

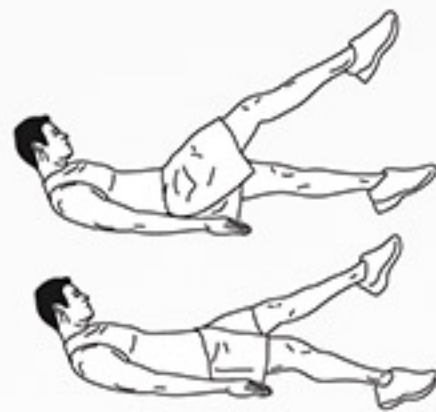
# epic abs

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

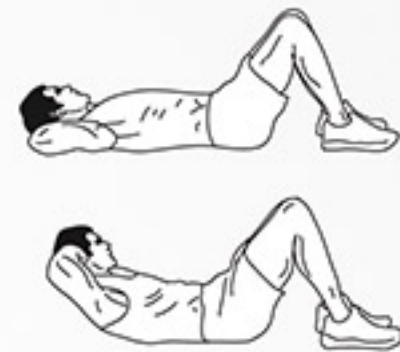
Level I 3 sets Level II 4 sets Level III 5 sets | 2 minutes rest



**20sec** crunches



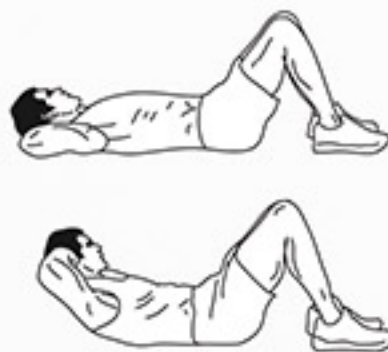
**20sec** flutter kicks



**20sec** crunches



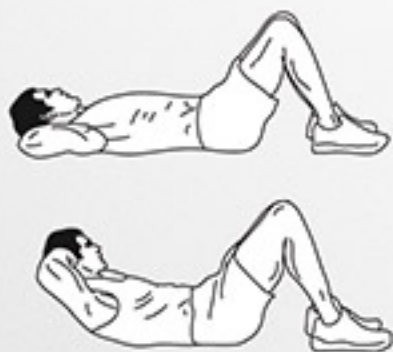
**20sec** heel taps



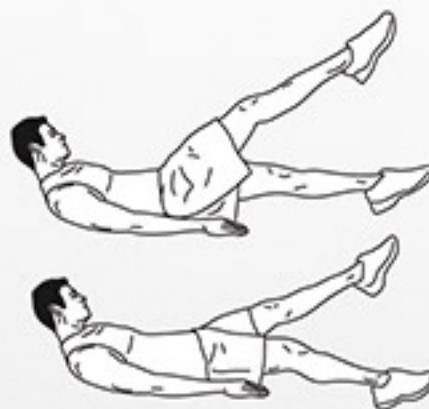
**20sec** crunches



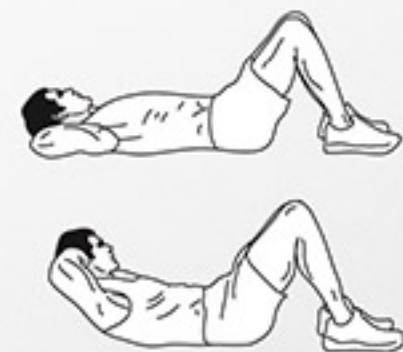
**20sec** heel taps



**20sec** crunches



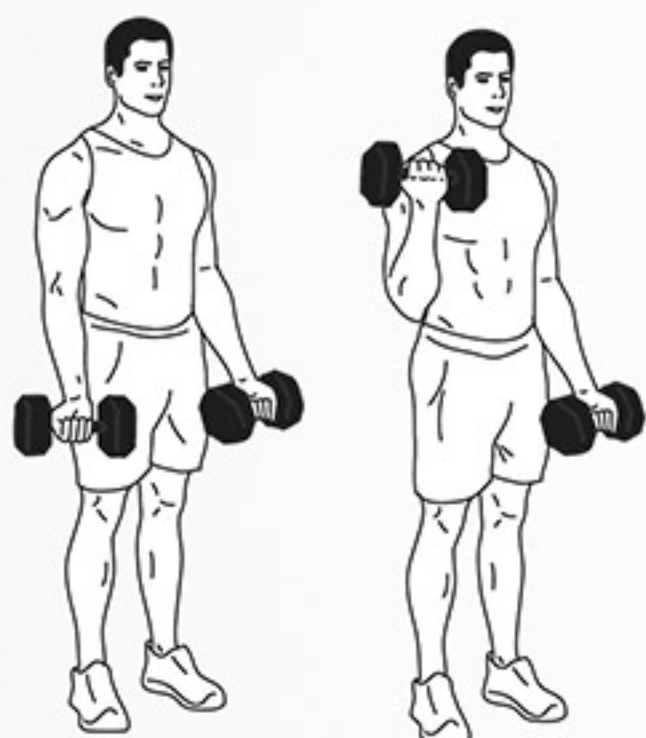
**20sec** flutter kicks



**20sec** crunches

# EPIC ARMS

DAREBEE WORKOUT © [darebee.com](http://darebee.com)



**10** alt bicep curls

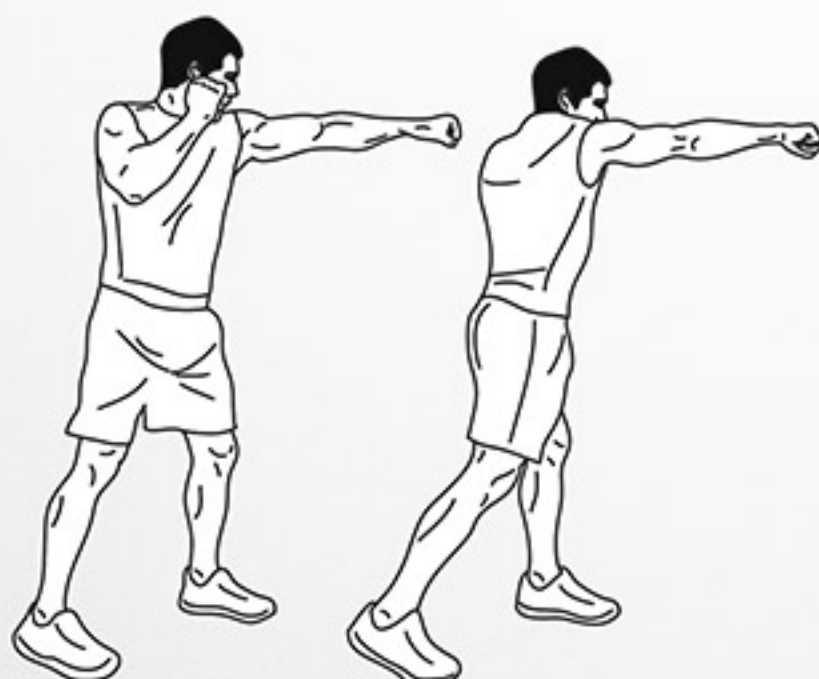
**20** punches

**10** alt bicep curls

**20** punches

**10** alt bicep curls

**20** punches



**10** alt bicep curls

**20** punches

**10** alt bicep curls

**20** punches

done

# EPIC CALVES

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

3 sets | 2 minutes rest



**10** high knees

**6** calf raises

**10** high knees

**6** calf raises

**10** high knees

**6** calf raises



**10** high knees

**6** calf raises

**10** high knees

**6** calf raises

# EPIC CHEST

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

2 minutes rest between exercises



**to fatigue** push-ups  
x 3 sets in total  
30 seconds rest between sets



**to fatigue** plank rotations  
x 3 sets in total  
30 seconds rest between sets



**to fatigue** upward downward dog  
x 3 sets in total  
30 seconds rest between sets



**to fatigue** shoulder taps  
x 3 sets in total  
30 seconds rest between sets

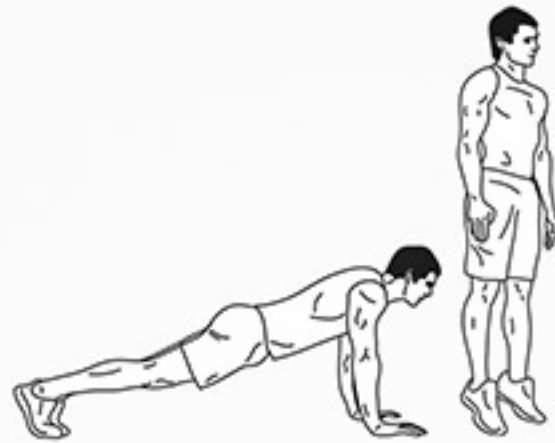
# EPIC DASH

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

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



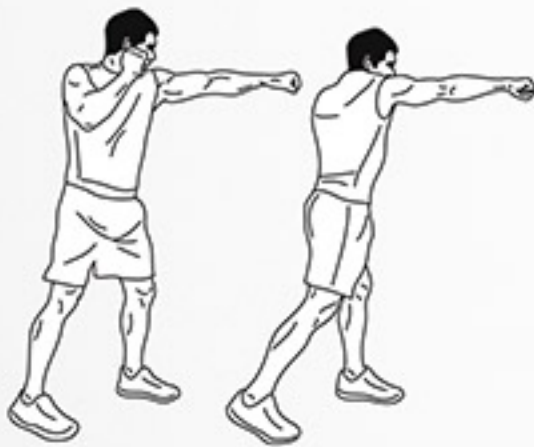
**20sec** high knees



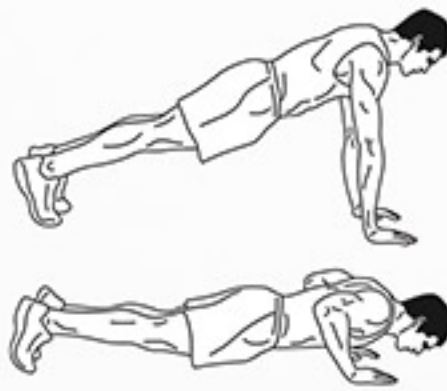
**10sec** basic burpees



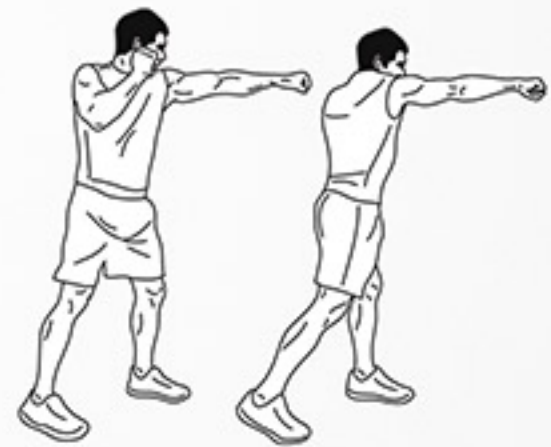
**20sec** high knees



**20sec** punches



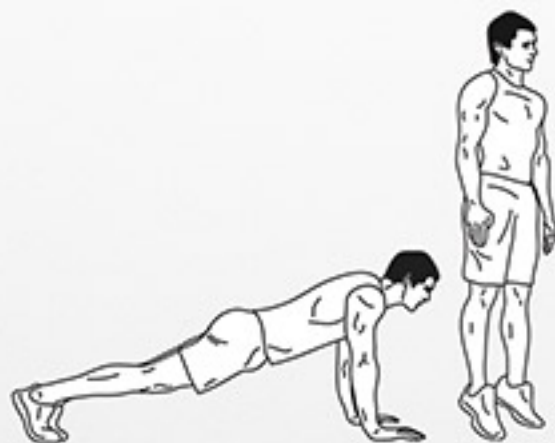
**10sec** push-ups



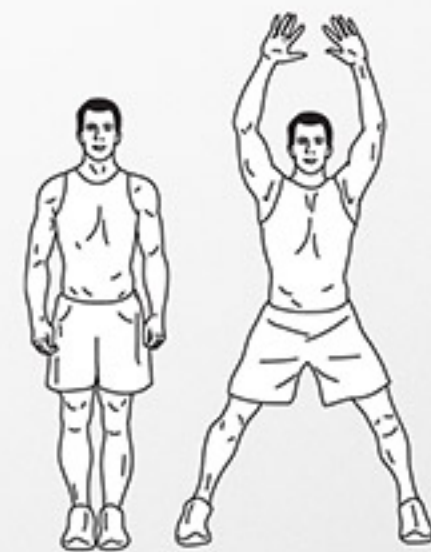
**20sec** punches



**20sec** jumping jacks



**10sec** basic burpees



**20sec** jumping jacks

# epic gains

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

60 seconds rest  
between exercises



**12** bicep curls into shoulder press  
**5 sets in total**  
60 sec rest in between



**8** bent over lateral raises  
**5 sets in total**  
60 sec rest in between



**12** calf raises  
**5 sets in total**  
60 sec rest in between



**12** squats  
**5 sets in total**  
60 sec rest in between

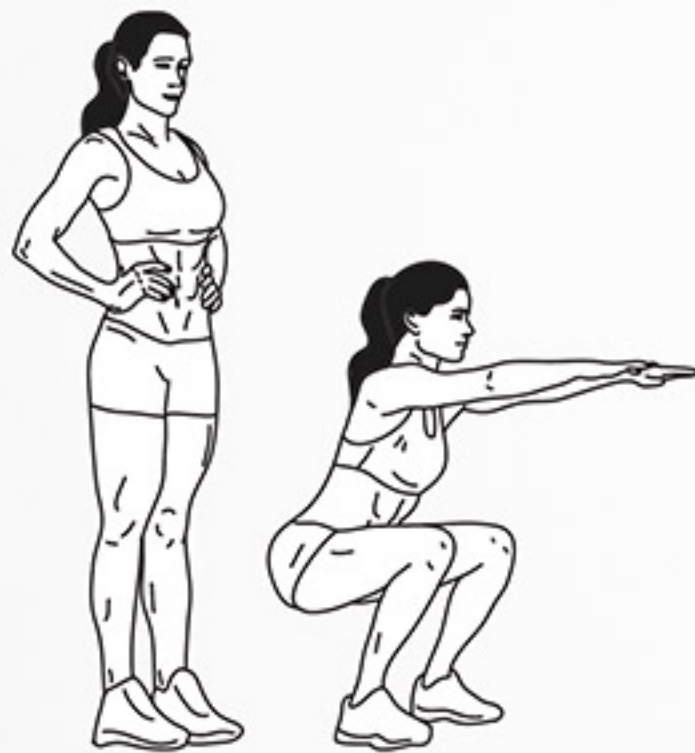


**12** side lunges  
**5 sets in total**  
60 sec rest in between

# EPIC GLUTES

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

3 sets | 2 minutes rest



5 squats

**5-count** squat hold

5 squats

**5-count** squat hold

5 squats

**5-count** squat hold



5 squats

**5-count** squat hold

5 squats

**5-count** squat hold

# THE EPIC UPGRADE

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

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



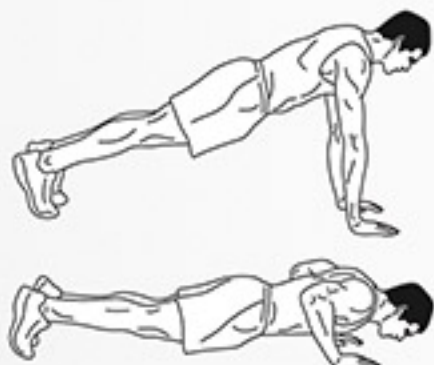
**20** squats



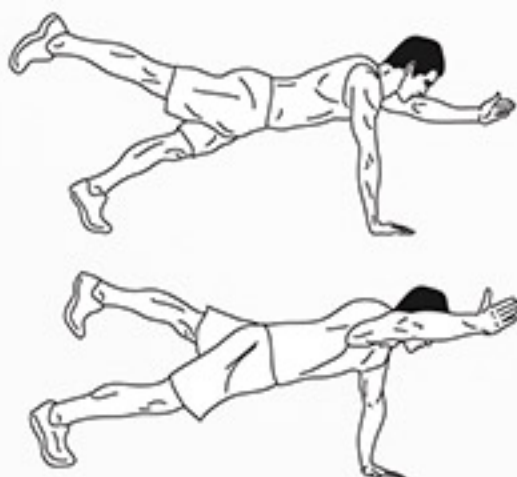
**10** jump squats



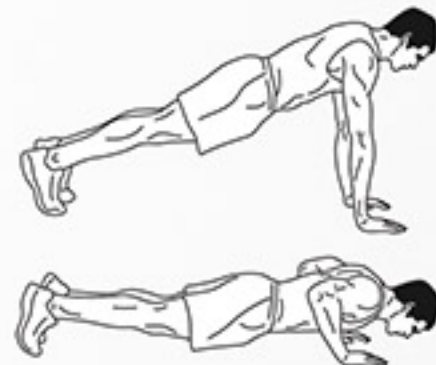
**20** squats



**15** push-ups



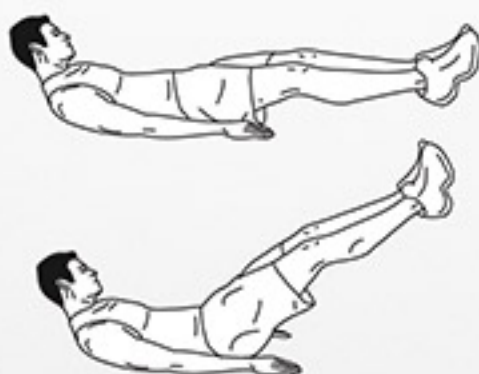
**10** alt arm / leg raises



**15** push-ups



**20** flutter kicks



**10** leg raises



**20** flutter kicks



# EPIC QUEST

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

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



5 squats  
5 sit-ups

5 push-ups  
5 sit-ups



5 squats  
5 sit-ups



5 push-ups  
5 sit-ups



5 squats  
5 sit-ups



5 push-ups  
5 sit-ups