

# 10-MINUTE STREAMLINE

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



**60sec** march steps

**60sec** reverse lunges

**60sec** march steps

**60sec** reverse lunges

**60sec** march steps

**60sec** reverse lunges



**60sec** march steps

**60sec** reverse lunges

**60sec** march steps

**60sec** reverse lunges

# ATOMIC

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

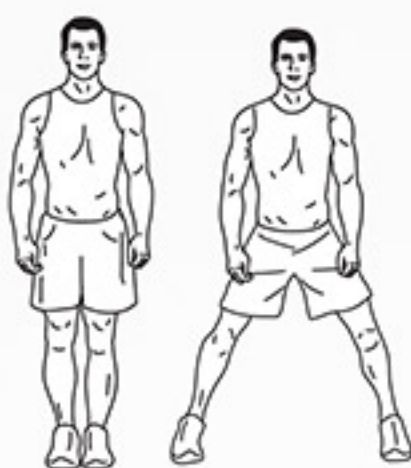
# Fast Lane

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

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



**20sec** hops on the spot



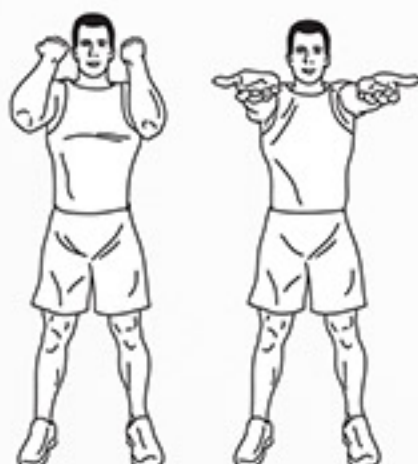
**20sec** half jacks



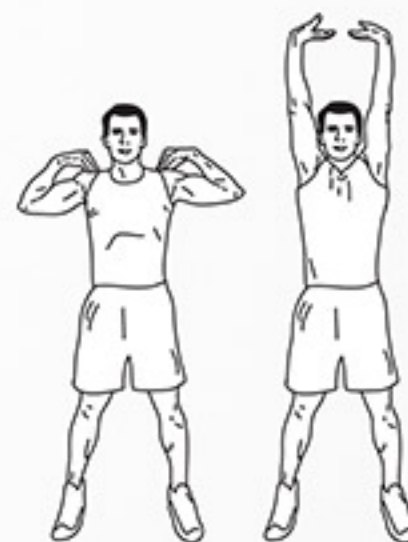
**20sec** hops on the spot



**20sec** shoulder taps



**20sec** bicep extensions



**20sec** shoulder taps



**20sec** march steps



**20sec** butt kicks



**20sec** march steps

# FREE SPIRIT

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

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



**20sec** step jacks



**20sec** arm circles



**20sec** step jacks



**20sec** arm circles



**20sec** side jacks



**20sec** arm circles



**20sec** step jacks



**20sec** arm circles



**20sec** step jacks



# MELTDOWN

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

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



**20sec** march steps



**20sec** side jacks



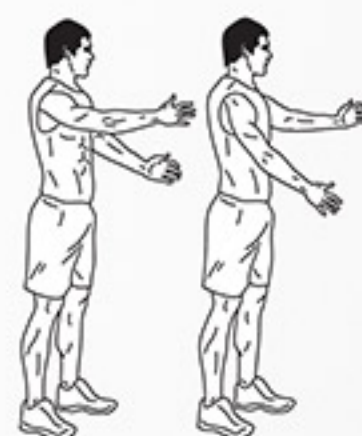
**20sec** shoulder taps



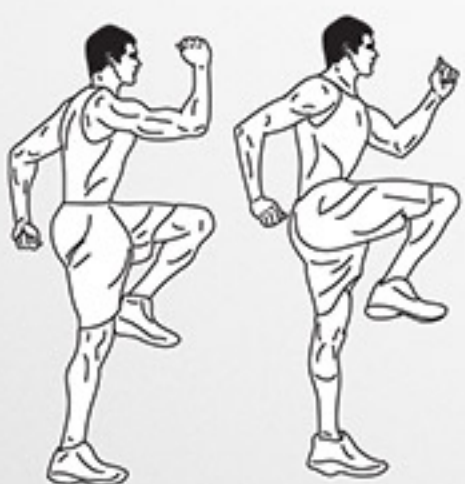
**20sec** march steps



**20sec** side jacks



**20sec** arm chops



**20sec** march steps



**20sec** side jacks



**20sec** bicep extensions

# ME TIME

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

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



**20sec** punches



**20sec** arm circles



**20sec** punches



**20sec** knee-to-elbows



**20sec** punches



**20sec** knee-to-elbows



**20sec** punches



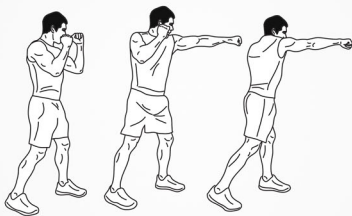
**20sec** side jacks



**20sec** punches

# PACK A PUNCH

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



**3min** punches

**30sec** rest

**3min** punches

**30sec** rest

**3min** punches

done

# SILVER

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

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



**20sec** step jacks



**20sec** step side jacks



**20sec** arm circles



# tenderfoot

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

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



**20sec** step jacks



**20sec** side jacks



**20sec** step jacks



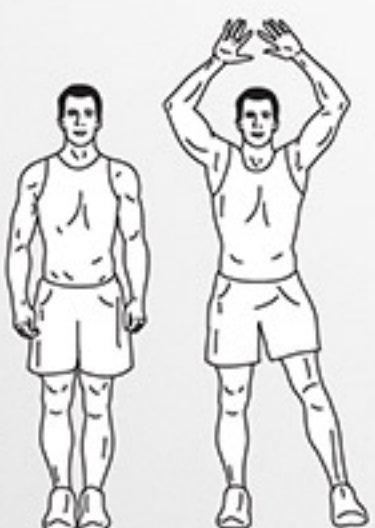
**20sec** march steps



**20sec** calf raises



**20sec** march steps



**20sec** step jacks



**20sec** side jacks



**20sec** step jacks