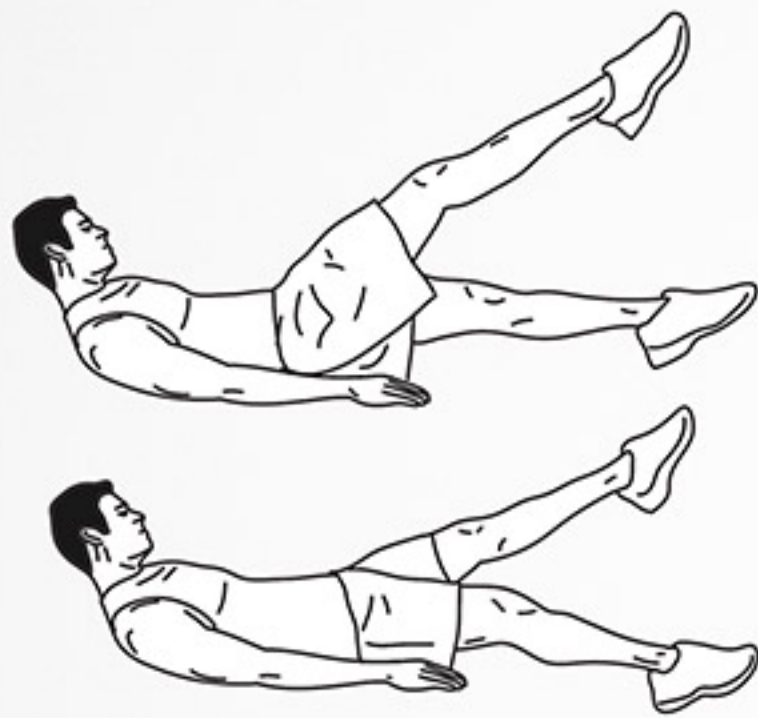


daily abs

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



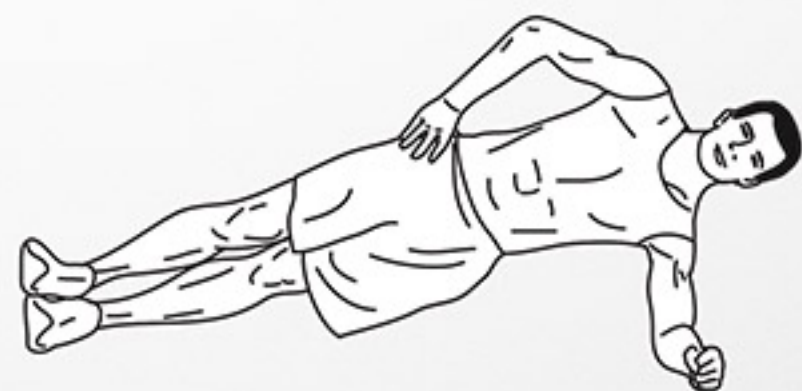
20 flutter kicks
x **3 sets** in total
20 seconds rest between sets



20 knee-to-elbow crunches
x **3 sets** in total
20 seconds rest between sets



1 minutes elbow plank



1 minutes side elbow plank
30 seconds per side

Daily Burn

DAREBEE WORKOUT @ darebee.com
3 sets | up to 2 minutes rest between sets



10 half jacks



4 plank jacks



4 plank jump-ins



10-count plank



4 push-ups



10 squats

Daily Cardio Dose

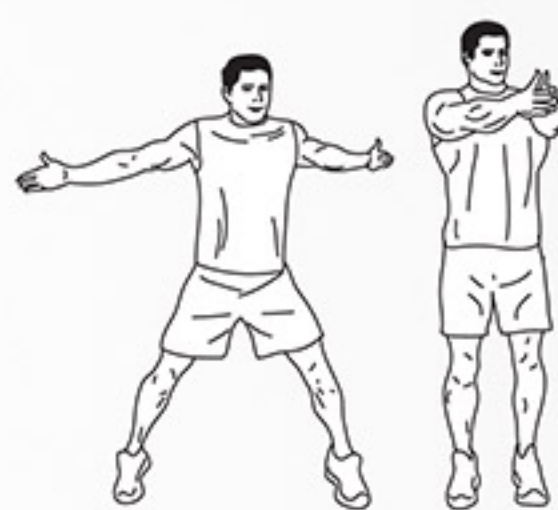
DAREBEE WORKOUT @ darebee.com



50 jumping jacks



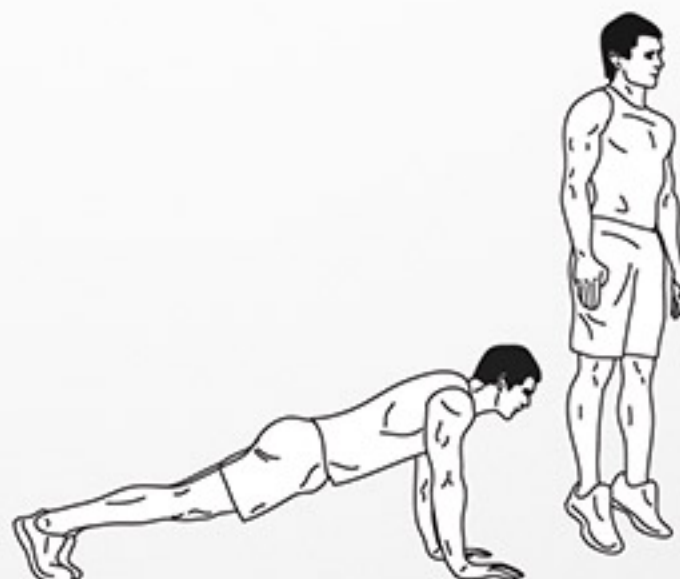
40 side jacks



30 seal jacks



20 butt kicks



10 basic burpees

DAILY

FIX

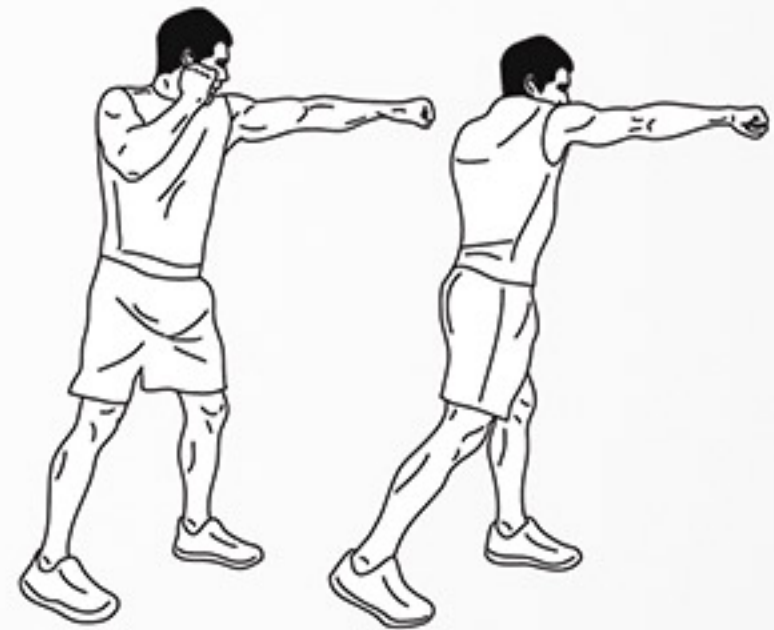
DAREBEE
WORKOUT

@ darebee.com

3 sets | 2 minutes rest



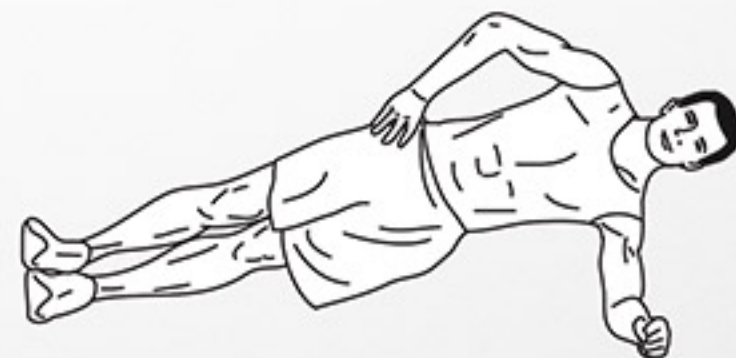
20 lunges



20 punches



20sec elbow plank



20sec side elbow plank

DAILY **WORKOUT**

BY DAREBEE @ darebee.com

3 sets | up to 2 minutes rest between sets



10 jumping jacks



2 squats



2 push-ups



10 high knees



10 climbers



2 plank jump-ins