

Artemis

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

REST up to 2 minutes



20 archers



2 squats



20 climbers



2 planks w/ rotations



10-count elbow plank



10 deep lunges



2 push-ups



10 sit-up punches



10 siting punches

AZARINTH HEALER

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



20 plank leg raises
right leg



20 punches



20 plank leg raises
left leg



20 punches



max raised leg push-ups



20 punches



20 sit-up punches

BEAST MODE

DAREBEE WORKOUT

© darebee.com

up to 2 minutes
rest between exercises



max
pull-ups
4 sets in total
30 seconds rest



max
knee-up twists
4 sets in total
30 seconds rest



max
push-ups
4 sets in total
30 seconds rest



max
jump squats
4 sets in total
30 seconds rest

max elbow plank hold
in one go



max
jumping lunges
4 sets in total
30 seconds rest

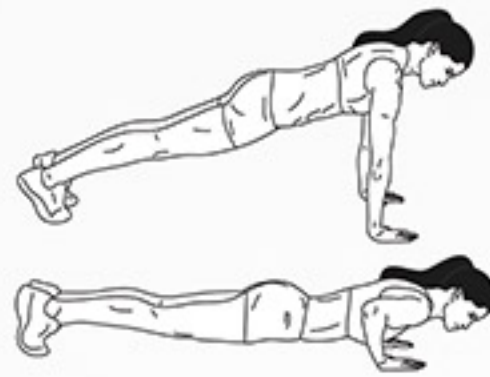
BOUDICA

DAREBEE WORKOUT @ darebee.com

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



20 lunge punches



10 push-ups



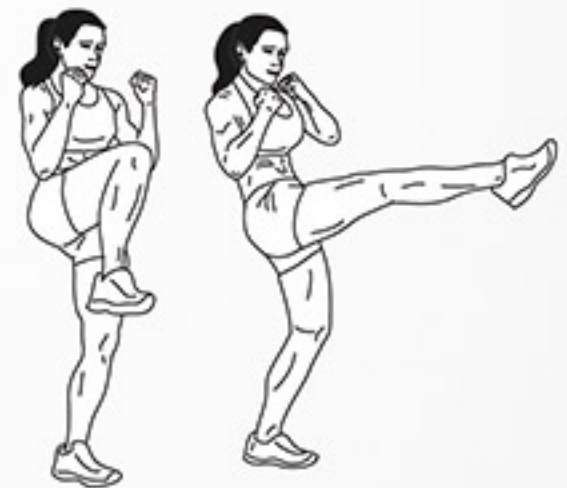
20 punches



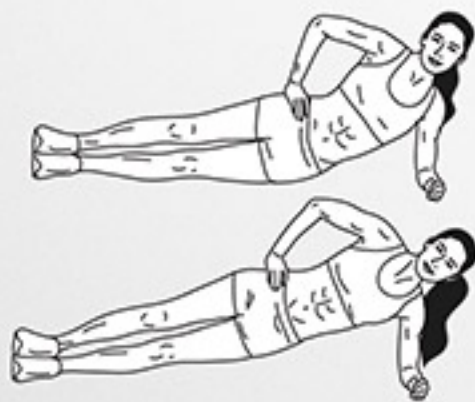
20 knee-to-elbows



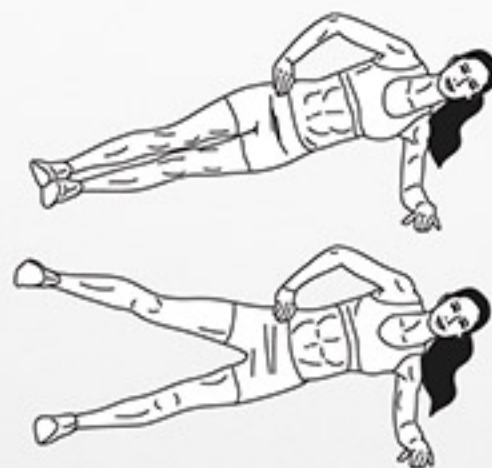
10 deep cross chops



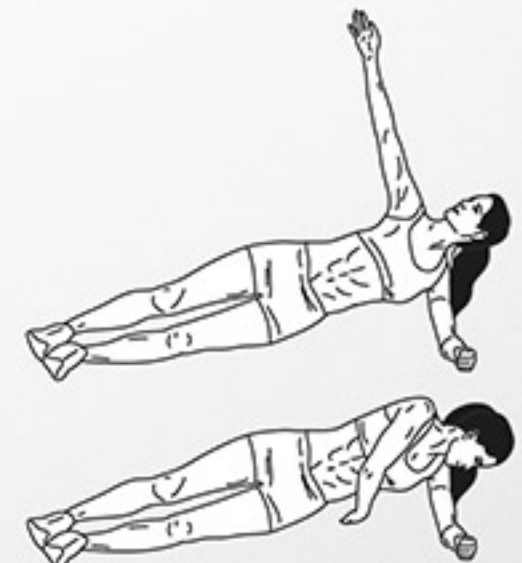
20 front kicks



20 side bridges



10 side plank leg raises



20 side plank rotations

CHILD OF FIRE

DAREBEE WORKOUT @ darebee.com

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



20 high knees



5combos push-up + jab + cross



20 high knees



10combos knee strike + elbow strike



20 high knees



10combos backfist + side kick

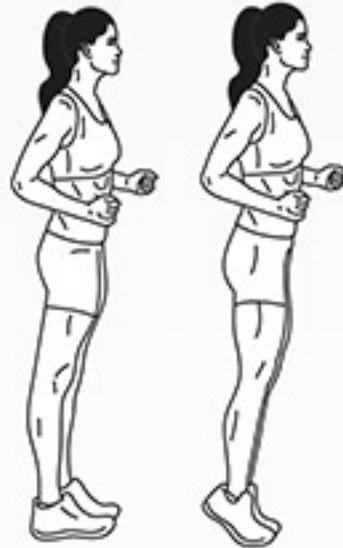
Claymore

DAREBEE WORKOUT @ darebee.com

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



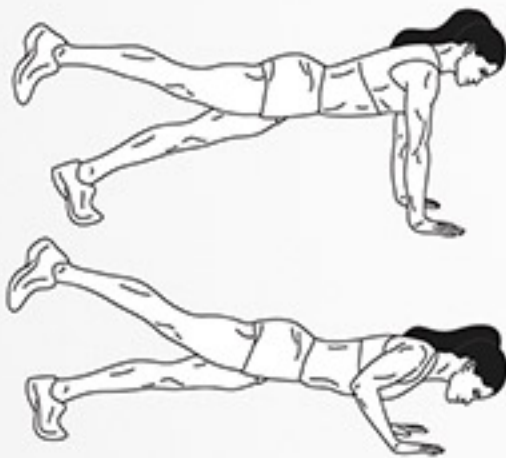
10 squats



4 calf raises



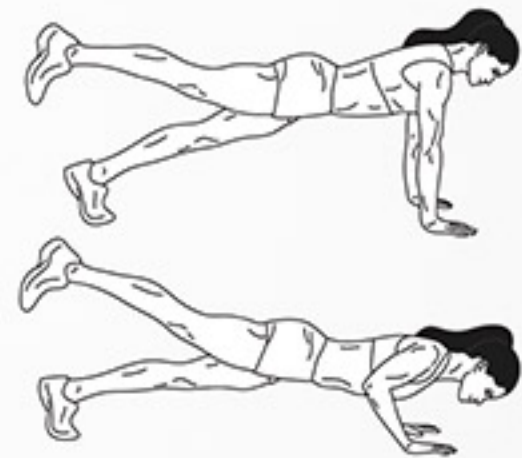
10 squats



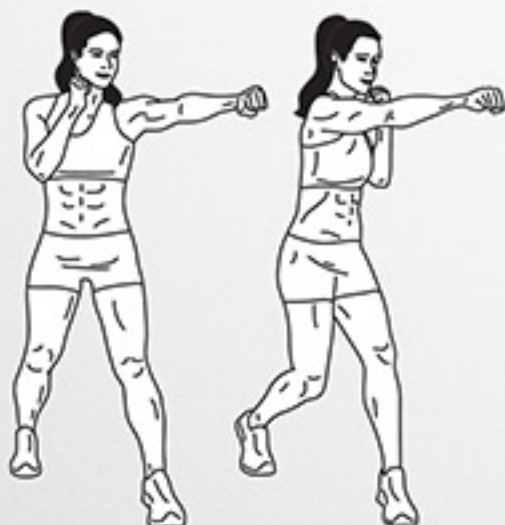
4 raised leg push-ups



10-count plank hold



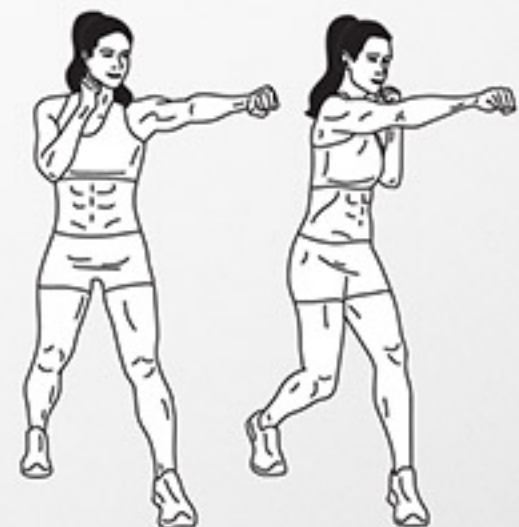
4 raised leg push-ups



10 punches



4 jumping lunges



10 punches

DAMSEL

DAREBEE WORKOUT @ darebee.com

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



10 split lunges



10 jumping lunges



10 basic burpees



10 push-ups



10 climbers



10 back extensions

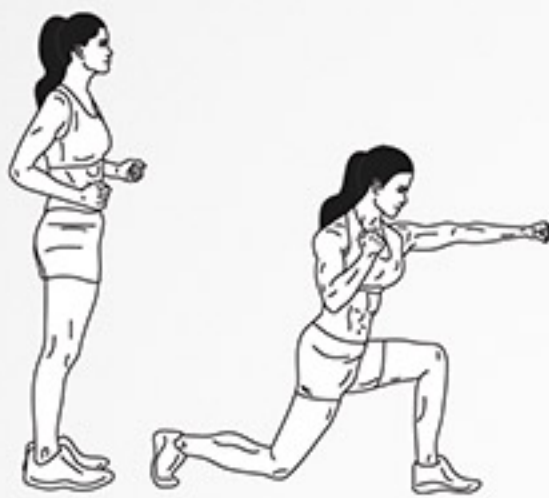


max pull-ups

FIERCE

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



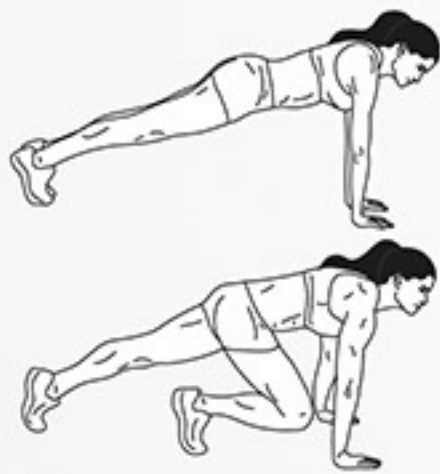
10 lunge punches



10 calf raises



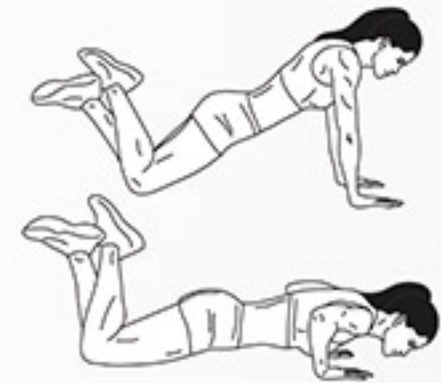
10 deadlift & twist



6 slow climbers



6 downward upward dog



6 knee push-ups



6 sit-up punches



6 sitting twists



6 sitting punches

FURY

DAREBEE WORKOUT © darebee.com

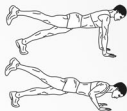
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 climbers



4 push-ups



2 raised leg push-ups



20 punches



20 squats



2 popup tripods



10 raised leg bridges



10 crunch kicks



2 roll-ups

IRON MAIDEN

DAREBEE WORKOUT © darebee.com

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



20 squats



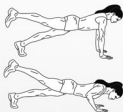
4 push-ups



20 punches



20 lunge step-ups



4 raised leg push-ups



20 punches

KANARY

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



20 punches



5 squats



20 punches



20 side kicks



20 front kicks



20 lunge punches

CROFT

DAREBEE WORKOUT @ darebee.com

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



20 lunges



20 side leg raises



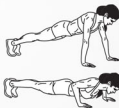
20 squats



20 climbers



20 punches



10 push-ups



10 plank jump-ins



10 side bridges

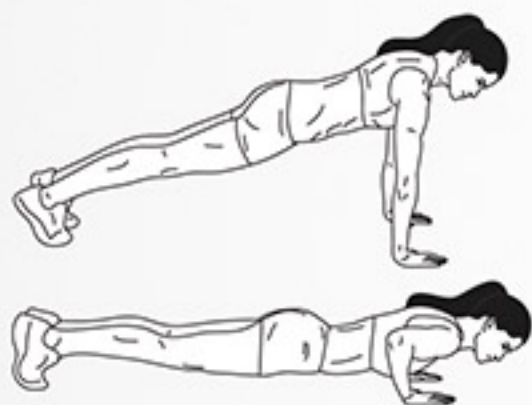


20 flutter kicks

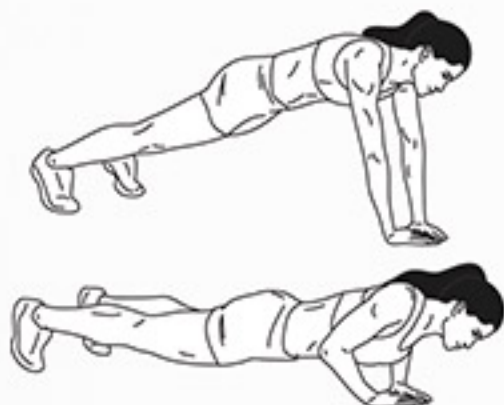
THE MAID OF TARTAN

DAREBEE WORKOUT @ darebee.com

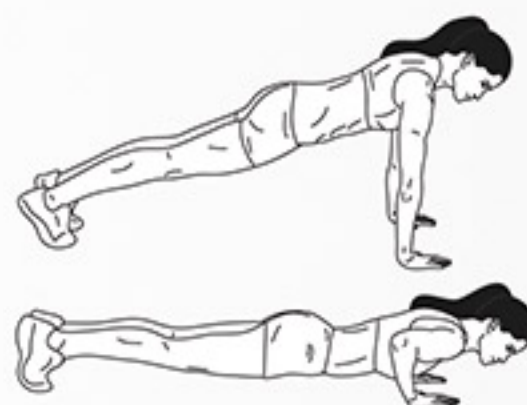
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



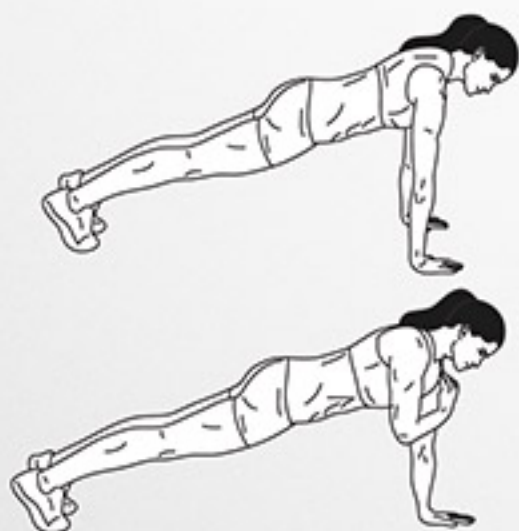
10 push-ups



5 close grip push-ups



10 push-ups



20 shoulder taps



20 crunch kicks



20 sitting punches

MAVE

DAREBEE WORKOUT © darebee.com

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



4 push-ups



20 punches



4 push-ups



20 alt bicep curls



4 push-ups



20 alt bicep curls



4 push-ups

MINERVA

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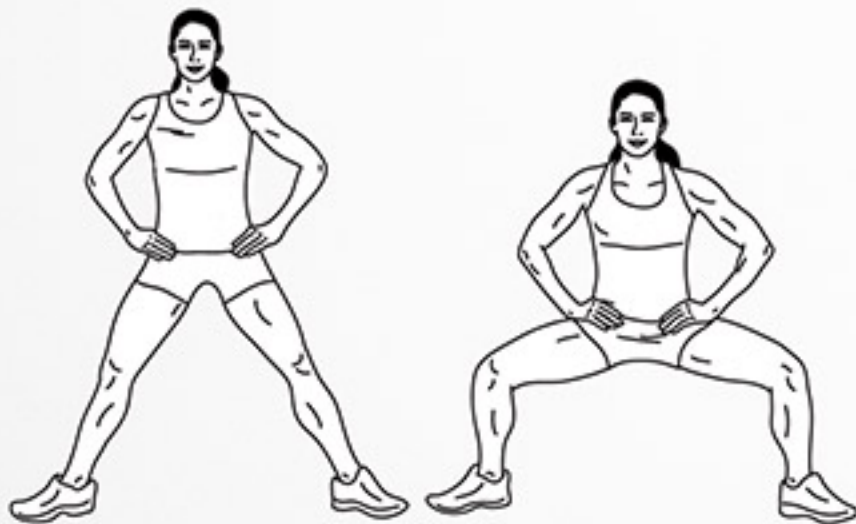
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



to fatigue chin-ups



to fatigue knee-in & twists



10 wide squats



20 squat hold calf raises



to fatigue raised leg push-ups

Mistborn

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



6 jumping lunges



10 twists



20 palm strikes



6 jumping lunges



10 knee strikes



20 backfists



6 jumping lunges



10 sit-up punches



20 sitting punches

MOCKINGJAY

TRIBUTE WORKOUT @ darebee.com

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



5 push-ups



20 archers



5 close grip push-ups



20 archer lunges



5 wide grip push-ups



10 sit-up punches

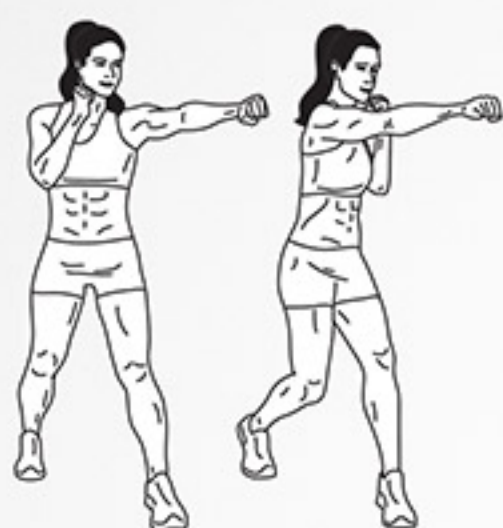


10 sitting twists

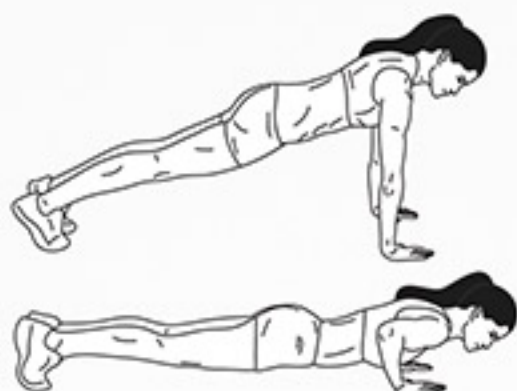
MODERN GIRL

DAREBEE WORKOUT @ darebee.com

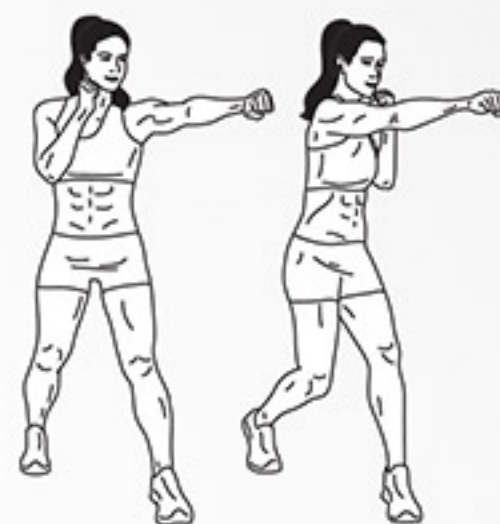
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



40 punches



10 push-ups



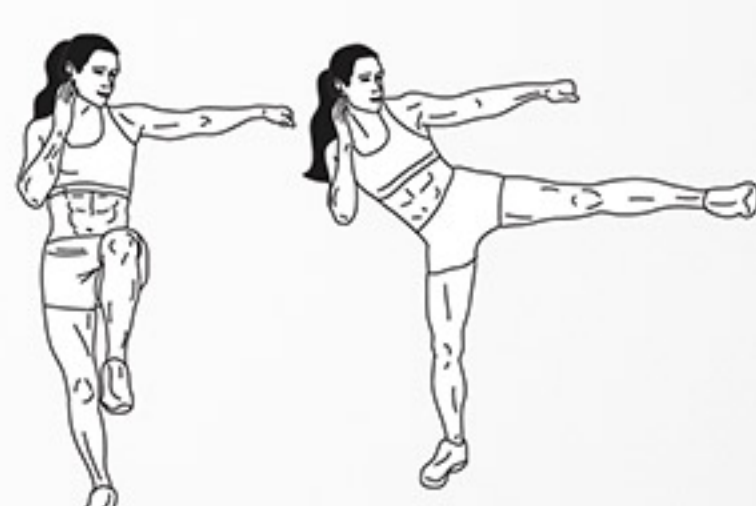
40 punches



20 side kicks



10 squats



20 side kicks



10 sit-ups



10 sitting twists



10 sit-ups

MORD-SITH

DAREBEE WORKOUT @ darebee.com

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



20 lunge punches



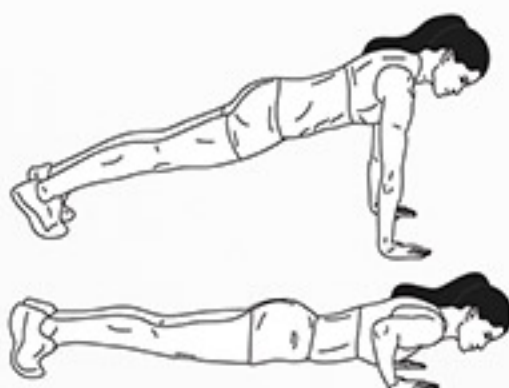
10 jump squats



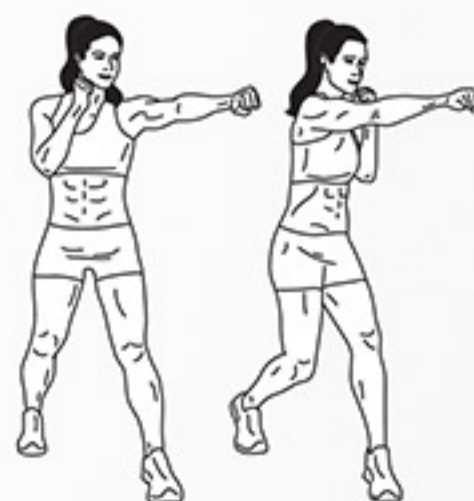
20-count squat hold



20 plank rotations



10 push-ups



20 punches



20 back kicks



10 bridge taps



20 crunches



NOT A DAMSEL

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20 squat kicks
5 sets | 30sec rest



max chin-ups
5 sets | 30sec rest



10 up & down planks x **5 sets** | 30sec rest



20 lunge punches
5 sets | 30sec rest



30sec punches
5 sets | 30sec rest

ONNA BUGEISHA

DAREBEE WORKOUT © darebee.com

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



30 knee strikes



30combos knee strike + elbow strike



30 punches (jab + cross)



30combos push-up+ jab + cross



30 front kicks



30combos squat + front kick

This Princess Can Save Herself

DAREBEE WORKOUT © darebee.com

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



max chin-ups



max single leg squats



max push-ups



30 punches



30 sit-up punches

PUSH-UP QUEEN

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



5 push-ups



5-count plank hold



5 push-ups



5-count plank hold



5 push-ups



5-count plank hold



5 back extensions

River



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



20 high knees (accelerate!)



10 combos squat + front kick



20 combos turning kick + hook kick + elbow strike



20 combos knee strike + back elbow strike + extend arms & twist

ROGUE PRINCESS

DAREBEE WORKOUT

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



20 turning kicks



20 front kicks



5 push-ups



20 punches



20 overhead punches



20 side-to-side backfists

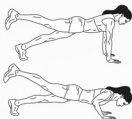
SABER

DAREBEE WORKOUT © darebee.com

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



10 push-ups



4 raised leg push-ups



20 slow climbers



20 backfists



10 squats



10 jump squats



10 up and down planks

SCORPION

DAREBEE WORKOUT @ darebee.com

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



10 jump squats



20 palm strikes



10 hook kicks



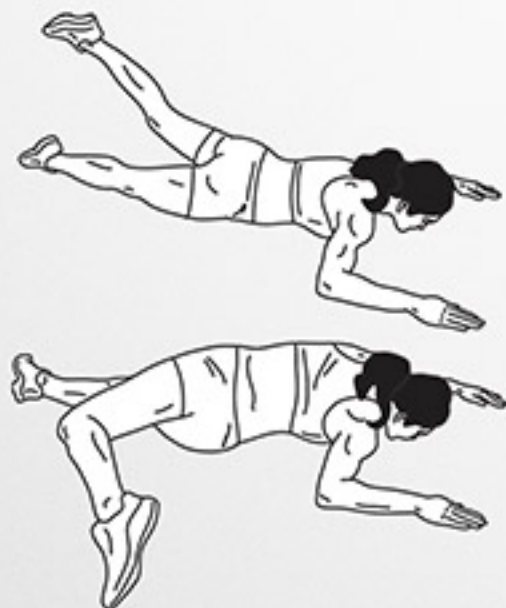
20sec elbow plank



20sec side elbow plank



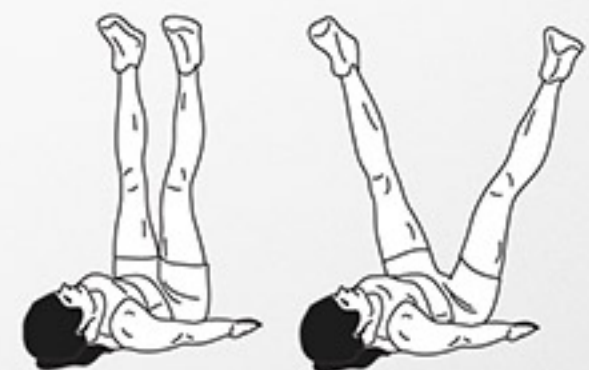
20 leg extensions



10 scorpion twists



20 side leg raises

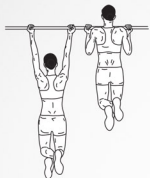


10 V-extensions

STARBUCK

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



to failure chin-ups



40 punches



20 jumping lunges



10 push-ups



10 shoulder taps



10 plank jump-ins



10 sit-up punches



10 air bike crunches



10 sitting twists

TITANIA

DAREBEE WORKOUT © darebee.com

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



10 jumping lunges



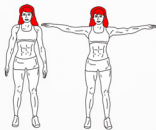
20 side kicks



10 push-ups



40 punches



20 arm raises



20 raised arm circles



10 punch sit-ups



10 air bike crunches

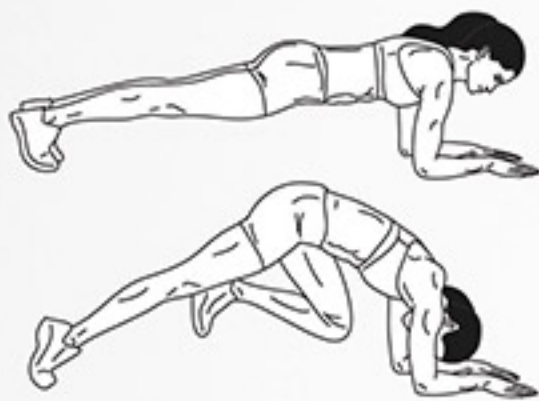


10 raised leg circles

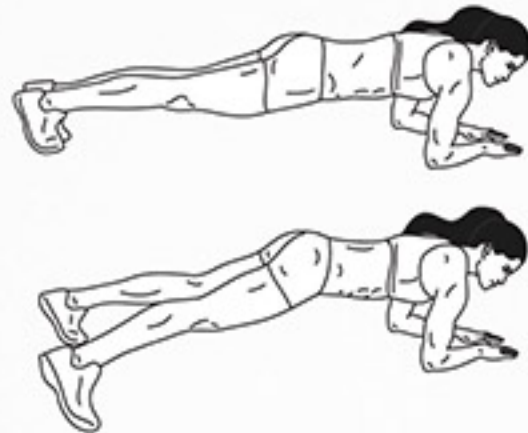
TOUGH COOKIE

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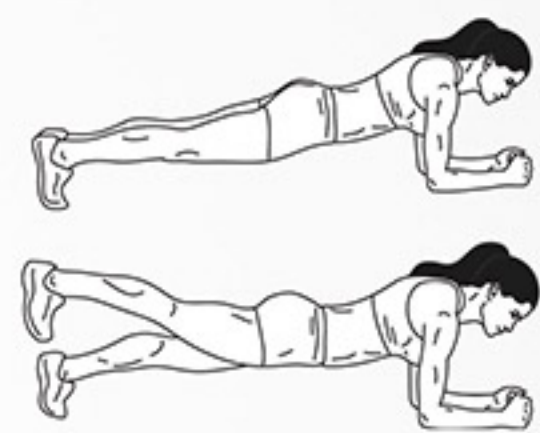
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



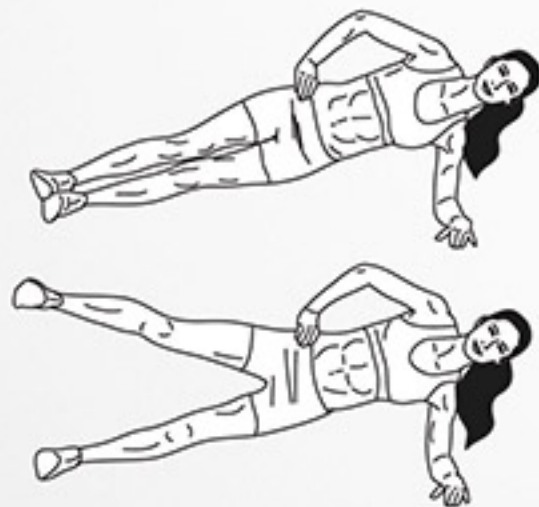
12 plank knee-ins



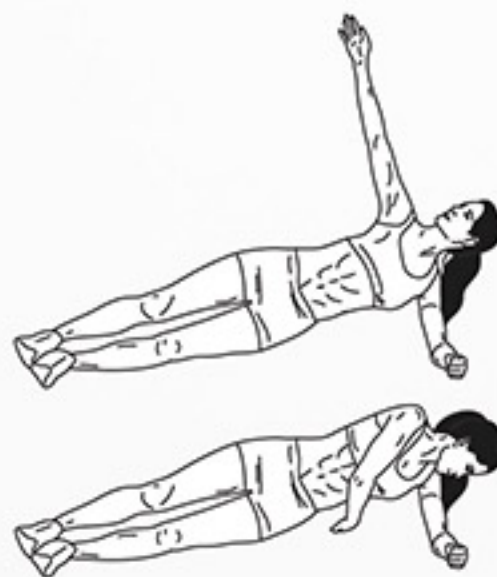
12 plank step-outs



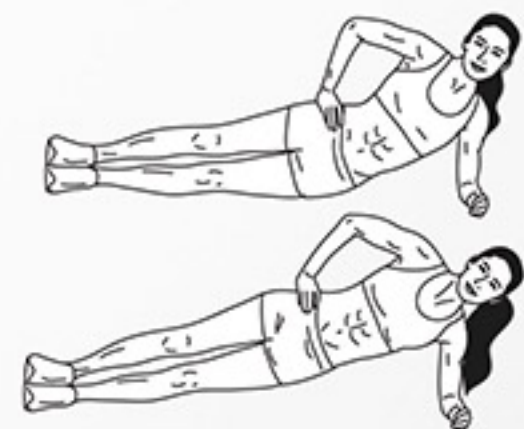
12 plank leg raises



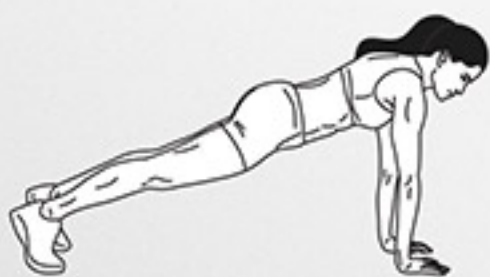
12 side plank leg raises



12 side plank rotations



12 side bridges



6 up and down planks

TROUBLE

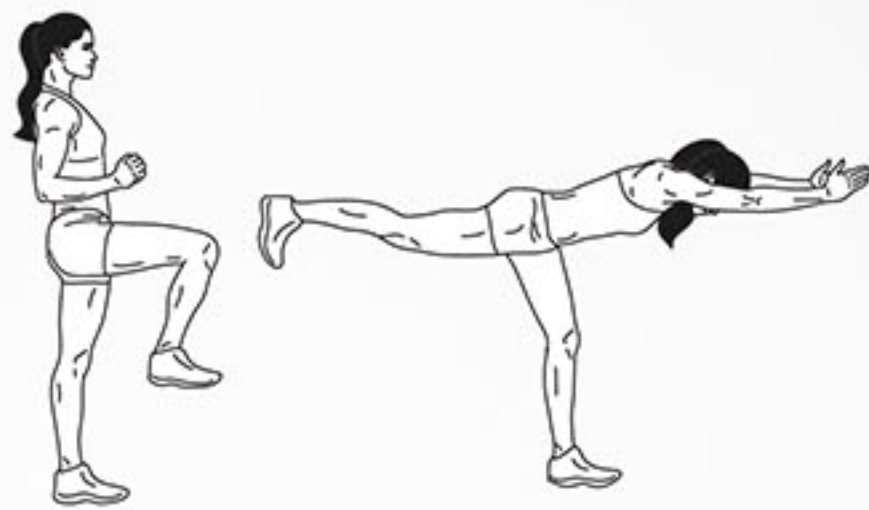
IS MY MIDDLE NAME

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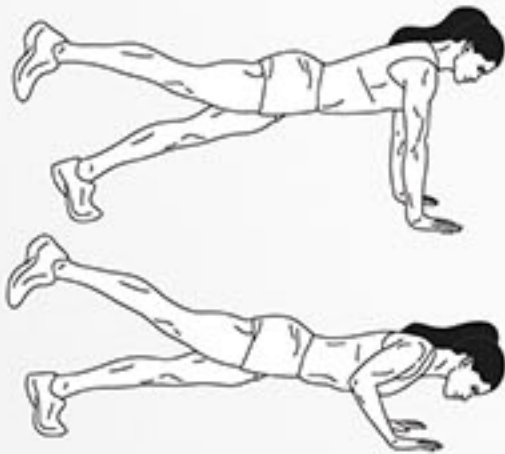
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 single leg squats



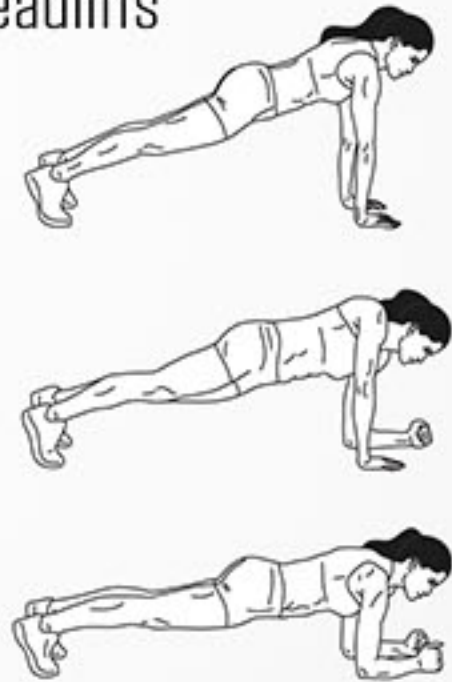
20 single leg deadlifts



20 single leg push-ups



20 plank step-ins



20 up and down planks



20 boat folds

Valkyrie

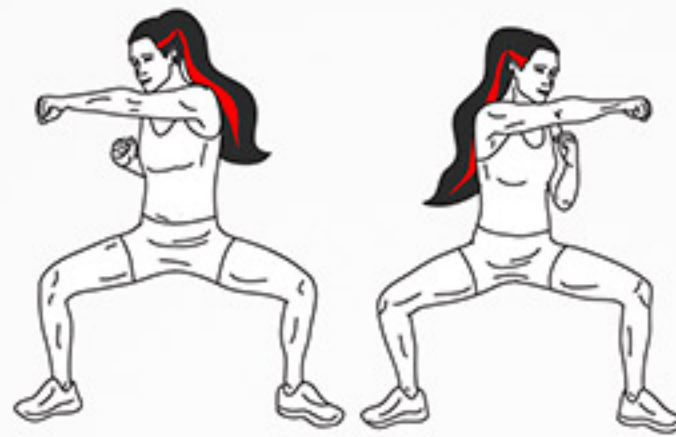
DAREBEE WORKOUT

@ darebee.com

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



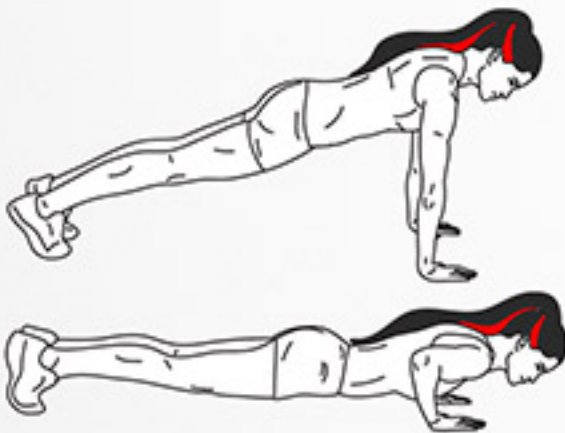
4 squats



10 squat punches



4 squat cross steps



4 push-ups



20-count balance stand



10 lunge step-ups



10 sit-up punches



10 crunch kicks



4 side Vs



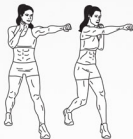
VAN HELSING

DAREBEE WORKOUT @ darebee.com

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



10 push-ups



40 jab + cross



10 squat + side kick



10 push-ups



40 jab + cross



10 jumping lunges



10 reverse crunches



10 roll-ups



10 knee-to-elbow crunches

Venus

DAREBEE WORKOUT © darebee.com

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



5 jump squats



20 push-ups



5 jump squats



20 punches



5 jump squats



20 punches



5 jump squats



20 push-ups



5 jump squats

VICIOUS

DAREBEE WORKOUT © darebee.com

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



20 jump squats



to failure pull-ups



to failure leg raises



to failure push-ups



20 punches



20 jumping lunges



20 sit-up punches



20 sitting punches



20 sitting twists

VIRAGO

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2 minutes rest between exercises



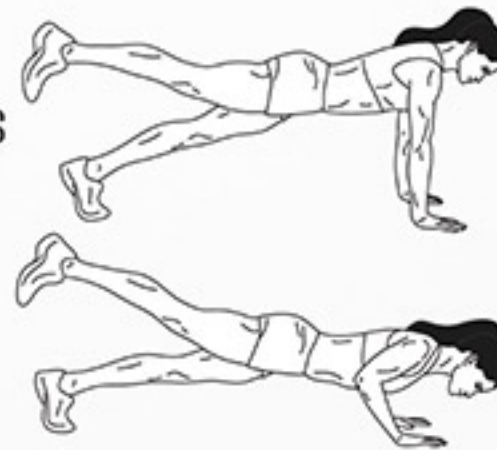
20 single leg squats
x 4 sets in total
20 seconds rest
between sets



20 single leg deadlifts
x 4 sets in total
20 seconds rest
between sets



20 single leg bridges
x 4 sets in total
20 seconds rest
between sets



20 raised leg push-ups
x 4 sets in total
20 seconds rest
between sets



20 roll-ups
x 4 sets in total
20 seconds rest
between sets



20 boat folds
x 4 sets in total
20 seconds rest
between sets

WARRIOR PRINCESS

DAREBEE WORKOUT © darebee.com

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



20 punches



20 turning kicks



20 palm strikes



20 squats



20 backfists



20 climbers



5 push-ups

WOMAN *of* ACTION

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



30 high knees



30 butt kicks



3 basic burpees



3 push-ups



30 punches