

10-MINUTE STREAMLINE

DAREBEE WORKOUT © 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 **HIT** WORKOUT © 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

CLOSE CONTACT EXPRESS

DAREBEE **HIIT** WORKOUT @ darebee.com

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

30sec knee strikes

30sec elbow strikes

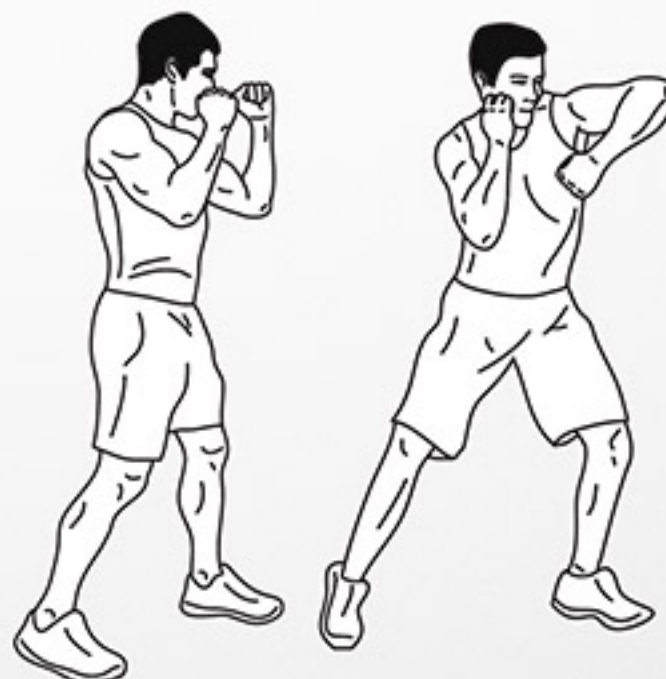
30sec knee strikes

30sec elbow strikes

30sec knee strikes

30sec elbow strikes

done



FORAGER

DAREBEE **HIIT** WORKOUT © darebee.com

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



20sec march steps



20sec squat hold



20sec march steps



20sec bicep extensions



20sec march steps



20sec bicep extensions



20sec march steps



20sec squat hold



20sec march steps

FREE SPIRIT

DAREBEE **HIIT** WORKOUT @ 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

THE GRIND

DAREBEE **HIT** WORKOUT @ darebee.com

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



30sec march steps



10sec squat hold



30sec march steps



10sec calf raises



30sec march steps



10sec calf raises



30sec march steps



10sec squat hold



30sec march steps

MELTDOWN

DAREBEE **HIT** WORKOUT @ darebee.com

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



20sec march steps



20sec side jacks



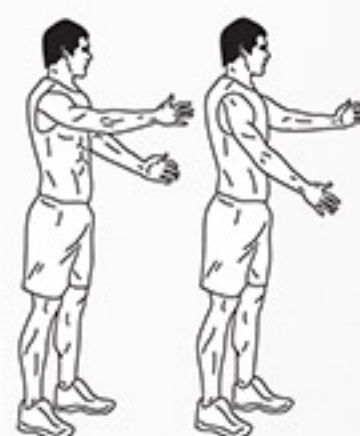
20sec shoulder taps



20sec march steps



20sec side jacks



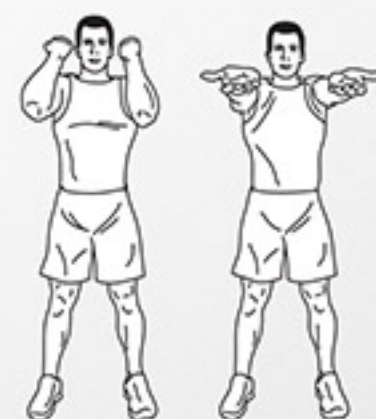
20sec arm chops



20sec march steps



20sec side jacks



20sec bicep extensions

ME TIME

DAREBEE **HIT** WORKOUT © darebee.com

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

THE ODYSSEY

DAREBEE **HIT** WORKOUT @ darebee.com

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



20sec reverse lunges



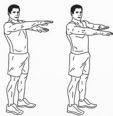
20sec calf raises



20sec reverse lunges



20sec scissor chops



20sec arm scissors



20sec scissor chops



20sec crunches



20sec scissors



20sec crunches

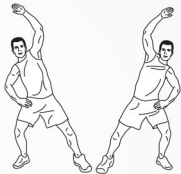
SILVER

DAREBEE **HIIT** WORKOUT @ 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