

# concrete **core**

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

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

REST up to 2 minutes



**10** raised leg circles



**10** knee-to-elbows



**10** side leg lifts



**10** sit-up w/reach



**10** dead bug



**10** windshield wipers

# core builder

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

Switch sides on the fly, halfway through the exercise.



**20sec** elbow plank



**40sec** raised leg plank



**40sec** side plank



**20sec** raised leg hold



**20sec** leg raises



**20sec** slow kicks



**20sec** raised leg circles



**20sec** side-to-side tilts



**40sec** side leg raises

# COORE

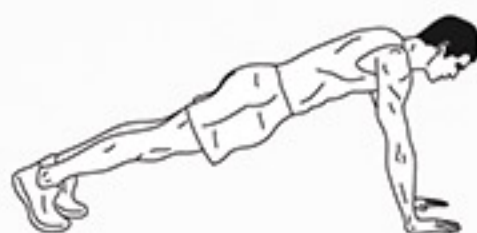
## CONDITIONING

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

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



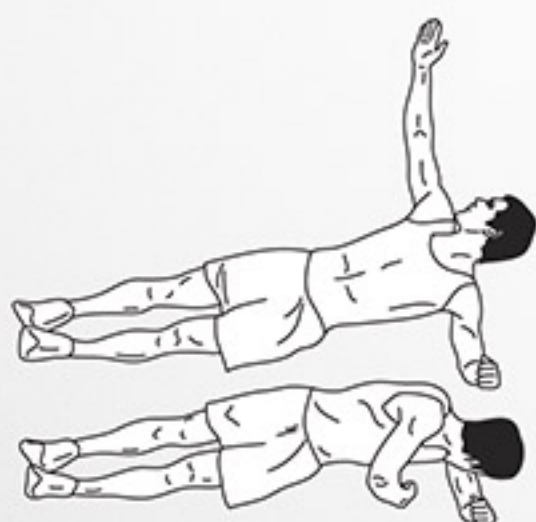
**10** plank crunches



**5** up & down planks



**10-count** plank hold



**5** side plank rotations



**5** side bridges



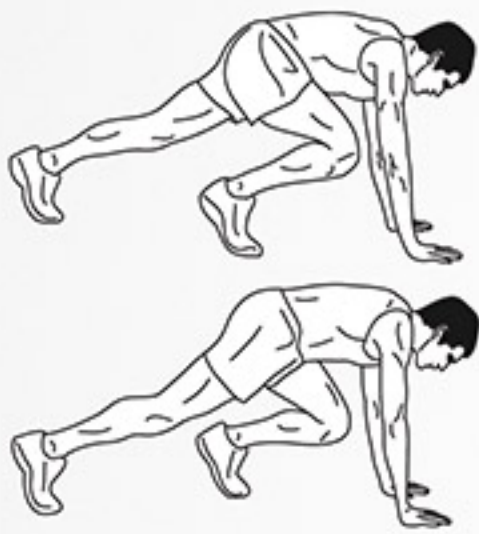
**10-count** side plank hold

change sides and repeat the sequence

# cycle **core**

DAREBEE BACK WORKOUT @ [darebee.com](https://darebee.com)

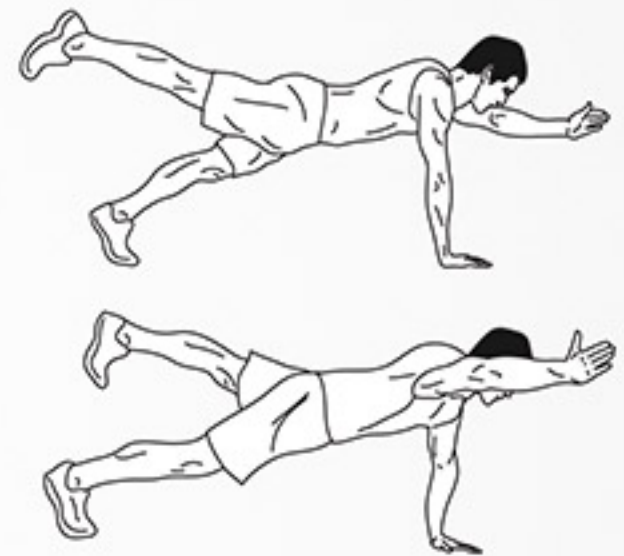
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



**10** climbers



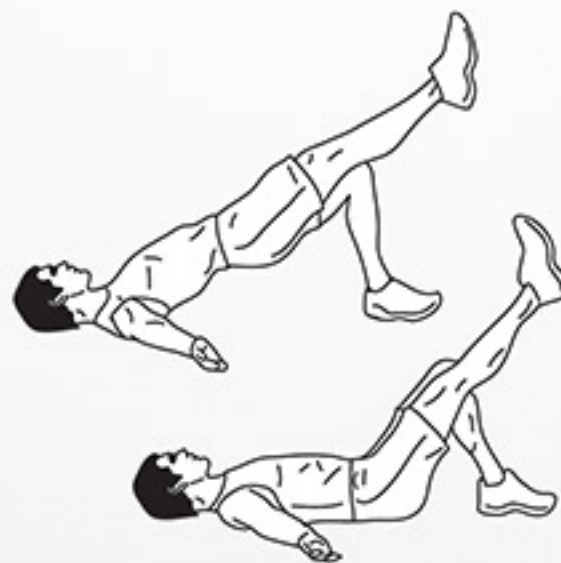
**10** plank rotations



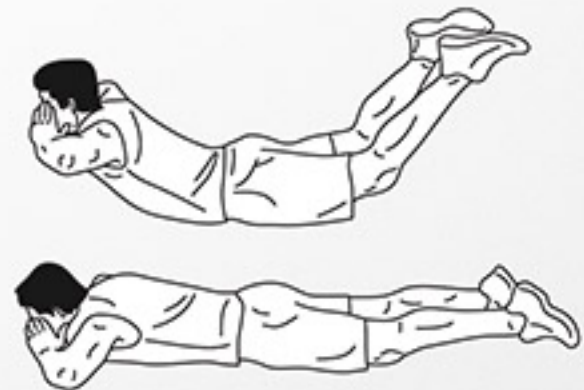
**10** alt arm / leg raises



**10** dead bug



**10** single leg bridges

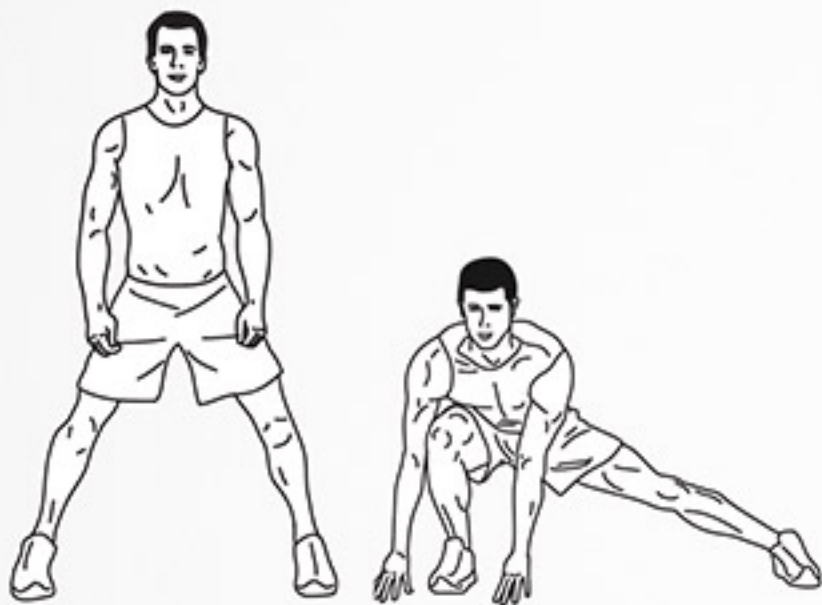


**10** back extensions

# LEG-ENDARY

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

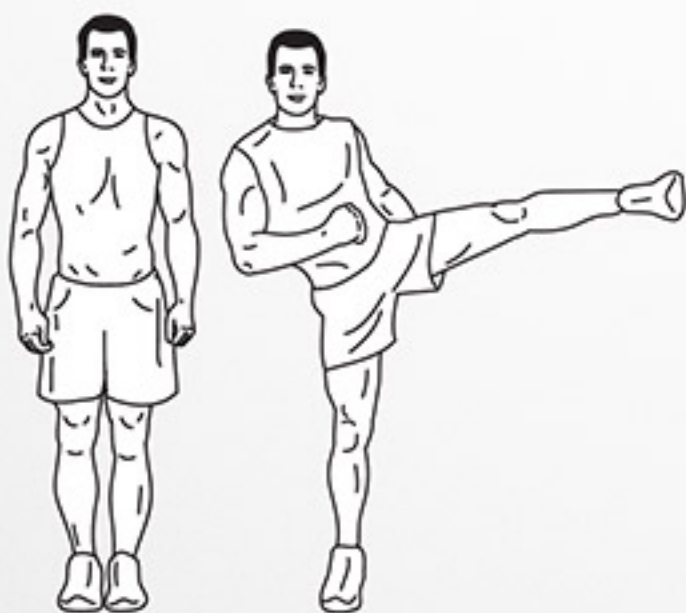
**5 sets** 2 minutes rest between sets



**8** deep side lunges



**8** cossack squats



**8** slow side leg raises



**8** slow side kicks

# legs of steel

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

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



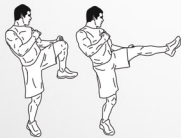
**20** lunge steps-ups



**20sec** squat hold



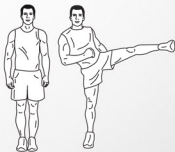
**20** squats



**10** front kicks



**10** calf raises



**10** side leg raises

# NEXT LEVEL

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

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



10 reverse lunges



10 lunge step-ups



10 forward lunges



10 plank leg raises



10 plank arm raises



10 alt arm / leg raises



10 bridges



10 single leg bridges



10 get-ups

# PREMIUM RUSH

DAREBEE WORKOUT  
@ [darebee.com](https://darebee.com)

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 lunges



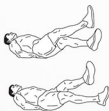
10 side-to-side lunges



2 push-ups



10 flutter kicks



10 scissors



10 bridges



10 long-arm crunches



10 side plank rotations



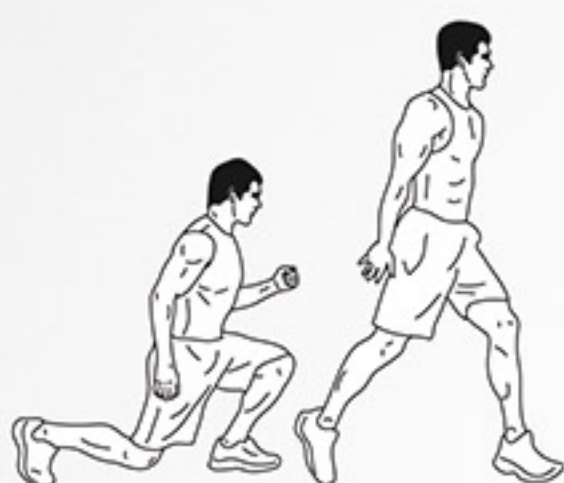
10-count elbow plank



# PRIME

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

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



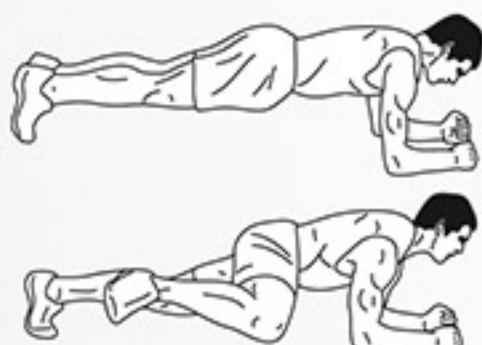
**10** jumping lunges



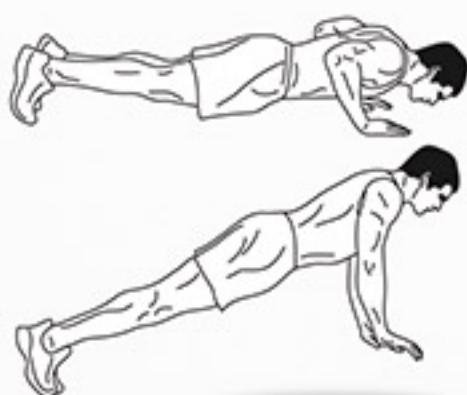
**10** calf raises



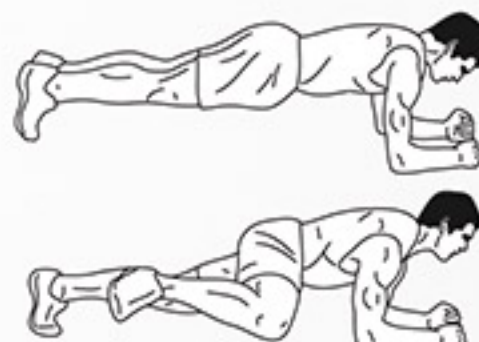
**10** jumping lunges



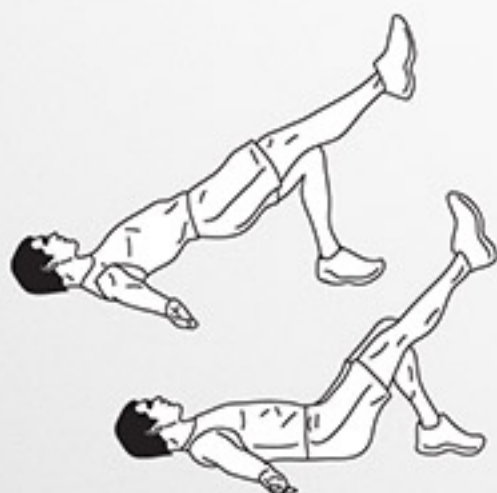
**10** plank crunches



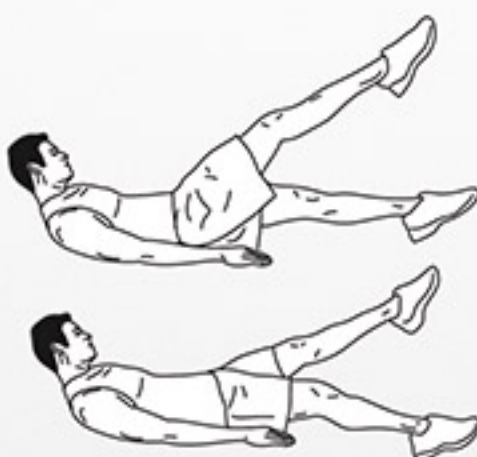
**10** power push-ups



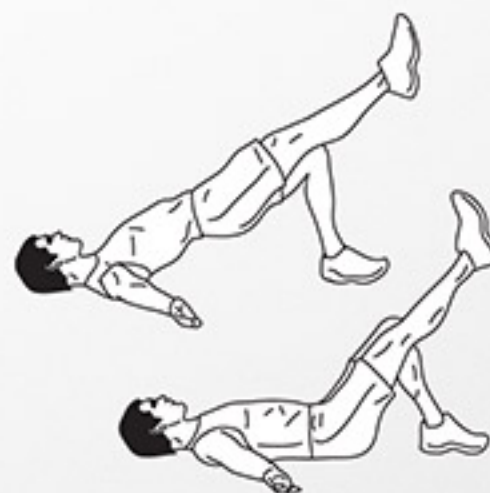
**10** plank crunches



**10** single leg bridges



**10** flutter kicks

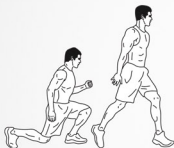


**10** single leg bridges

# QUAD MOD

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

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



**20** jumping lunges



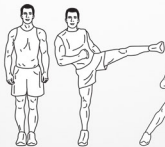
**10** side-to-side lunges



**20** jump squats



**10** side-to-side lunges



**20** side leg raises



**10** side-to-side lunges

# QUALIFIER

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

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



20 sprinter lunges



20 windmills



10 cross body push-ups



20 shoulder taps



10 jump squats

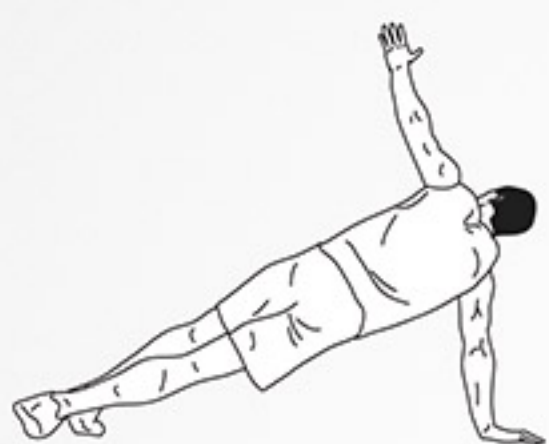


10 up and down planks

# SOLID CORE

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

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



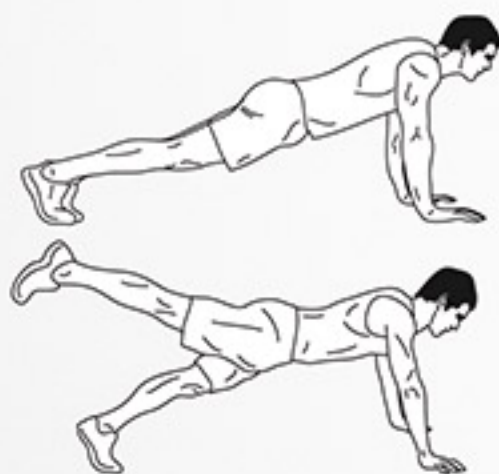
**10-count** side plank hold  
right side



**10** plank rotations



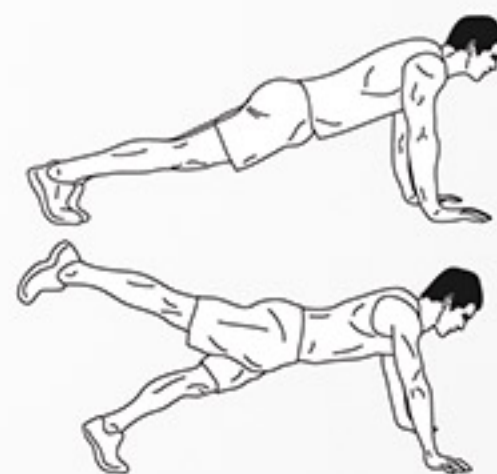
**10-count** side plank hold  
left side



**10** plank leg raises



**10-count** plank hold



**10** plank leg raises



**5** up and down planks

# STAMINA BUILDER

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)



**3min** high knees



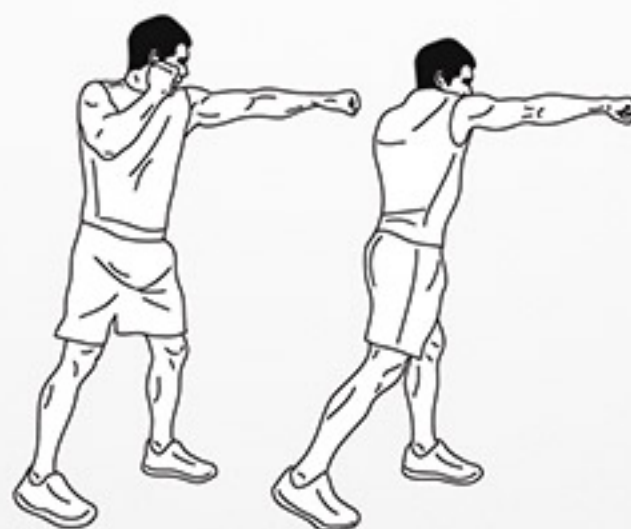
**3min** calf raises



**3min** wall-sit



**3min** elbow plank hold



**3min** punches



**3min** raised arm hold

# Strength & Stamina

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 seconds each exercise



squats



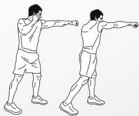
squat hold



jump squats



push-ups



punches

# TENDONS & CORE

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



**20** side bridges x **2 sets** in total  
no rest / one side per sets



**50** side leg raises x **2 sets** in total  
no rest / one side per sets



**50** leg raises x **2 sets** in total  
no rest / one side per sets



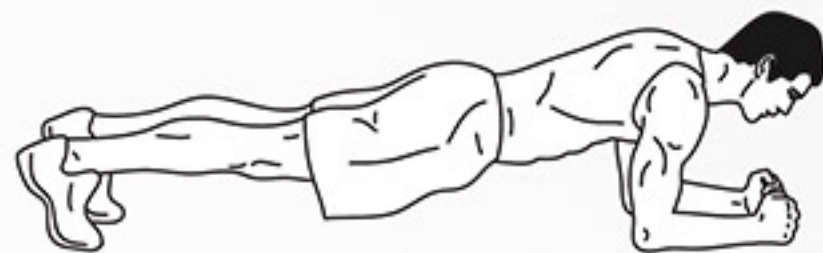
**20** bridges x **2 sets** in total  
20 seconds rest between sets

# TWO MINUTE **PLANK**

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



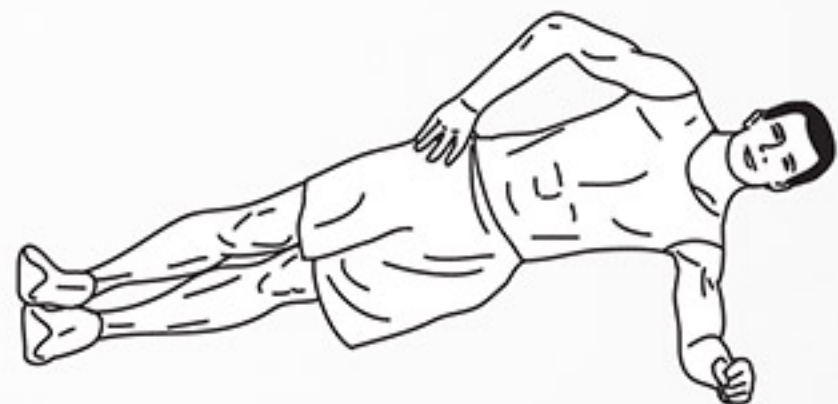
**20sec** full plank



**20sec** elbow plank



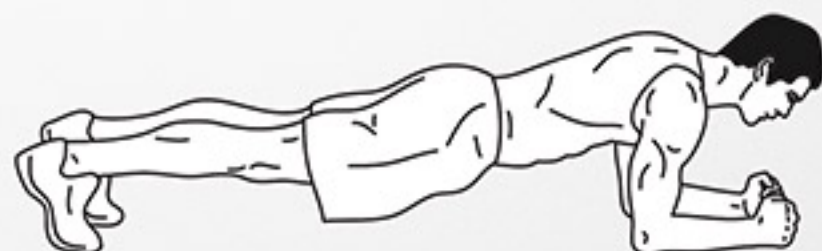
**20sec** raised leg plank  
10 seconds - each leg



**20sec** side plank  
10 seconds - each side



**20sec** full plank



**20sec** elbow plank



# THE UPGRADE

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

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



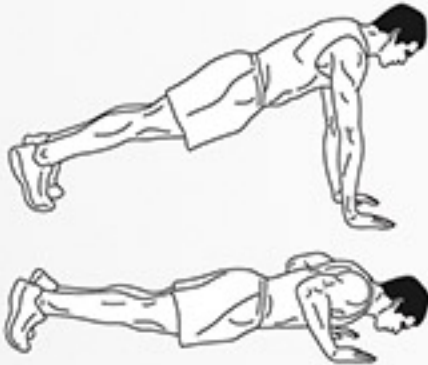
**10** squats



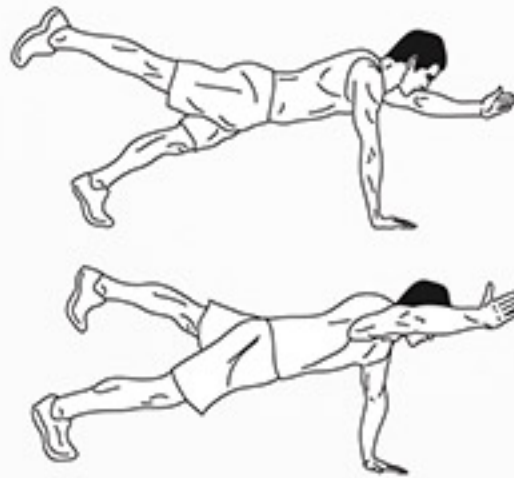
**6** jump squats



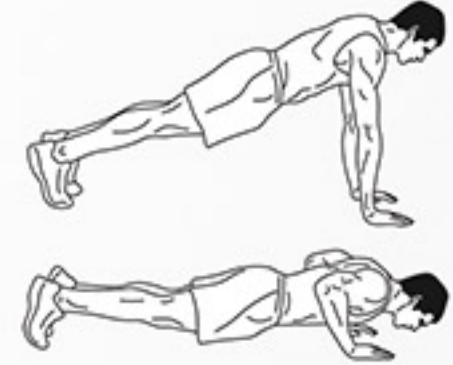
**10** squats



**10** push-ups



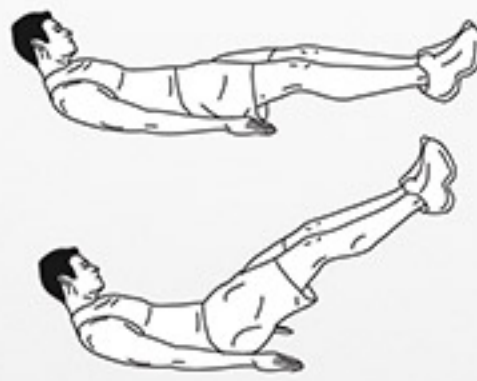
**6** alt arm / leg raises



**10** push-ups



**10** flutter kicks



**6** leg raises



**10** flutter kicks

# VANGUARD

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

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



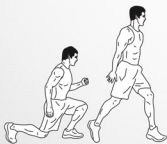
10 jumping lunges



10 reverse lunges



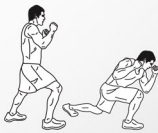
10 side-to-side lunges



10 jumping lunges



10 lunge step-ups



10 knee-to-elbow twists