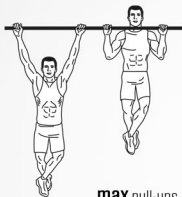


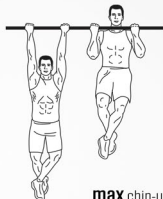
4x4

DAREBEE
WORKOUT

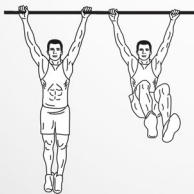
© darebee.com



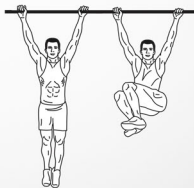
max pull-ups
4 sets | 2 min rest between sets



max chin-ups
4 sets | 2 min rest between sets



max knee-ups
4 sets | 2 min rest between sets

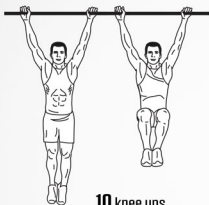


max twisting knee-ups
4 sets | 2 min rest between sets

ab master

DAREBEE WORKOUT @ darebee.com

1 minute rest between exercises



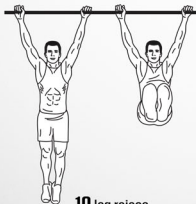
10 knee ups

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

HANG IN THERE!

DAREBEE MICRO-WORKOUT @ darebee.com



to fatigue dead hang

30sec rest

to fatigue dead hang

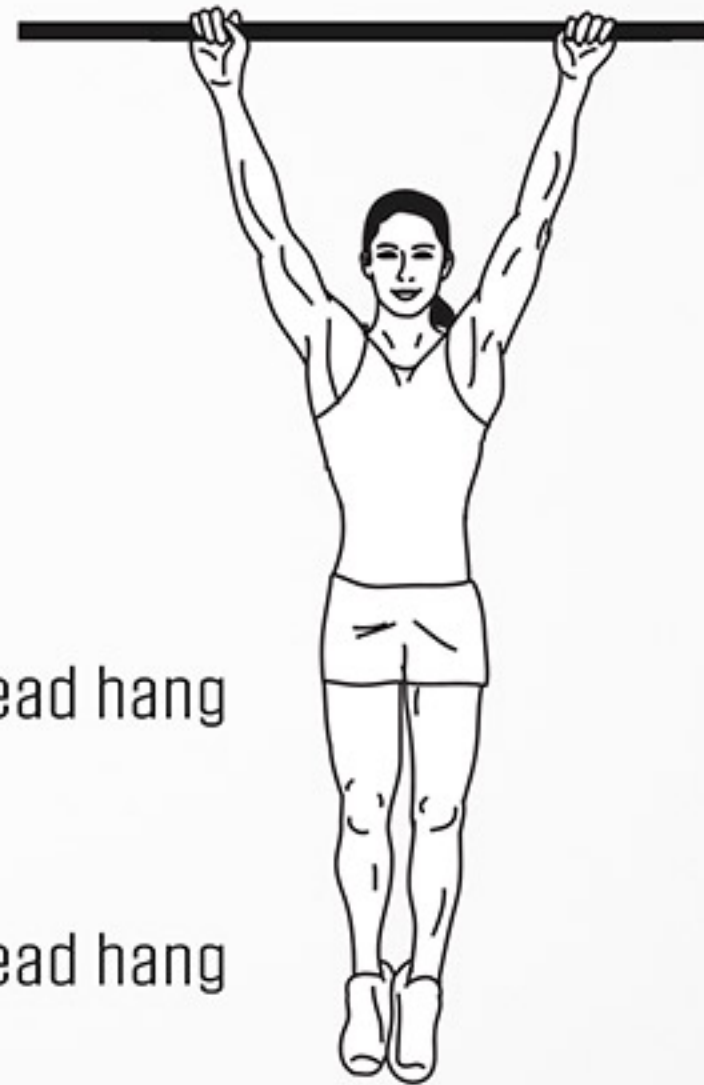
30sec rest

to fatigue dead hang

30sec rest

to fatigue dead hang

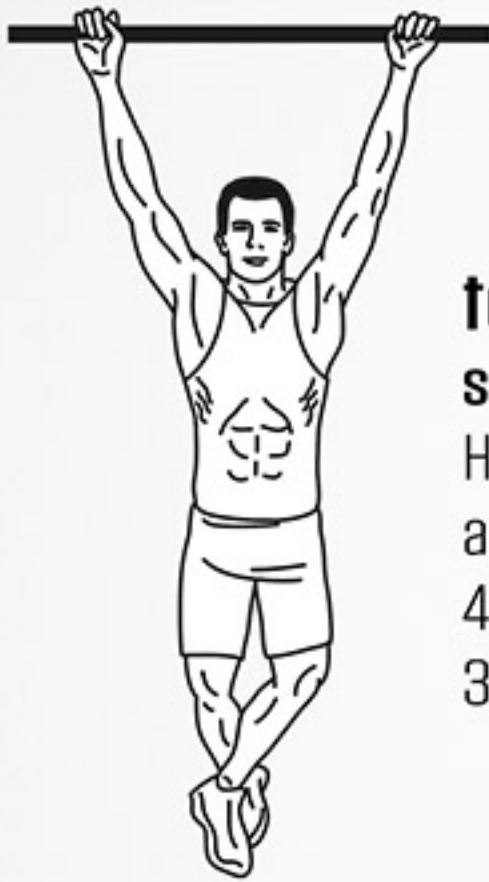
done



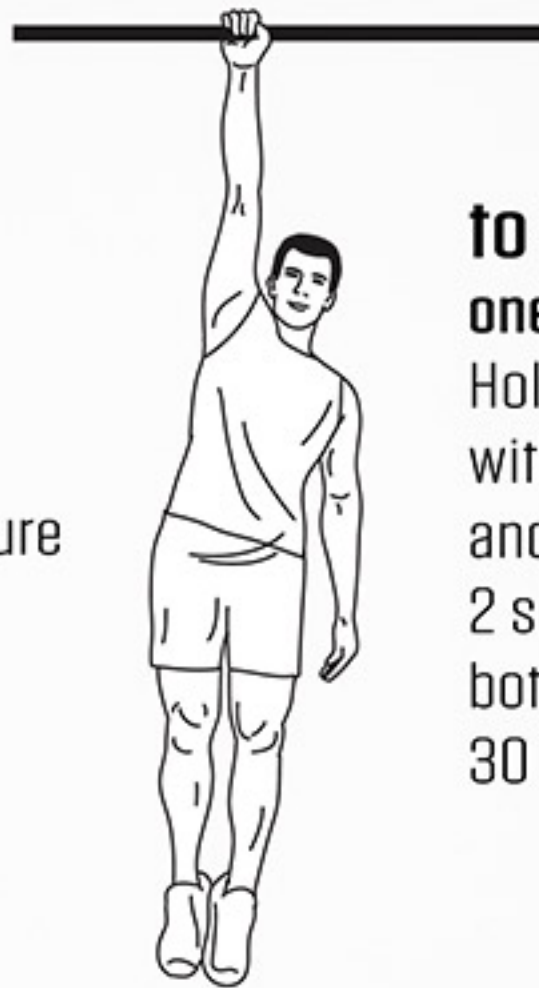
THE KITTEN

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



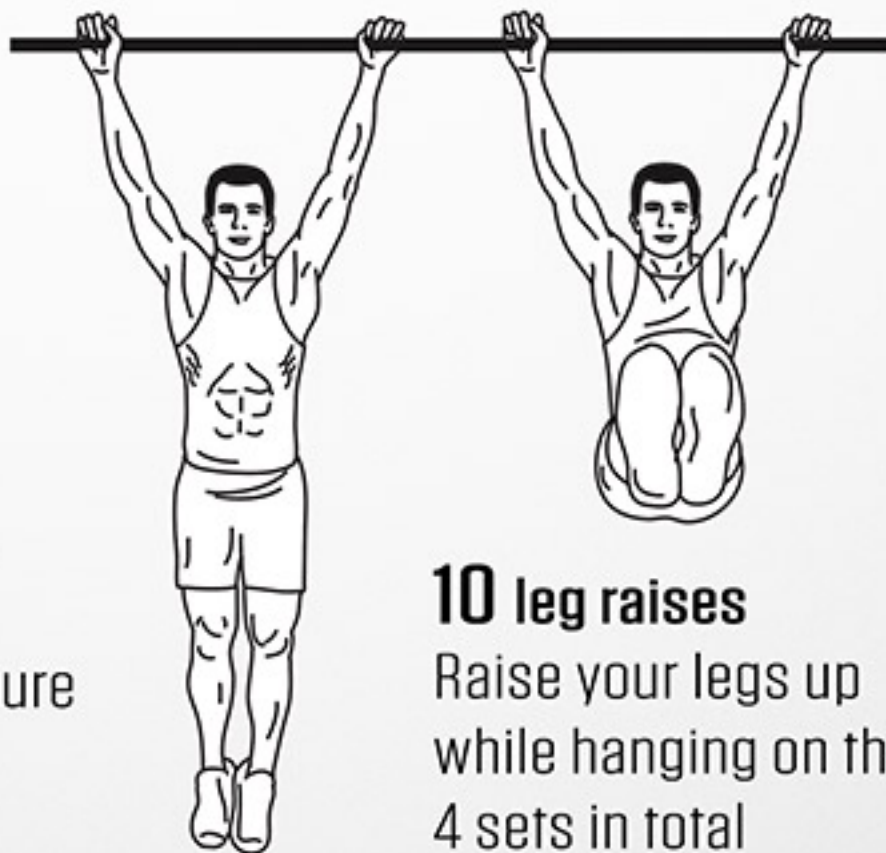
**to failure
straight hang**
Hold on to the bar
and hang until failure
4 sets in total
30 seconds rest



**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



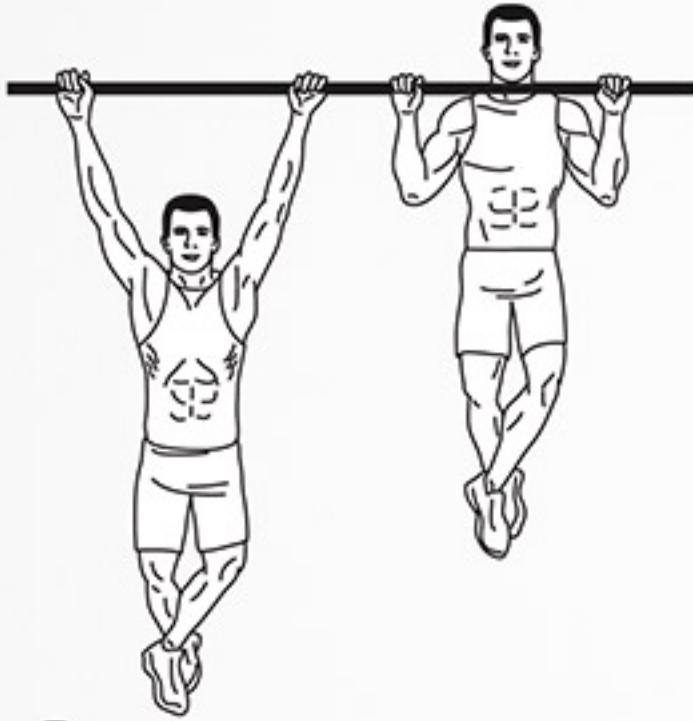
10 leg raises
Raise your legs up
while hanging on the bar
4 sets in total
30 seconds rest

MUSCLE-UP PREP

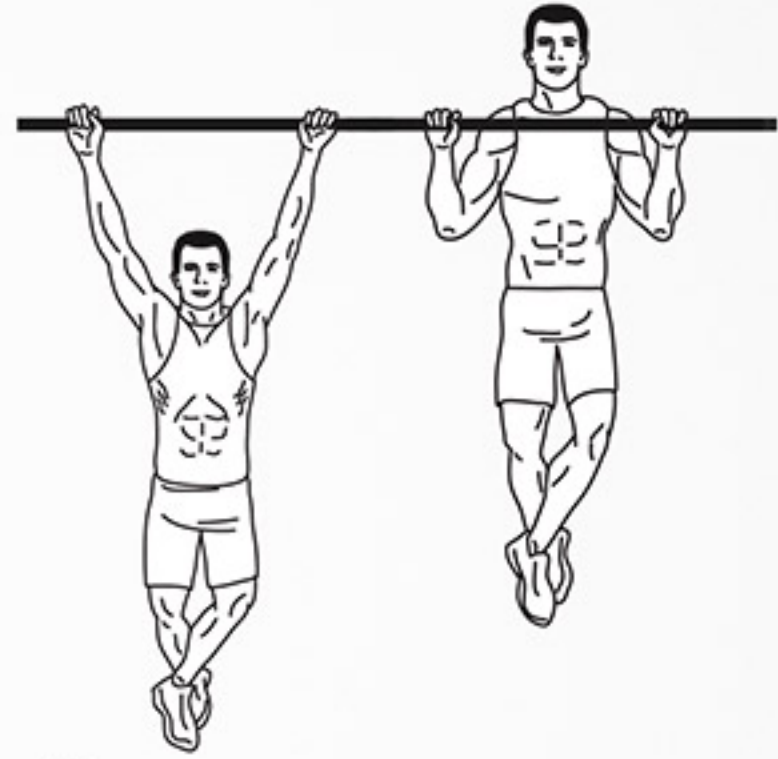


*only attempt
if you can do
10+ pull-ups*

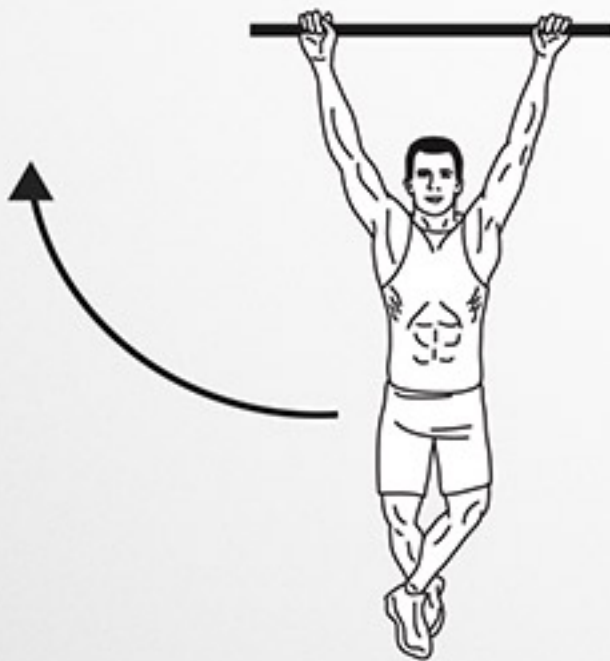
DAREBEE WORKOUT @ darebee.com



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



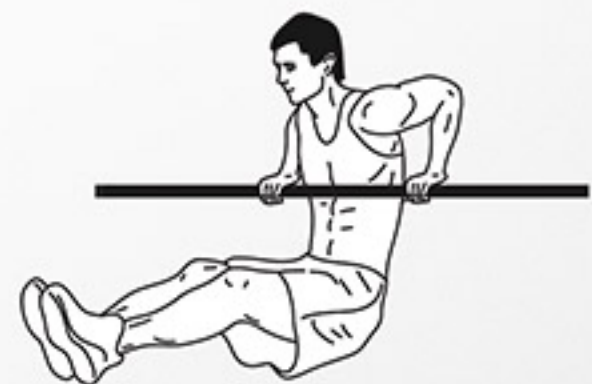
8 explosive pull-ups x 3 sets
60sec rest between sets



8 lateral swings x 3 sets
60sec rest between sets



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

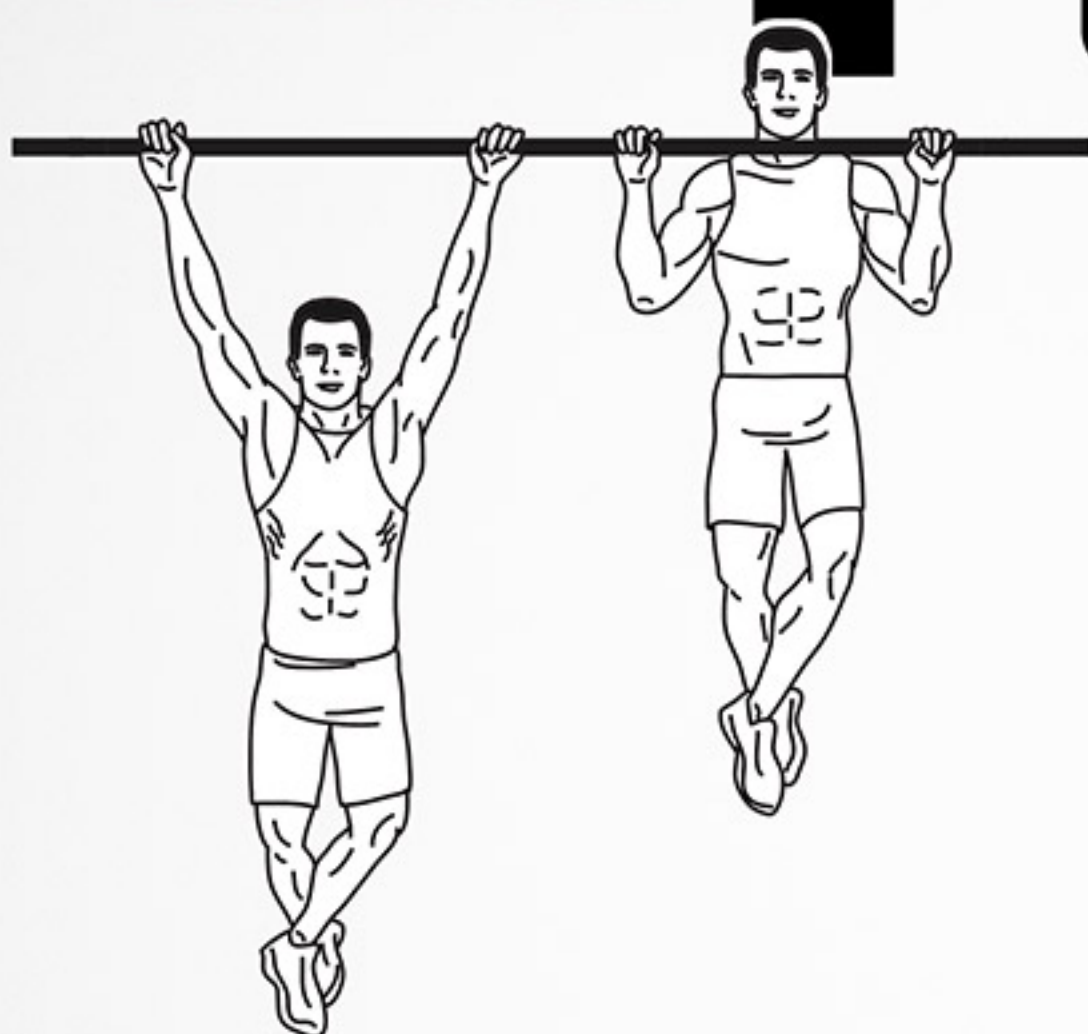


5 bar dips x 3 sets
60sec rest between sets

POWER PULL

DAREBEE
WORKOUT

@ darebee.com



to failure pull-ups

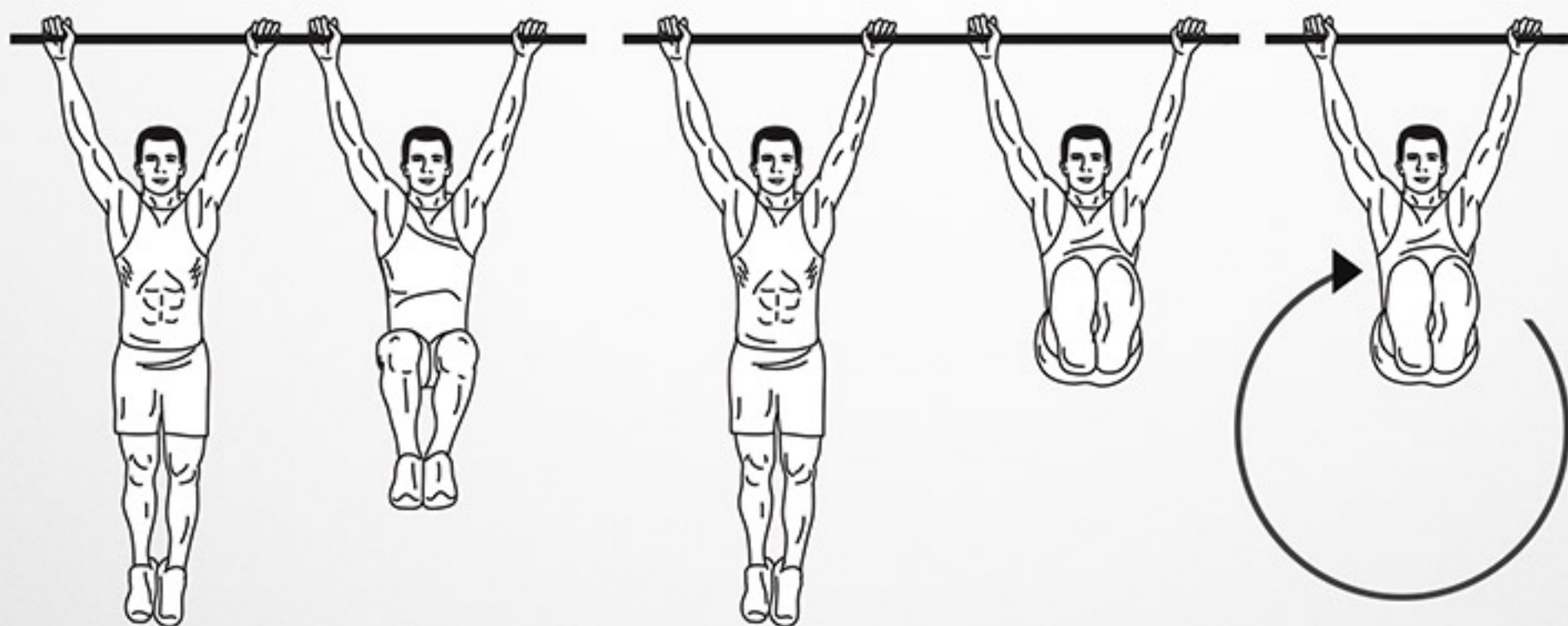
1 minute rest

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