

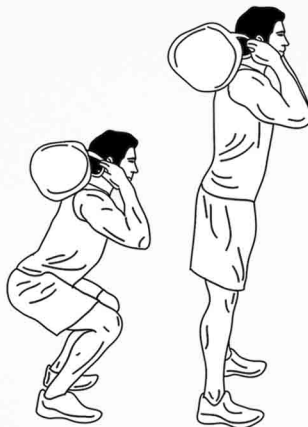
COMBAT MEDIC+

DAREBEE WORKOUT @ darebee.com

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



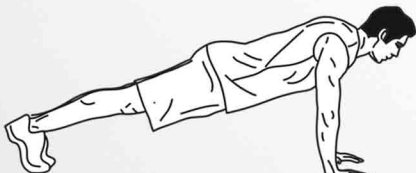
40 high knees



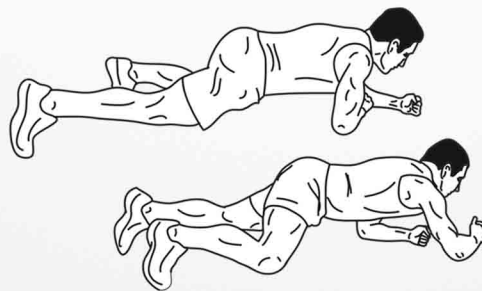
20 squats



10 steps duck walk



10 plank jump-ins



10 army crawl

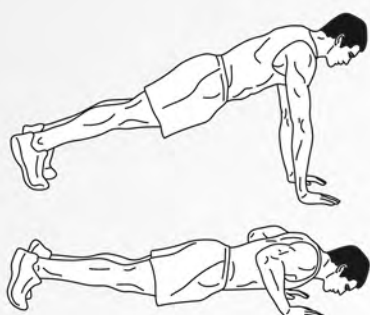


10 push and drag

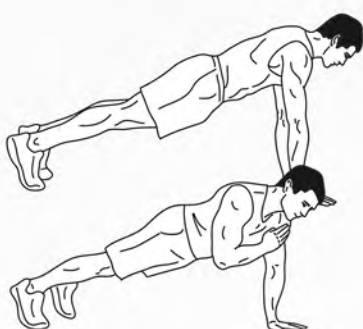
COMMANDO

DAREBEE WORKOUT @ darebee.com

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



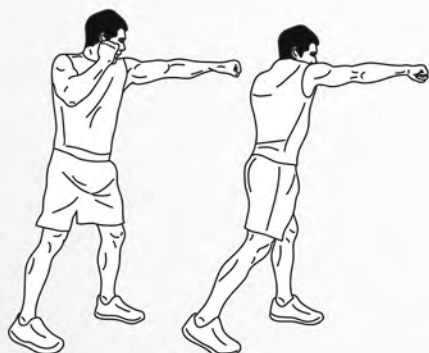
to failure push-ups



10 shoulder taps



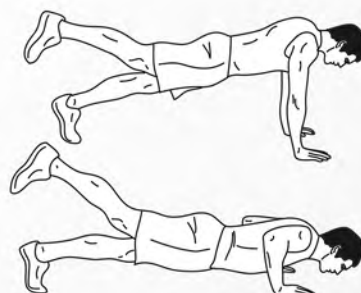
4 staggered push-ups



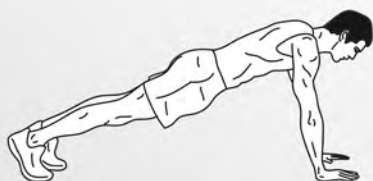
40 punches



40 speed bag punches



4 raised leg push-ups

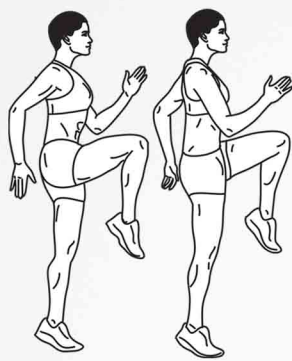


10 up and down planks

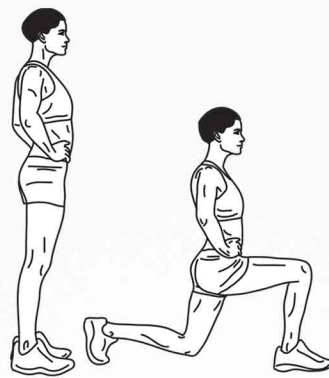
G.I. JANE

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

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



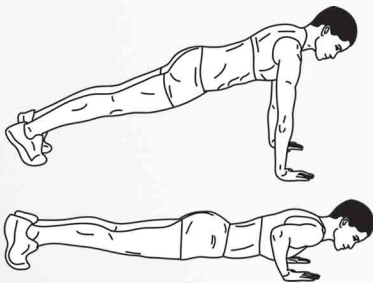
20 high knees (sprint)



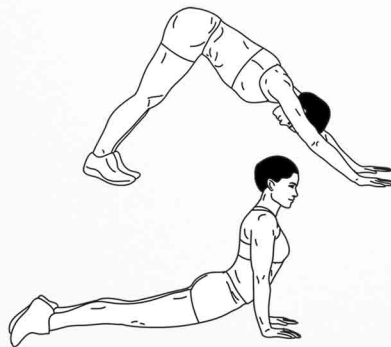
10 lunges



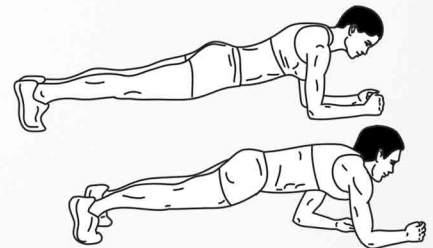
10 reverse lunges



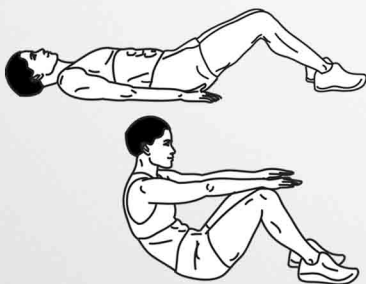
5 push-ups



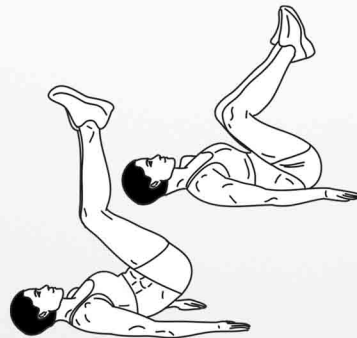
5 upward dogs



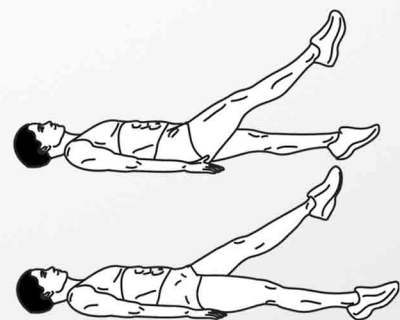
5 army crawl



10 sit-ups



10 reverse crunches

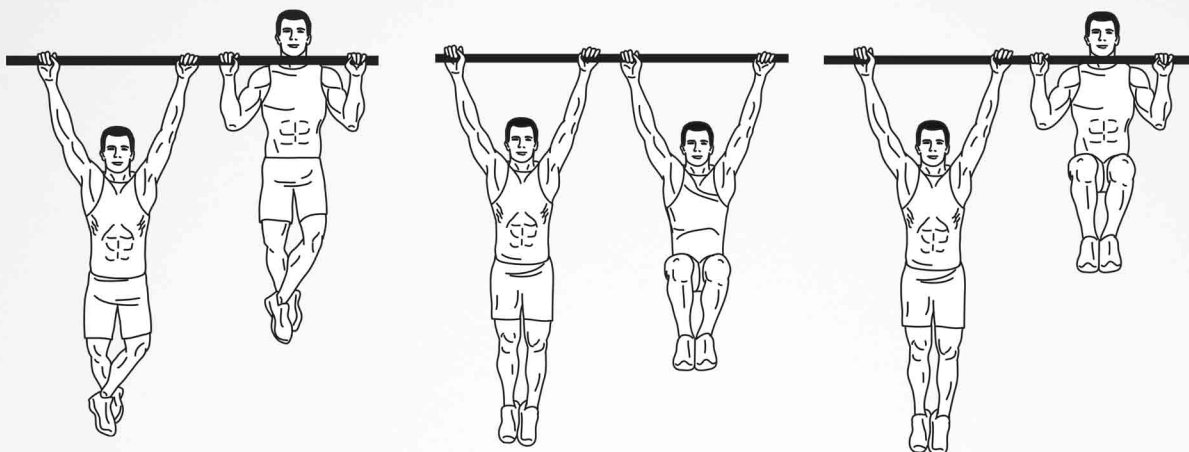


20 flutter kicks

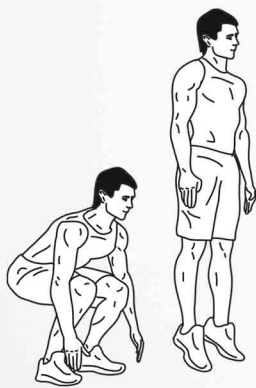
MERC

DAREBEE WORKOUT @ darebee.com

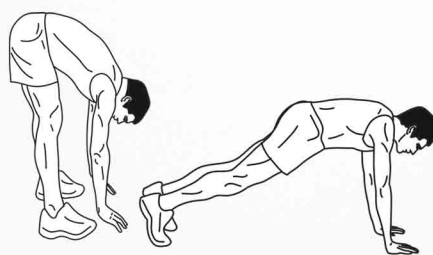
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



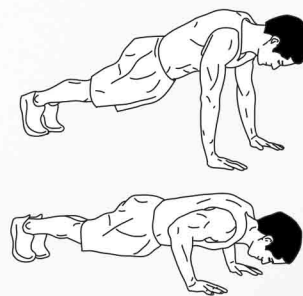
to failure combo pull-up + knee raise + knee raised pull-up



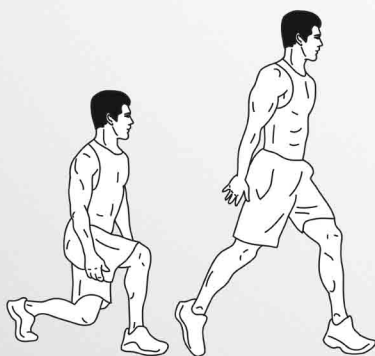
20 jump squats



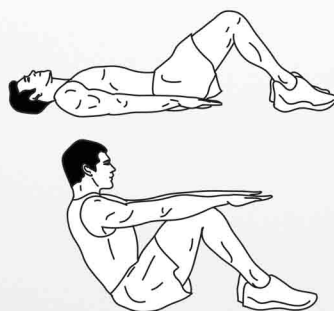
10 plank walk-outs



to failure push-ups



20 jumping lunges



20 sit-ups

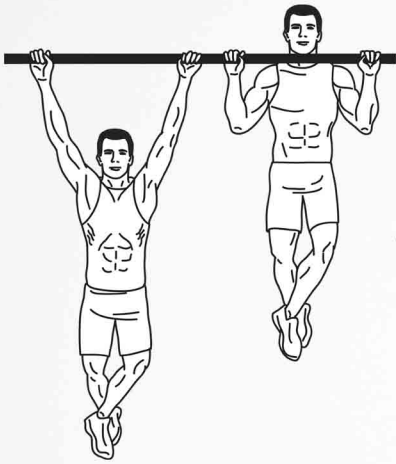


to failure raised leg hold

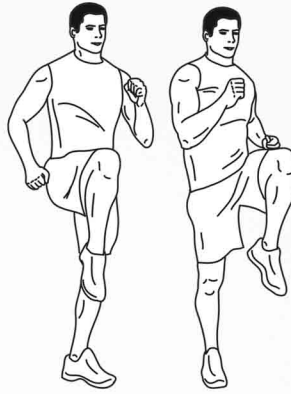
NAVY SEAL

DAREBEE WORKOUT @ darebee.com

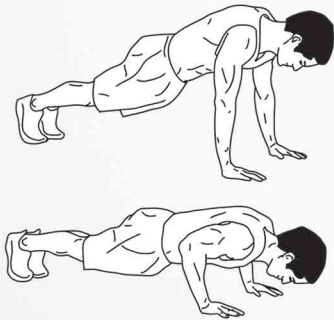
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



to failure
pull-ups



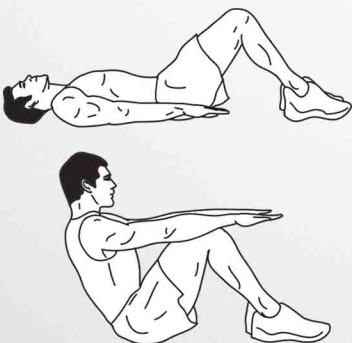
40 high knees
run on a spot
or 60 second run



to failure
push-ups



40 high knees
run on a spot
or 60 second run



to failure
sit-ups

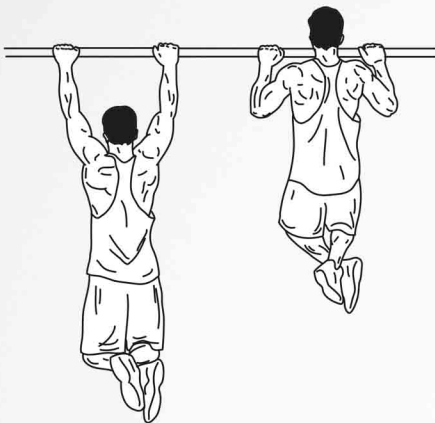


40 high knees
run on a spot
or 60 second run

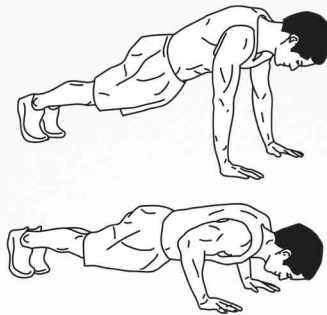
military

PT Pyramid

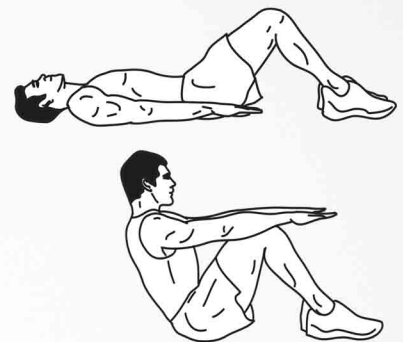
DAREBEE WORKOUT @ darebee.com



pull-ups x 1



push-ups x 2



sit-Ups x 5

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

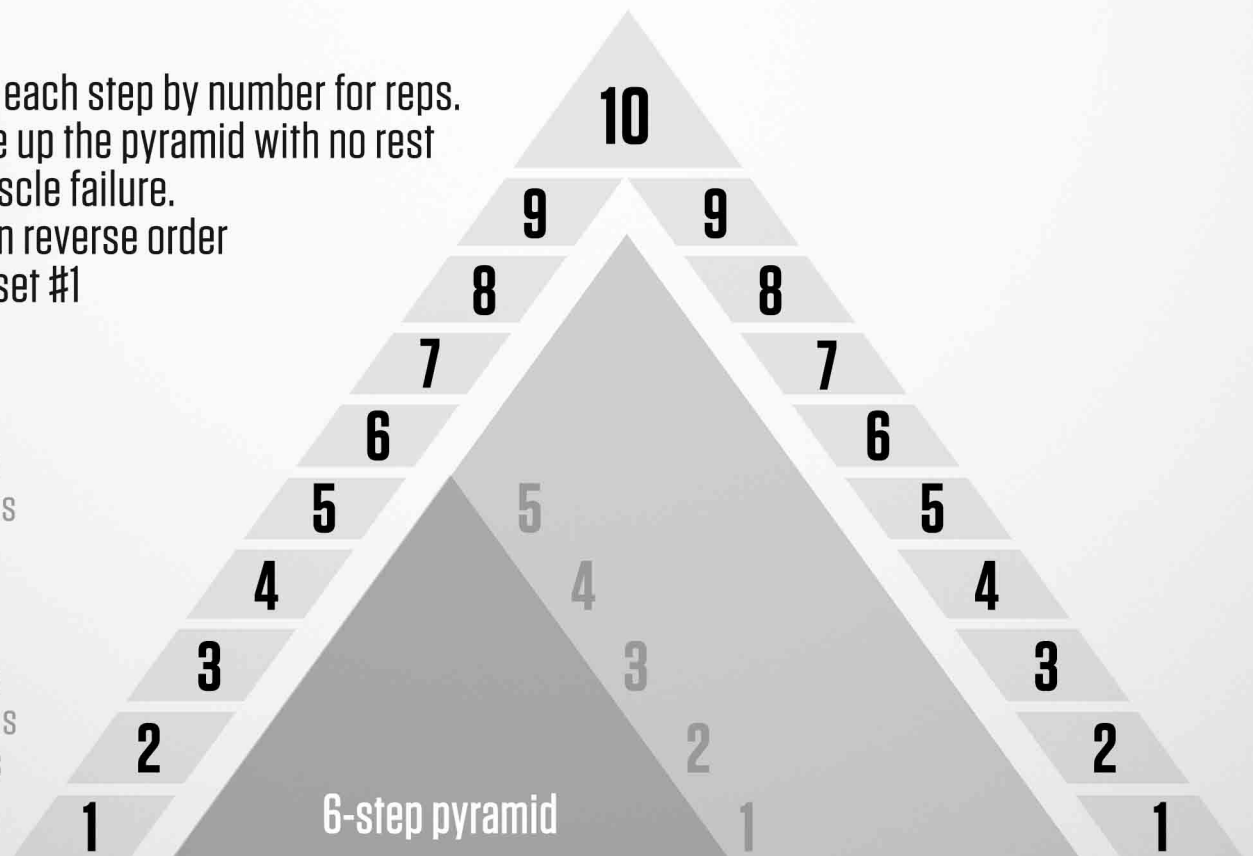
10 sit-ups

Set #4

4 pull-ups

8 push-ups

20 sit-ups



SPECIAL FORCES

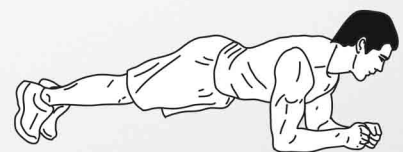
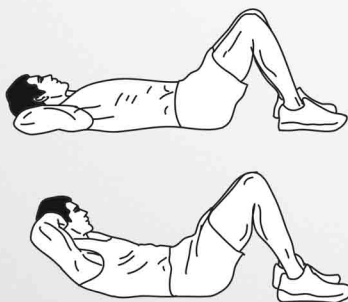
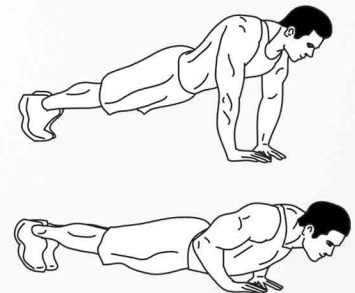
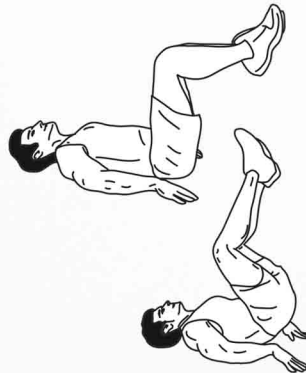
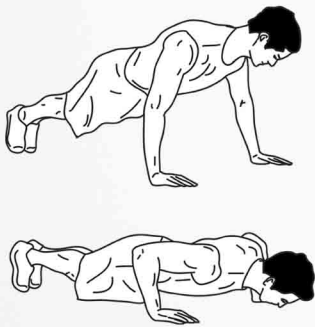
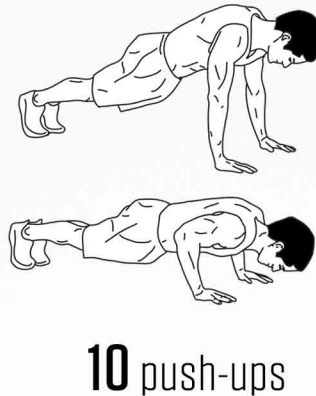
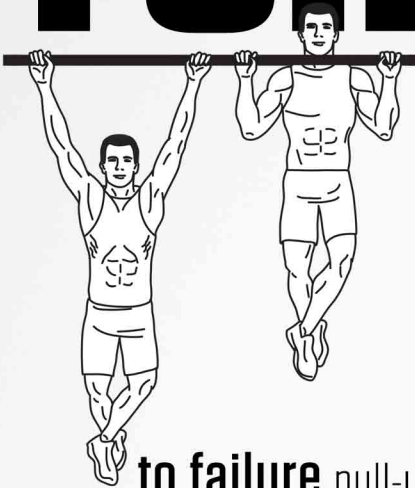
DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

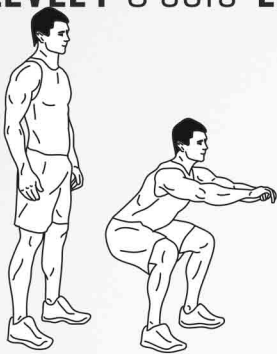
REST up to 2 minutes



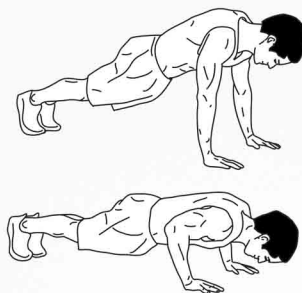
SUPER SOLDIER

DAREBEE WORKOUT @ darebee.com

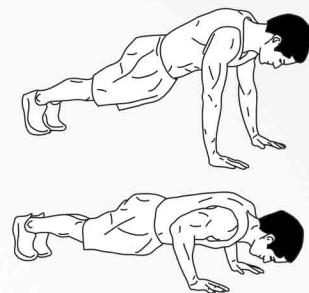
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



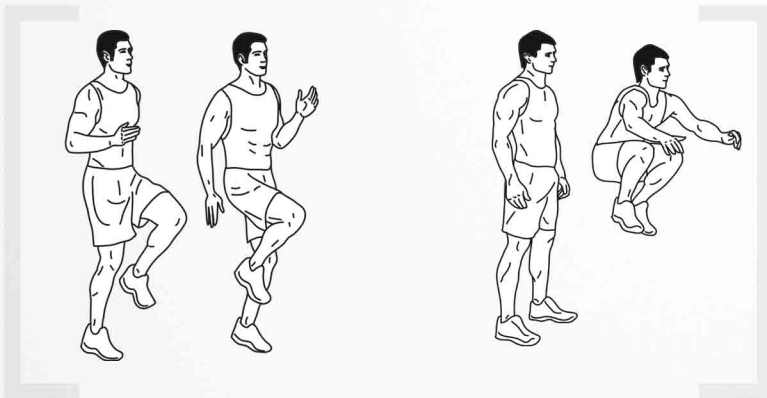
20 squats



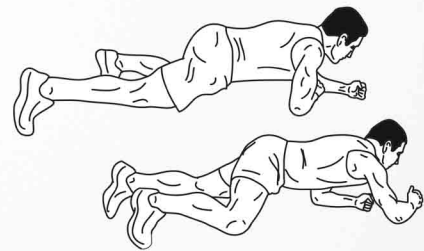
10 push-ups



10-count push-up



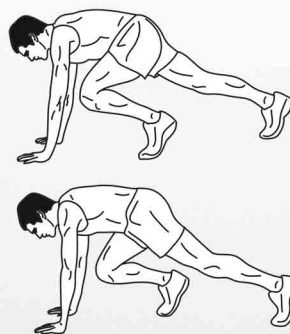
3 combos: 20 high knees + 1 jump knee tuck



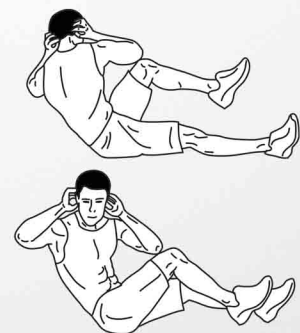
10 army crawl



10 knee-to-elbow crunches



20 climbers



10 knee-to-elbow crunches

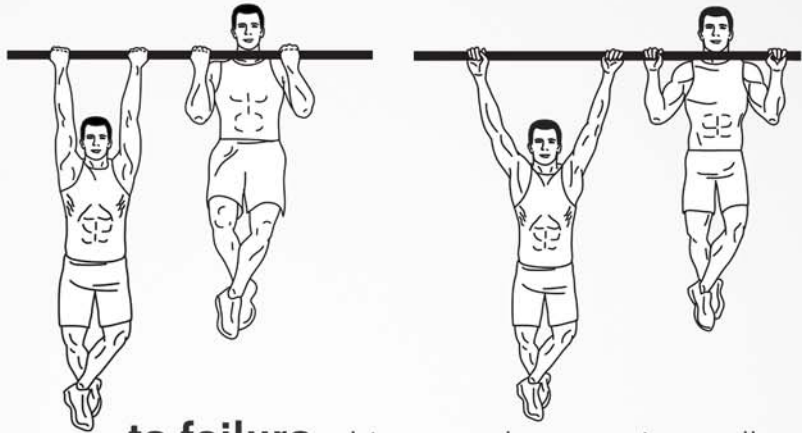
S.W.A.T.

DAREBEE WORKOUT @ darebee.com

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



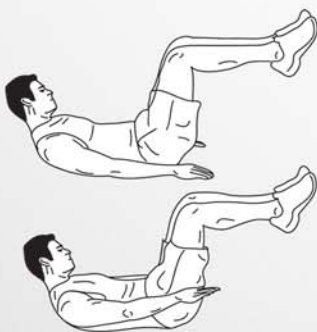
20 squats



to failure chin-up - change grip - pull-up



20combo plank jump-in + up and down plank



20 hundreds



20 sitting twists



20 high crunches