

DAREBEE programs: how to pick a program

	Focus	Length	Complexity	Equipment	Key Exercise	Special	Quick Preview
30 Days of HIIT	weight loss, streamline & tone	30 days	3	none	varied	15-minute routines	preview
30 Days of HIIT Advanced	weight loss, streamline & tone	30 days	4	none	varied	20-minute routines	preview
Combat HIIT	combat, streamline & tone	30 days	3	none	combat moves	video for each day	preview
30 Days of Change	weight loss, streamline & tone	30 days	3	none	running	running + bodyweight	preview
30 Days of Strength	strength & tone	30 days	3	pull-up bar	pull-ups	biceps accent	preview
30 Days of Cardio Blast	weight loss, streamline & tone	30 days	2	none	varied	all at-home cardio	preview
30 Days of Gravity	strength & tone	30 days	3	none	push-ups	chest & triceps accent	preview
Total Abs	abs & core	30 days	3	none	ab exercises	+ lower back focus	preview
Fighter's Codex	combat, streamline & tone	30 days	3	none	combat moves	martial arts tributes	preview
Foundation	weight loss, streamline & tone	30 days	2	none	varied	perfect base	preview
Foundation Light	weight loss, streamline & tone	30 days	1	none	varied	perfect base & rehab	preview
Spartan Trials	strength & tone	30 days	3	dumbbells	varied	spartan training	preview
Avatar Upgrade	combat, streamline & tone	30 days	4	none	combat moves	interactive	preview
Age of Pandora	combat, streamline & tone	60 days	3	none	combat moves	interactive / storyline	preview
Military Fit	strength & tone	30 days	4	none	military circuits	military training	preview
Military Fit Plus	strength & tone	30 days	4.5	weights / sandbag	military circuits	military training	preview
Hero's Journey	weight loss, streamline & tone	60 days	3	none	varied	interactive / storyline	preview
90 Days of Action	weight loss, streamline & tone	90 days	2	none	varied	long-term progression	preview