

CAPTAIN

DAREBEE **HIT** WORKOUT © darebee.com

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



20sec punches



20sec knee strikes



20sec punches



20sec plank hold



20sec punches



20sec plank hold



20sec punches



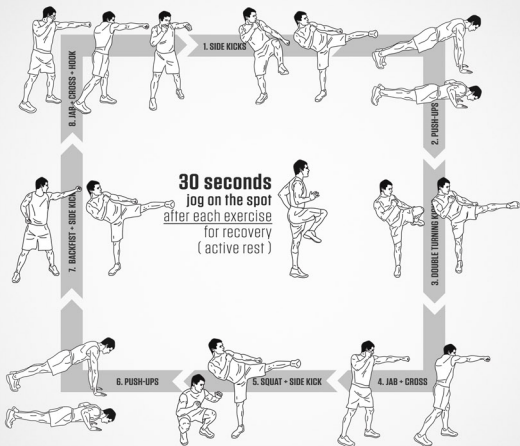
20sec knee strikes



20sec punches

CLIPPER

FULL CIRCUIT **HIIT** WORKOUT @ darebee.com



WARM-UP



ROUND 1



ROUND 2



ROUND 3



BONUS ROUND

COMBAT HIIT EXPRESS

WORKOUT BY
DAREBEE

© darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest

30sec side kicks

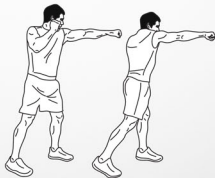
30sec punches

30sec side kicks

30sec punches

30sec side kicks

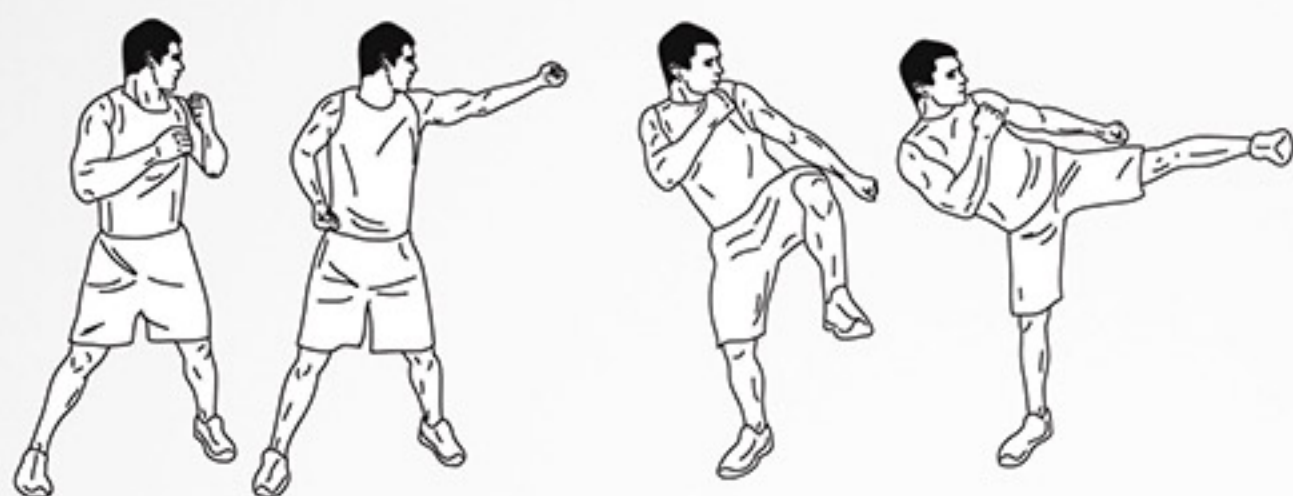
30sec punches



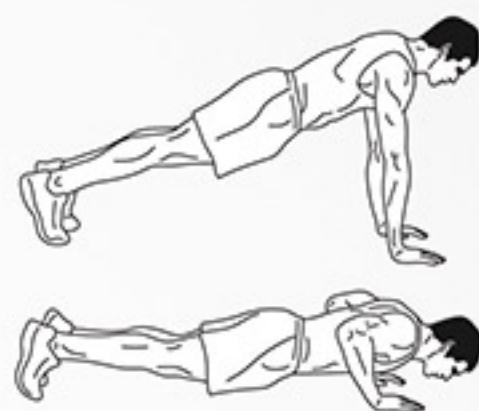
COMBAT PRO

DAREBEE WORKOUT @ darebee.com

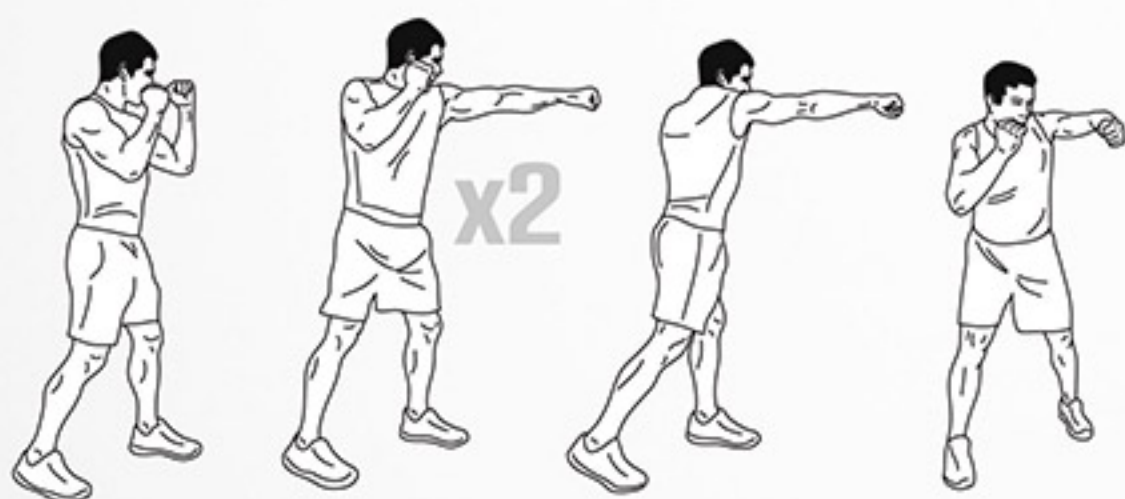
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



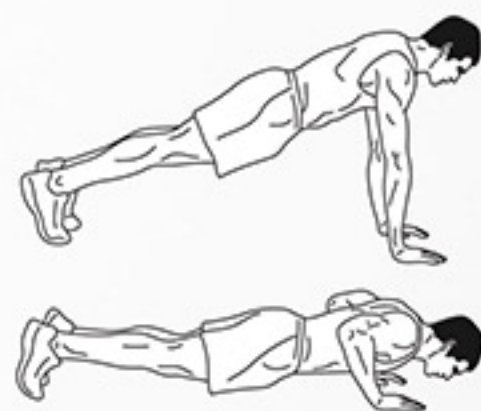
20combos backfist + side kick



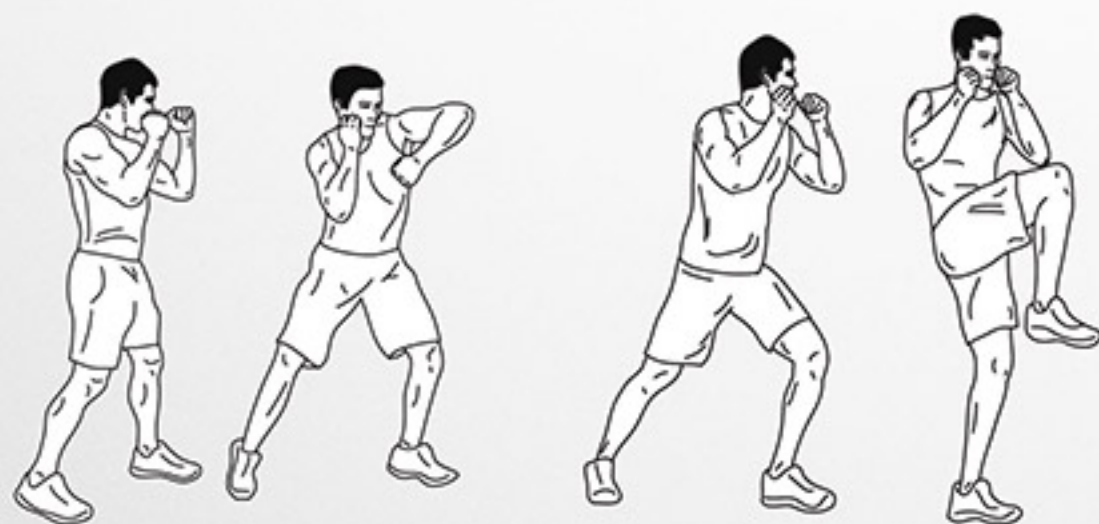
12 push-ups



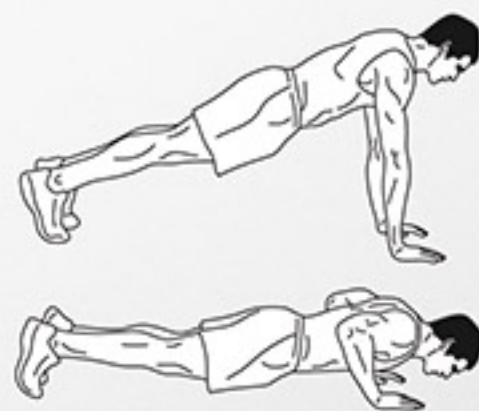
20combos jab + jab + cross + hook



12 push-ups



20combos elbow strike + knee strike



12 push-ups

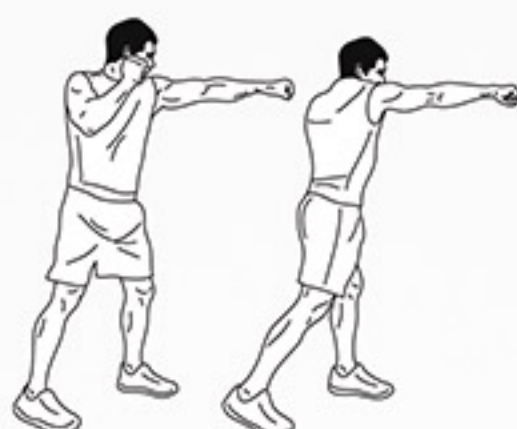
Fight Back

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



10 side kicks



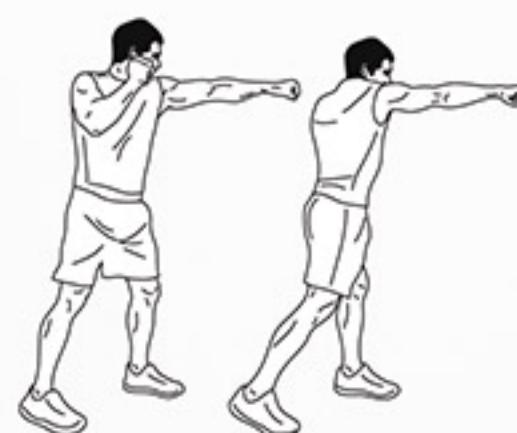
20 punches



10 side kicks



10 knee strikes



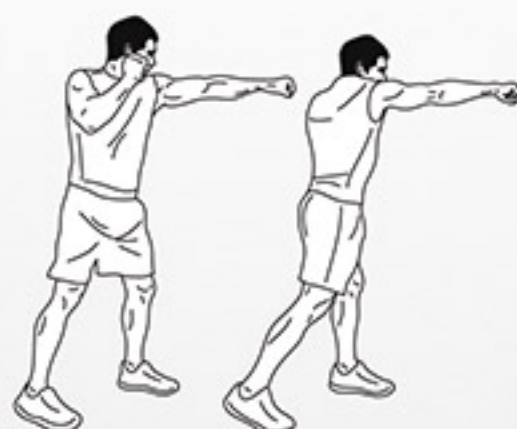
20 punches



10 knee strikes



10 squat hold punches



20 punches



10 squat hold punches

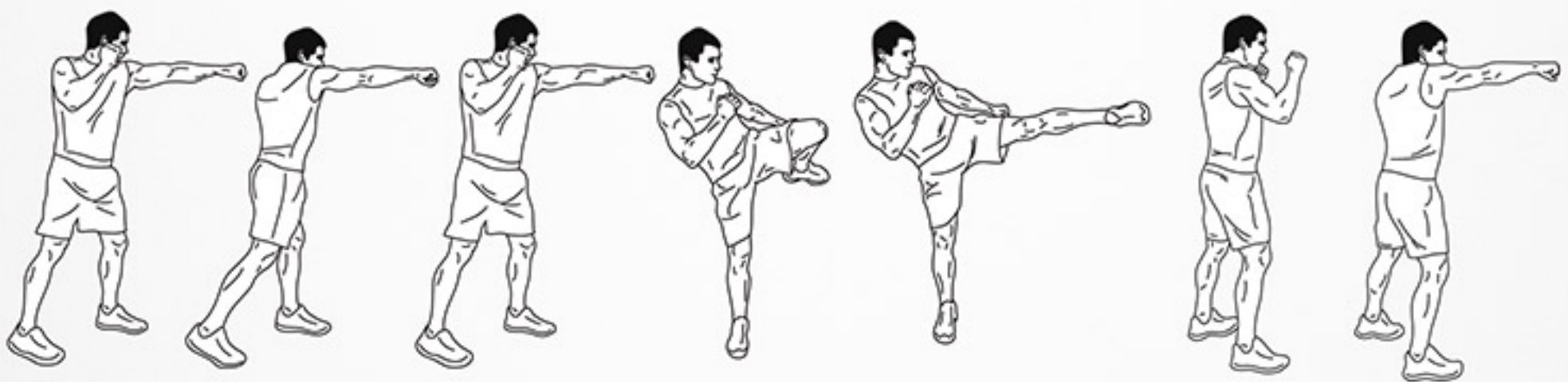
Finish Him!

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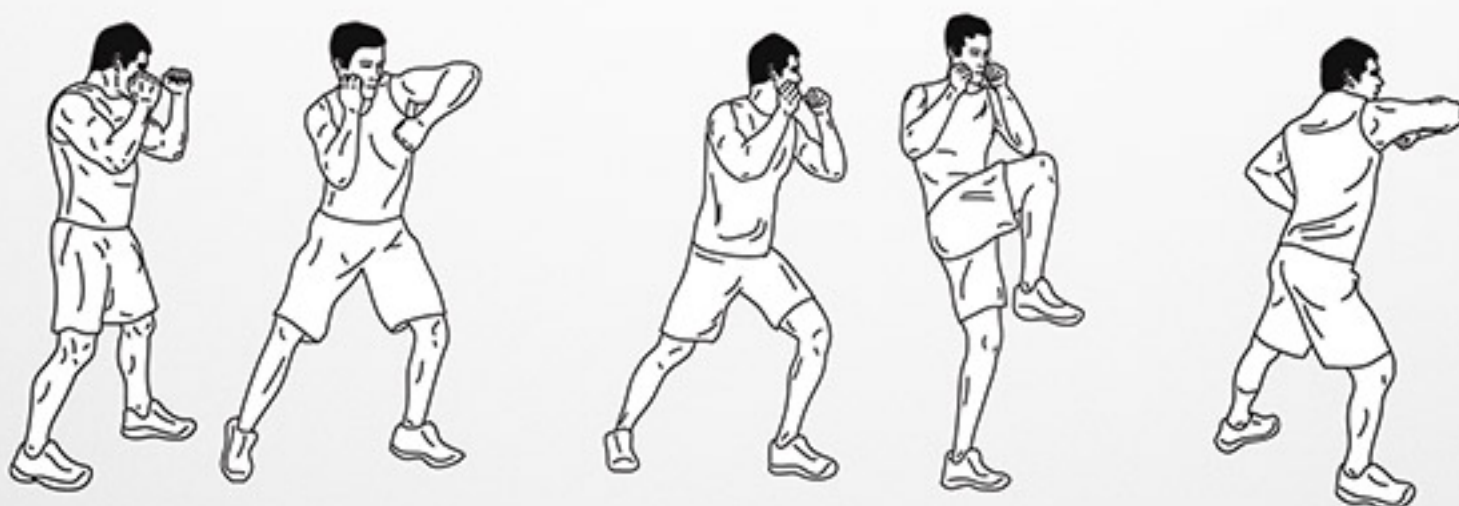
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



40combos backfist + side kick + step forward + backfist



40combos jab + cross + turning kick + step forward + jab



40combos elbow strike + knee strike + step forward + elbow strike

FIST of FURY

TRIBUTE WORKOUT
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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



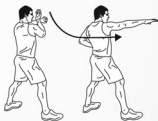
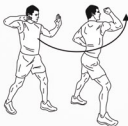
60 jab + cross



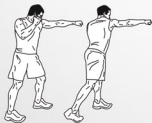
10combos jump knee tuck + front snap kick



60 jab + cross



10combos mid elbow strike + knife hand strike



60 jab + cross



60 double backfists

workout finish



5 minutes
squat hold punches

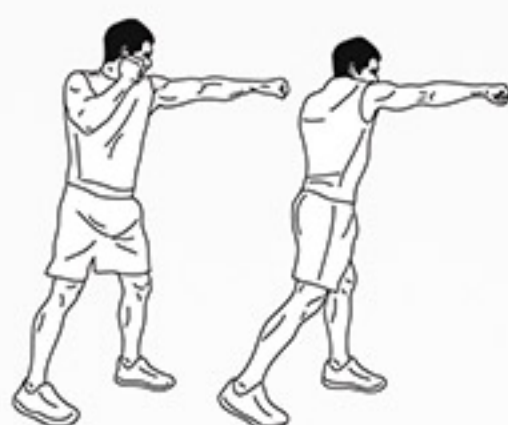
HEARTSTRIKER

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



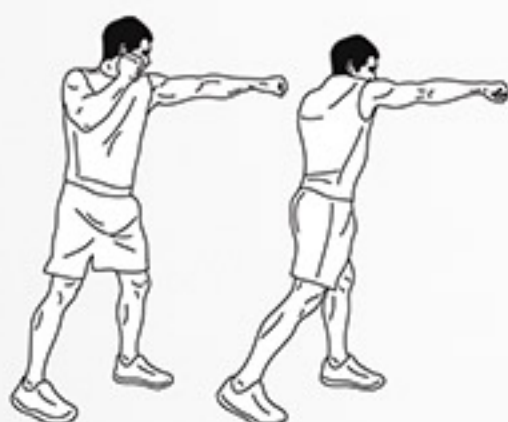
20sec side kicks



20sec punches



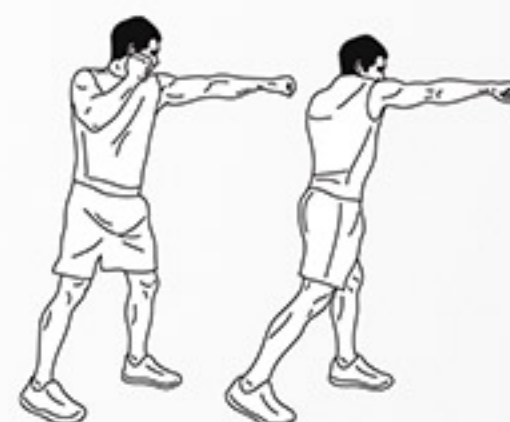
20sec side kicks



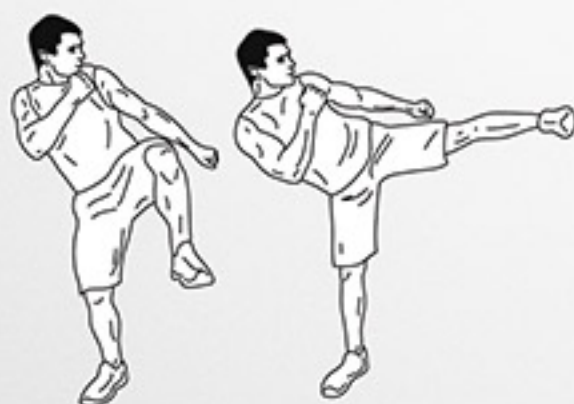
20sec punches



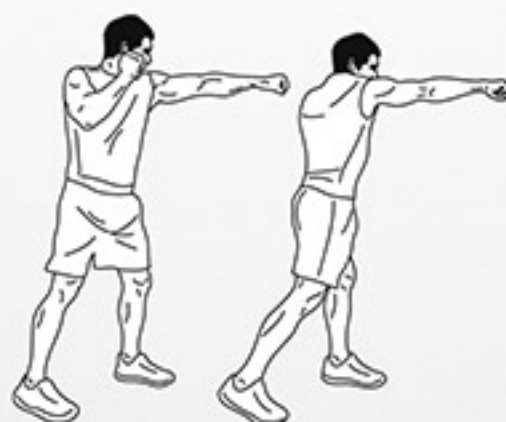
20sec overhead punches



20sec punches



20sec side kicks



20sec punches



20sec side kicks

THIS IS HOW I COPE

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



20 punches



20 turning kicks



20 punches



20 front kicks



20 punches



20 knee strikes

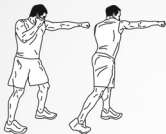


20 punches

KICKBOXER

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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



side kicks



low + high side kicks



turning kicks



low turning kicks



low + high turning kicks



double turning kicks



front kicks



hook kicks



drop back kicks

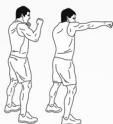
THE LEGEND

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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

ONNA BUGEISHA

DAREBEE WORKOUT © darebee.com

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



30 knee strikes



30combos knee strike + elbow strike



30 punches (jab + cross)



30combos push-up+ jab + cross



30 front kicks



30combos squat + front kick



PRO BOXER

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



20 bounce



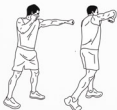
10 hooks



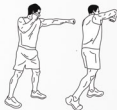
10 jab + cross



20 bounce



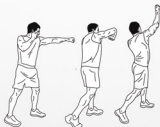
10 jab + hook



10 jab + jab + hook



20 bounce



10 jab + hook + uppercut



10 uppercuts

WILD CARD

DAREBEE WORKOUT @ darebee.com

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



10 knee strikes



10 punches



10 knee strikes



10 punches



10 lunge punches



10 punches



10 front kicks



10 punches



10 front kicks