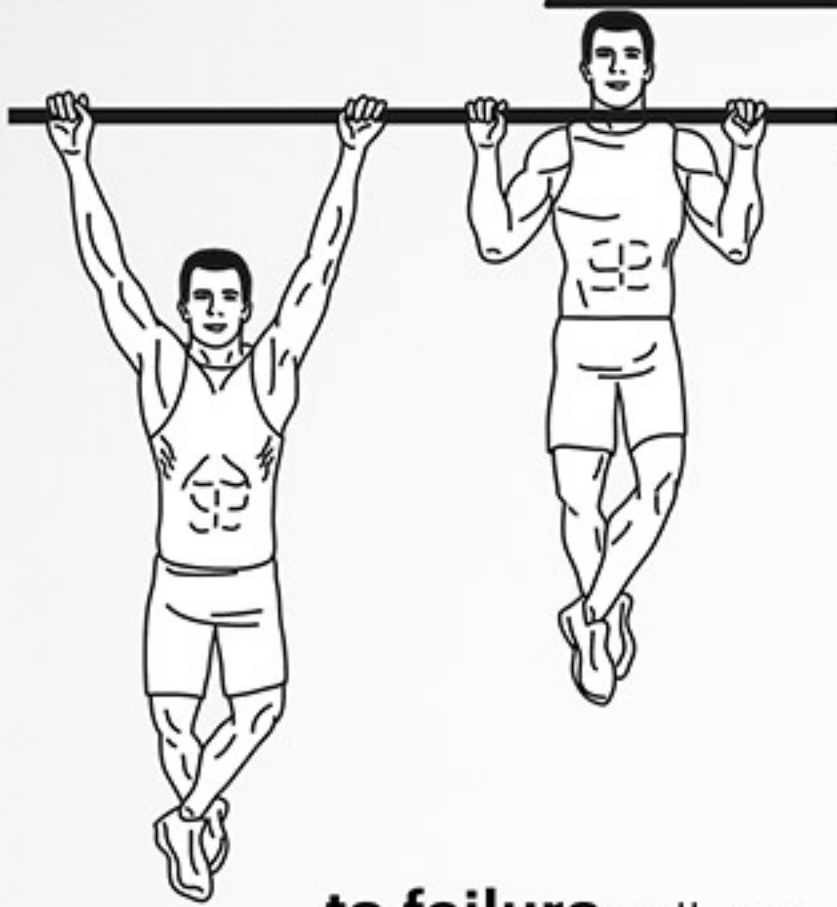


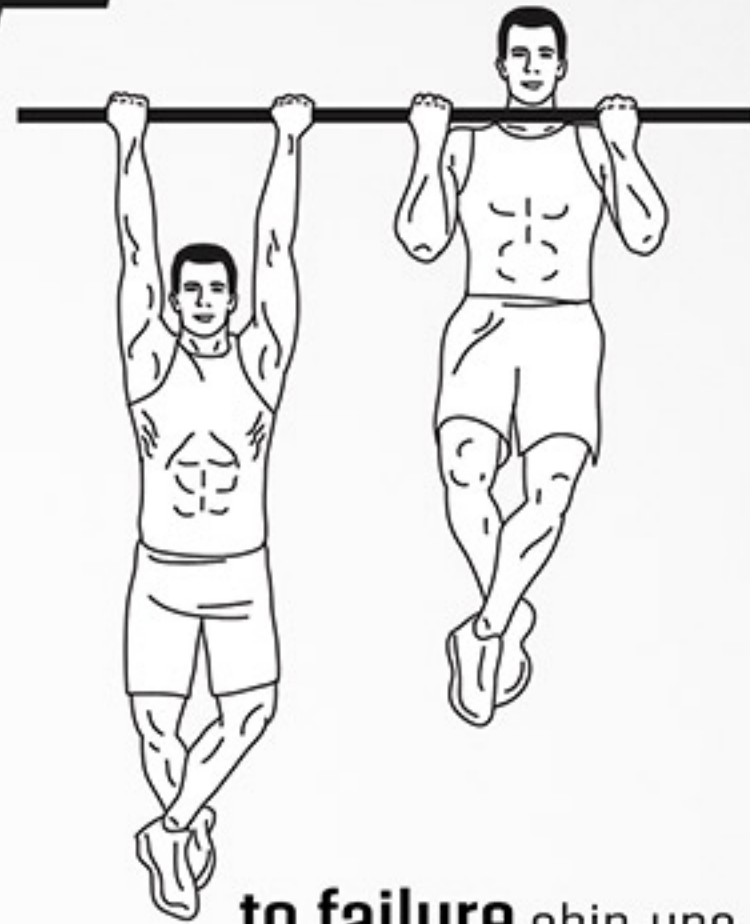
4x4

DAREBEE
WORKOUT

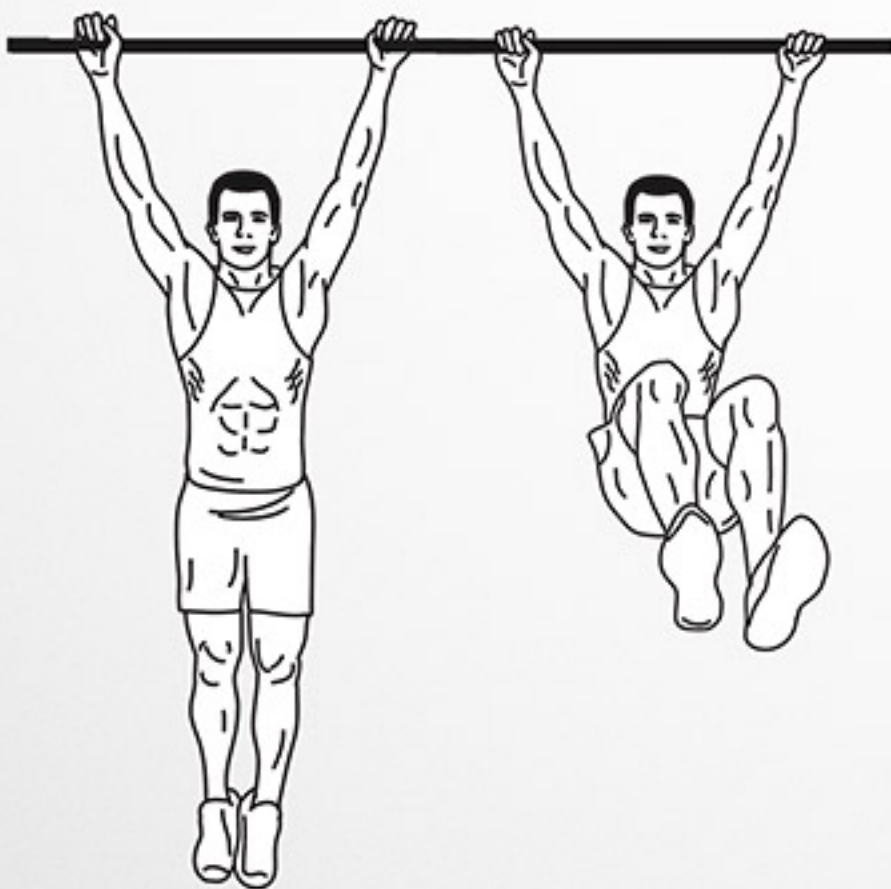
@ darebee.com



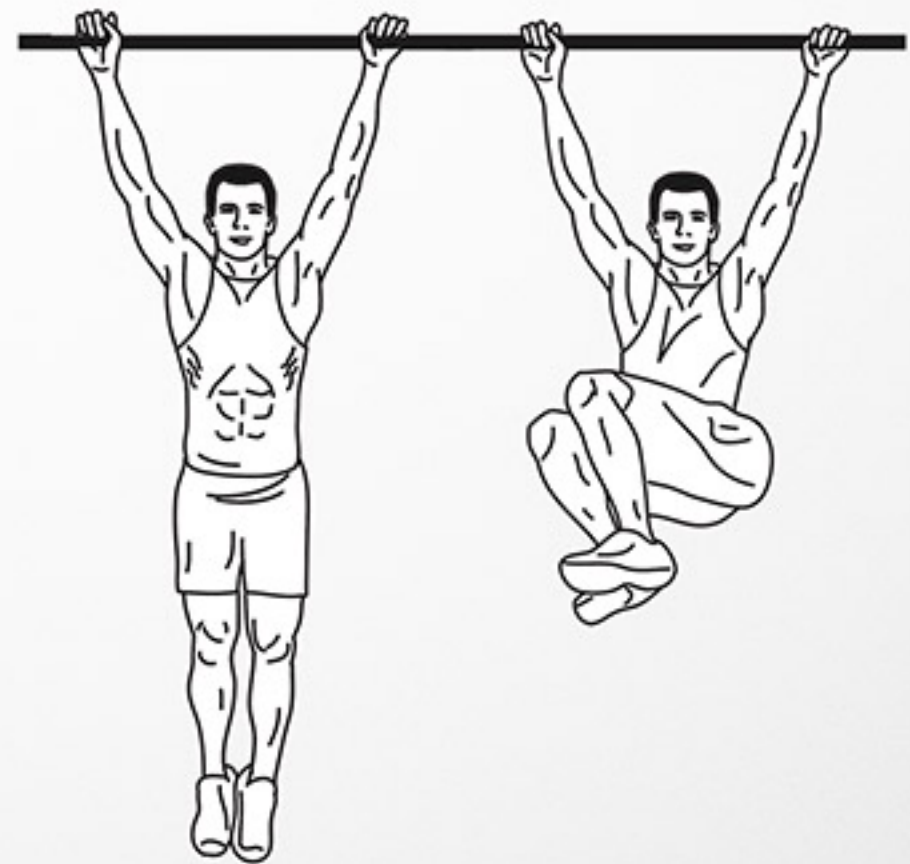
to failure pull-ups
4 sets | 2 min rest between sets



to failure chin-ups
4 sets | 2 min rest between sets



to failure knee-ups
4 sets | 2 min rest between sets

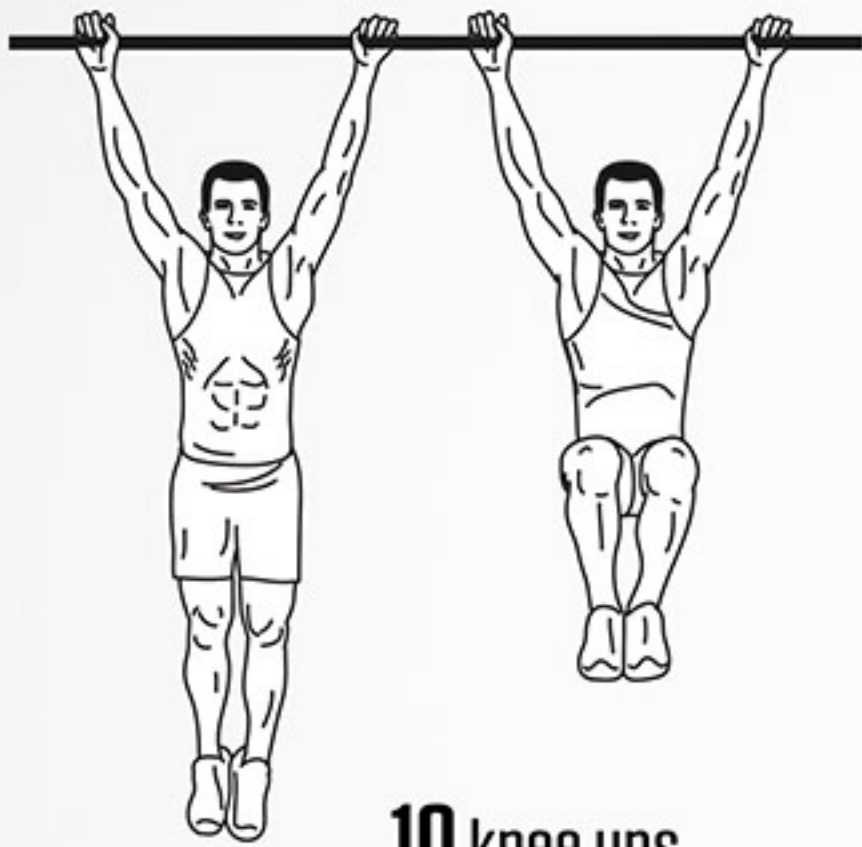


to failure twisting knee-ups
4 sets | 2 min rest between sets

ab master

DAREBEE WORKOUT @ darebee.com

1 minute rest between exercises



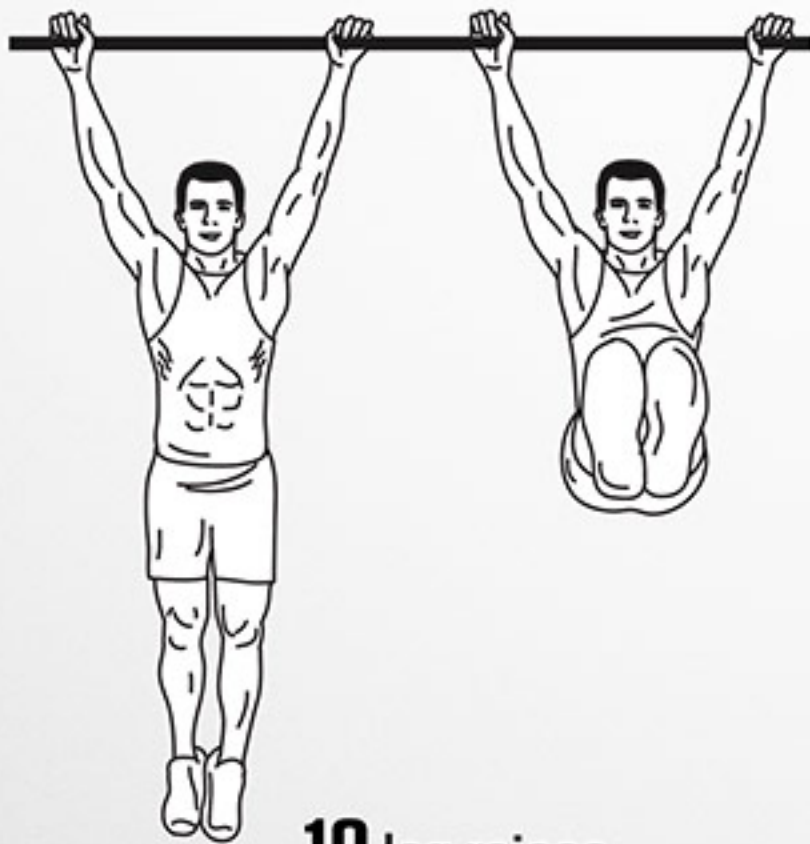
10 knee ups

3 sets | 20 seconds rest



10 knee up twists

3 sets | 20 seconds rest



10 leg raises

3 sets | 20 seconds rest



10 raised leg circles

3 sets | 20 seconds rest

CARDIO

BAR

WORKOUT by DAREBEE

@ darebee.com

Repeat 5 times in total

2 minutes rest between sets



20 high knees

jump up and do **one pull-up**

20 high knees

jump up and do **one pull-up**

20 high knees

jump up and do **one pull-up**

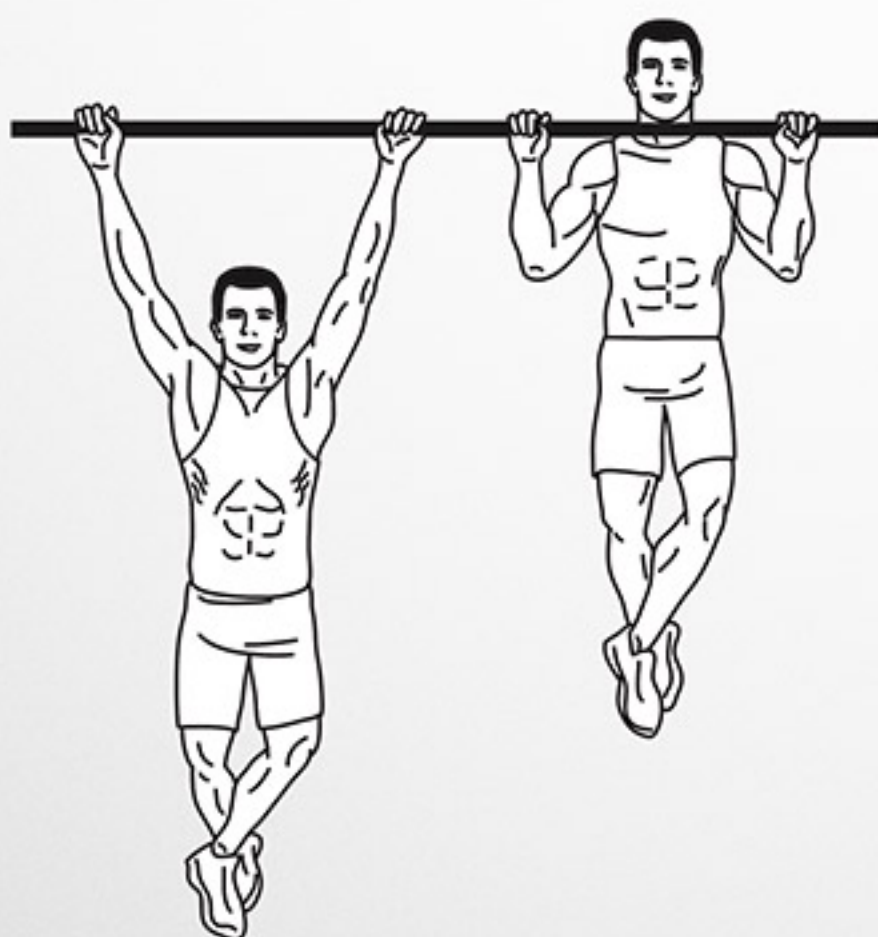
20 high knees

jump up and do **one pull-up**

20 high knees

jump up and do **one pull-up**

done



CLIFFHANGER

DAREBEE WORKOUT @ darebee.com



10-count dead hang

10-count squat hold

10-count dead hang

10-count squat hold

10-count dead hang

10-count squat hold

10-count dead hang

10-count squat hold

10-count dead hang

10-count squat hold



done

HANG IN THERE!

DAREBEE MICRO-WORKOUT @ darebee.com



to fatigue dead hang

30sec rest

to fatigue dead hang

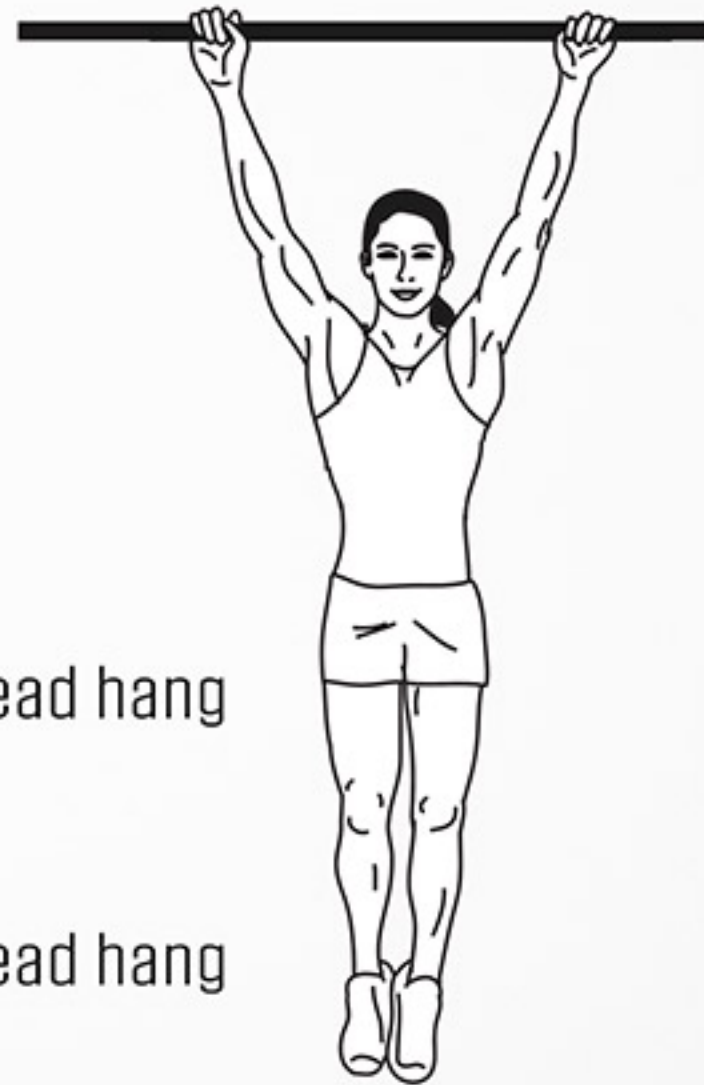
30sec rest

to fatigue dead hang

30sec rest

to fatigue dead hang

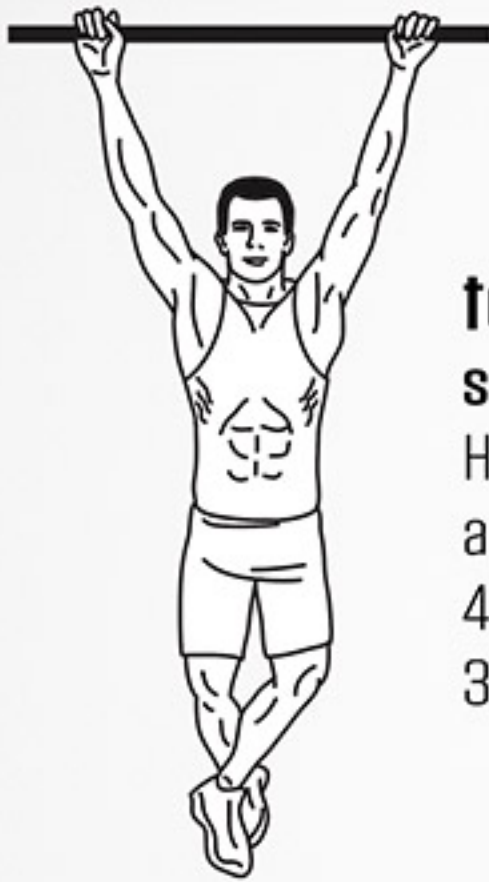
done



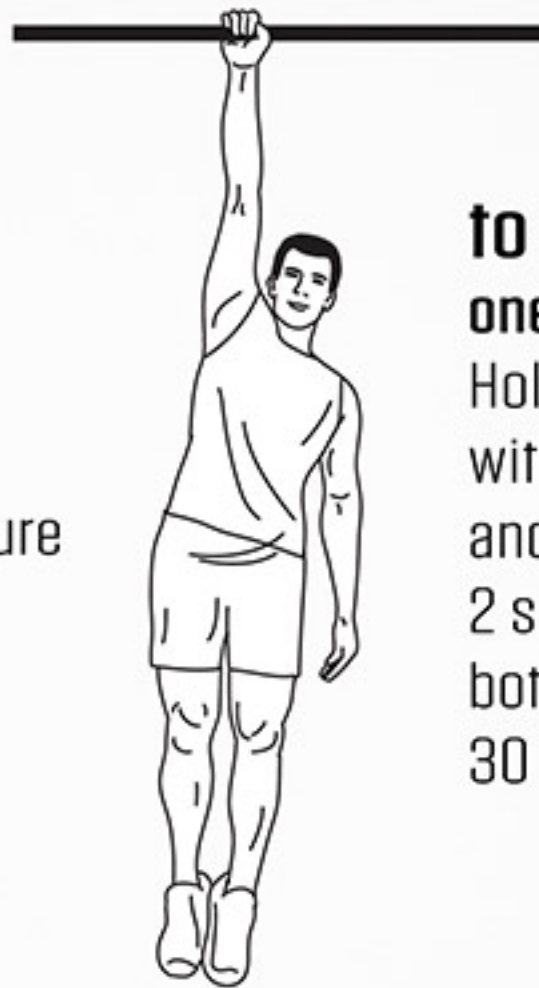
THE KITTEN

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



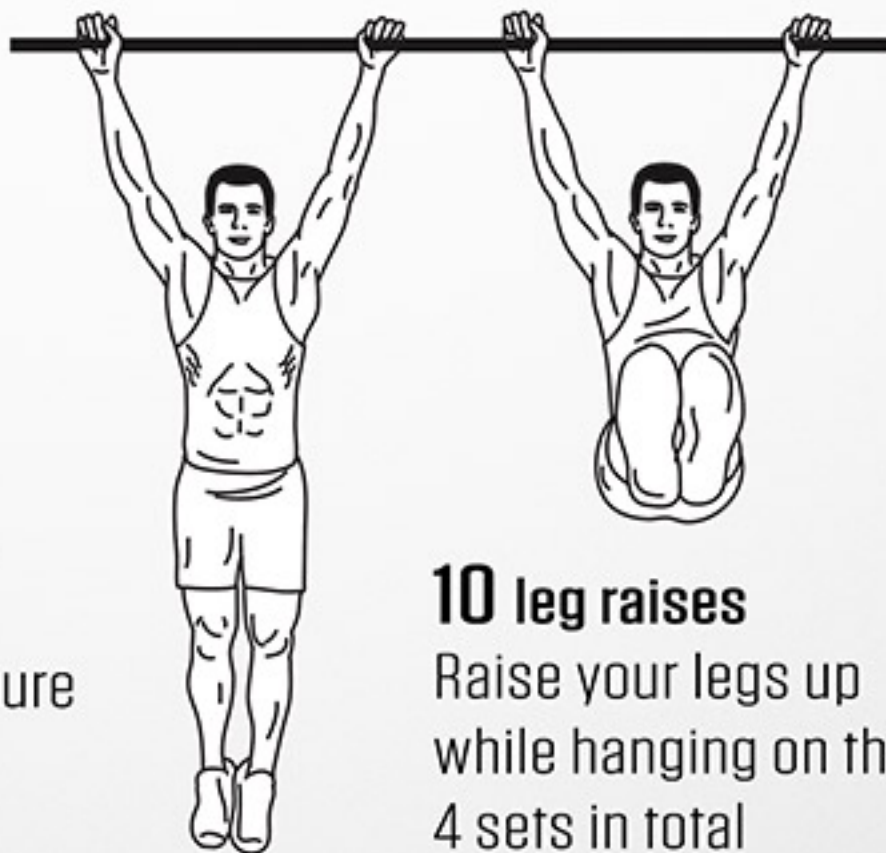
**to failure
straight hang**
Hold on to the bar
and hang until failure
4 sets in total
30 seconds rest



**to failure
one-arm hang**
Hold on to the bar
with one arm only
and hang until failure
2 sets in total
both arms = 1 set
30 seconds rest



**to failure
chin-up hang**
Take a close grip,
lift yourself up
and hang until failure
4 sets in total
30 seconds rest



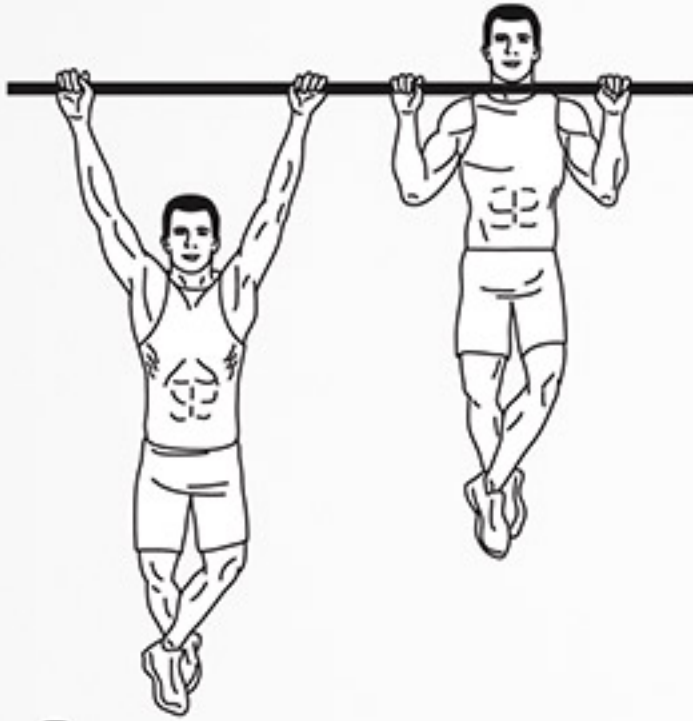
10 leg raises
Raise your legs up
while hanging on the bar
4 sets in total
30 seconds rest

MUSCLE-UP PREP

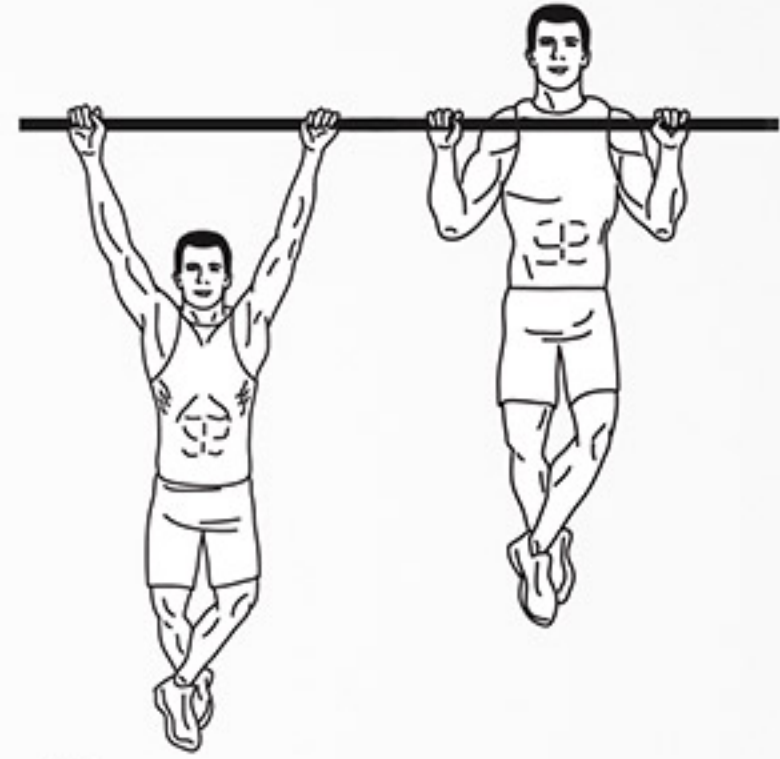


*only attempt
if you can do
10+ pull-ups*

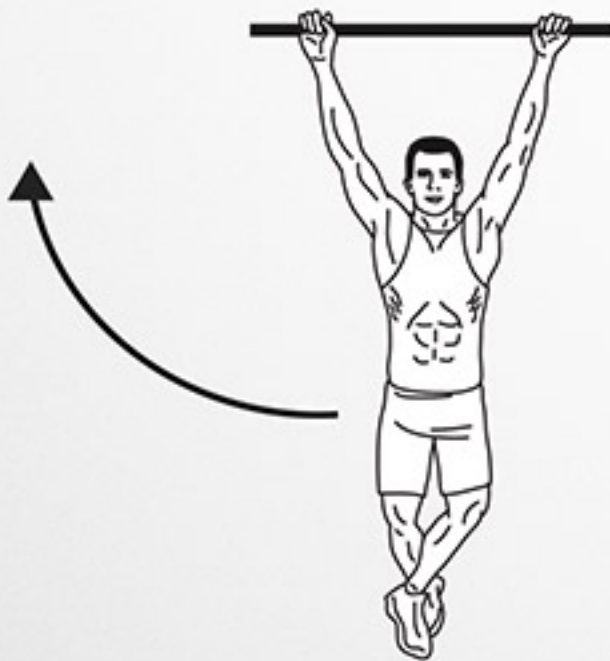
DAREBEE WORKOUT @ darebee.com



8 pull-ups x 3 sets
60sec rest between sets



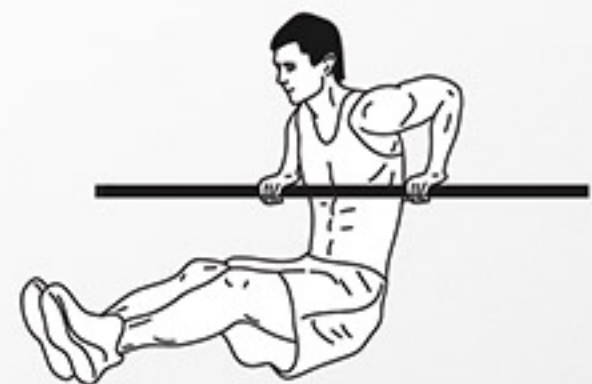
8 explosive pull-ups x 3 sets
60sec rest between sets



8 lateral swings x 3 sets
60sec rest between sets



**to failure
pull-up hold x 3 sets**
60sec rest between sets

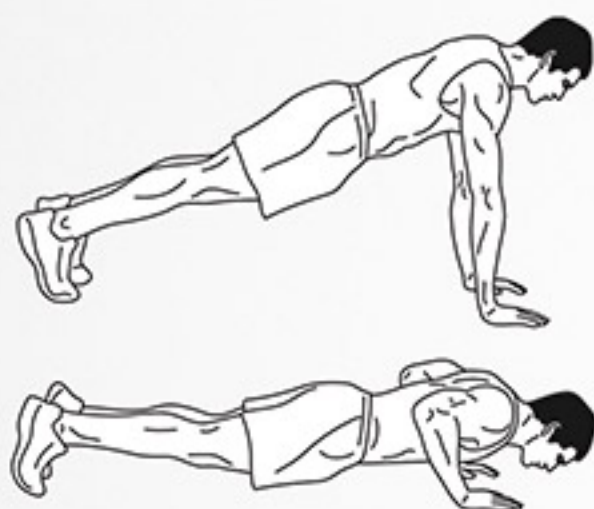


5 bar dips x 3 sets
60sec rest between sets

ONE-ARM PULL-UP PREP

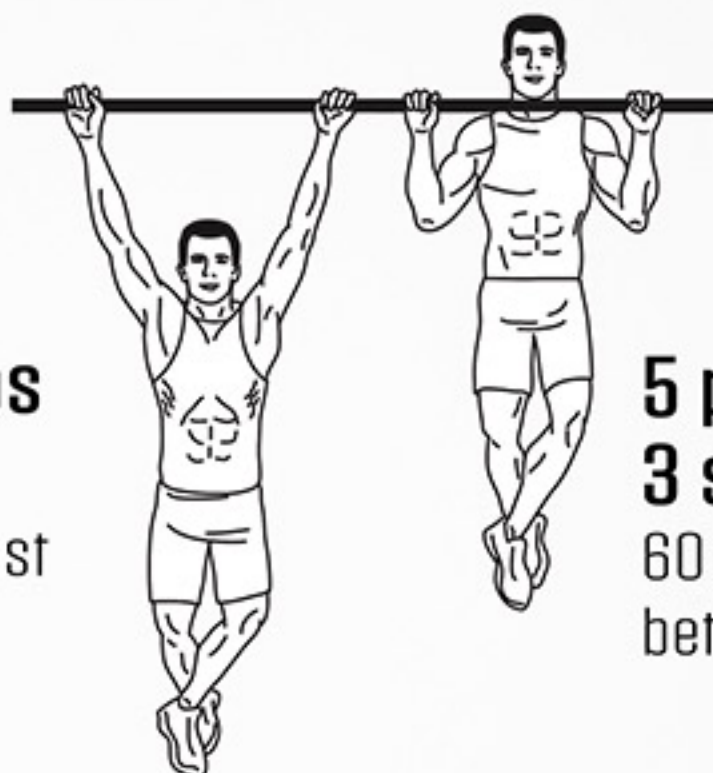
*only attempt
if you can do
15+ pull-ups*

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



**10 push-ups
3 sets**

60 seconds rest
between sets



**5 pull-ups
3 sets**

60 seconds rest
between sets



30sec x 3 sets

single arm hang
2 minutes rest
between sets



20sec x 3 sets

single arm flex hang
2 minutes rest
between sets



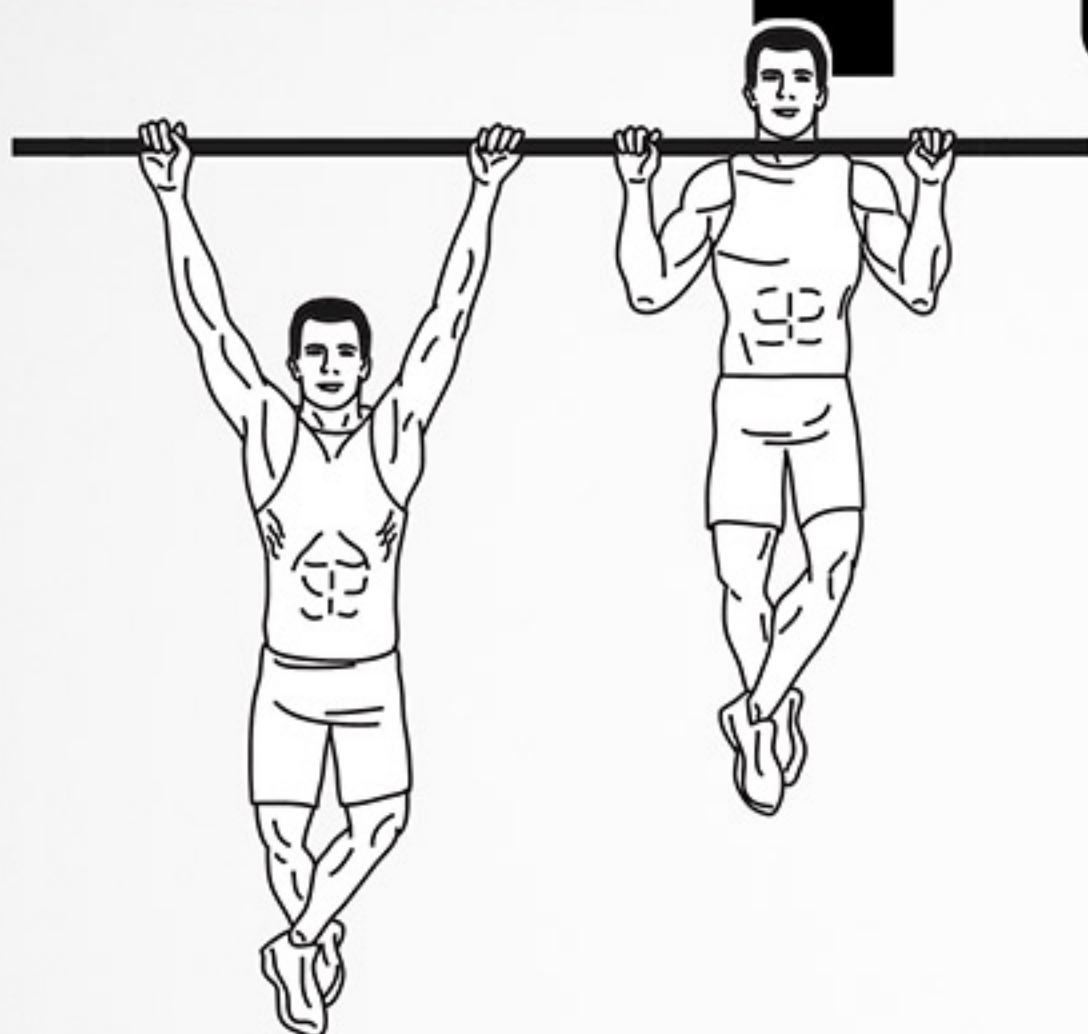
10sec x 3 sets

single arm pull-up hold
2 minutes rest
between sets

POWER PULL

DAREBEE
WORKOUT

@ darebee.com



to failure pull-ups

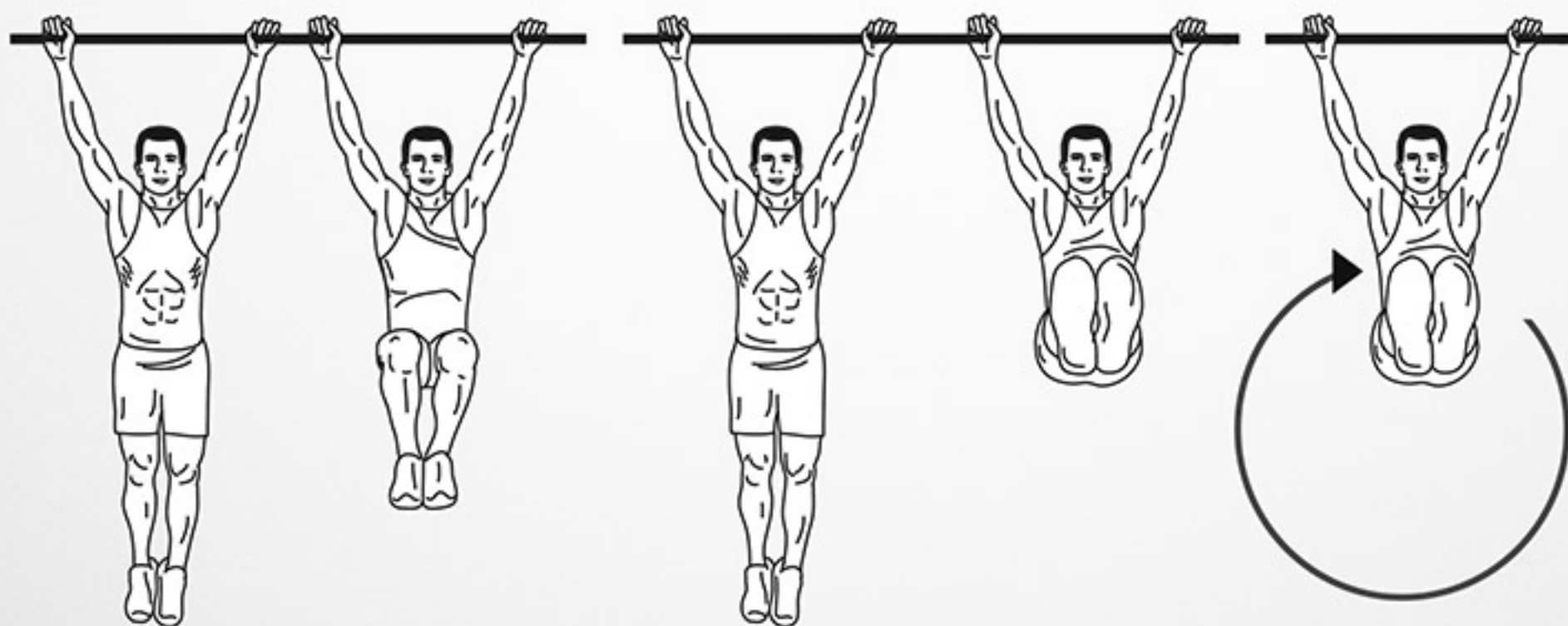
1 minute rest

to failure pull-ups

1 minute rest

to failure pull-ups

1 minute rest



10 hanging knee raises

10 hanging leg raises

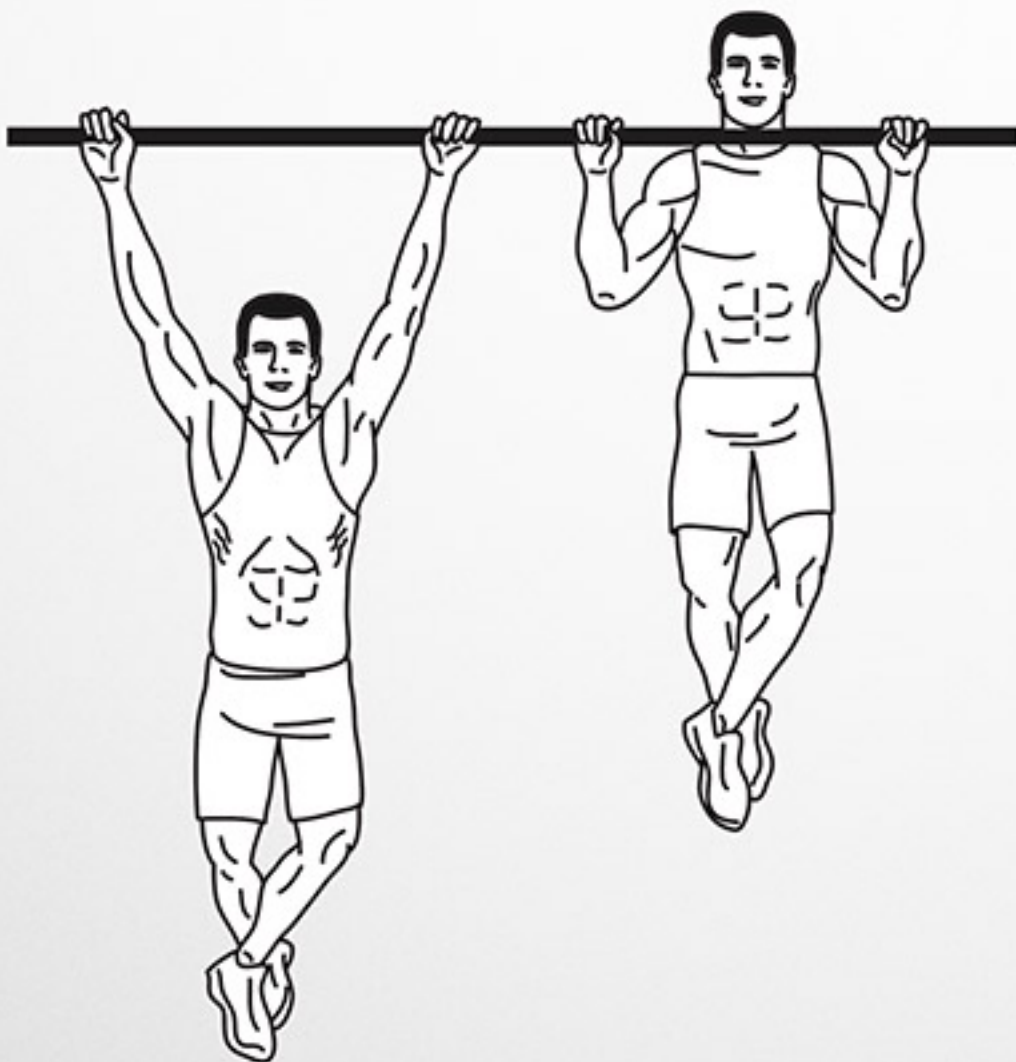
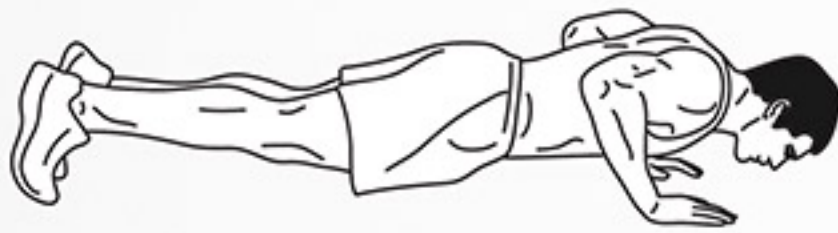
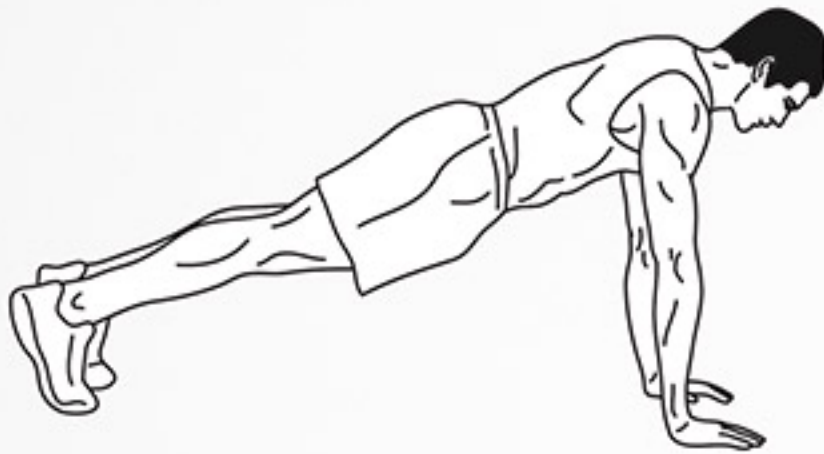
10 raised leg circles

optional: 1 minute rest between exercises

PUSH & PULL

DAREBEE WORKOUT
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EXPRESS



5 push-ups

to failure pull-ups

5 push-ups

to failure pull-ups

5 push-ups

to failure pull-ups

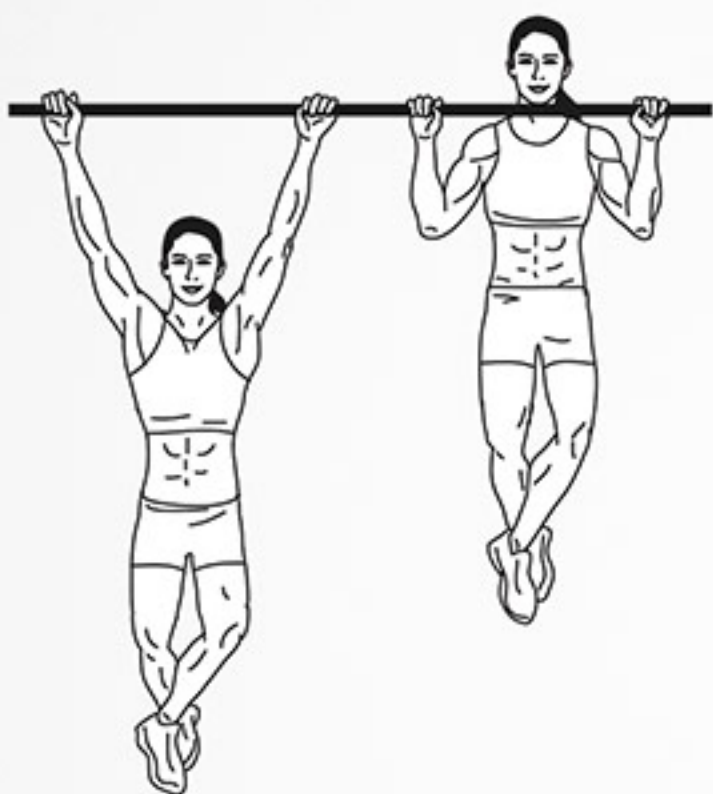
5 push-ups

to failure pull-ups

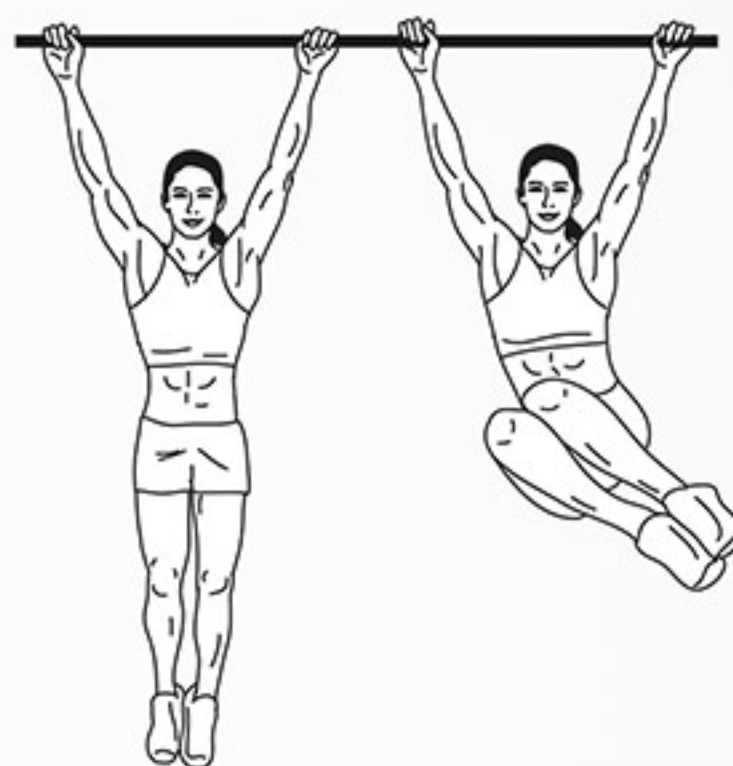
done

TOMBOY

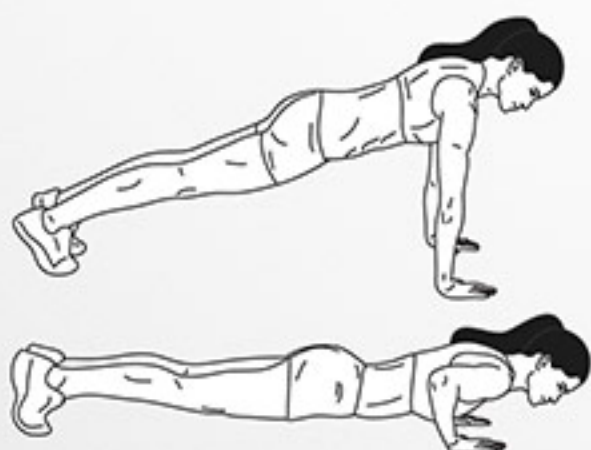
DAREBEE WORKOUT @ darebee.com



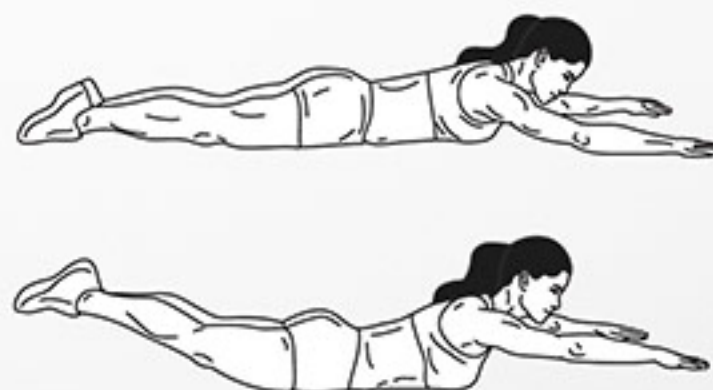
to failure pull-ups x 4 sets
30 seconds rest between sets



10 knee-up and twists x 4 sets
30 seconds rest between sets



to failure push-ups x 4 sets
30 seconds rest between sets



10 superman extensions x 4 sets
30 seconds rest between sets