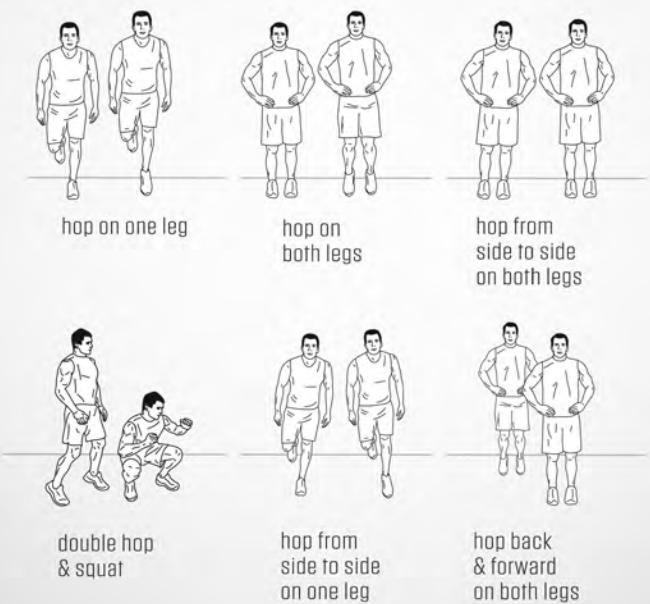


HOPPER

DAREBEE WORKOUT © darebee.com

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

20 seconds each exercise | no rest between exercises



HOWLER

DAREBEE HIT WORKOUT © darebee.com

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



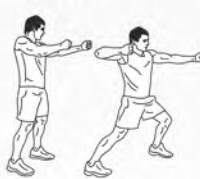
HUNTER

DAREBEE WORKOUT © darebee.com

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



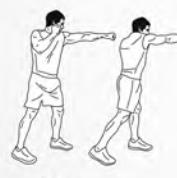
10 lunges



20 archer lunges



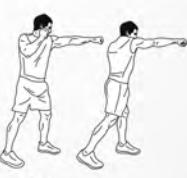
20 squats



40 punches



10 push-ups



40 punches



10 climbers



20-count plank



20-count elbow plank

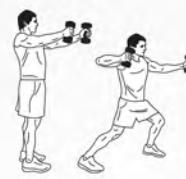
HUNTER+

DAREBEE WORKOUT © darebee.com

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



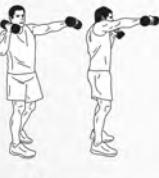
10 lunges



20 archer lunges



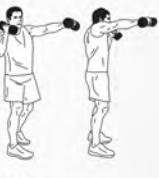
20 squats



20 punches



10 push-ups



20 punches



10 climbers



20-count plank



20-count elbow plank

HUNTRESS

DAREBEE WORKOUT © darebee.com

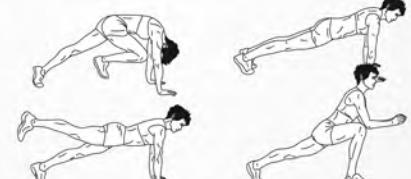
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



5 combos: 10 high knees + 2 archers + 2 squats



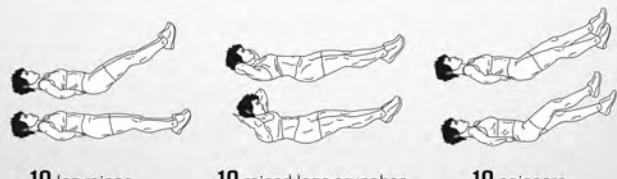
20 climbers



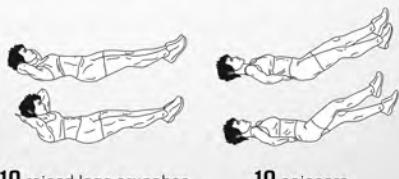
10 knee-in kick backs



10 plank-into-lunges



10 leg raises



10 raised legs crunches

10 scissors

Huntsman

DAREBEE WORKOUT © darebee.com

LEVEL I 2 reps LEVEL II 4 reps LEVEL III 6 reps each

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



close grip push-ups



classic grip push-ups



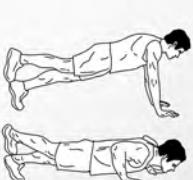
wide grip push-ups



raised leg push-ups



staggered push-ups



stacked push-ups

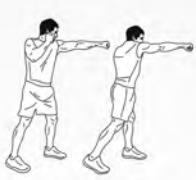
INCINERATOR

DAREBEE HIIT WORKOUT © darebee.com

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



30sec high knees



30sec punches



30sec high knees



10sec push-ups



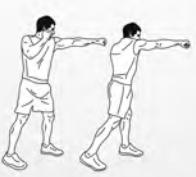
10sec climbers



10sec push-ups



30sec high knees



30sec punches



30sec high knees

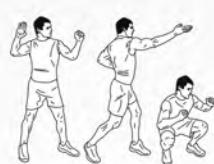
Inferno

DAREBEE HIIT WORKOUT © darebee.com

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



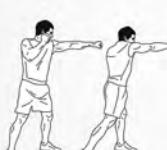
20sec high knees



20sec knife hand strike + squat



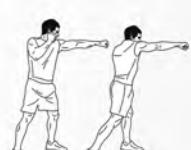
20sec high knees



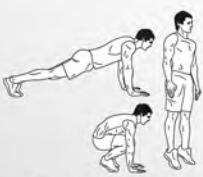
20sec punches



20sec overhead punches



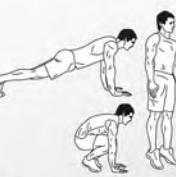
20sec punches



20sec basic burpees



20sec plank hold

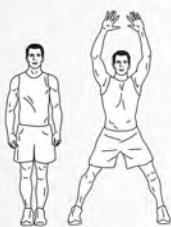


20sec basic burpees

INFINITY

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 toe tap hops



20 side jacks



10 jumps



20 twist jacks



10 side-to-side jumps

INITIATION

DAREBEE WORKOUT © darebee.com

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



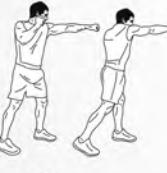
40 squats



5 push-ups



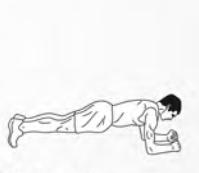
20-count elbow plank



40 punches



5 push-ups



20-count elbow plank



40 climbers



5 push-ups



20-count elbow plank

Inner Beast

DAREBEE WORKOUT © darebee.com

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



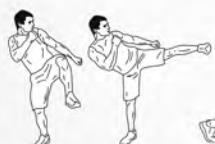
10 squat hops



10-count squat hold



10 jump squats



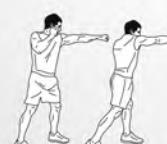
10 side kicks



10-count plank



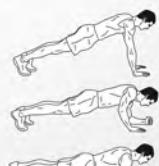
10 power push-ups



40 punches



10-count elbow plank

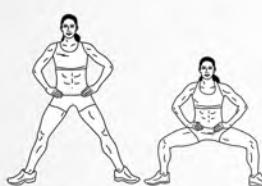


10 up & down plank

inner thighs

DAREBEE WORKOUT © darebee.com

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



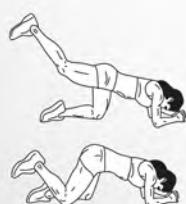
20 sumo squats



40 side leg raises



20 deep side lunges



20 leg extensions



20 side leg extensions



40 side leg raises

INNER WARRIOR

DAREBEE WORKOUT © darebee.com

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



1. warrior I



2. warrior II



3. lunge



4. lunge with twist



5. pigeon pose



6. downward dog



7. bow pose



8. child pose



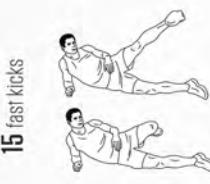
9. reclining hero

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.

SEQUENCE 1



15-count hold

SEQUENCE 2



15-count hold



15-count hold

ironclad abs

DAREBEE WORKOUT © [darebee.com](#)

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



IronClaw

DAREBEE WORKOUT © [darebee.com](#)

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



IRON FIST

DAREBEE WORKOUT © [darebee.com](#)

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



IRON MAIDEN

DAREBEE WORKOUT © [darebee.com](#)

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

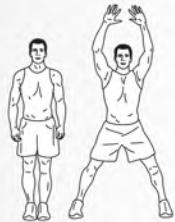


JUMP START

DAREBEE CARDIO WORKOUT © darebee.com

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

REST up to 2 minutes



10 jumping jacks



10 climbers



5 basic burpees



5 push-ups



5 jump squats

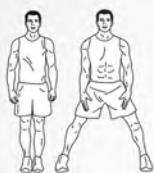


5 sit-ups

JURASSIC

DAREBEE WORKOUT © darebee.com

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



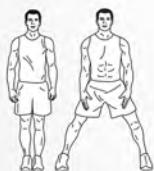
10 half jacks



40 high knees



4 plank leg raises



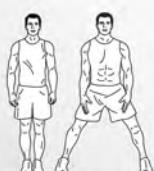
10 half jacks



40 high knees



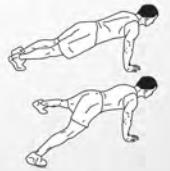
4 climbers



10 half jacks



40 high knees



4 plank jacks

JUSTICE

DAREBEE WORKOUT SERVED © darebee.com

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



20 high knees



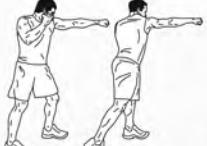
10 fly steps



20 squats



10 push-ups



20 jab + jab + cross



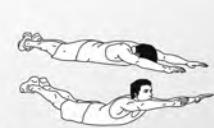
10 slow climbers



10 plank walk-outs



10-count star plank



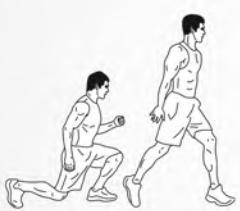
10 superman stretches

KAMIKAZE

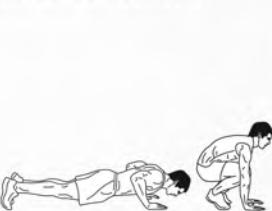
DAREBEE WORKOUT © darebee.com

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

2 minutes rest between sets



30 jumping lunges



30 burpees



1min elbow plank



1min side elbow plank



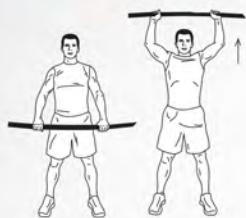
1min wall sit

KATANA

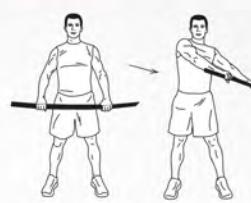
WARMUP

BY WORKOUT © darebee.com

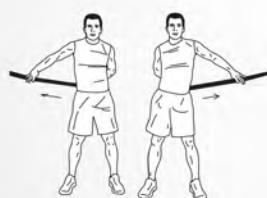
10 REPS EACH



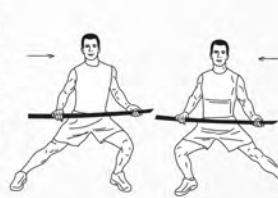
overhead raises



side-to-side twists



behind back twists



side-to-side lunges



katana infinity

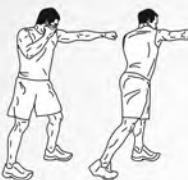


light vertical cuts

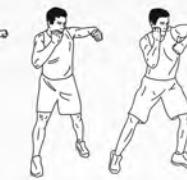
KICKBOXER

DAREBEE WORKOUT © darebee.com

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



100 jab + cross



40 hook + elbow strike



20 knee strikes



40 turning kicks



20 hook kicks



40 side kicks



10 sit-up punches



10 sitting punches

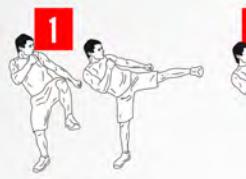


10 side-to-side leg raises

KICKER

DAREBEE WORKOUT © darebee.com

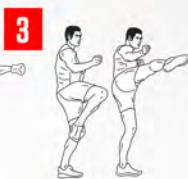
1 minute each | 1 minute rest between exercises



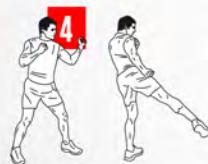
1 side kicks



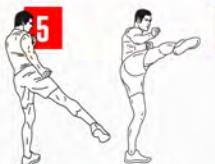
2 low + high side kicks



3 turning kicks



4 low turning kicks



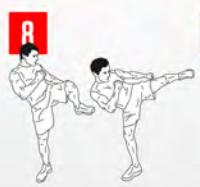
5 low + high turning kicks



6 double turning kicks



7 front kicks



8 hook kicks



9 drop back kicks

killer cardio

DAREBEE WORKOUT © darebee.com

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



20 high knees

4 climbers

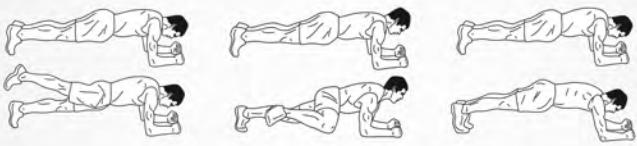
done



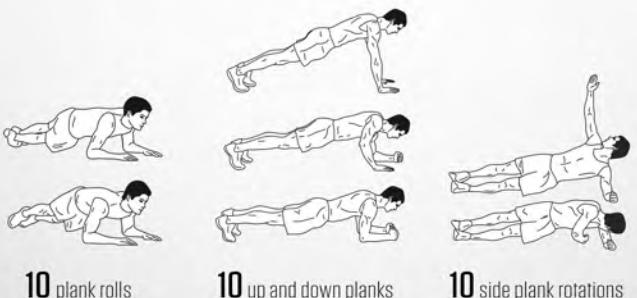
killer core

DAREBEE WORKOUT © darebee.com

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



10 plank leg raises **10** plank side crunches **10** body saw



10 plank rolls **10** up and down planks **10** side plank rotations

KING OF THE HILL

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



kitsune

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** squats **4** jump knee tucks



20 high knees **20** palm strikes **4** push-ups



20 high knees **20** lunges **4** jumping lunges

KNEE

IN COLLABORATION WITH **NHS choices**

REHAB WORKOUT

© darebee.com

LEVEL I 3 sets

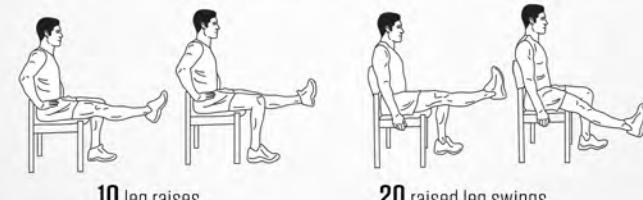
LEVEL II 5 sets

LEVEL III 7 sets

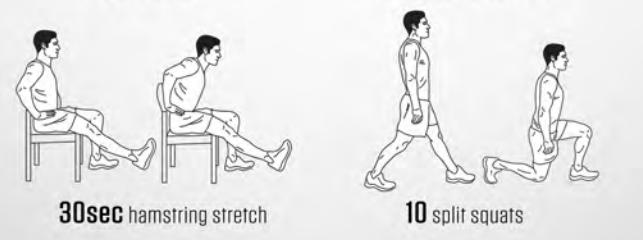
REST up to 2 minutes



10 wall half squats **10** wide single leg squats **30sec** cross leg side tilts



10 leg raises **20** raised leg swings **10** split squats

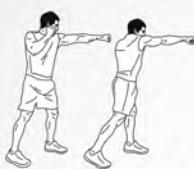


30sec hamstring stretch **10** split squats

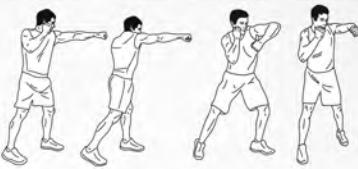
KNOCKOUT

DAREBEE WORKOUT © darebee.com

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



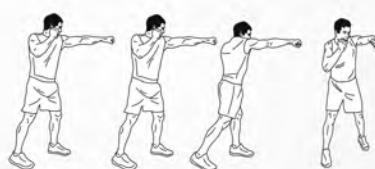
40 jab + cross



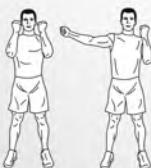
20 combos jab + cross + elbow strike + hook



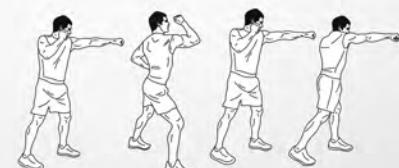
40 speed bag punches



20 combos jab + jab + cross + hook



40 side-to-side backfists



20 combos jab + elbow strike + jab + cross

KORRA

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



10 lunge push strikes



20 squat side kicks



20 palm strikes



10 heel click jumps



20 climbers



10 plank jacks



10 push-ups

KRATOS

DAREBEE WORKOUT © darebee.com

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



20 squats



6 dragon push-ups



20 squats step-ups



4 close grip push-ups



10 wide grip push-ups



4 cross body push-ups



20 knee-to-elbow crunches



20 flutter kicks



10 reverse crunches



to failure
chin-ups



to failure
pull-ups

RELEASE THE KRAKEN

DAREBEE WORKOUT © darebee.com

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



20 lunges



6 raised leg push-ups



20 deep side lunges

K-SCULPT

DAREBEE WORKOUT © darebee.com

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



20 squats



20 deadlifts



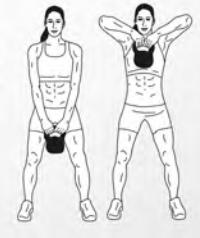
20 press



10 swings



10 rows



10 upright rows

KUNOICHI

DAREBEE WORKOUT © darebee.com

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



20 butt kicks



20 knee strikes



20 combos heel click + squat



10 tricep dips



20 combos back fist + elbow strike



10 sit-up punches



10 side Vs



10 leg raises

LAST MAN STANDING

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 jumping lunges



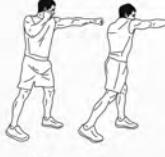
5 push-ups



10 jump squats



5 push-ups



20 punches



5 push-ups



10-count plank



5 push-ups



10-count push-up plank

Leg Day

DAREBEE WORKOUT © darebee.com

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



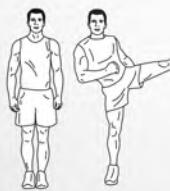
40 squats



20 calf raises



20 lunges



20 side leg raises



20 side-to-side lunges



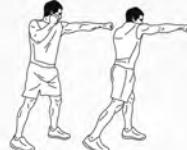
20-count wall-sit

LAUNCH CODES

DAREBEE WORKOUT
[© darebee.com](http://darebee.com)
 LEVEL I 3 sets
 LEVEL II 5 sets
 LEVEL III 7 sets
 REST up to 2 minutes



5 push-ups



30 punches



5 jump knee-tucks



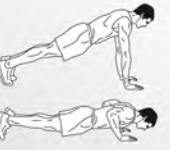
5 push-ups



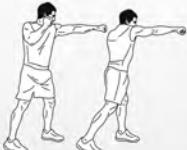
30-count plank



5 jump knee-tucks



5 push-ups



30 punches



5 jump knee-tucks

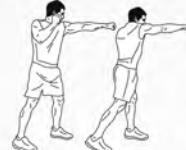
HIIT

LAUNCH CODES

DAREBEE WORKOUT
[© darebee.com](http://darebee.com)
 LEVEL I 3 sets
 LEVEL II 5 sets
 LEVEL III 7 sets
 REST up to 2 minutes



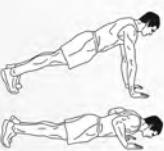
20sec push-ups



20sec punches



20sec jump knee-tucks



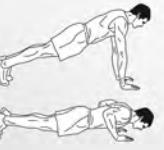
20sec push-ups



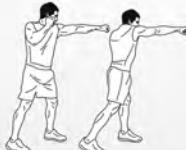
20sec plank



20sec jump knee-tucks



20sec push-ups



20sec punches



20sec jump knee-tucks

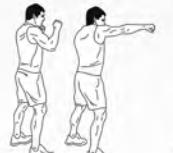
THE LEGEND

DAREBEE WORKOUT © darebee.com

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



60 jabs (left hand)



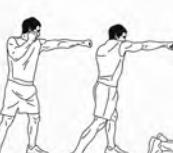
60 jabs (right hand)



20 jab + squat + hook



10 push-ups



60 jab + cross



10 push-up + jab + cross



20 squat hold punches



20 hooks



20 uppercuts

legs of steel

DAREBEE WORKOUT © darebee.com

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



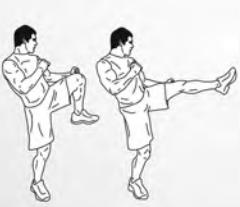
20 lunge steps-ups



20sec squat hold



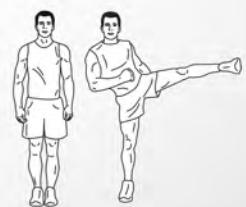
20 squats



10 front kicks



10 calf raises



10 side leg raises

LUMBERJACK

DAREBEE WORKOUT © darebee.com

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

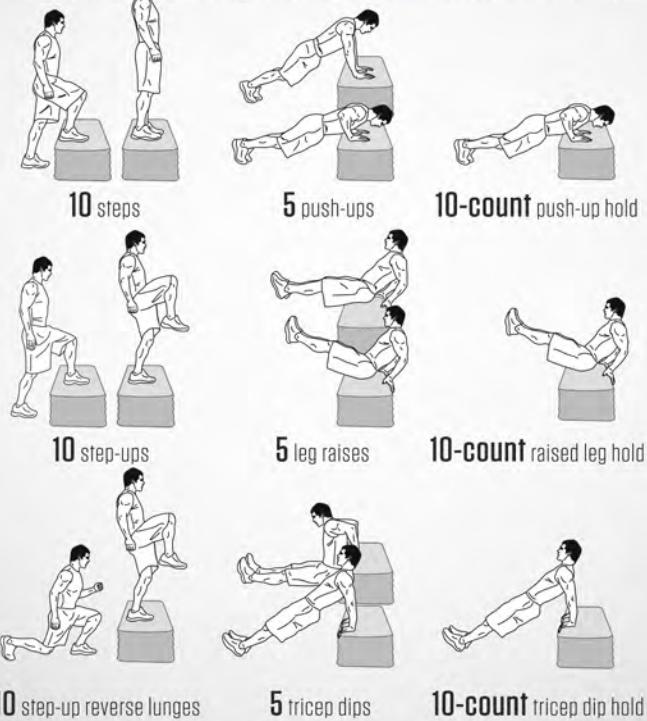


20 lunges

MASON

DAREBEE WORKOUT @ darebee.com

10 sets or as many as you can do | up to 2 minutes rest between sets



MASON+

DAREBEE WORKOUT @ darebee.com

10 sets or as many as you can do | up to 2 minutes rest between sets



Master Pack

DAREBEE WORKOUT @ darebee.com

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



MAX IMPACT

DAREBEE HIIT WORKOUT @ darebee.com

Level I 5 rounds Level II 10 rounds Level III 15 rounds
 1 minute rest between rounds



MAXIMUS

DAREBEE WORKOUT © darebee.com

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



20 squats



20 calf raises



20 squats



20 calf raises



40 lunges

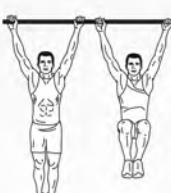


20 calf raises

MERC

DAREBEE WORKOUT © darebee.com

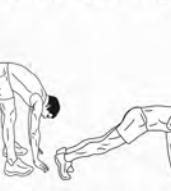
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



to failure combo pull-up + knee raise + knee raised pull-up



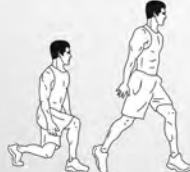
20 jump squats



10 plank walk-outs



to failure push-ups



20 jumping lunges



20 sit-ups



to failure raised leg hold

MERMAID

DAREBEE WORKOUT © darebee.com

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



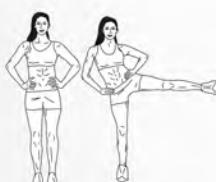
40 march steps



20 side steps



20 back steps



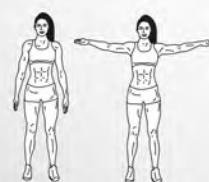
20 side leg raises



20 step jacks



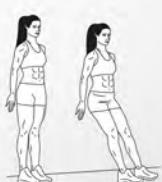
20 step side jacks



10 arm raises



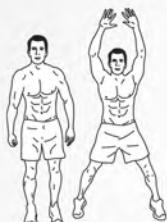
10 raised arm circles



10 wall squats

micro wave

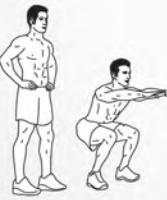
DAREBEE WORKOUT © darebee.com



20
jumping
jacks



20
forward
lunges



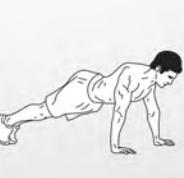
20
squats



20
plank
arm lifts



20
climbers



20sec
plank

RUNNING THROUGH THE MINEFIELD

DAREBEE WORKOUT © darebee.com

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



40 high knees



2 jump knee-tucks



20-count squat hold



40 high knees



2 jump knee-tucks



4 basic burpees w/jump



40 high knees



2 jump knee-tucks



20-count squat hold

MINOTAUR

DAREBEE WORKOUT © darebee.com

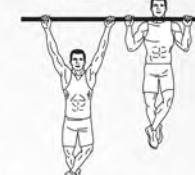
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



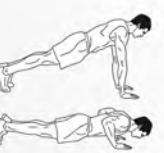
20 lunges



20 jumping lunges



to failure pull-ups



20 push-ups



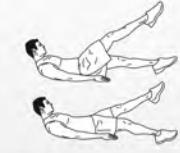
20 slow climbers



to failure pull-ups



20 sit-ups



20 flutter kicks

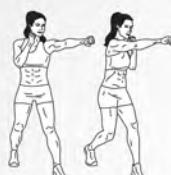


to failure pull-ups

MODERN GIRL

DAREBEE WORKOUT © darebee.com

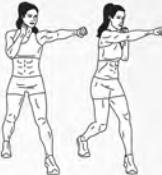
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



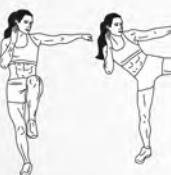
40 punches



20 push-ups



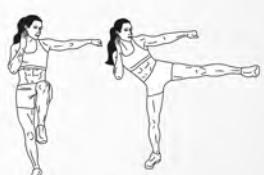
40 punches



20 side kicks



20 squats



20 side kicks



20 sit-ups



20 sitting twists



20 sit-ups

MONDAY

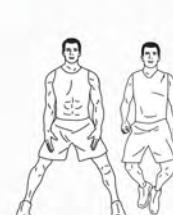
WORKOUT

© darebee.com

3 sets | 10 reps each
one burpee after each



jumping jacks



hop heel clicks



knee-to-elbow



side leg raises



side-to-side hops
feet together

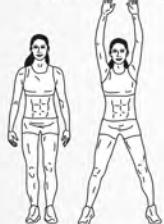


high knees

15-minute MORNING WORKOUT

by DAREBEE © darebee.com

repeat 3 times in total with 2 minutes rest between sets



20 jumping jacks



20 squats



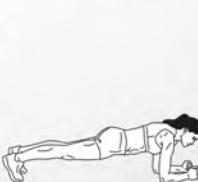
20 lunges



10 push-ups



40 punches

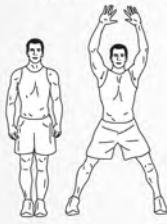


60sec elbow plank

15-minute MORNING WORKOUT

by DAREBEE © darebee.com

repeat 3 times in total with 2 minutes rest between sets



20 jumping jacks



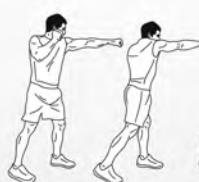
20 squats



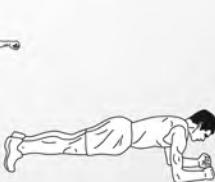
20 lunges



10 push-ups



40 punches



60sec elbow plank

MORRÍGAN

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



20 lunges



2 close grip push-ups



2 classic grip push-ups



4 raised leg push-ups



40 punches



20sec elbow plank



40sec side elbow plank

THE MOUNTAIN

DAREBEE WORKOUT © darebee.com

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



5 wide grip push-ups



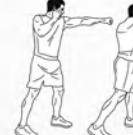
5 mid grip push-ups



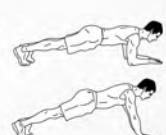
5 close grip push-ups



10 plank rotations



60 punches



5 tricep extensions



20sec plank



20sec uneven plank



20sec elbow plank

movie night

DAREBEE WORKOUT © darebee.com

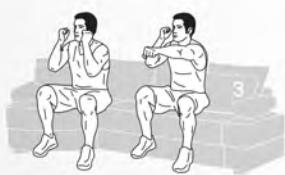
Repeat 3 times | up to 2 minutes rest between sets
or every 20 minutes during a movie



20 leg swings



20 front snap kicks



40 punches



40 overhead punches



20 knee taps



20 air bike crunches

MULAN

DAREBEE WORKOUT © darebee.com

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



10 cross chops



10 deep cross chops



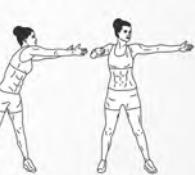
20 punches



10 lunge punches



10 side kicks



20 archers



10 donkey kicks



10 shoulder taps



10 climbers

MUTINY

DAREBEE WORKOUT © darebee.com

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



20 bounce, bounce + side kick



20 bounce, bounce + squat + jab + cross



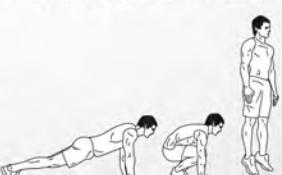
4 combos: **10** high knees + **1** jump to the side



4 combos: **1** ape hop + **1** plank walk-out



4 combos: **10** high knees + **1** jump to the side

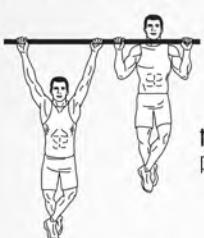


4 basic burpees with a jump

NAVY SEAL

DAREBEE WORKOUT © darebee.com

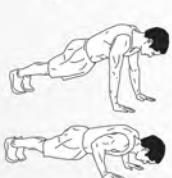
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



to failure
pull-ups



40 high knees
run on a spot
or 60 second run



to failure
push-ups



40 high knees
run on a spot
or 60 second run



to failure
sit-ups



40 high knees
run on a spot
or 60 second run

NUTCRACKER

DAREBEE HIIT WORKOUT © darebee.com

Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds
1 minute rest between rounds



20sec jumping jacks



20sec jumping jack + squat



10sec jumping jack + plank jump-in



10sec jumping jack + plank jack

OBLITERATOR

THE ULTIMATE STRENGTH, ENDURANCE, BALANCE AND COORDINATION TEST.

DAREBEE WORKOUT © darebee.com

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



20 shrimp squats



10 pop-ups



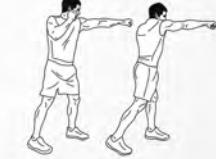
20 balance side kicks



4 one-arm push-ups



20 push-ups



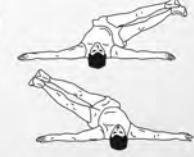
40 punches



20 knee-in w/twist



20 V-ups



20 windshield wipers

Obstacle Run

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes
open area friendly - run (and jump) from point A to point B



1min high knees



+ jump to the left



+ jump knee tuck



1min high knees



+ jump to the right



+ jump knee tuck



1min high knees



+ forward hop



+ jump knee tuck

THE WRATH OF ODIN

DAREBEE WORKOUT © darebee.com

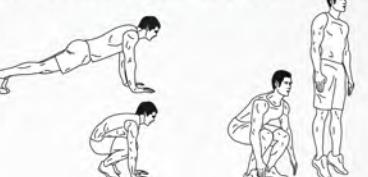
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



20 combos



squat + plank jump-in



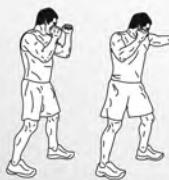
+ jump squat



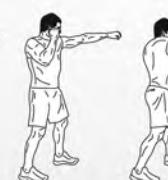
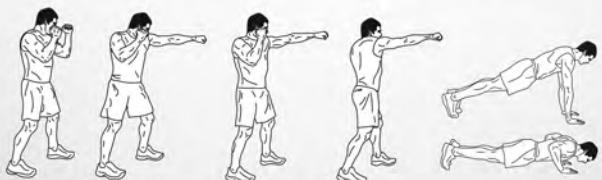
10-count each



plank + raised leg plank + raised arm plank



20 combos



jab + jab + cross + push-up

office

DAREBEE WORKOUT © darebee.com

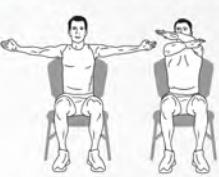
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 chair squats



20 chest squeezes



40 criss-cross arms



40 leg extensions



10 chair body lifts



10 knee pull-ins



20 oblique bends

OFF THE GRID

DAREBEE WORKOUT © darebee.com

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



40 high knees



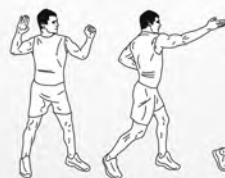
20 lunges



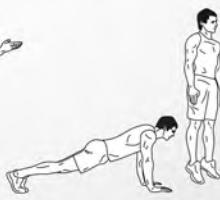
20sec elbow plank



20 climbers



40 knife hand strikes



20 basic burpees

OGRE

DAREBEE WORKOUT © darebee.com

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



10 shrimp squats



6 cross tricep extensions



40sec one-arm plank



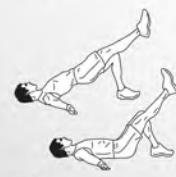
10 cossack squats



6 pike push-ups



40sec side star plank



10 single leg bridges



6 get-ups



40sec back lift hold

OLYMPIC

DAREBEE WORKOUT © darebee.com

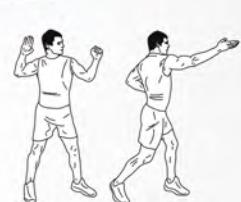
1 minute rest between exercises



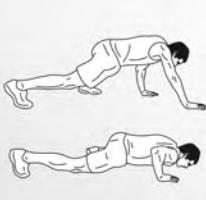
2minutes high knees



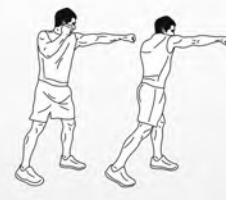
50 jump squats



100 knife hand strikes (throws)



50 dragon push-ups



5 minutes punches



2minute wall sit

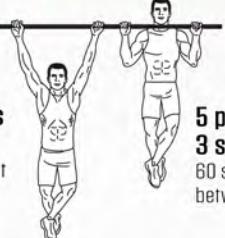
ONE-ARM PULL-UP PREP

only attempt if you can do
15+ pull-ups

DAREBEE WORKOUT
© darebee.com



10 push-ups
3 sets
60 seconds rest between sets



5 pull-ups
3 sets
60 seconds rest between sets



30sec x 3 sets
single arm hang
2 minutes rest between sets



20sec x 3 sets
single arm flex hang
2 minutes rest between sets



10sec x 3 sets
single arm pull-up hold
2 minutes rest between sets

ONE PUNCH

DAREBEE TRIBUTE WORKOUT © darebee.com

10 sets or as many as you can do | up to 2 minutes rest between sets



10 high knees



5 squats



10 high knees



5 squats



10 high knees



5 push-ups



10 high knees



5 push-ups



10 high knees



5 sit-ups



10 high knees



5 sit-ups

ORACLE

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 punches



20 high knees



20 squat front kicks



20 plank leg raises



20 slow climbers



10 sit-up punches



10 reverse crunches



10 knee-to-elbow crunches

Orc

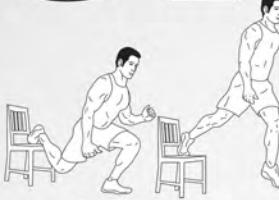
DAREBEE WORKOUT
© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



20 split squats



6 pike shoulder presses



10 push-ups



4 wide grip push-ups



4 close grip push-ups



20sec leg hold

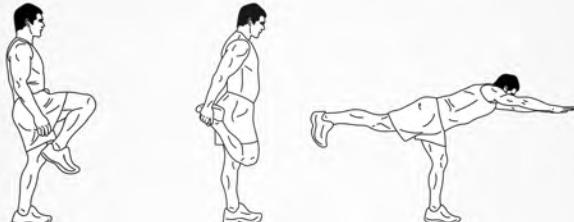


20 towel bicep curls

origami

DAREBEE WORKOUT © darebee.com

3 SETS | up to 2 minutes rest between sets
20 seconds each side / no rest between exercises



40sec raised knee **40sec** one leg stand **40sec** airplane balance



20sec calf raise hold **40sec** lunge balance **40sec** alt arm/leg plank

outcast

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** high crunches **4** crunch kicks



10 jump squats **10** long arm crunches **4** knee-to-elbow crunches



10 jump squats **10** knee crunches **4** flutter kicks

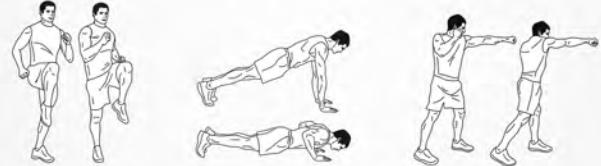
OVERDRIVE

DAREBEE HIIT WORKOUT © darebee.com

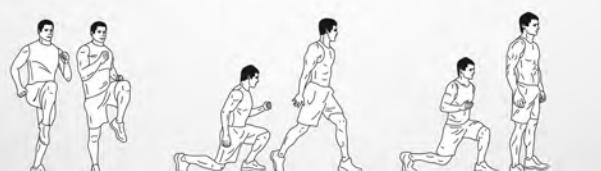
Level I 3 sets Level II 5 sets Level III 7 sets REST up to 2 minutes rest



30sec high knees **15sec** jump squats **15sec** squats



30sec high knees **15sec** push-ups **15sec** punches

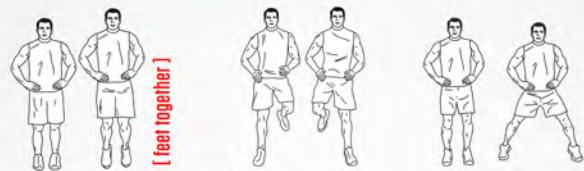


30sec high knees **15sec** jumping lunges **15sec** reverse lunges

PACER

DAREBEE WORKOUT © darebee.com

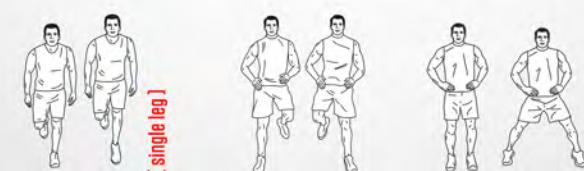
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 hops on the spot **10** side-to-side hops **10** half jacks



10 hops on the spot **10** side-to-side hops **10** half jacks

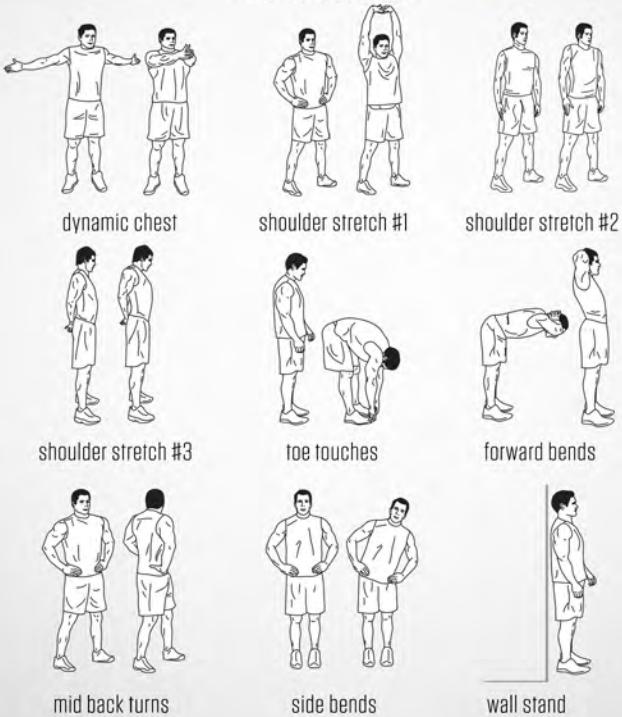


10 hops on the spot **10** side-to-side hops **10** half jacks

POSTURE

DAREBEE WORKOUT © darebee.com

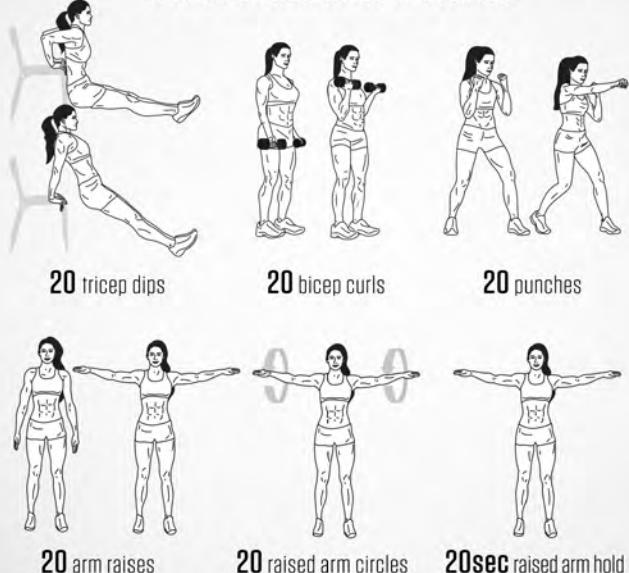
20 seconds each



Power 10

DAREBEE WORKOUT © darebee.com

3 sets | 60 seconds rest between sets



TIPS

Don't have dumbbells? Use water bottles or cans of beans instead.
Keep your arms up between raised arm circles and raised arm hold.

Power 15

DAREBEE WORKOUT © darebee.com

3 sets | 60 seconds rest between sets

Keep your arms up between arm circles to arm hold

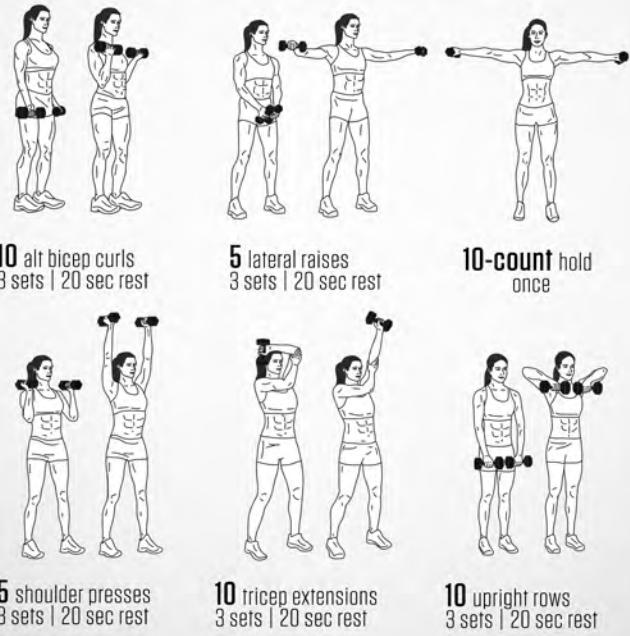


Power 18

DAREBEE WORKOUT © darebee.com

Use comfortable weights for this routine.

Pick up heavier weights the moment it gets easier.



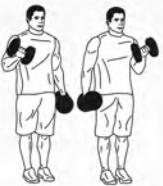
Power 20

DAREBEE WORKOUT © darebee.com

Use weights you can just do this routine with.
Pick up heavier weights the moment it gets easier.



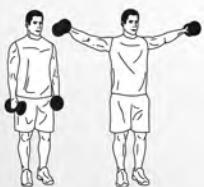
10 alt hammer curls
3 sets | 20 sec rest



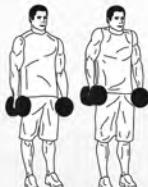
10 alt bicep curls
3 sets | 20 sec rest



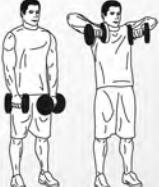
10 tricep extensions
3 sets | 20 sec rest



5 deltoid raises
3 sets | 20 sec rest



10 dumbbell shrugs
3 sets | 20 sec rest



10 upright rows
3 sets | 20 sec rest

Power 25

DAREBEE WORKOUT © darebee.com

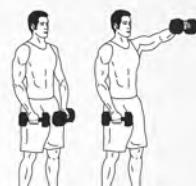
Use weights you can just do this routine with.
Pick up heavier weights the moment it gets easier.



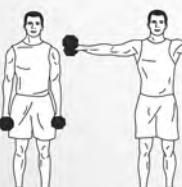
12 alt bicep curls
3 sets | 20 sec rest



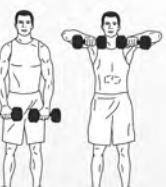
6 tricep extensions
3 sets | 20 sec rest



12 front arm raises
3 sets | 20 sec rest



6 side arm raises
3 sets | 20 sec rest



6 upright rows
3 sets | 20 sec rest



6 shoulder press
3 sets | 20 sec rest

power abs

DAREBEE WORKOUT © darebee.com

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



20 climbers



20 plank leg raises



20 plank jacks



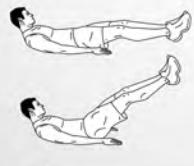
10 sit-ups



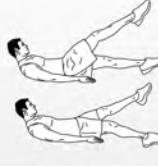
10 sitting twists



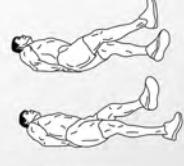
10 reverse crunches



10 leg raises



10 flutter kicks



10 scissors

Power Ball

MEDICINE BALL WORKOUT BY DAREBEE © darebee.com

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

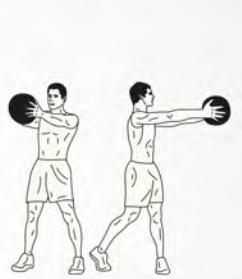
REST up to 2 minutes



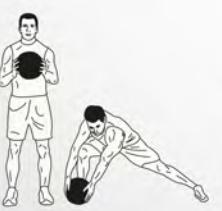
20 throw & floor tap



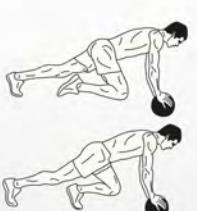
20 swings



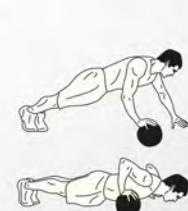
20 side-to-side chops



10 side-to-side floor tap



10 climbers



10 push-ups

POWER BURN

DAREBEE HIIT WORKOUT

© darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

3 combos



10sec high knees

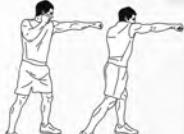


10sec knee strikes

3 combos

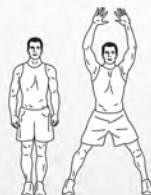


10sec push-ups



10sec punches

3 combos



10sec jumping jacks



10sec knee-to-elbow

POWER BURPEE

DAREBEE WORKOUT

© darebee.com

6 reps each | 3 sets

up to 2 minutes

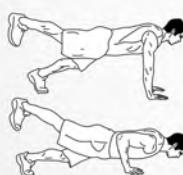
rest between sets



start



finish



1

raised leg
push-up



2

shoulder taps
each side



3

push-up
side crunch
each side



4

10-count
plank hold

POWER CARDIO

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



40 high knees



10 push-ups



10 plank crunches



40 high knees



10 squats



10 jump squats



40 high knees



10 sit-ups



10 butt-ups

POWER CORE

YOGA WORKOUT

by SPYROS KAPNIAS GARUDANANDA
for DAREBEE © darebee.com

LEVEL I 20 seconds each
LEVEL II 30 seconds each
LEVEL III 60 seconds each



1. Low Boat Pose
Low Navasana



2. Boat Pose
with interlaced fingers
Naukasana
with interlaced fingers



3. Low Boat Pose
Scissors Variation
Low Navasana
Scissors Variation



4. Naukasana
with arms forward Variation
Boat Pose with arms forward



5. Full Boat Pose
Paripurna Navasana



6. Boat Scissors Variation
Navasana Scissors Variation



7. L-sit into full bridge
Brachmacharyasana
to Setu Badhasana Variation



8. Boat Pose with side twists
Navasana Side twists



9. Side Plank Bridges
Vasishthasana side bending

Power Flow

DAREBEE WORKOUT © darebee.com

repeat the sequence 20 times = 1 set

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

up to 2 minutes rest between sets



DAREBEE WORKOUT
© darebee.com

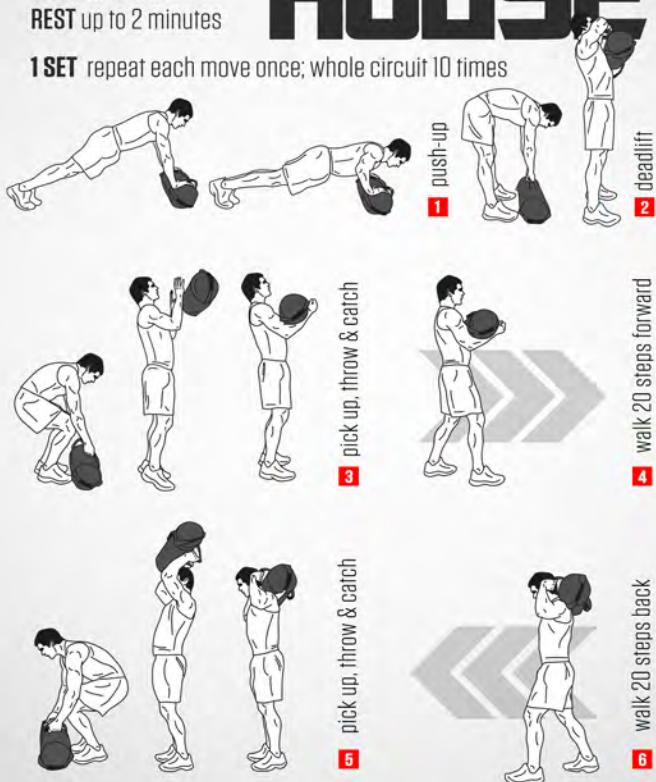
LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes

1 SET repeat each move once; whole circuit 10 times

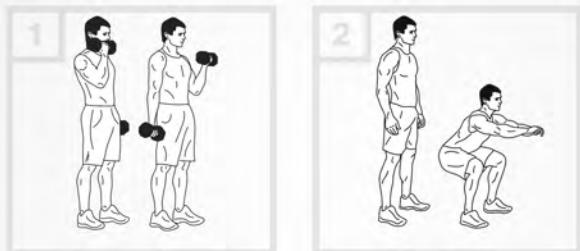


POWER

DAREBEE **HIIT** WORKOUT © darebee.com

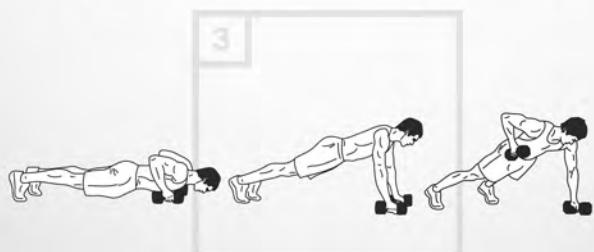
Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds

1 minute rest between rounds



20sec alt bicep curls

20sec squats



20sec renegade row push-ups

POWER MODE

DAREBEE WORKOUT © darebee.com

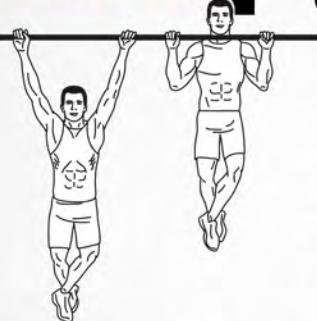
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



POWER PULL

DAREBEE
WORKOUT

© darebee.com



to failure pull-ups

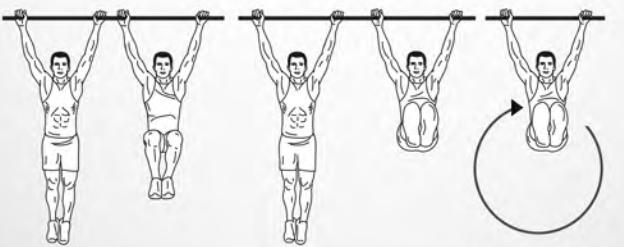
1 minute rest

to failure pull-ups

1 minute rest

to failure pull-ups

1 minute rest



10 hanging knee raises

10 hanging leg raises

10 raised leg circles

optional: 1 minute rest between exercises

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



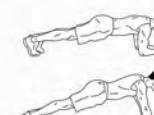
10-count push-up plank



40 punches



10 push-ups



4 tricep extensions



40 punches



10 push-ups



10 shoulder taps



40 punches

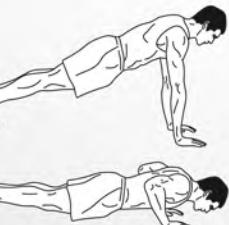
power run

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 push-ups

20 high knees

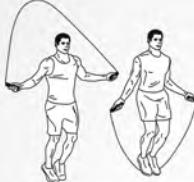
2 push-ups

done

POWER SKIP

DAREBEE WORKOUT © darebee.com

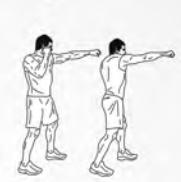
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



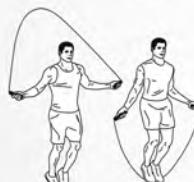
40 jump rope skips



4 classic grip push-ups



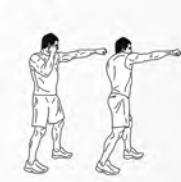
40 punches



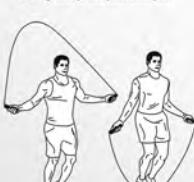
40 jump rope skips



4 wide grip push-ups



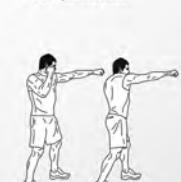
40 punches



40 jump rope skips



4 close grip push-ups

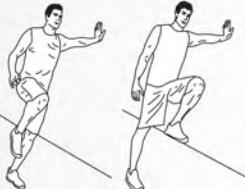


40 punches

POWER SPRINTER

DAREBEE WORKOUT © darebee.com

40 seconds each | 3 sets | up to 2 minutes between sets



lateral wall run



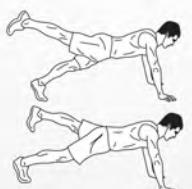
wall sit



plank



sprinter lunges



plank leg raises



plank jump-ins

POWER STRIKE

DAREBEE HIIT WORKOUT

© darebee.com

LEVEL I 3 sets

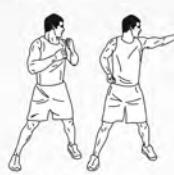
LEVEL II 5 sets

LEVEL III 7 sets

2 minutes rest between sets



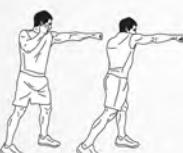
20sec high knees



20sec backfists



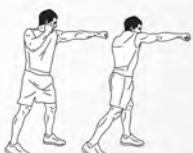
20sec high knees



20sec punches



20sec squat + hook



20sec punches



20sec high knees



20sec push-ups



20sec high knees

POWER 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 lunge ste-ups



20 lunge kicks



10 jump knee tucks



10 side-to-side lunges



10 squats

PREMIUM RUSH

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



20 lunges



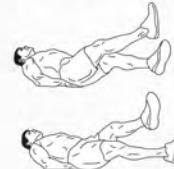
20 side-to-side lunges



10 push-ups



40 flutter kicks



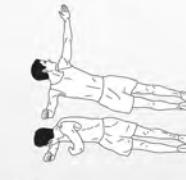
10 scissors



10 bridges



10 long-arm crunches



10 side plank rotations



20-count elbow plank

PRIMAL

DAREBEE WORKOUT © darebee.com

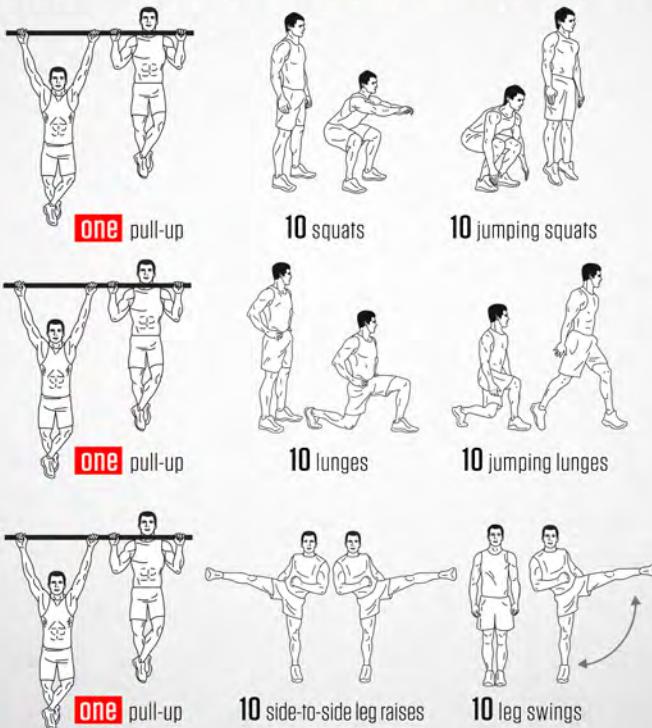
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



PRIMER

DAREBEE WORKOUT © darebee.com

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



PROMETHEUS

DAREBEE WORKOUT © darebee.com

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



Prototype

DAREBEE WORKOUT © darebee.com

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



P.S.

DAREBEE
POST-WORKOUT
© darebee.com



military PT Pyramid

DAREBEE WORKOUT © darebee.com

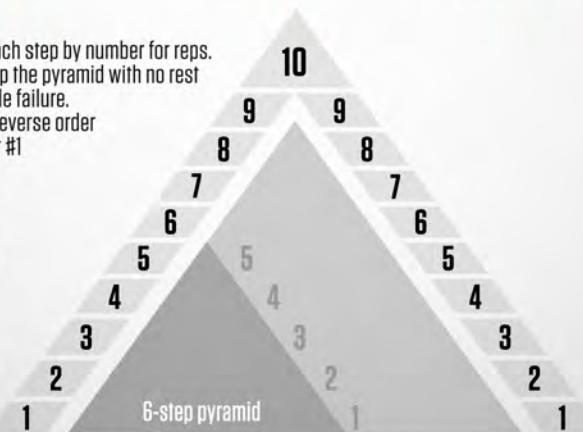


Multiply each step by number for reps.
Continue up the pyramid with no rest
until muscle failure.
Repeat in reverse order
back to set #1

Example:

Set #2
2 pull-ups
4 push-ups
10 sit-ups

Set #4
4 pull-ups
8 push-ups
20 sit-ups



PUNCH OUT!

DAREBEE WORKOUT © darebee.com

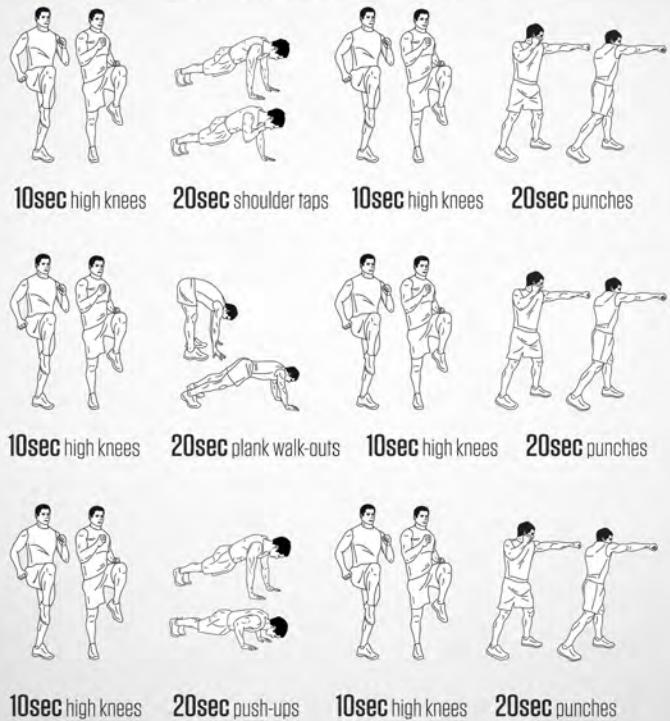
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



purgatory

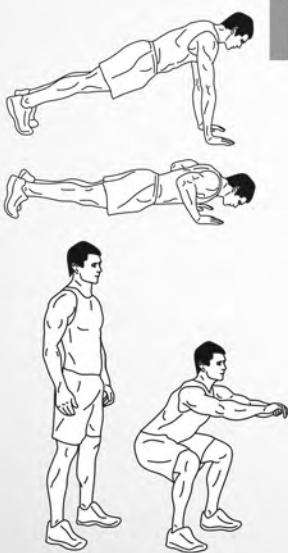
DAREBEE HIIT WORKOUT © darebee.com

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



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

PUSH SQUAT REPEAT



- 4 reps push-ups
4 reps squats
10 reps push-ups
10 reps squats
4 reps push-ups
4 reps squats
10 reps push-ups
10 reps squats
rest

push-up massacre

DAREBEE WORKOUT
© darebee.com
LEVEL I 3 sets
LEVEL II 4 sets
LEVEL III 5 sets
2 minutes rest



PUSH-UP FEST

DAREBEE WORKOUT
© darebee.com
LEVEL I 3 sets
LEVEL II 4 sets
LEVEL III 5 sets
REST up to 2 minutes



push-up massacre

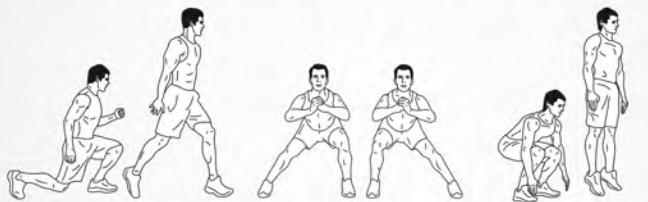
DAREBEE WORKOUT
© darebee.com
LEVEL I 3 sets
LEVEL II 4 sets
LEVEL III 5 sets
2 minutes rest



QUAD MOD

DAREBEE QUAD WORKOUT © darebee.com

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



20 jumping lunges

10 side-to-side lunges

20 jump squats



10 side-to-side lunges

20 side leg raises

10 side-to-side lunges

QUEEN OF HEARTS

WORKOUT BY DAREBEE © darebee.com

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



10 jump squats

10 squat punches

10 squat cross steps

20 punches

10 side kicks

10 hook kicks

20 high knees

10 front kicks

10 back kick extensions

QUICK SILVER

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

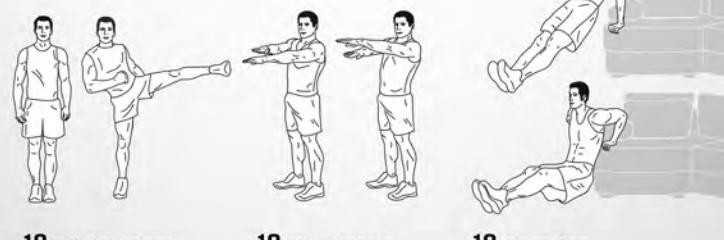
REST up to 2 minutes



20 march steps

20 lunge step-ups

20 incline slow climbers



10 side leg raises

10 arm scissors

10 tricep dips

RAGNARÖK

DAREBEE WORKOUT © darebee.com

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



20 push-ups

20-count plank hold

20 jab + cross

20 squats

20-count squat hold

20 side kicks

20 flutter kicks

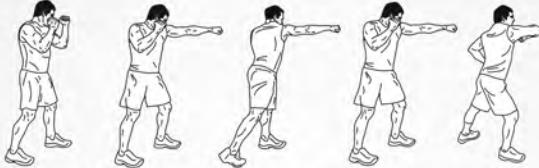
20-count raised leg hold

20 sit-ups

RAID

DAREBEE WORKOUT © darebee.com

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

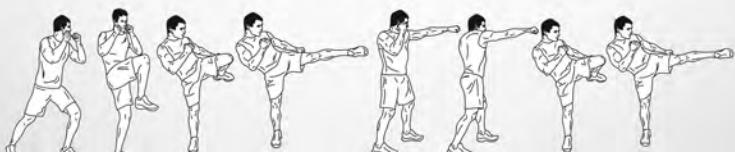


20 combos jab + cross + jab + elbow strike



20 combos jab + cross + knee strike

20 combos elbow strike + backfist



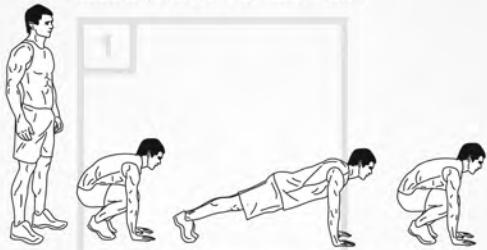
20 combos knee strike + turning kick

20 combos jab + cross + turning kick

RAMBO

DAREBEE HIIT WORKOUT © darebee.com

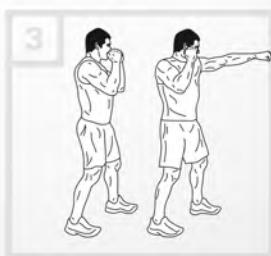
Level I 5 rounds Level II 10 rounds Level III 15 rounds
1 minute rest between rounds



20sec basic burpees



20sec climbers



20sec fast punches

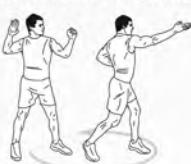
RAMPAGE

DAREBEE HIIT WORKOUT © darebee.com

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



20sec high knees



20sec knife hand strikes



20sec knife hand strike + squat



20sec high knees



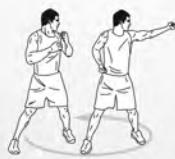
20sec jabs



20sec jab + cross + push-up



20sec high knees



20sec backfists



20sec backfist + side kick

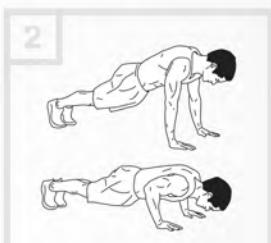
RANGER

DAREBEE HIIT WORKOUT © darebee.com

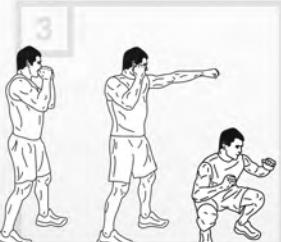
Level I 5 rounds Level II 10 rounds Level III 15 rounds
1 minute rest between rounds



20sec high knees



20sec push-ups



20sec jab + jab + cross + squat

Rapid Fire

DAREBEE HIIT WORKOUT © darebee.com

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



RAVEN

DAREBEE WORKOUT © darebee.com

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



READY PLAYER ONE

DAREBEE WORKOUT
© darebee.com

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



READY STEADY GO!

DAREBEE WORKOUT © darebee.com

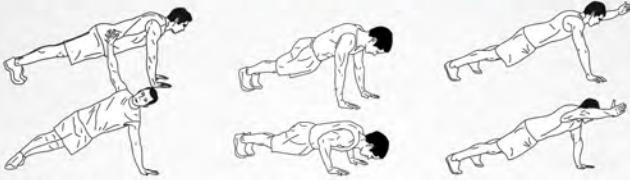
LEVEL I 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets
REST up to 2 minutes



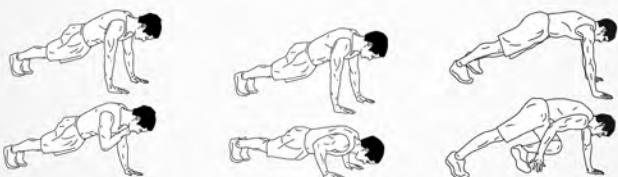
REAPER

DAREBEE WORKOUT © darebee.com

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



10 combos plank rotations + push-up + plank arm raises



10 combos shoulder taps + push-up + climber taps



10 combos up & down plank + push-up + side plank crunches

REARWARD

yoga for upper & lower back

by SPYROS KAPNIAS GARUDANANDA

for DAREBEE © darebee.com

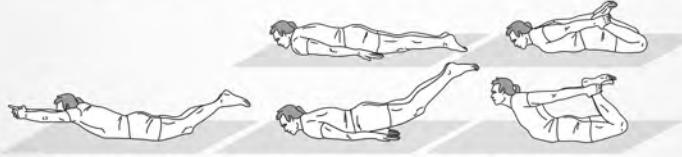
LEVEL I 20 seconds each

LEVEL II 30 seconds each

LEVEL III 60 seconds each



1. back extension locks **2.** back extensions, hands off **3.** reverse flutter kicks (slow)



4. back extension hold **5.** reverse leg raises **6.** dynamic bows



7. reverse flutter kicks **8.** reverse raise hold **9.** back extension lock hold

REBEL

DAREBEE WORKOUT
© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

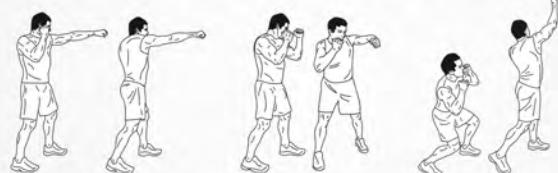
REST up to 2 minutes



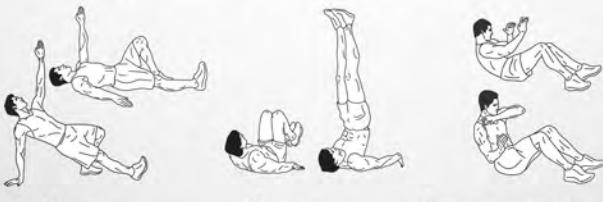
40 knee strikes

40 turning kicks

10 power push-ups



20 combos jab + jab + cross + hook + upper cut



10 get-ups

10 butt-ups

10 elbow strike sit-ups

REBOOT

DAREBEE WORKOUT © darebee.com

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



3 combos: **20** high knees + **10** march

40 punches



3 combos: **20** climbers + **10** slow climbers

40 punches



10 burpees (squat + plank + push-up + jump-in + jump up)

REBOUND

DAREBEE WORKOUT © darebee.com

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



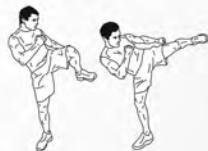
10 combos hook / left & right + push-up



10 hooks



10 combos hook kick + squat



10 hook kicks



10 combos plank rotations + climber taps



10 plank rotations

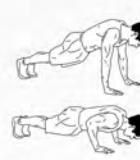
Reclaimer

DAREBEE WORKOUT © darebee.com

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



10 combos squat + push-ups



10 slow push-ups



10 sit-ups



10 sitting twists



10 reverse crunches



10 full bridges



10 full bridges with reach



10 reverse plank leg raises

RECON SQUAD

DAREBEE WORKOUT
© darebee.com

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



10 squat hops



10 slow climbers



20-count elbow plank



10 squat hops



10 push-ups



20-count side plank



10 squat hops



10 knee-to-elbows



20-count raised leg hold

RECRUIT

DAREBEE WORKOUT © darebee.com

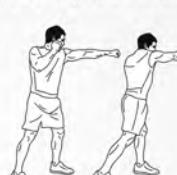
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



20 squat + jab



20 jab + cross



4 push-ups



20 shoulder taps



4 raised leg push-ups



20-count plank



20-count one-arm plank



20-count raised leg plank

reset

DAREBEE WORKOUT © darebee.com

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



20 squats



10 push-ups



20-count plank



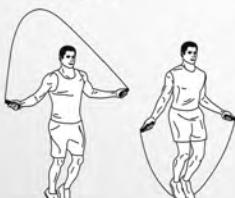
20 squats



10 push-ups



20-count plank



1 minute jump rope



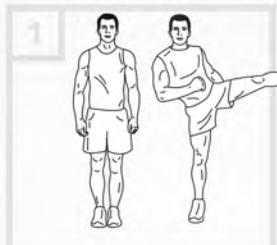
1 minute crunches

RESPAWN

DAREBEE HIIT WORKOUT © darebee.com

Level I 5 rounds Level II 10 rounds Level III 15 rounds

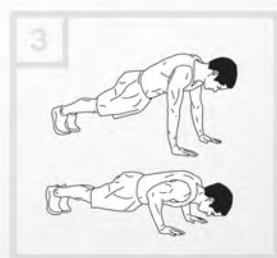
1 minute rest between rounds



30sec side leg raises



20sec squats

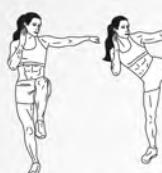


10sec push-ups

REVENGE

DAREBEE WORKOUT © darebee.com

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



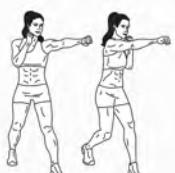
40 side kicks



40 combos knee strike + elbow strike



20 tricep dips



40 jab + cross



20 squats



20 sit-up punches



20 sitting punches



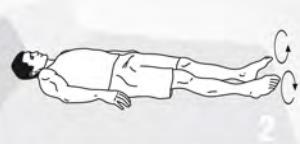
20 crunch kicks

the right side

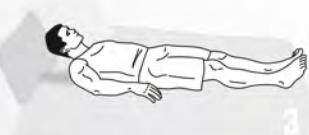
DAREBEE 2-MINUTE BED WORKOUT © darebee.com



20sec "good morning" stretch



20sec in & out feet rotations



20sec slow head raises



20sec slow side-to-side twists



20sec knee-in pulse stretch



20sec bridge stretches

River

DAREBEE WORKOUT © darebee.com

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



20 high knees (accelerate!)



10 combos squat + front kick



20 combos



turning kick + hook kick + elbow strike



20 combos

knee strike + back elbow strike + extend arms & twist



THE ROASTER

DAREBEE WORKOUT © darebee.com

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



20 jumping jacks



2 plank jacks



2 push-ups (fast!)



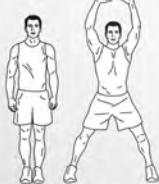
20 jumping jacks



2 jump squats



2 push-ups (fast!)



20 jumping jacks



2 climber taps



2 push-ups (fast!)

Rocket Fuel

DAREBEE HIIT WORKOUT © darebee.com

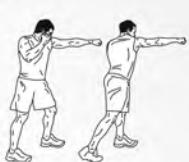
Level I 3 rounds Level II 5 rounds Level III 7 rounds
2 minutes rest between rounds



20sec high knees



20sec side kicks



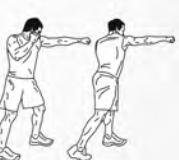
20sec punches



20sec high knees



20sec climbers



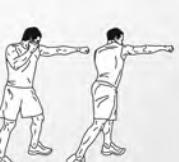
20sec punches



20sec high knees



20sec basic burpees



20sec punches

ROGUE

DAREBEE WORKOUT © darebee.com

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



20 combos: hop heel click + floor tap heel click



10 jump squats



10 combos: push-up + palm strikes (each hand)

20 knee strikes



10 crunch kicks

10 half windshield wipers

10 bridges

RUFFIAN

DAREBEE WORKOUT © darebee.com

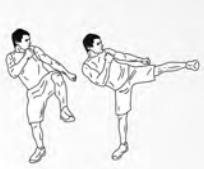
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



30 squats



3 jump knee-tucks



30 side kicks



30 push-ups



3 tricep extensions



30 punches



30 flutter kicks



3 sit-ups



30 side jackknives

run&gun

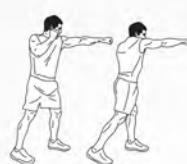
DAREBEE HIIT WORKOUT © darebee.com

Level I 3 rounds Level II 5 rounds Level III 7 rounds 2 min rest between rounds

Extra Credit 1 push-up every 20 seconds



20sec high knees



20sec punches



20sec high knees



20sec hooks



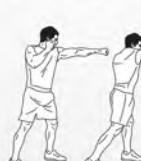
20sec high knees



20sec uppercuts



20sec high knees



20sec punches



20sec high knees

RUN, YOU CLEVER BOY; AND REMEMBER

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 push-ups



20 high knees, then
2 plank jump-ins



20 high knees, then
2 planks rotations



20 high knees, then
2 plank jacks



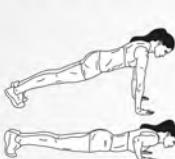
20 high knees
2 squats



SABER

DAREBEE WORKOUT © darebee.com

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



10 push-ups



4 raised leg push-ups



20 slow climbers



20 backfists



10 squats



10 jump squats



10 up and down planks

SAMSON

DAREBEE WORKOUT © darebee.com

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



SAND SNAKE

DAREBEE WORKOUT © darebee.com

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



SARAH CONNOR

TRIBUTE WORKOUT BY DAREBEE © darebee.com

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



SAVAGE

DAREBEE WORKOUT © darebee.com

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



Savior

DAREBEE WORKOUT © darebee.com

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



THE SCORCHER

DAREBEE CARDIO WORKOUT © darebee.com

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



SCAVENGER

DAREBEE CARDIO WORKOUT © darebee.com

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



SCORPION

DAREBEE WORKOUT © darebee.com

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



Scout

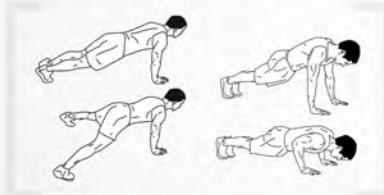
DAREBEE WORKOUT
[© darebee.com](http://darebee.com)
 LEVEL I 3 sets
 LEVEL II 5 sets
 LEVEL III 7 sets
 REST up to 2 minutes



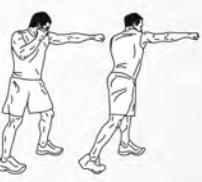
4 combos: 10 high knees + 4 climbers



40 fast high knees



4 combos: 10 plank jacks + 4 push-ups



40 fast punches



4 combos: 10 high knees + 4 side-to-side jumps



40 fast high knees

3-minute seated Yoga

IN COLLABORATION WITH
NHS
 choices

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



body fold



stretch up



side stretch



lotus twist



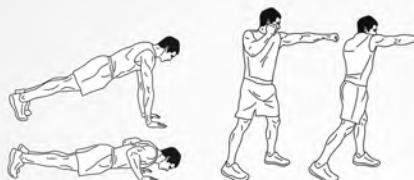
lift & reach



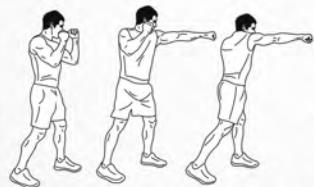
half lotus

SCULPTOR

DAREBEE WORKOUT FOR ARMS, CHEST AND BACK
[© darebee.com](http://darebee.com)

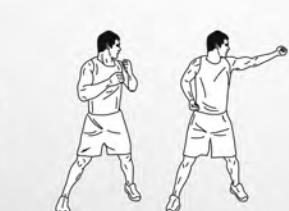


10 push-ups
 40 punches
 10 push-ups
 40 punches
 10 push-ups
 40 punches
 1 minutes rest



1 minute punches
 1 minutes rest
 1 minute punches
 1 minutes rest

go as fast as you can,
 non-stop



200
 backfists
 Done!

100 reps per side,
 then change.

SCULPTOR+

DAREBEE WORKOUT FOR ARMS, CHEST AND BACK
[© darebee.com](http://darebee.com)



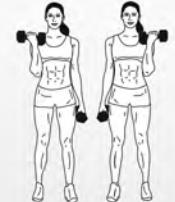
5 push-ups
 20 punches
 5 push-ups
 20 punches
 5 push-ups
 20 punches
 2 minutes rest



1 minute punches
 1 minute rest
 1 minute punches
 2 minutes rest



1kg / 2lb
 dumbbells
 go as fast as you can
 non-stop



8 alt bicep curls
 2 minutes rest
 10 alt bicep curls
 2 minutes rest
 12 alt bicep curls
 done

5kg / 10lb
 dumbbells
 tip: use dumbbells
 you can just curl
 12 reps with

selene

DAREBEE WORKOUT @ darebee.com

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



20 high knees



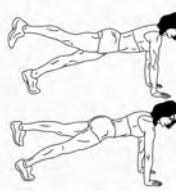
20 side skaters



20 palm strikes



20 slow climbers



20 plank leg raises



10 planks rotations



10 half wipers



10 bridges



10 elbow strike sit-ups

Set to Stun

DAREBEE WORKOUT @ darebee.com

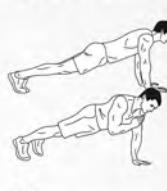
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



10 climbers



10 shoulder taps



20 high knees



10 climbers



10 plank jacks



20 high knees



10 climbers



10 climber taps

SENTINEL

DAREBEE WORKOUT @ darebee.com

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



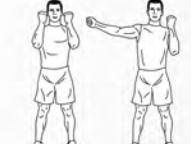
4 combos: 10 squats + 10-count hold



40 lunges



4 combos: 5 push-ups + 5-count hold



40 side-to-side backfists



4 combos: 10 knee-in & twist + 10-count hold

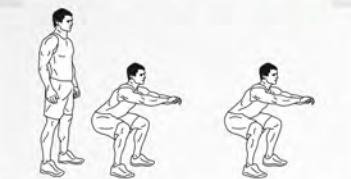


40 sitting twists

SENTINEL+

DAREBEE WORKOUT @ darebee.com

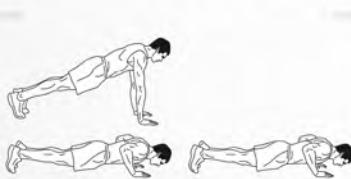
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



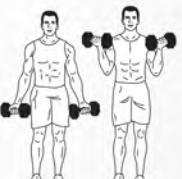
4 combos: 10 squats + 10-count hold



20 lunges



4 combos: 5 push-ups + 5-count hold



20 bicep curls



4 combos: 10 knee-in & twist + 10-count hold



20 sitting twists

7 NINJAS

DAREBEE WORKOUT © darebee.com



2 minutes rest
between ninjas

20 side kicks	20 squat + side kick	20 squat hold punches
5 push-ups	10-count push-up hold	5 push-ups
20 knife hand strikes	20 squat + knife hand strikes	20 squat hold punches

SHADOW

DAREBEE WORKOUT © darebee.com

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

40 butt kicks	4 plank leg raises	4 slow climbers
40 butt kicks	4 plank rotations	4 shoulder taps
40 butt kicks	4 leg extensions	4 side leg extensions

SHEDEVIL

DAREBEE WORKOUT © darebee.com

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

20 tricep dips	40 punches	20 lunge punches
10 plank back kicks	10 bridges	10 raised leg bridges
10 clamshells	10 sit-up punches	10 sitting punches

SHERLOCK

DAREBEE WORKOUT © darebee.com

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

40 squats	10 calf raises	5 push-ups
40 punches	10 calf raises	5 push-ups
40 lunges	10 calf raises	5 push-ups

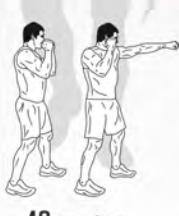
SHEPARD

TRIBUTE WORKOUT BY DAREBEE © darebee.com

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



40 squats



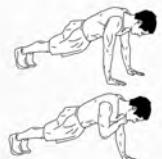
40 punches



4 jump squats



14 push-ups



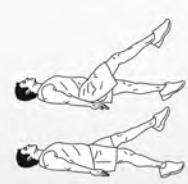
14 shoulder taps



14 slow climbers



14 elbow strike sit-ups



14 flutter kicks



14 scissors

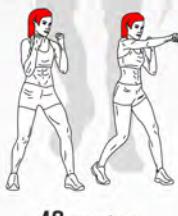
SHEPARD

TRIBUTE WORKOUT BY DAREBEE © darebee.com

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



40 squats



40 punches



4 jump squats



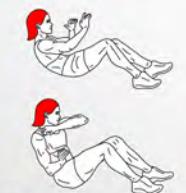
14 push-ups



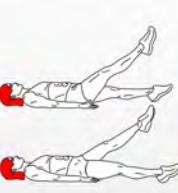
14 shoulder taps



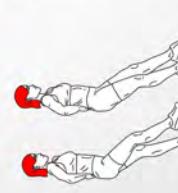
14 slow climbers



14 elbow strike sit-ups



14 flutter kicks



14 scissors

shieldmaiden

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 palm strikes



20 lunge push strikes



10 combos hop heel click + palm strike



10 push-ups



20 cross chops



20sec plank hold



20 shoulder taps

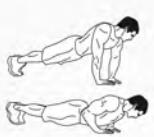
THE SHIELD

DAREBEE WORKOUT © darebee.com

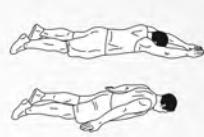
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



4 push-ups



4 tricep push-ups



10 reverse angels



4 push-ups



4 staggered push-ups



10 prone reverse fly



4 push-ups



4 shoulder tap push-ups



10 W-extensions

SHIFTER

DAREBEE HIIT WORKOUT © darebee.com

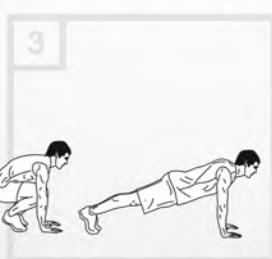
Level I 5 rounds Level II 10 rounds Level III 15 rounds
1 minute rest between rounds



20sec high knees



20sec squats

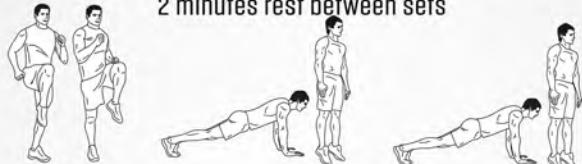


20sec basic burpees

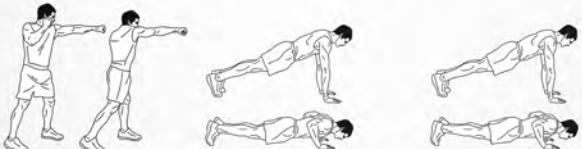
SHOWDOWN

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

SHREDDER

DAREBEE WORKOUT © darebee.com

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



20 squats



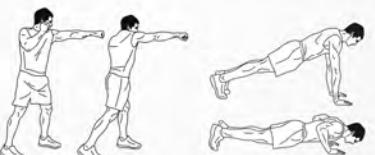
10 push-ups



20 squats



10 push-ups



40 punches



20 lunges



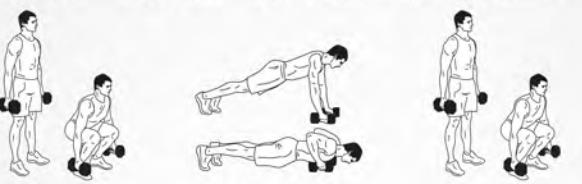
10 push-ups

20 lunges

SHREDDER+

DAREBEE WORKOUT © darebee.com

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



20 squats



10 push-ups



20 lunges

10 push-ups



20 squats



10 push-ups



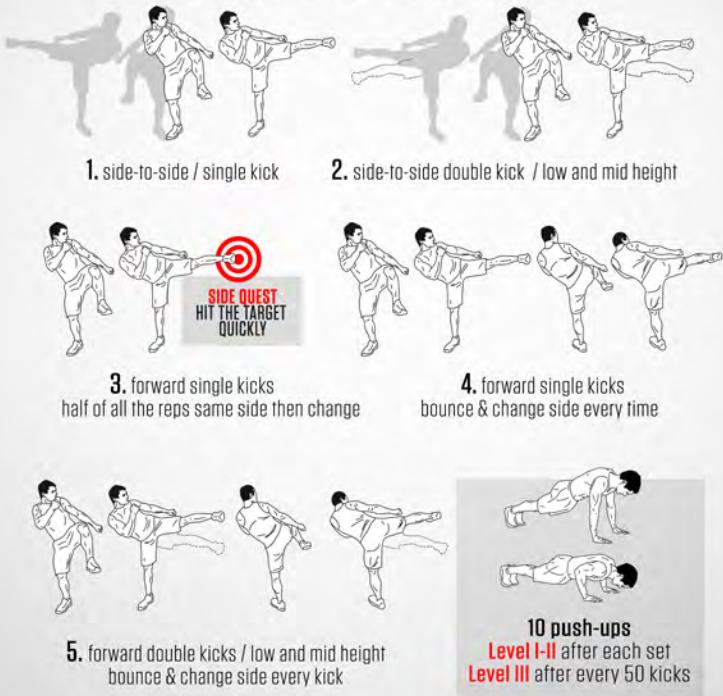
20 lunges

SIDE KICKS

PRACTICE

DAREBEE WORKOUT © darebee.com

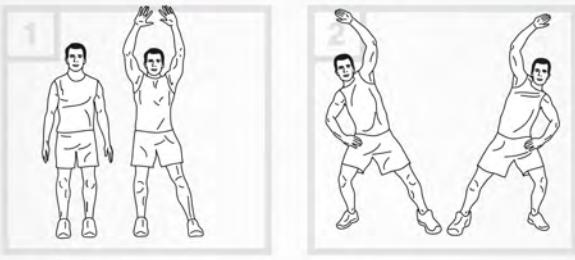
LEVEL I 60 reps LEVEL II 80 reps LEVEL III 100 reps each rest between each set up to 60 seconds



SILVER

DAREBEE HIIT WORKOUT © darebee.com

Level I 5 rounds Level II 10 rounds Level III 15 rounds 1 minute rest between rounds



20sec step jacks

20sec step side jacks



20sec raised arm rotations

DAREBEE WORKOUT © darebee.com

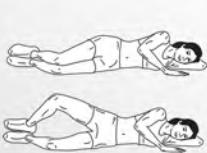
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 side leg raises

20 lunge step-ups

20 donkey kicks



10 clamshells

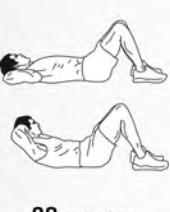
10 bridges

10 toe taps

six pack

DAREBEE WORKOUT © darebee.com

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



20 crunches

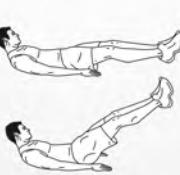


20 cross crunches

20 flutter kicks



10 sitting twists



10 leg raises

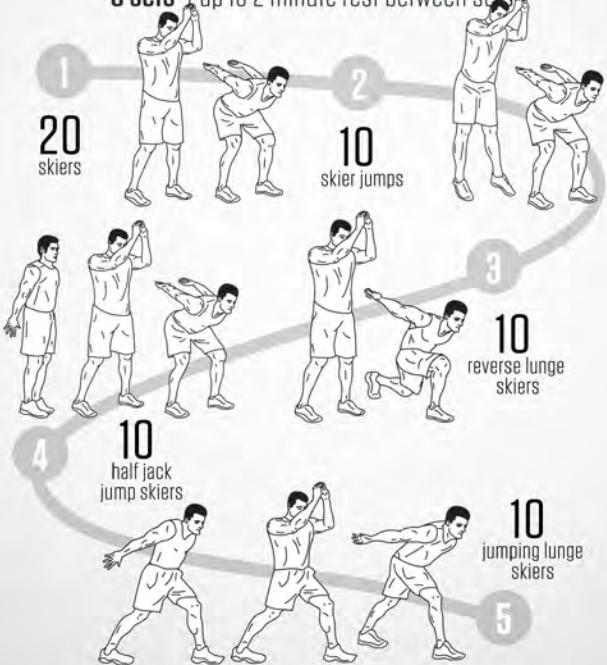


20 side jackknives

skier

DAREBEE WORKOUT © darebee.com

5 sets | Up to 2 minute rest between sets



SLAM DUNK

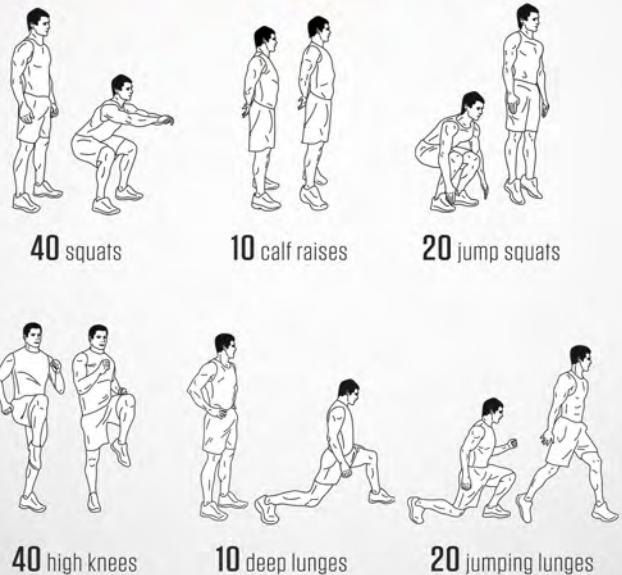
JUMP HIGHER
DAREBEE WORKOUT
© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

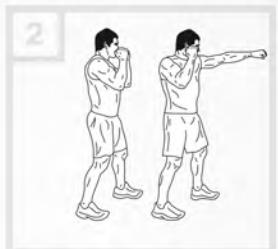
REST 2 minutes



SLAYER

DAREBEE HIIT WORKOUT © darebee.com

Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds
1 minute rest between rounds



10sec high knees

20sec punches



20sec climbers

10sec shoulder taps

SLAYER

DAREBEE WORKOUT © darebee.com

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



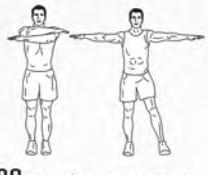
slow COOKER

DAREBEE WORKOUT © darebee.com

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



20 march steps



20 step chest expansions



20 march steps



20 step jacks



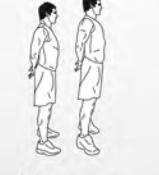
20 march steps



20 knee-to-elbows



20 march steps



20 calf raises



20 march steps

SMASH

DAREBEE WORKOUT © darebee.com

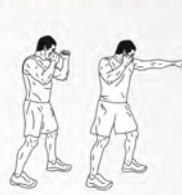
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jumps



20 jump cross punches



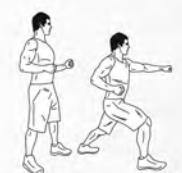
20 punches



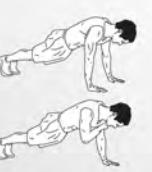
20 squat step-ups



20 side kicks



20 lunge punches



10 shoulder taps



10 climber taps



10 plank knee taps

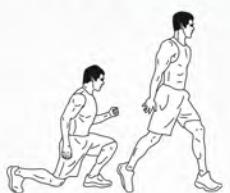
SNiPER

DAREBEE WORKOUT © darebee.com

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



20 lunges



20 jumping lunges



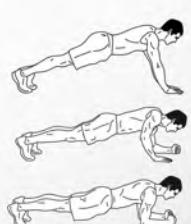
20 calf raises



20 press w/ rotations



20 climbers



20 up & down planks

sofa abs

DAREBEE WORKOUT © darebee.com

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



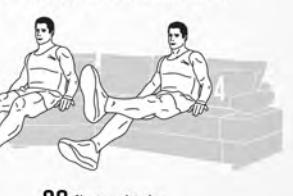
20 leg swings



20-count raised knees hold



20 knee to elbows



20 flutter kicks



10 raised legs twists



10 scissors

sofa bound

DAREBEE WORKOUT © darebee.com



30sec arms to the front hold



30sec arms to sides hold



30sec tricep dip hold



30sec raised legs hold



30sec chest squeeze



30sec single leg squat hold

Sofa Workout

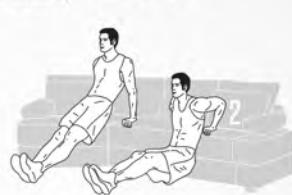
DAREBEE WORKOUT © darebee.com

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

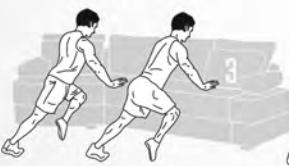
IN COLLABORATION WITH **NHS choices**



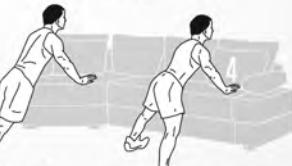
20 half squats



10 sofa dips



20 climbers



10 side-to-side sofa walks



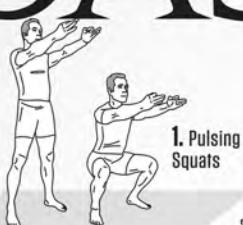
10 leg raises



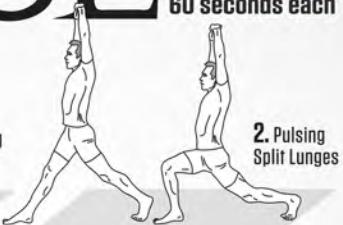
10 raised leg circles

SOLID BASE

YOGA WORKOUT
by SPYROS KAPNIAS
GARUDANANDA
for © darebee.com
60 seconds each



1. Pulsing Squats



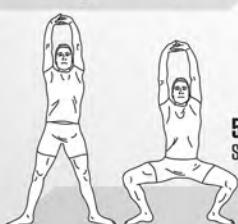
2. Pulsing Split Lunges



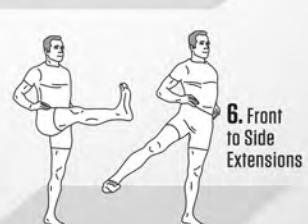
3. Pulsing Single Leg Squats



4. Pulsing Back Kicks



5. Pulsing Sumo Squat



6. Front to Side Extensions

SOLO

DAREBEE WORKOUT © darebee.com

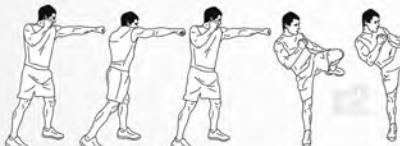
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 combos backfist + side kick



10 push-ups



20 combos jab + cross + jab + double turning kick



10 push-ups



20 combos knee strike + elbow strike

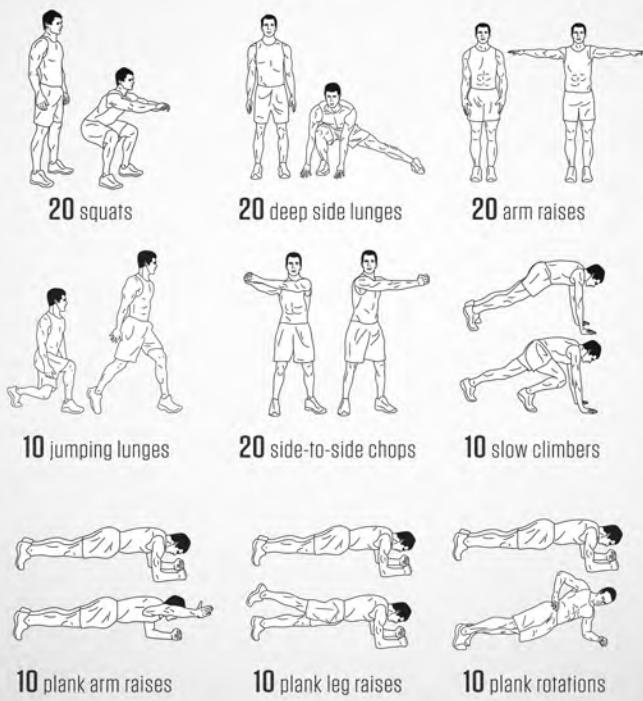


10 push-ups

SPARTACUS

DAREBEE WORKOUT © darebee.com

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



SPARTAN

DAREBEE WORKOUT © darebee.com

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



SPECIAL FORCES

DAREBEE WORKOUT
© darebee.com

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



SPLITS

DAREBEE WORKOUT © darebee.com



SPRINGBOARD

DAREBEE WORKOUT © darebee.com

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



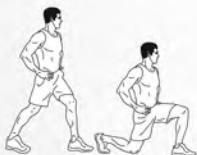
10 squat hops



10 jump squats



30sec elbow plank



10 split lunges



10 jumping lunges



30sec elbow plank



10 squats



10 jump knee tucks



30sec elbow plank

Sprint & Halt

DAREBEE HIT WORKOUT © darebee.com

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

2 minutes rest between rounds



one push-up every 10 seconds during high knees



20sec high knees **10sec** calf raise hold **20sec** high knees **10sec** single leg stand



20sec high knees **10sec** plank **20sec** high knees **10sec** wide plank



20sec high knees **10sec** squat hold **20sec** high knees **10sec** leg raise hold

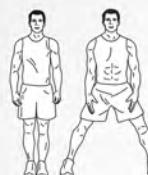


SPY

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets

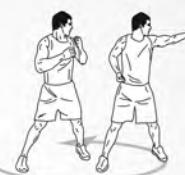
LEVEL III 7 sets REST up to 2 minutes



20 half jacks



10 plank jacks



20 bounce + backfist



20 high knees



10 climbers



20 bounce + side kick



10-count plank



10-count side plank



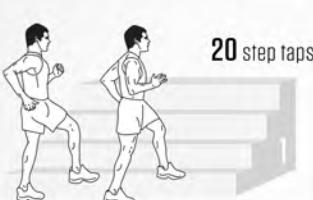
10 bodysaw

Stairs Workout

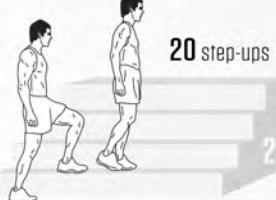
DAREBEE WORKOUT © darebee.com

Repeat 5 times | up to 2 minutes rest between sets

IN COLLABORATION WITH **NHS choices**



20 step taps



20 step-ups



10 step jumps



10 split squats



20 stair climbers



10 calf raises

stakeout

ACTIVE STRETCHING © darebee.com
20 seconds each | 2 sets, one for each side
no rest between sets



STAND & DELIVER!

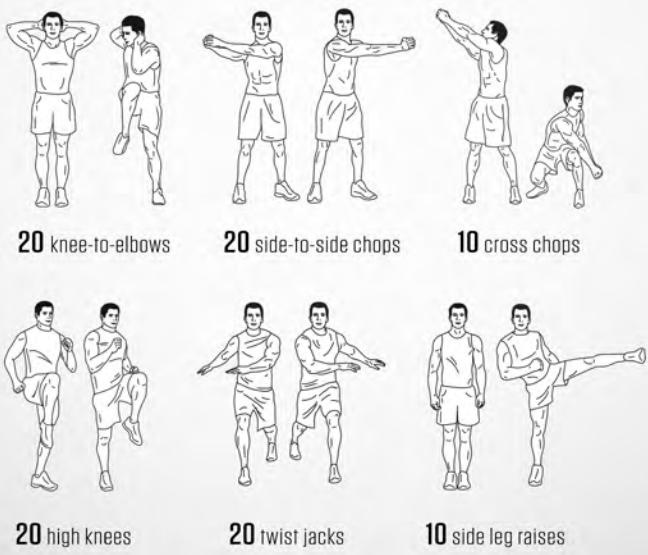
DAREBEE WORKOUT © darebee.com
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



standing abs

DAREBEE WORKOUT © darebee.com
repeat 3 times | up to 2 minute rest between sets

IN COLLABORATION WITH **NHS choices**



STARBUCK

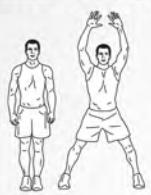
DAREBEE WORKOUT © darebee.com
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



STARDUST

DAREBEE WORKOUT © darebee.com

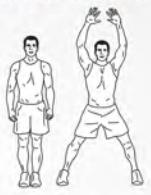
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



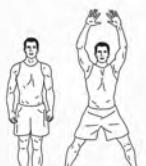
2 plank jacks



10 jumping jacks



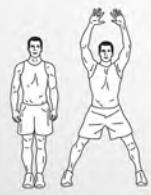
2 push-ups



10 jumping jacks



2 plank jacks



10 jumping jacks



2 push-ups



10 jumping jacks

Star Master

DAREBEE WORKOUT © darebee.com

Instructions: balance on one leg and tap with the other.

3 minutes right leg clockwise 

3 minutes left leg counterclockwise 

6 minutes in total



static zap

DAREBEE WORKOUT © darebee.com

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



10-count push-up plank



20 jumping lunges



10-count squat hold



10-count push-up plank



20 jumping lunges



10 slow push-ups



10-count push-up plank



20-count plank hold

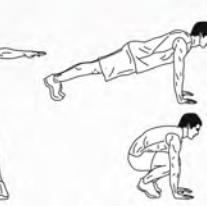


10-count side plank

STAY AWAKE!

repeat every
60 minutes

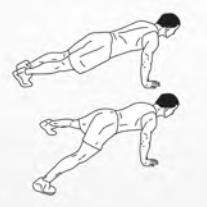
DAREBEE WORKOUT © darebee.com



24 jumping Ts

12 plank jump-ins

24 butt kicks



24 reverse lunges

12 plank jacks

24 squats

STEALTH MASTER

DAREBEE WORKOUT © darebee.com

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



20sec tricep dip hold



20sec squat hold



20sec calf raise hold



20sec plank



20sec raised leg plank



20sec side plank

STREET FIGHTER

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

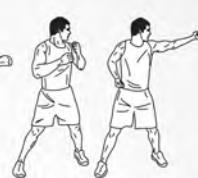
REST up to 2 minutes



20 high knees



20 turning kicks



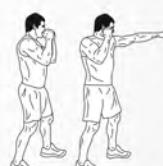
40 backfists



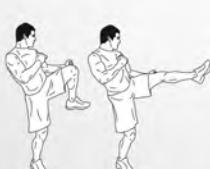
20 knee strikes



20 side kicks



40 punches



20 front snap kicks



20 punch + squat



20 hook + uppercut

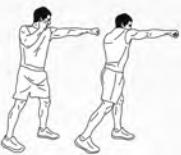
STEEL WORKS

DAREBEE WORKOUT © darebee.com

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



20 double turning kicks



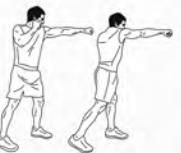
20 punches



10 push-ups



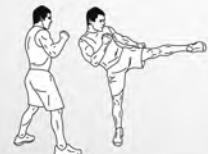
20 side kicks



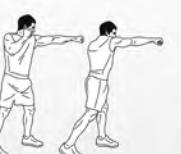
20 punches



10 push-ups



20 back leg turning kicks



20 punches



10 push-ups

STEEL WORKS+

DAREBEE WORKOUT © darebee.com

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



20 double turning kicks



20 alt bicep curls



10 push-ups



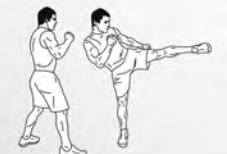
20 side kicks



20 alt bicep curls



10 push-ups



20 back leg turning kicks



20 alt bicep curls

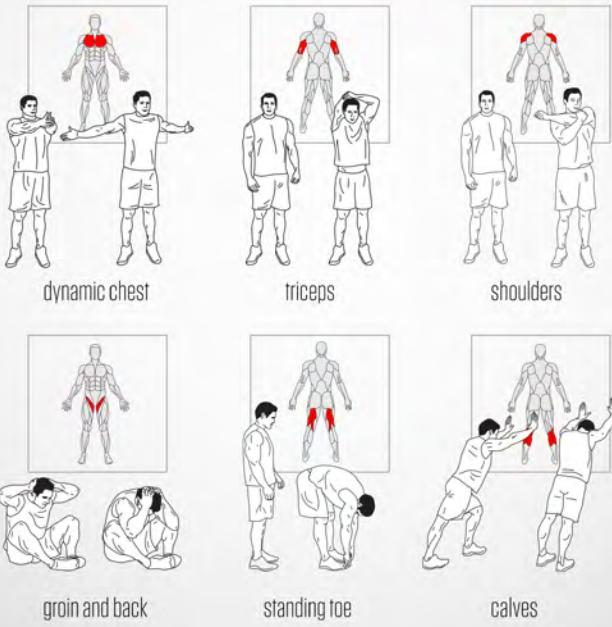


10 push-ups

stretching

DAREBEE WORKOUT © darebee.com

10-20 seconds each



STRONGHOLD

STATIC STRETCHING © darebee.com

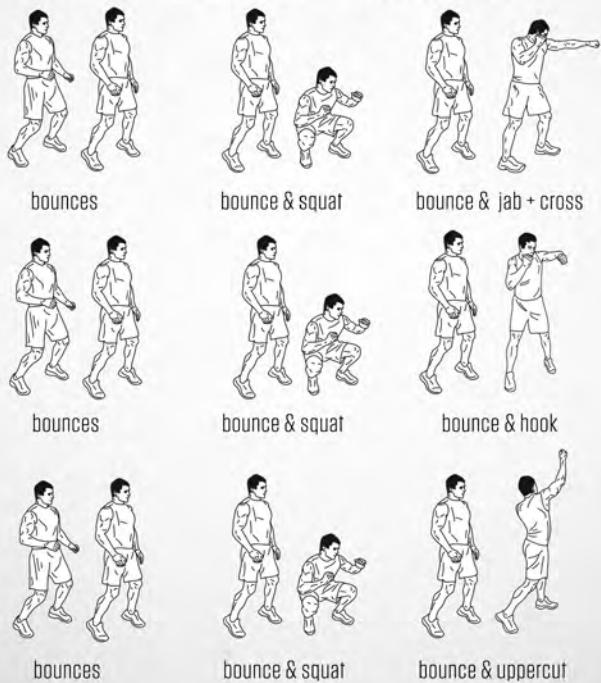
60 seconds each 30 seconds each leg / arm
3 sets | up to 2 minutes rest between sets



STRIKER

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes
bounce on the spot non-stop - 10 reps each exercise



sun salutation

YOGA WORKOUT
by SPYROS KAPNIAS GARUDANANDA
for DAREBEE © darebee.com

LEVEL I 5 sets
LEVEL II 10 sets
LEVEL III 15 sets
no rest between sets
* optional, skip and inhale



SURVIVOR

DAREBEE HIIT WORKOUT @ darebee.com

Level I 3 minutes Level II 4 minutes Level III 5 minutes

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

Set a timer and do high knees (or run). Count to 10 or set intervals for 10 seconds. Every 10 seconds jump to the side (any direction) as fast as you can and do a basic burpee. Continue non-stop until the time for your level is up.



sweat generator

DAREBEE WORKOUT @ darebee.com

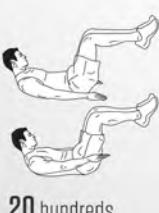
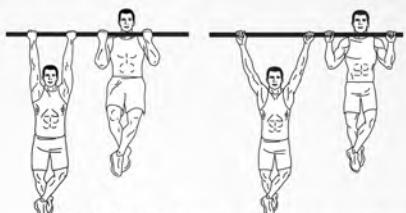
Level I 3 sets Level II 5 sets Level III 7 sets REST up to 2 minutes



S.W.A.T.

DAREBEE WORKOUT @ darebee.com

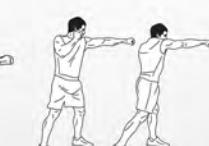
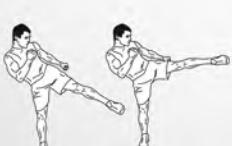
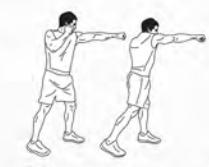
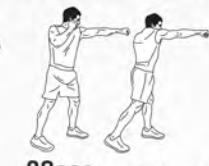
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



TAKEOVER

DAREBEE HIIT WORKOUT @ darebee.com

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

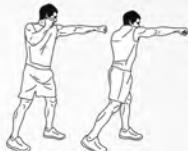


TANK TOP

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



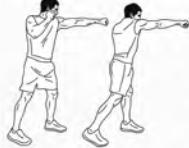
40 punches



40 punches



10 push-ups



40 punches



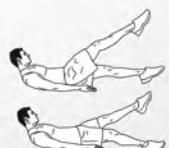
10 push-ups



20 sit-up punches



20 sitting punches



20 flutter kicks

TANK TOP

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

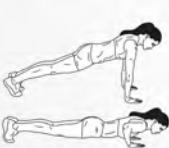


40 punches

10 plank rotations



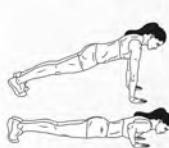
40 punches



10 push-ups



40 punches



10 push-ups



20 sit-up punches



20 sitting punches



20 flutter kicks

TARZAN

DAREBEE WORKOUT © darebee.com

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



10 jumps



5 jump squats



5 jump knee tucks



5 push-ups



5 power push-ups



10 slow climbers



10 crunch kicks



10 butterfly sit-ups

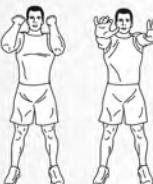


10 sitting twists

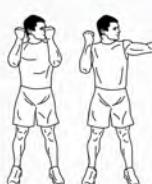
tempered STEEL

DAREBEE WORKOUT © darebee.com

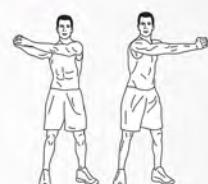
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 bicep extensions



20 backfists



20 side-to-side chops



20 overhead rows



20 alt chest expansions

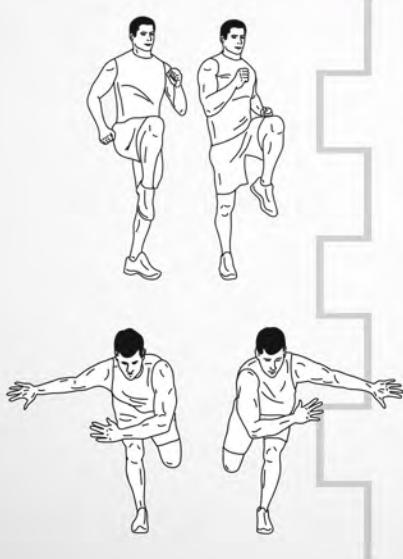


20 chest expansions

TEMPLE RUN

DAREBEE WORKOUT © darebee.com

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



- 20 high knees
- jump to the left
- 20 high knees
- jump to the right
- 20 high knees
- jump to the left
- 20 high knees
- jump to the right
- 20 high knees
- jump to the left
- 20 high knees
- jump to the right

THE BANDIT

DAREBEE WORKOUT © darebee.com

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



- 20 pistol squats
- 60sec one-arm plank
- 6 one-arm push-ups
- 60sec single leg wall-sit
- 20 single leg bridges
- 20 get-ups

THE STRENGTH OF ASGARD THOR

DAREBEE WORKOUT © darebee.com

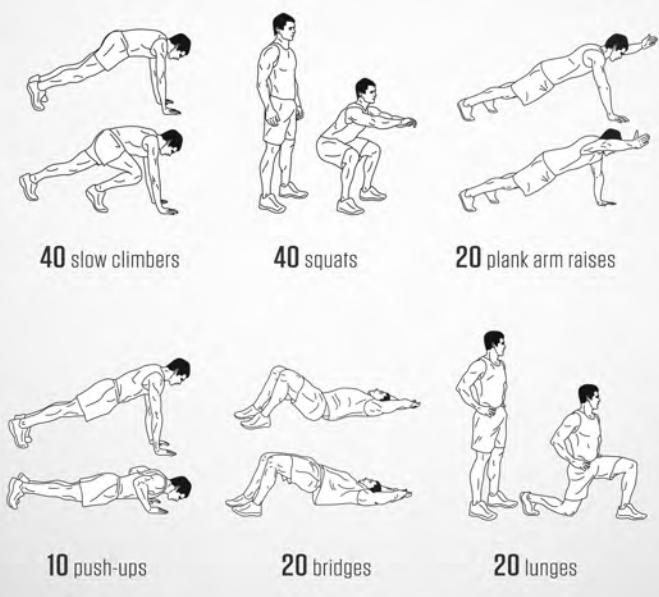
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



TIGER, TIGER

DAREBEE WORKOUT
© darebee.com

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



TITANIA

DAREBEE WORKOUT © darebee.com

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



TITAN

DAREBEE WORKOUT © darebee.com

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



TNT

DAREBEE HIIT WORKOUT
© darebee.com

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

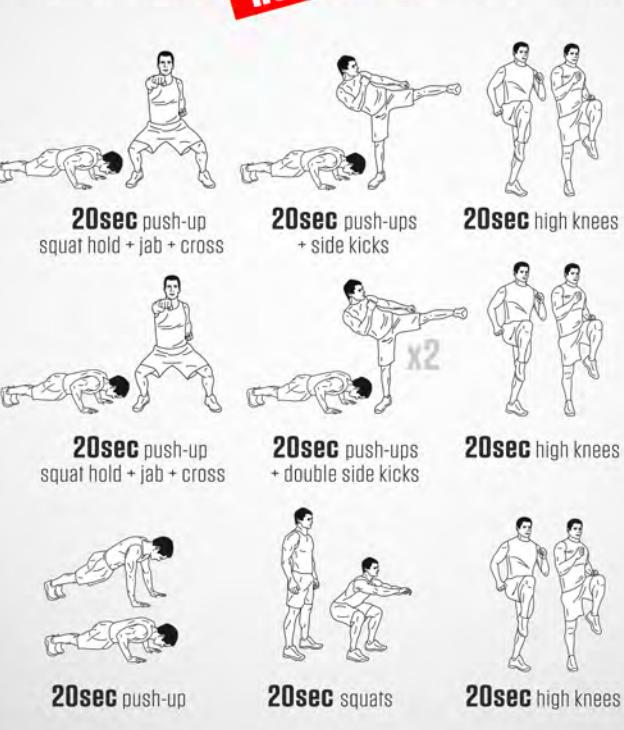
1 push-up every 10 seconds



TNT

DAREBEE HIIT WORKOUT
© darebee.com

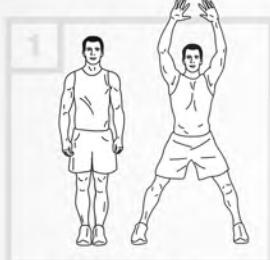
Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest between sets



TOASTER

DAREBEE HIIT WORKOUT © darebee.com

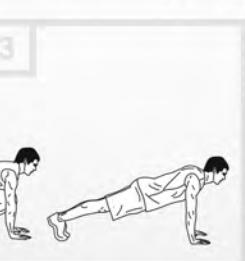
Level I 5 rounds Level II 10 rounds Level III 15 rounds
1 minute rest between rounds



20sec jumping jacks



20sec high knees



20sec basic burpees

top to bottom

STRETCHING / COOLDOWN BY DAREBEE © darebee.com

Repeat each stretch for 20 seconds / 20 seconds per side.



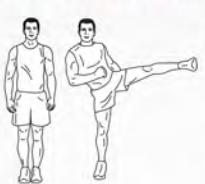
TORCH

DAREBEE WORKOUT © darebee.com

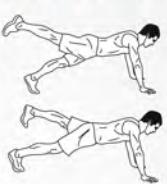
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



20 side leg raises



10 plank leg raises



20 high knees



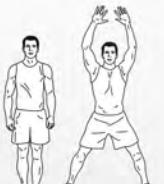
20 straight leg bounds



10 plank leg raises



20 high knees



20 jumping jacks

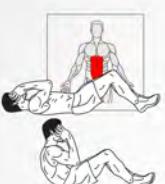


10 plank leg raises

total abs

DAREBEE WORKOUT © darebee.com

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



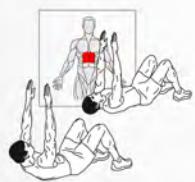
20 sit-ups



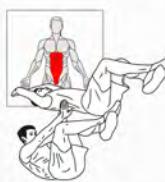
20 reverse crunches



20 sitting twists



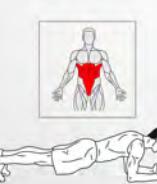
20 high crunches



20 knee crunches



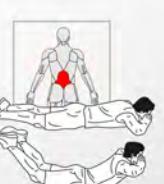
20 knee-to-elbow crunches



20sec elbow plank



20sec side elbow plank



5 back extensions

DON'T PANIC & CARRY A TOWEL

DAREBEE WORKOUT
[© darebee.com](http://darebee.com)
 LEVEL I 3 sets
 LEVEL II 5 sets
 LEVEL III 7 sets
 REST up to 2 minutes



TRACER

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



TOWER STORM

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



finish each set with **50** "open & close" fists

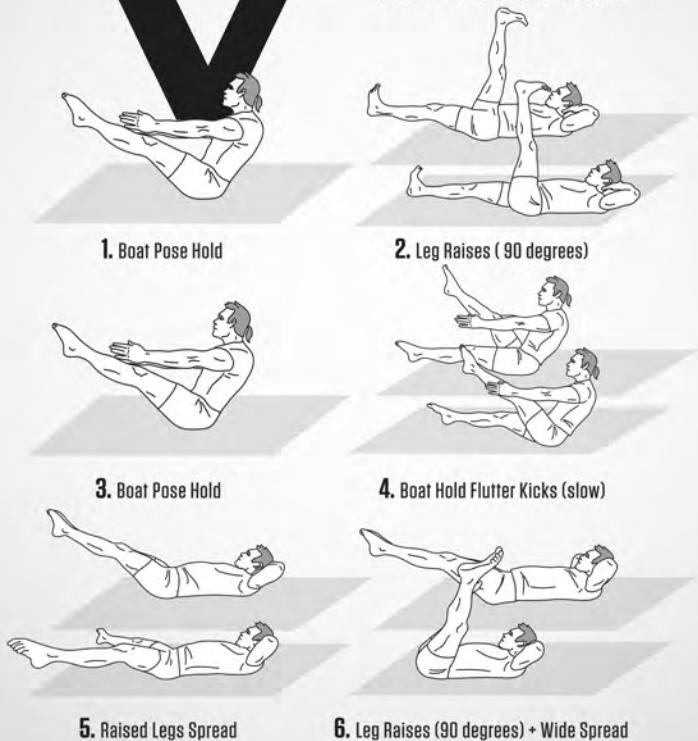
TRUE ALPHA

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



V cut

yoga for abs
by SPYROS KAPNIAS GARUDANANDA
for DAREBEE © darebee.com
LEVEL I 20 seconds each
LEVEL II 30 seconds each
LEVEL III 60 seconds each



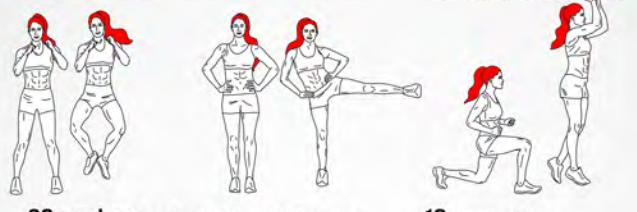
VIKING

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



Vixen

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



Volleyball Pro

DAREBEE WORKOUT © darebee.com
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes
designed in collaboration with Boston Institute of Jump



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.



WAKE UP! & MAKE IT HAPPEN

DAREBEE WORKOUT © darebee.com



WANTED DEAD OR ALIVE

DAREBEE WORKOUT © darebee.com

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



WAR MACHINE

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
ACTIVE REST 2 minutes hops on the spot



warm up

DAREBEE WORKOUT © darebee.com

10 reps each



HEAR MY WARSONG

DAREBEE WORKOUT © darebee.com

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



WATCHMAN

DAREBEE WORKOUT © darebee.com

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



watch me.

DAREBEE CARDIO WORKOUT © darebee.com

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

REST up to 2 minutes



WATCH YOUR SIX

DAREBEE WORKOUT © darebee.com

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



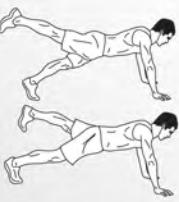
40 side leg raises



20 squats



20 lunges



20 plank leg raises



20 donkey kicks



20 slow climbers

WAX ON; WAX OFF

DAREBEE WORKOUT

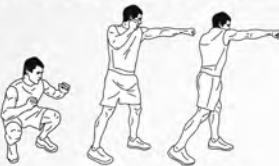
© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

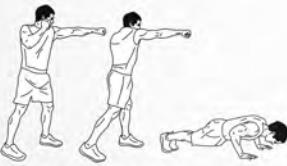
REST up to 2 minutes



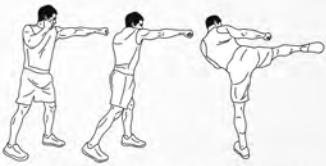
20 combos squat + jab + cross



20 combos squat + hook kick



20 combos jab + cross + push-up



20 combos jab + cross + back leg turning kick



20 sit-up + jab + cross



20 sitting punches



20 flutter kicks

Weasel

DAREBEE WORKOUT © darebee.com

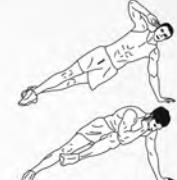
10 reps each | LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
REST up to 2 minutes



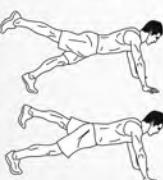
climbers



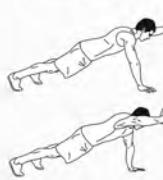
climber taps



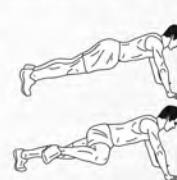
side plank crunches



plank leg raises



plank arm raises



plank crunches



superman into V-up rolls



cycling crunches



knee crunches

WHIPLASH

DAREBEE WORKOUT © darebee.com

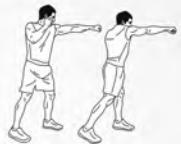
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 side kicks



10 push-ups



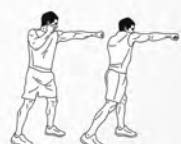
20 punches



20 squat + side kicks



10 push-ups



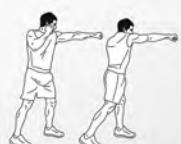
20 punches



20 double side kicks



10 push-ups



20 punches

WILD CARD

DAREBEE HIIT WORKOUT

© darebee.com

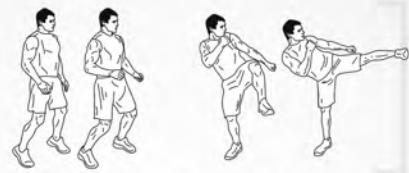
Level I 3 sets

Level II 5 sets

Level III 7 sets

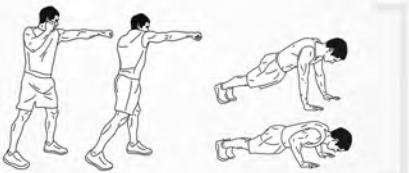
2 minutes rest between sets

3combos



10sec bounce on the spot **10sec** side kicks

3combos



10sec punches **10sec** push-ups

3combos



10sec bounce on the spot **10sec** turning kicks

wildcat

DAREBEE WORKOUT © darebee.com

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



20 climbers



10 push-ups



20 plank into lunges



10 jump squats



20 sit-outs



10 plank walk-outs

WILDFIRE

DAREBEE CARDIO WORKOUT © darebee.com

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



20 march steps



20 high knees



20 punches



20 march steps



20 high knees



20 knee-to-elbow



20 march steps



20 high knees



20 lunge step-ups

WILD FIVE

DAREBEE CARDIO WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

2 minutes rest between sets



1 minute high knees



1 minute punches



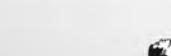
1 minute high knees



1 minute sit-ups



1 minute high knees



wild hunt

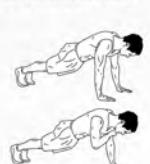
DAREBEE HIIT WORKOUT © darebee.com

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

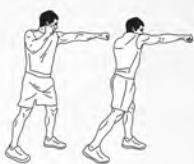
one jump squat every 10 seconds



30sec high knees



10sec shoulder taps



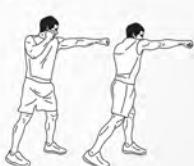
20sec punches



30sec high knees



10sec plank walk-outs



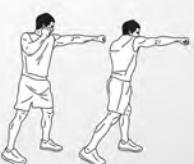
20sec punches



30sec high knees



10sec push-ups



20sec punches

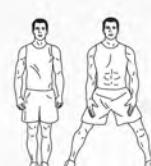
WIRED

DAREBEE WORKOUT © darebee.com

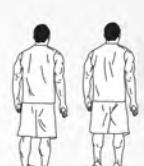
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



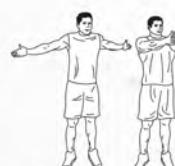
20 half jacks



10 calf raises



20 squats



20 chest expansions



10 side-to-side lunges



20 side leg raises



60 overhead punches



40sec leg stand

X marks the spot

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 jacks



4 jump squats



20 high knees



20 twist jacks



4 jump squats



20 high knees



20 split jacks



4 jump squats

ZOMBIE

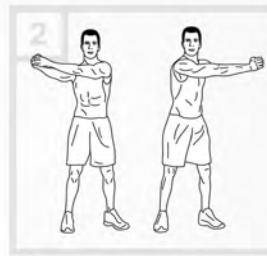
SURVIVAL WORKOUT by © darebee.com

Level I 5 rounds Level II 10 rounds Level III 15 rounds
1 minute rest between rounds

CAN BE DONE WITH A KATANA



20sec high knees



20sec side-to-side chops



20sec "1-2-3" count high knees + squat