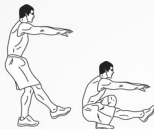


EXPERT LEVEL

DAREBEE WORKOUT @ darebee.com

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



16 pistol squats



16 calf raises



4 cross body push-ups



4 cross tricep extensions



4 archer push-ups



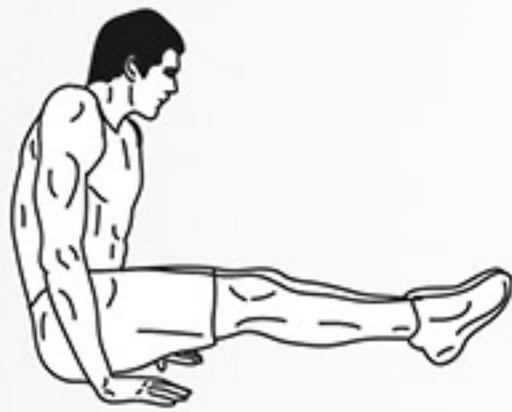
16 V-ups



extreme abs

DAREBEE WORKOUT @ darebee.com

30 seconds each exercise | no rest between exercises



L-sit hold



V-ups



hollow hold



elbow plank crunches



up and down planks

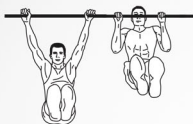


side star plank

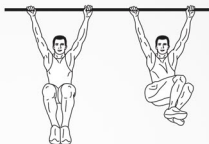
EXTREME

DAREBEE WORKOUT © darebee.com

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



to failure raised legs pull-ups



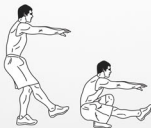
to failure raised knees twists



to failure circle push-ups



to failure push-up plank hold



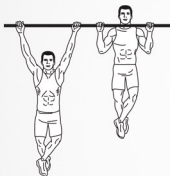
to failure pistol squats

FRONT LEVER PREP

attempt
when ready

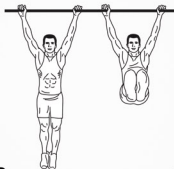


DAREBEE WORKOUT
© darebee.com



5 pull-ups
3 sets

60sec rest between sets



8 leg raises
3 sets
(as high as possible)

60sec rest between sets



to failure leg raise hold
3 sets

60sec rest between sets



30sec x **3** sets
tuck front lever hold

60sec rest between sets



30sec x **3** sets
advanced tuck front lever

60sec rest between sets



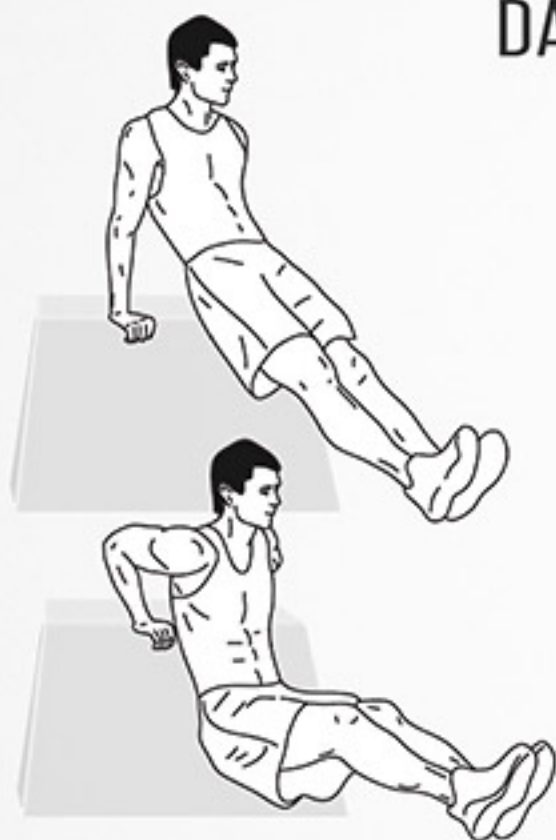
30sec x **3** sets
single leg front lever

60sec rest between sets

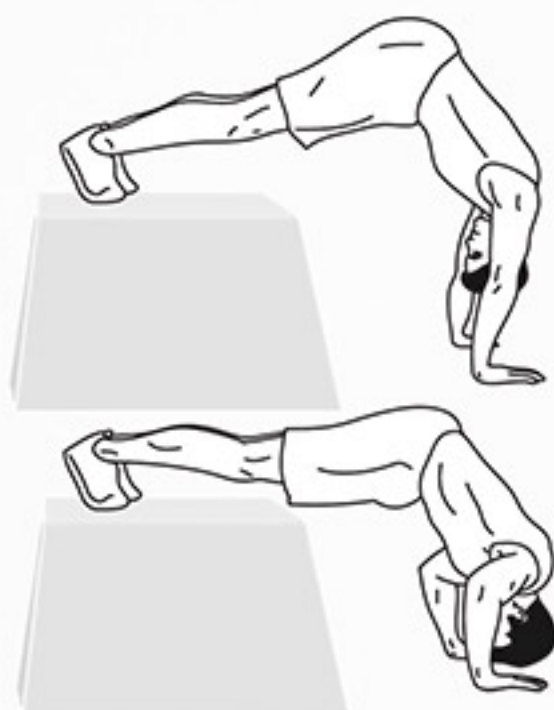
HAND STAND PREP



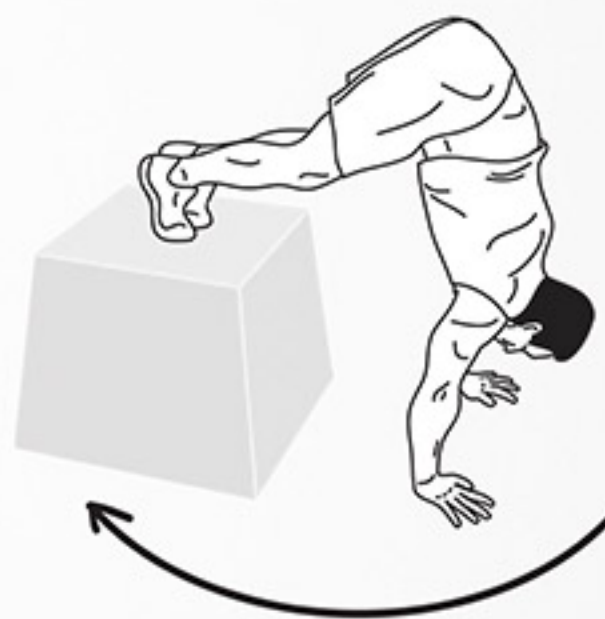
DAREBEE WORKOUT @ darebee.com



20
tricep dips x 3 sets
60sec rest between sets



10
raised pike push-ups x 3 sets
60sec rest between sets



30sec
box walk x 3 sets
60sec rest between sets

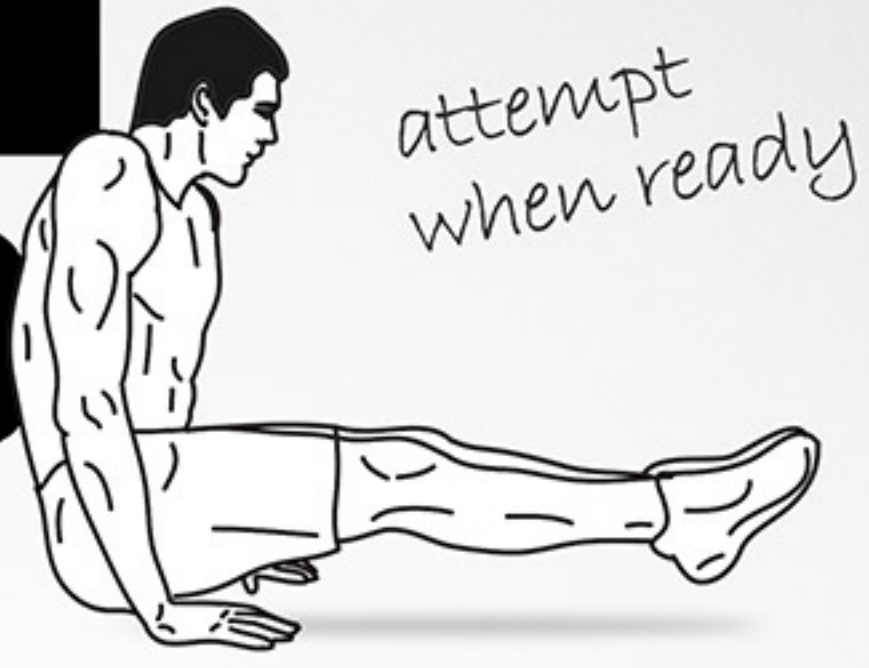


30sec reverse grip plank x 3 sets
60 seconds rest between sets

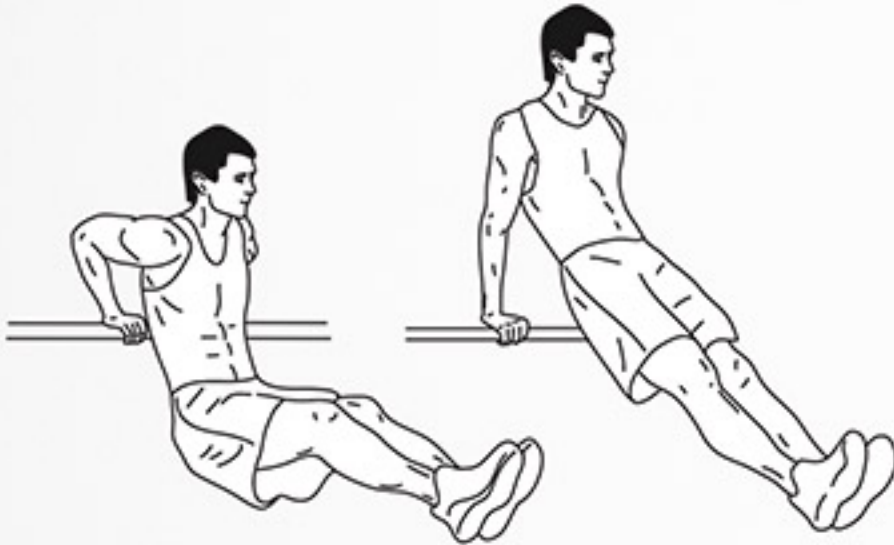


30sec hollow hold x 5 sets
60 seconds rest between sets

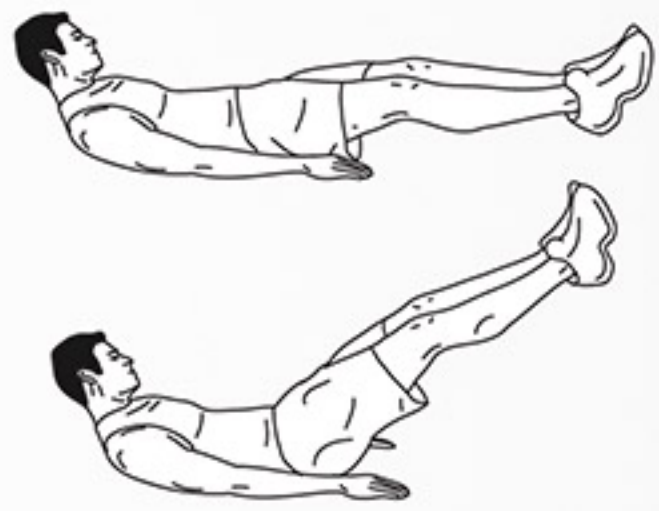
L-SIT PREP



DAREBEE WORKOUT @ darebee.com



20 tricep dips
4 sets 60sec rest between sets



20 leg raises
4 sets 60sec rest between sets



30sec tuck hold
repeat 2 times in total
60sec rest between sets



30sec boat pose hold
repeat 2 times in total
60sec rest between sets



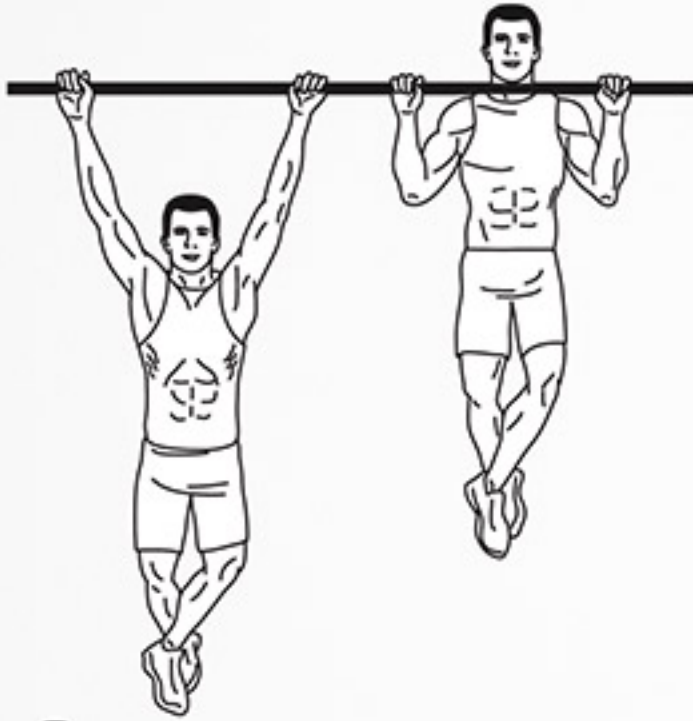
30sec tuck sit hold
repeat 2 times in total
60sec rest between sets

MUSCLE-UP PREP

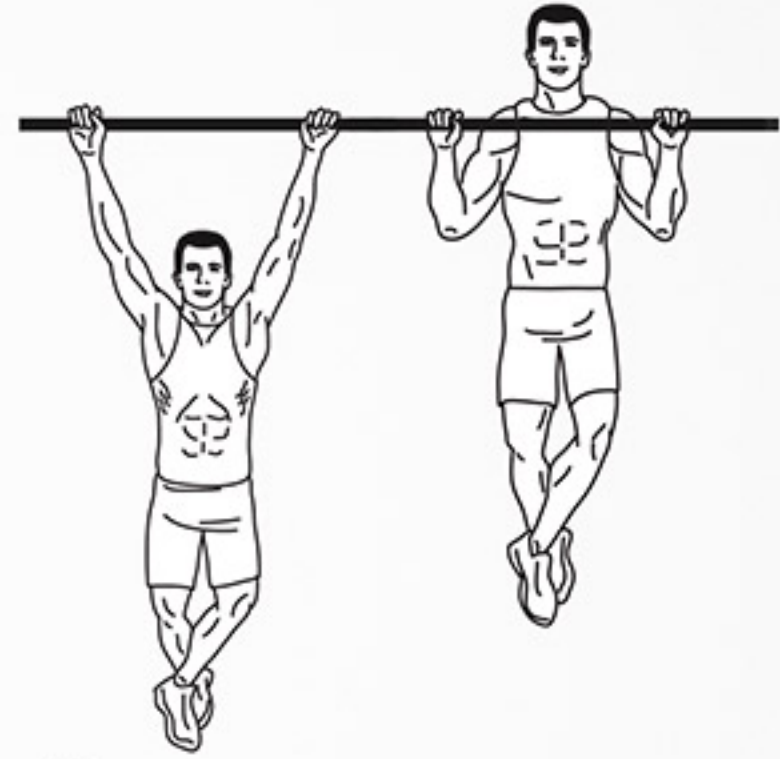


*only attempt
if you can do
10+ pull-ups*

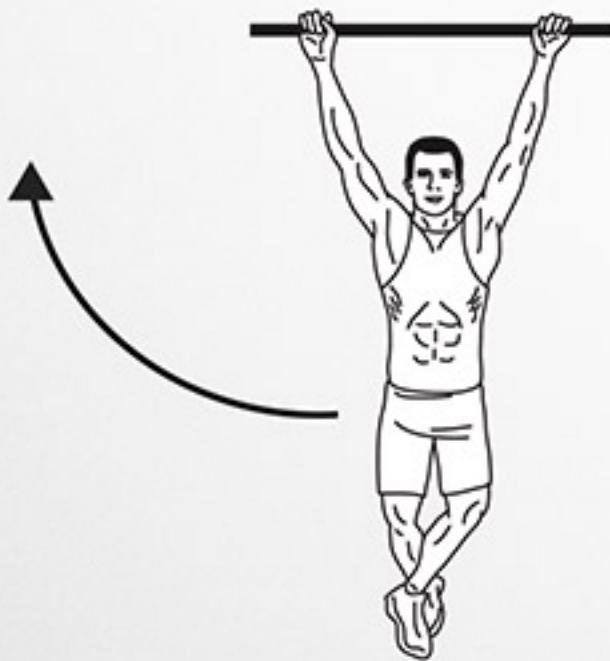
DAREBEE WORKOUT @ darebee.com



8 pull-ups x 3 sets
60sec rest between sets



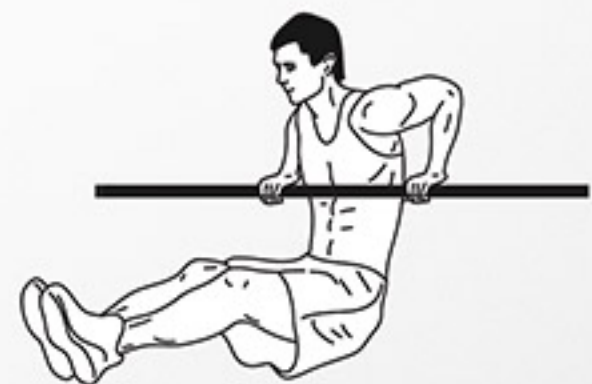
8 explosive pull-ups x 3 sets
60sec rest between sets



8 lateral swings x 3 sets
60sec rest between sets



**to failure
pull-up hold x 3 sets**
60sec rest between sets



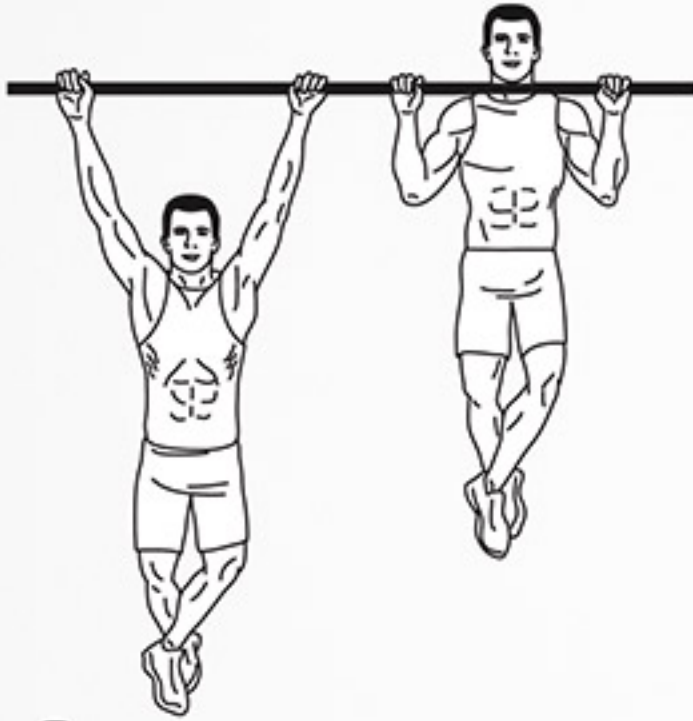
5 bar dips x 3 sets
60sec rest between sets

MUSCLE-UP PREP

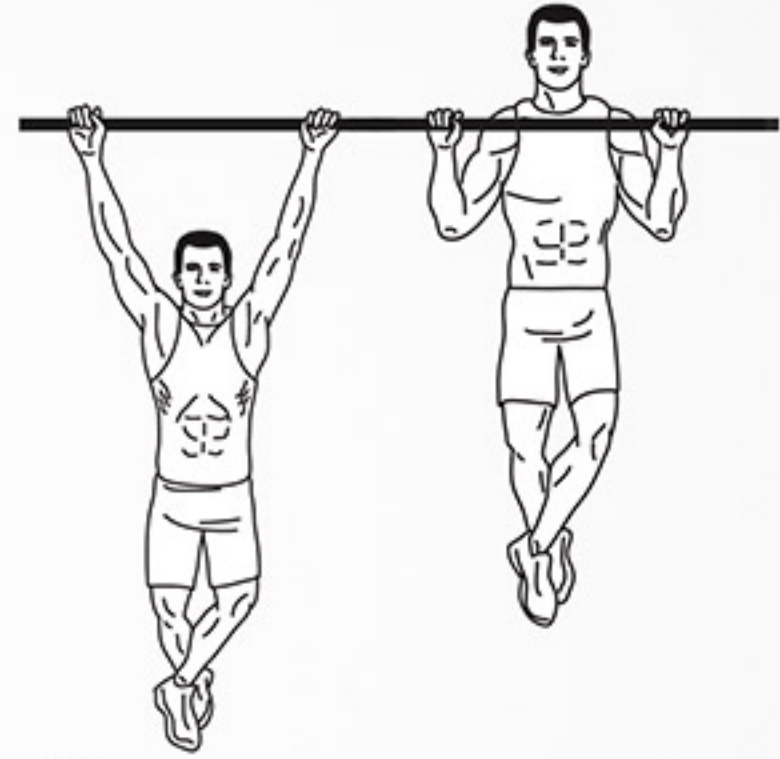


*only attempt
if you can do
10+ pull-ups*

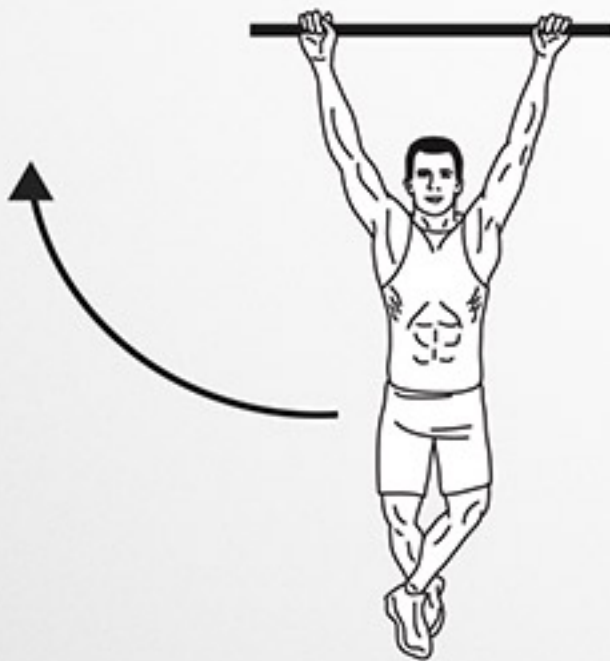
DAREBEE WORKOUT @ darebee.com



8 pull-ups x 3 sets
60sec rest between sets



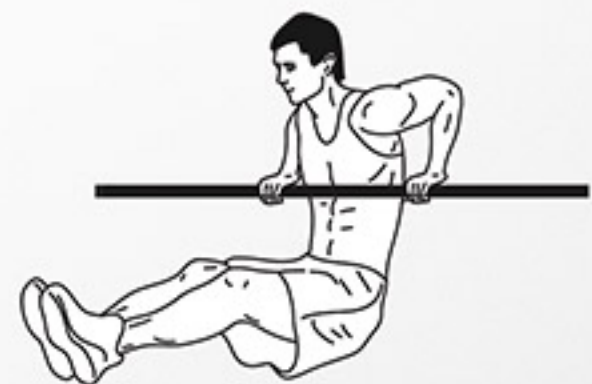
8 explosive pull-ups x 3 sets
60sec rest between sets



8 lateral swings x 3 sets
60sec rest between sets



**to failure
pull-up hold x 3 sets**
60sec rest between sets

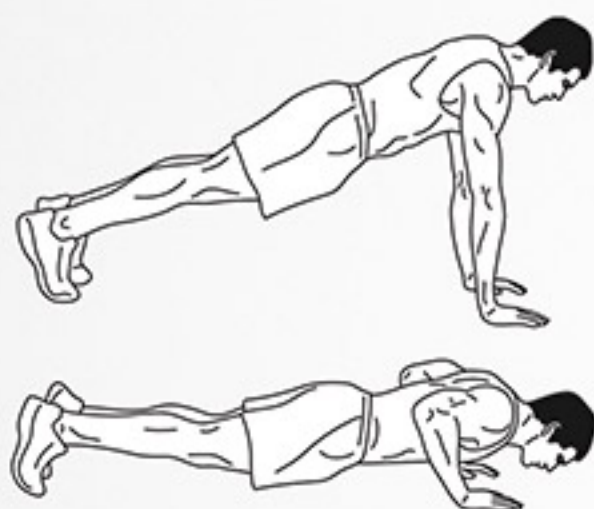


5 bar dips x 3 sets
60sec rest between sets

ONE-ARM PULL-UP PREP

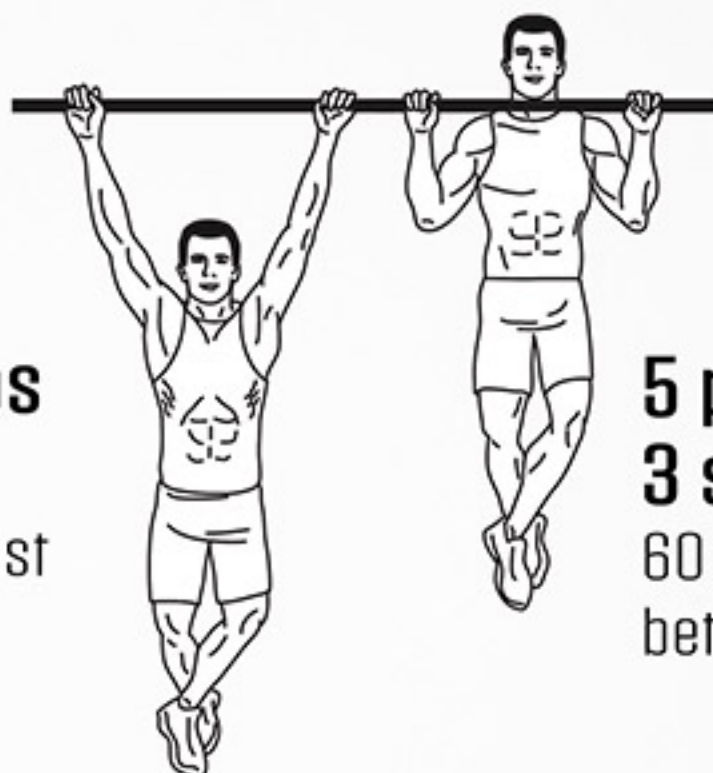
*only attempt
if you can do
15+ pull-ups*

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



**10 push-ups
3 sets**

60 seconds rest
between sets



**5 pull-ups
3 sets**

60 seconds rest
between sets



30sec x 3 sets

single arm hang
2 minutes rest
between sets



20sec x 3 sets

single arm flex hang
2 minutes rest
between sets



10sec x 3 sets

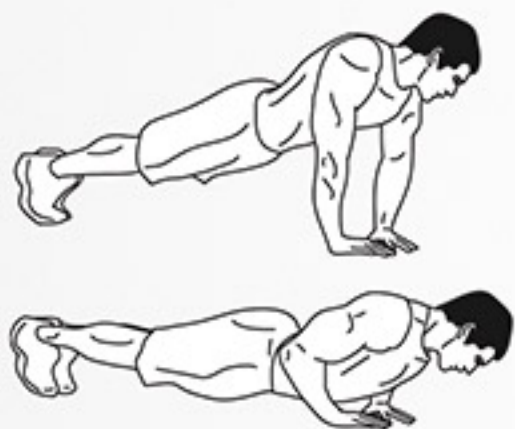
single arm pull-up hold
2 minutes rest
between sets

ONE ARM PUSH-UP PREP

*attempt
when ready*



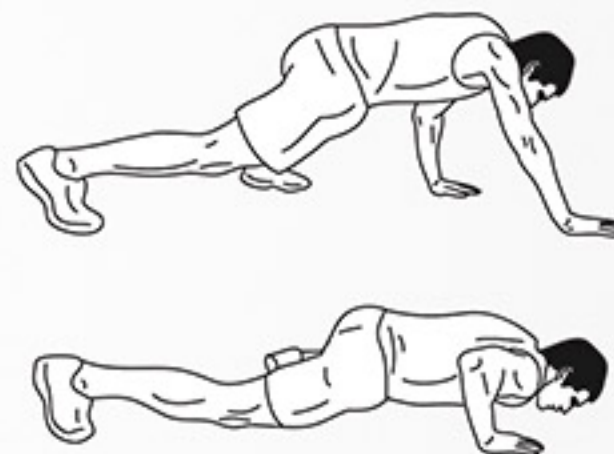
DAREBEE WORKOUT @ darebee.com



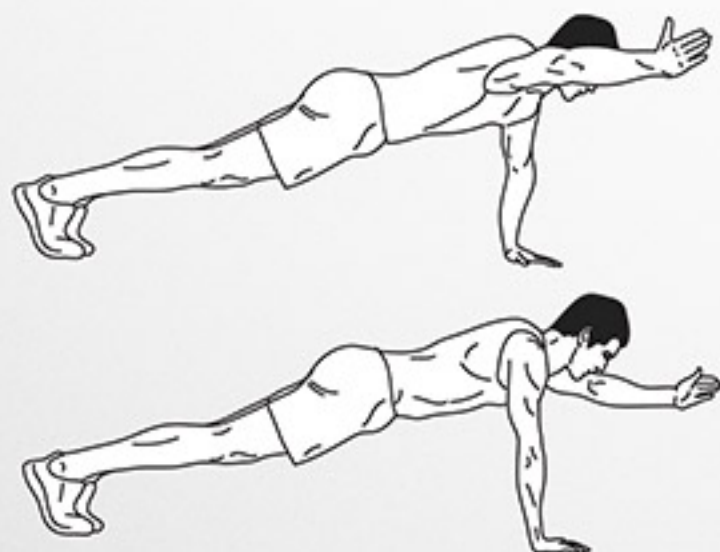
10 diamond push-ups
x 3 sets
60sec rest between sets



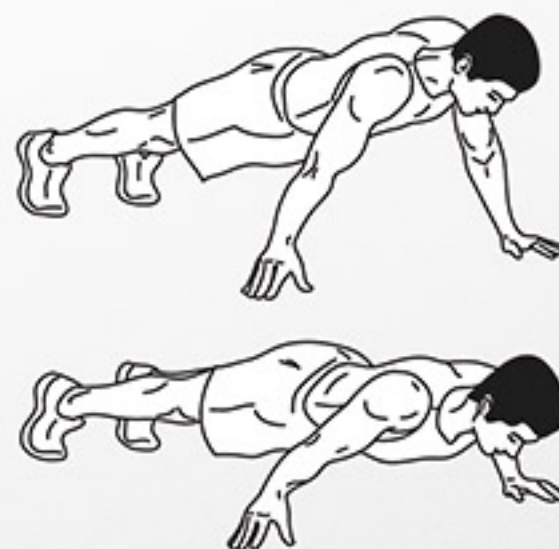
30sec
one arm plank hold
per side



10 dragon push-ups
x 3 sets
60sec rest between sets



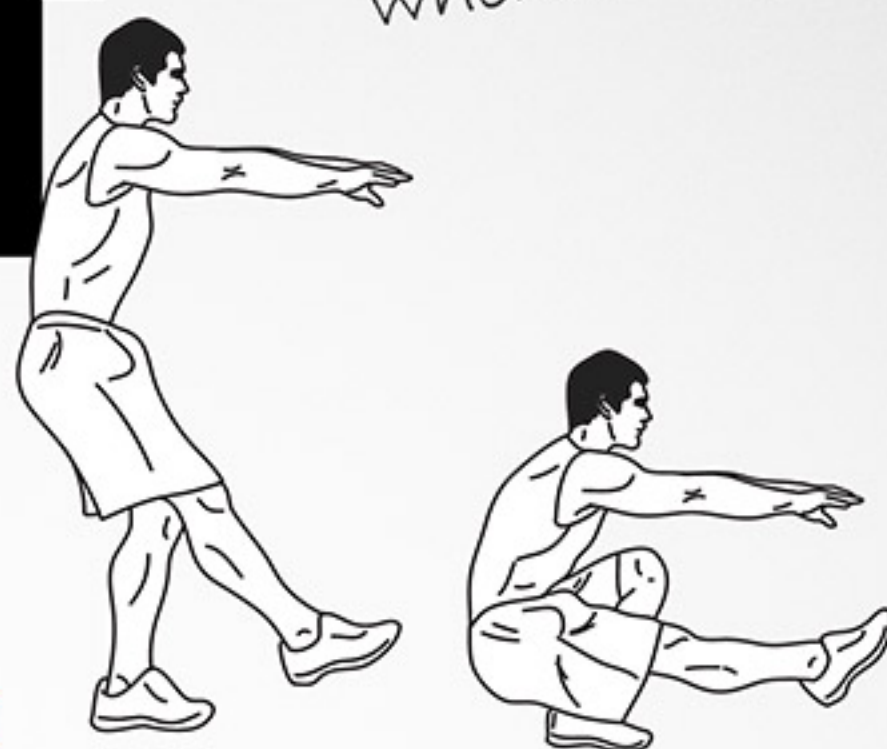
30 plank arm raises x 3 sets
60sec rest between sets



10 archer push-ups x 3 sets
60sec rest between sets

PISTOL SQUAT PREP

*attempt
when ready*



DAREBEE WORKOUT @ darebee.com



10 squats x 3 sets
60sec rest between sets



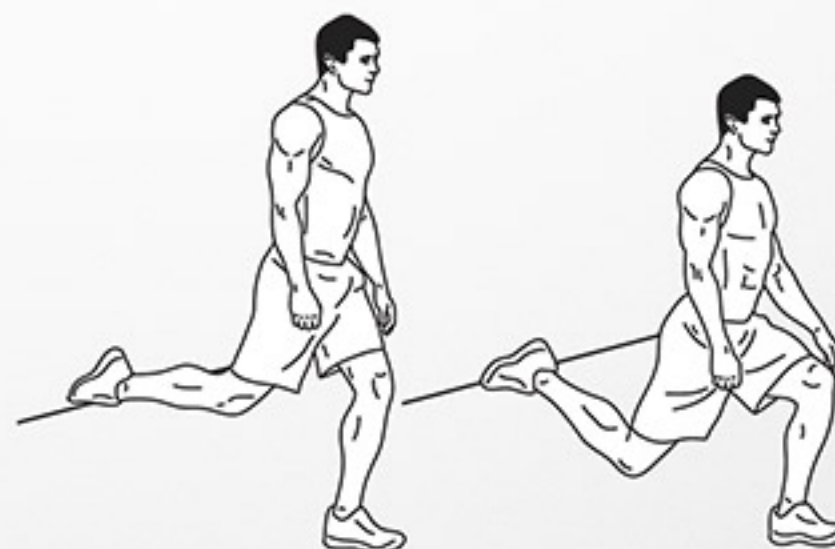
**30 seconds
balance hold**
each leg



**30 seconds
balance half squat hold**
each leg



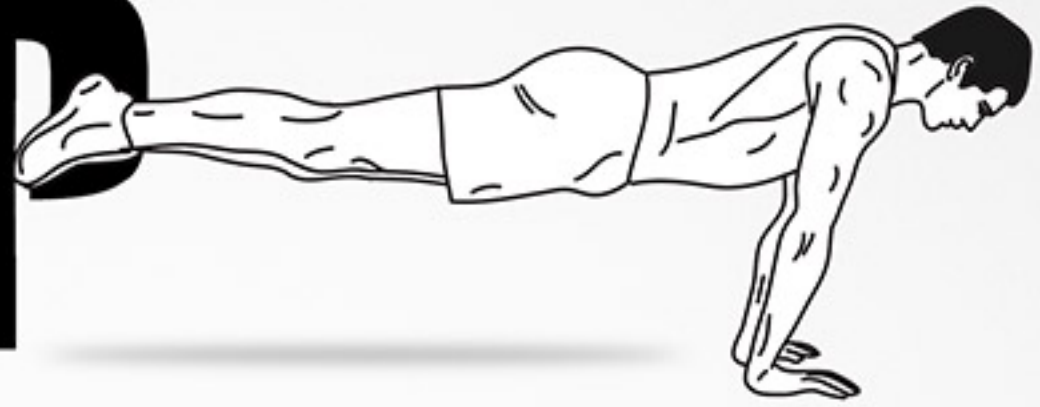
10 side-to-side lunges x 3 sets
60sec rest between sets



10 split squats x 3 sets
60sec rest between sets

attempt
when ready

PLANCHE PREP



DAREBEE WORKOUT @ darebee.com



8 plank walk-outs
4 sets 60sec rest between sets



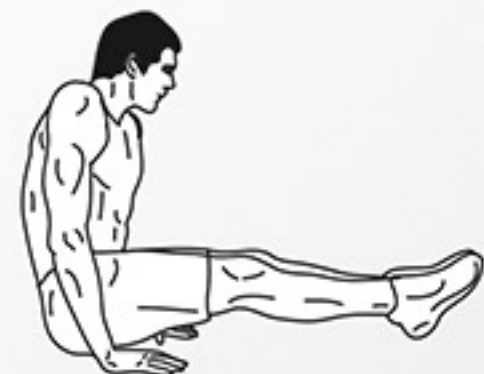
10sec leaning plank
4 sets 60sec rest between sets



10sec leaning plank
leg raised (each leg)
4 sets
60sec rest between sets



5 crane pose lifts
4 sets
60sec rest between sets



to failure L-Sit
4 sets
60sec rest between sets