

DAREBEE WORKOUT

anywhere

abs

© darebee.com



40 side leg raises **x 2 sets** in total
no rest between sets - 1 set per leg



10 twists **x 4 sets** in total
20 seconds rest in between sets



40 leg swings **x 2 sets** in total
no rest between sets - 1 set per leg



10 knee-to-elbows **x 4 sets** in total
20 seconds rest in between sets

ATOMIC

DAREBEE **HIT** WORKOUT © darebee.com

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



40sec step jacks



10sec knee-to-elbows



10sec lunge step-ups



40sec step jacks



10sec knee-to-elbows



10sec calf raises



40sec step jacks



10sec knee-to-elbows



10sec staggered deadlifts

AURORA

DAREBEE WORKOUT © darebee.com

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



20 march steps



10 knee-to-elbows



10 side leg raises



20 march steps



10 knee-to-elbows



10 calf raises



20 march steps



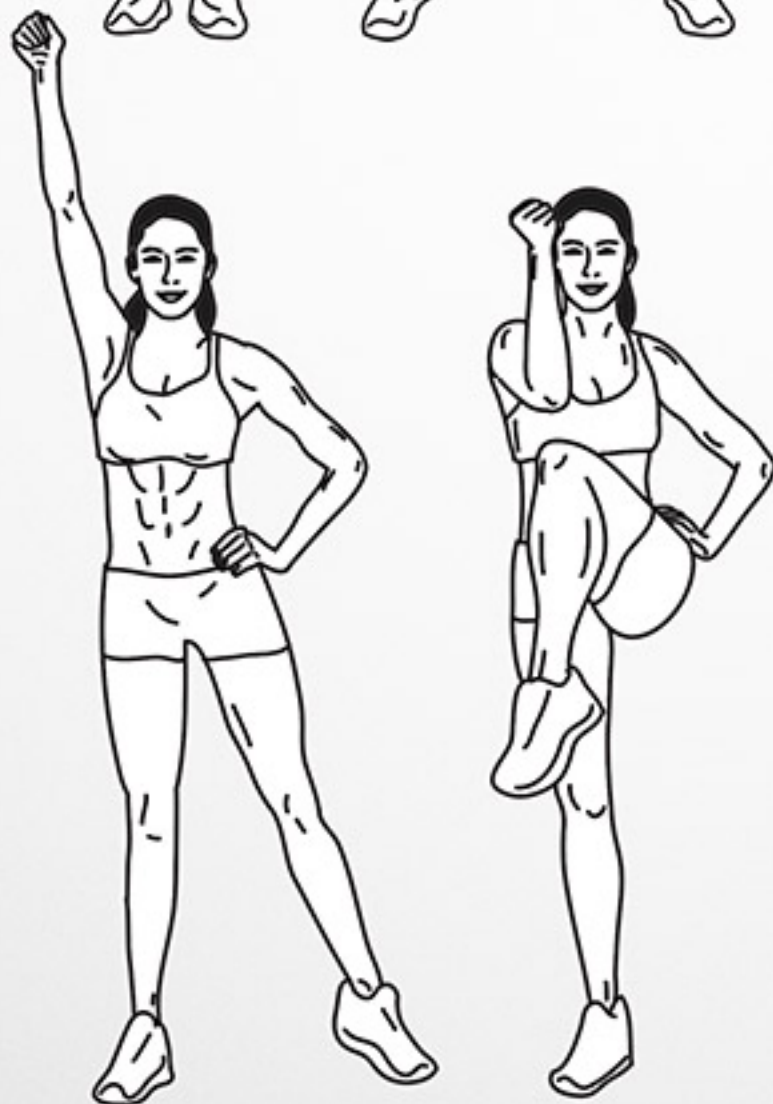
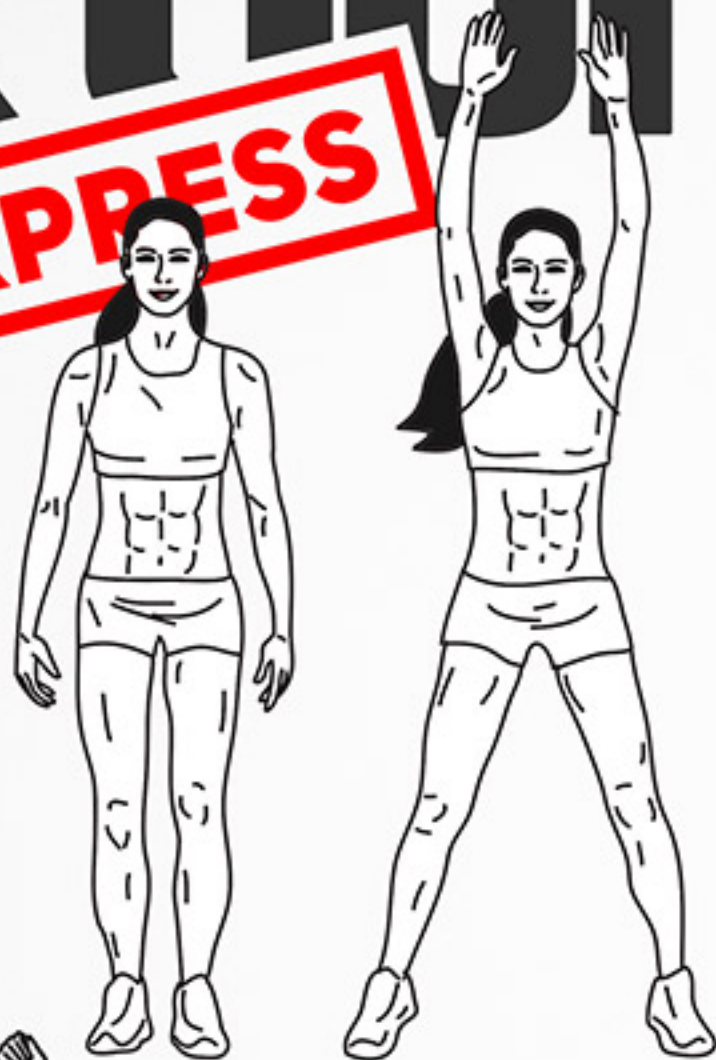
10 knee-to-elbows



10 twists

Cardio & Core

EXPRESS



DAREBEE
WORKOUT

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3 sets | 2 minutes rest

10 jumping jacks

4 knee-to-elbows

10 jumping jacks

4 knee-to-elbows

10 jumping jacks

4 knee-to-elbows

10 jumping jacks

4 knee-to-elbows

10 jumping jacks

4 knee-to-elbows

done

Cardio & Core

EXPRESS



DAREBEE
WORKOUT

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3 sets | 2 minutes rest

10 jumping jacks

4 knee-to-elbows

10 jumping jacks

4 knee-to-elbows

10 jumping jacks

4 knee-to-elbows

10 jumping jacks

4 knee-to-elbows

10 jumping jacks

4 knee-to-elbows

done

CORRECTOR

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



10 step jacks



20 raised arm circles



10 step jacks



10 knee-to-elbows



20 raised arm circles



10 knee-to-elbows



10 march steps



20 raised arm circles



10 march steps

GUT BUSTER

DAREBEE WORKOUT

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5 sets | 2 minutes rest between sets



20 high knees

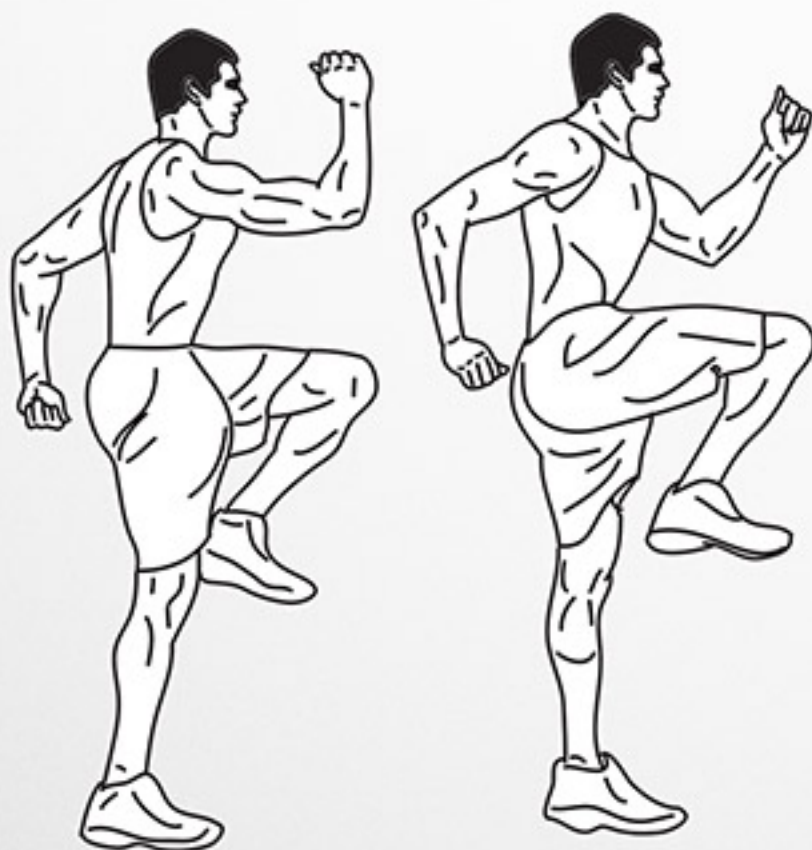
10 march steps (walk)

20 high knees

10 march steps (walk)

20 high knees

10 march steps (walk)



20 high knees

10 march steps (walk)

20 high knees

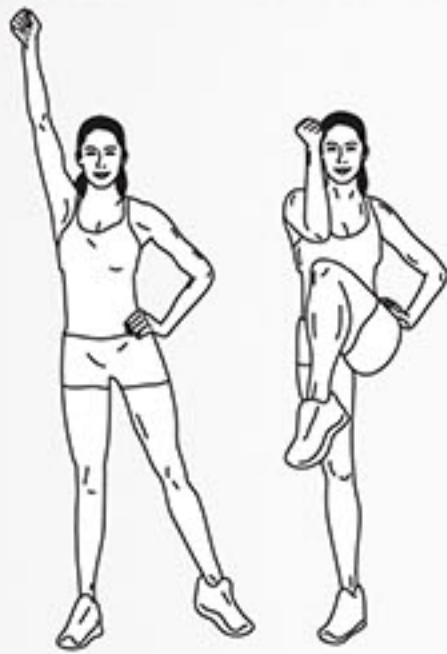
10 march steps (walk)

done

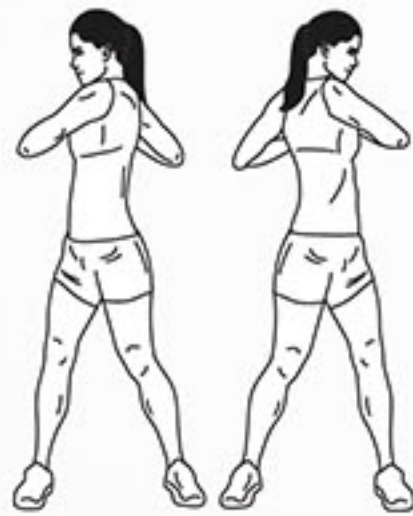
ONE DAY AT A TIME

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



20 knee to elbows



6 torso twists



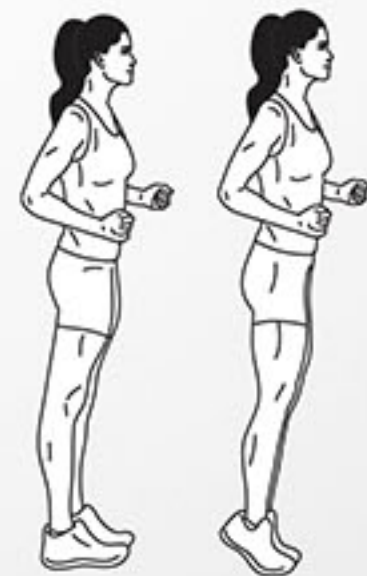
20 side leg raises



20 march steps



6 lunge step-ups



6 calf raises

SOMETHING I CAN *actually* DO

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



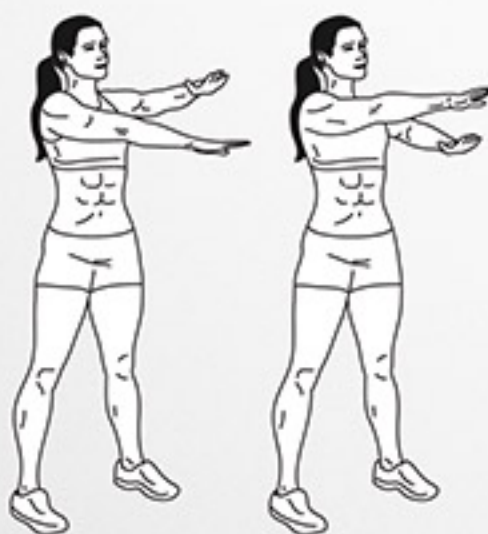
20 march steps



5 calf raises



20 butt kicks



20 arm scissors



10 raised arm circles



10 knee-to-elbows

standing abs

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

IN COLLABORATION WITH **NHS** choices



20 knee-to-elbows



20 high knees



10 torso twists



20 side leg raises



20 high knees



10 torso twists

standing core

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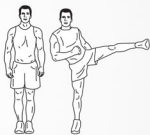
repeat 3 times | up to 2 minute rest between sets



20 march twists



20 rotations



20 side leg raises



20 side bends



20 twists

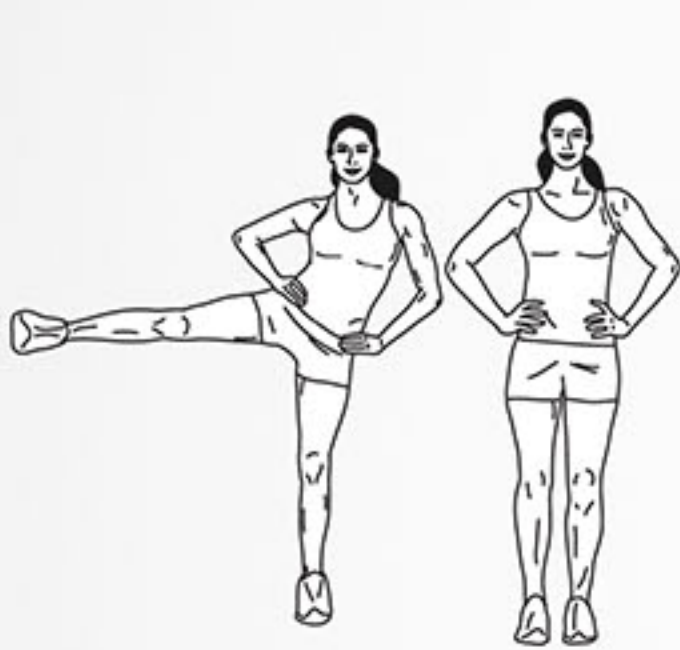


10 single leg deadlifts

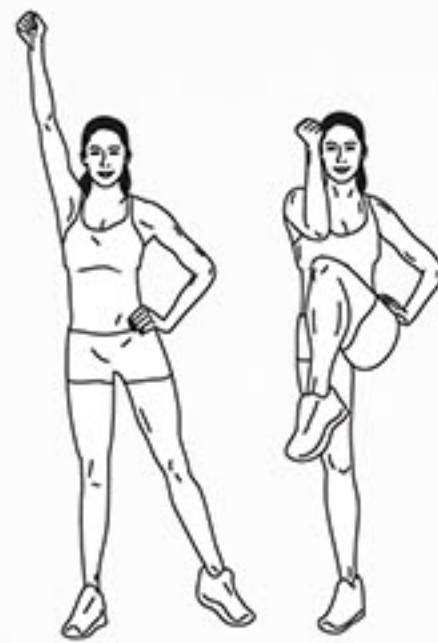
THRIVE

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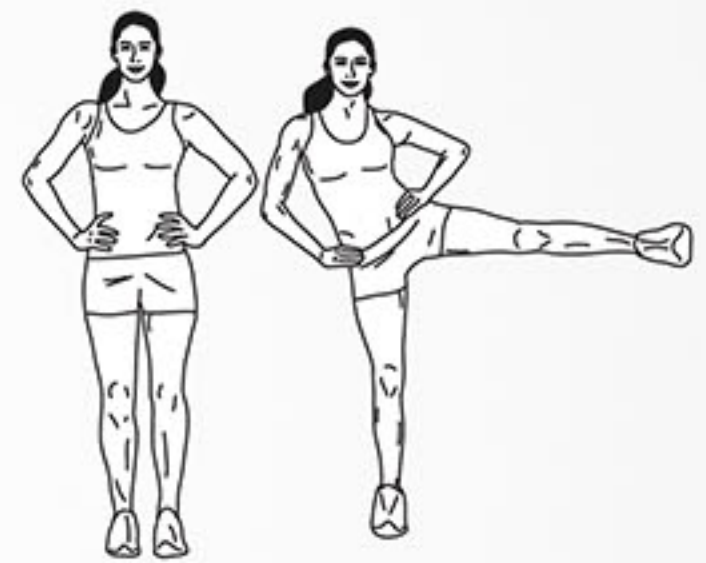
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



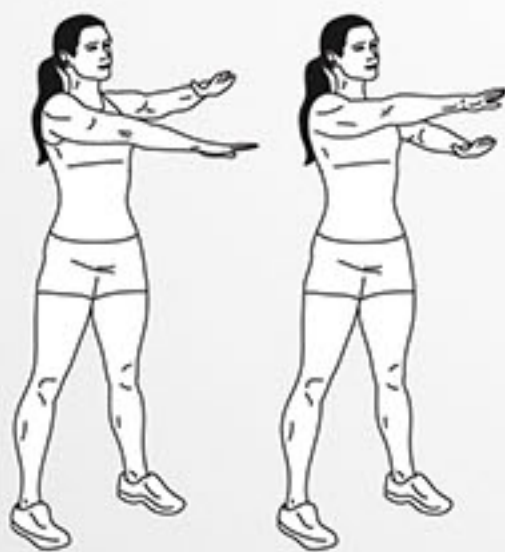
20 side leg raises
right leg



10 knee-to-elbows



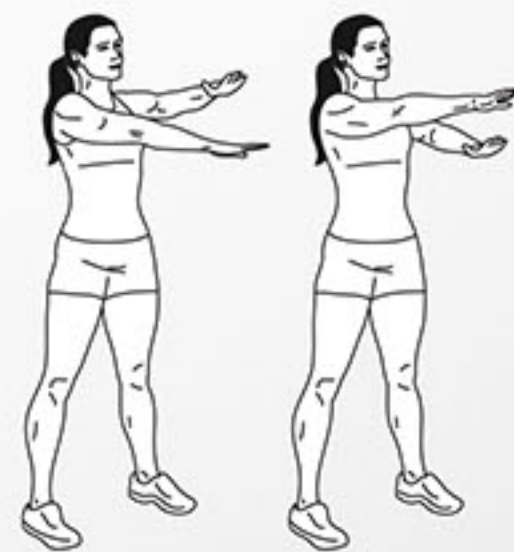
20 side leg raises
left leg



20 arm scissors



10 raised arm circles



20 arm scissors

TIME

OF MY

LIFE

DAREBEE WORKOUT

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LEVEL I 3 sets

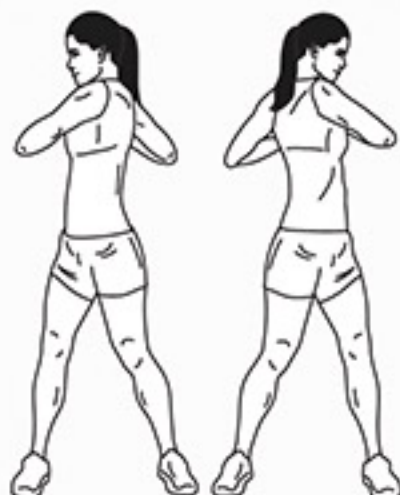
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 march with wide circles



10 torso twists



10 side bends



10 step jacks



10 knee to elbows



10 back leg raises