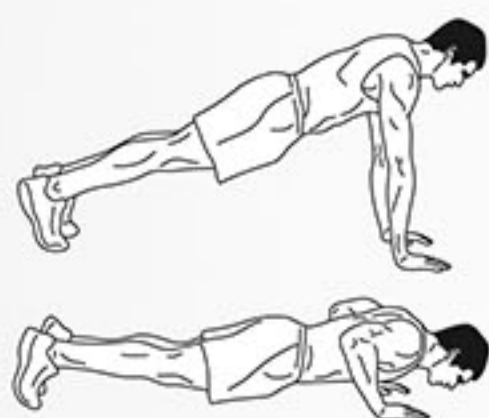


# 50 PUSH-UPS

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

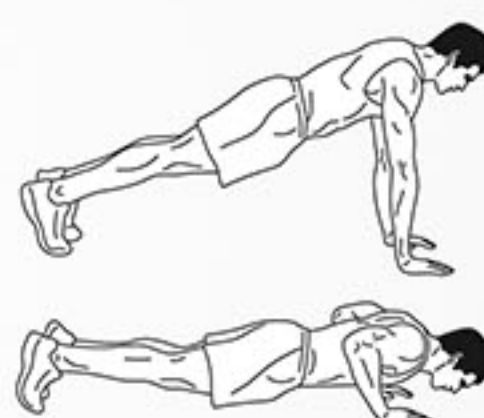
Repeat 5 times in total 2 minutes rest between sets



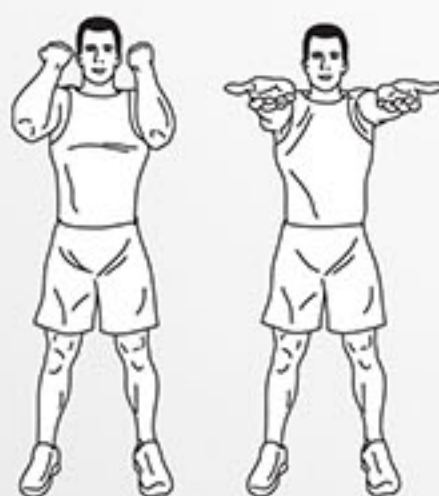
4 push-ups



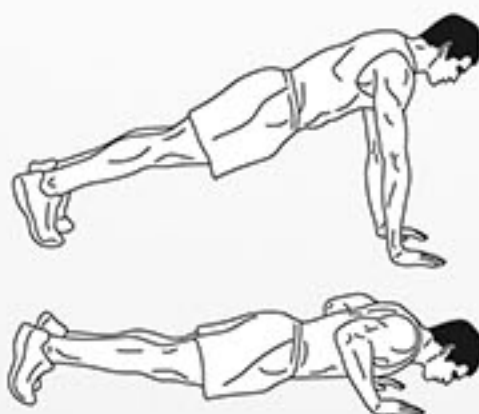
20 chest expansions



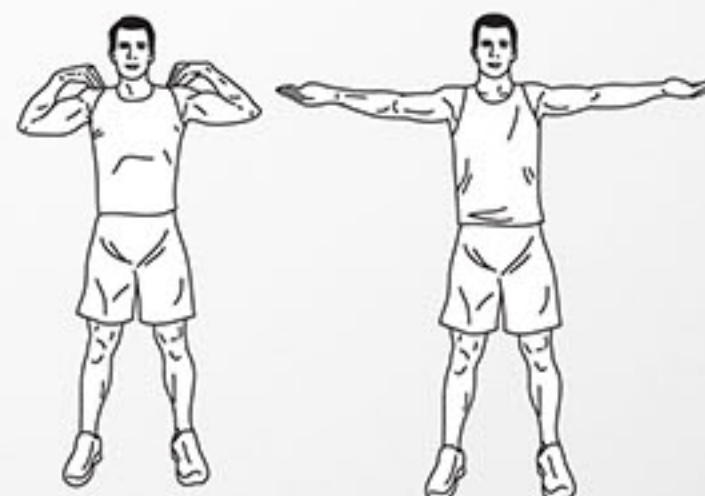
4 push-ups



20 bicep extensions



2 push-ups



20 side shoulder taps

# 100 PUSH-UPS

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

Repeat 5 times in total 2 minutes rest between sets



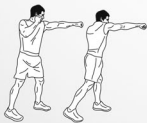
5 push-ups



20 shoulder taps



5 push-ups



20 punches



10 push-ups



20 punches

# THE BOULDER

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

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



4 push-ups



10-count plank



4 push-ups



4 up and down planks



4 raised leg push-ups



10 shoulder taps

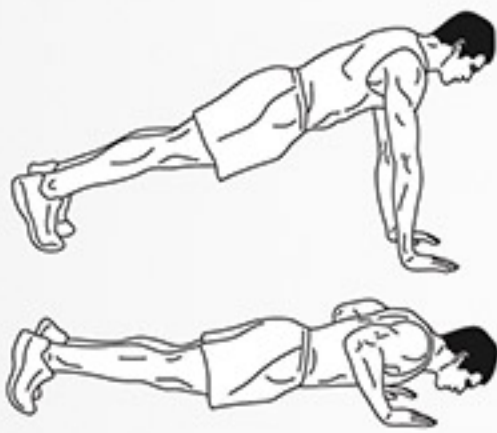


10 thigh taps

# DEFYING GRAVITY

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

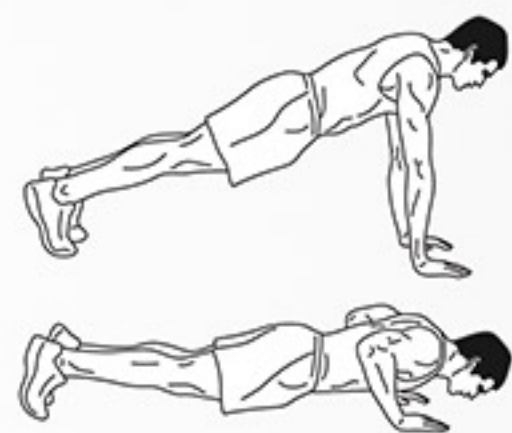
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



**20sec** push-ups



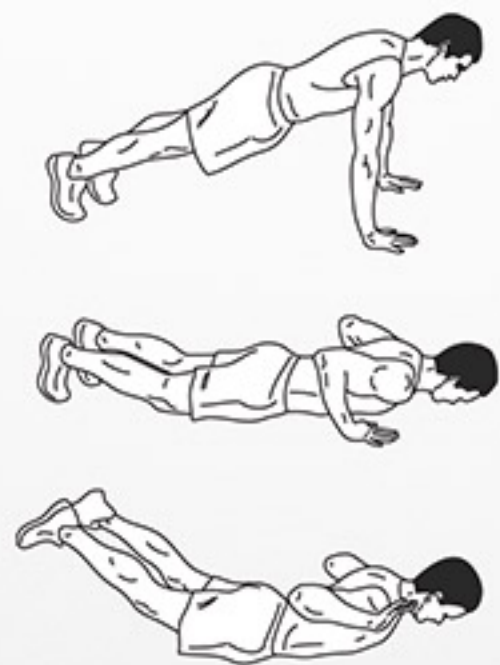
**20sec** push-up plank hold



**20sec** push-ups



**20sec** plank hold



**20sec** skydiver push-ups



**20sec** plank hold

# EQUALIZER

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

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



4 push-ups



2 wide grip push-ups



2 close grip push-up



10 reverse flutter kicks



4 back extensions



4 plank walk-outs



4 push-ups



2 shoulder taps



2 raised leg push-ups

# GRAVITY

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

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



4 push-ups



4 wide grip



2 close grip



4 push-ups



4 shoulder taps



2 staggered



4 push-ups



4 raised leg



2 stacked feet

# Huntsman

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

LEVEL I 2 reps LEVEL II 4 reps LEVEL III 6 reps each

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



close grip push-ups



classic grip push-ups



wide grip push-ups



raised leg push-ups



staggered push-ups

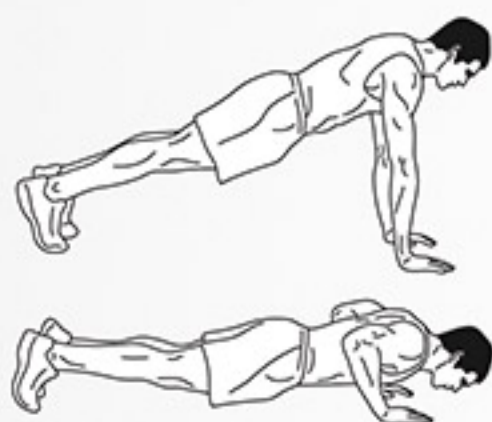


stacked push-ups

# LESS IS MORE

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

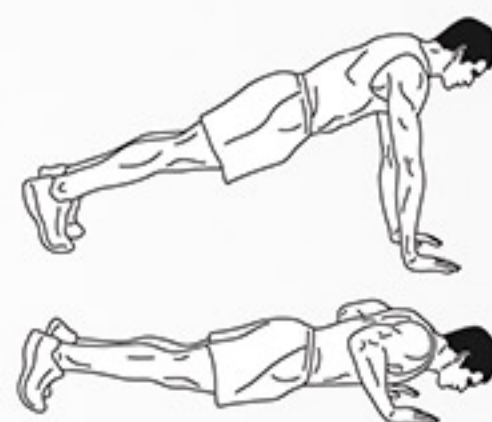
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets  
up to 2 minutes rest between sets



**5** push-ups



**5-count** push-up plank hold



**5** push-ups



**5-count** push-up plank hold



**5-count** plank hold



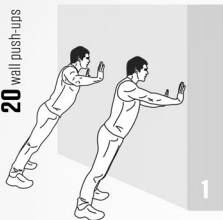
**5-count** push-up plank hold



# Office Push-Ups II

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)  
Repeat 3 times with 1 minute rest in between.

20 wall push-ups



20 one-arm side wall push-ups



10 wall clapping push-ups



10 wall clapping push-ups  
behind back

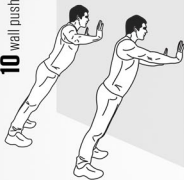


# Office **Push-Ups**

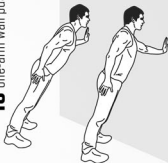
DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

Repeat 3 times with 1 minute rest in between.

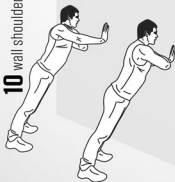
10 wall push-ups



10 one-arm wall push-ups



10 wall shoulder taps



10 one-arm side wall push-ups

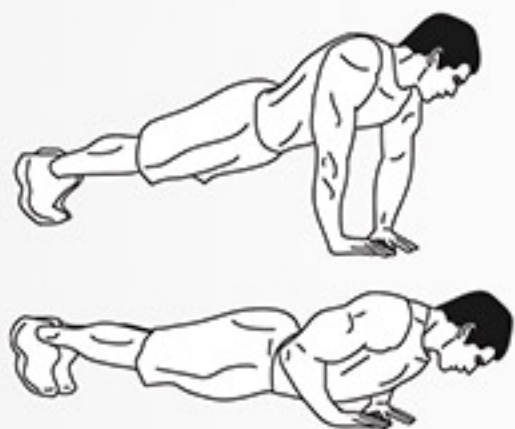


# ONE ARM PUSH-UP PREP

*attempt  
when ready*



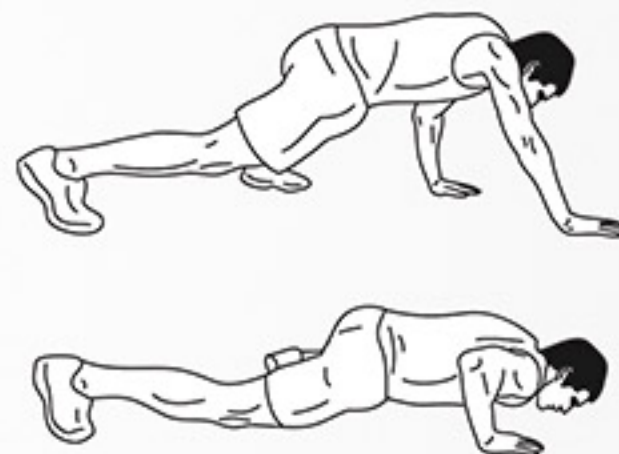
DAREBEE WORKOUT @ [darebee.com](https://darebee.com)



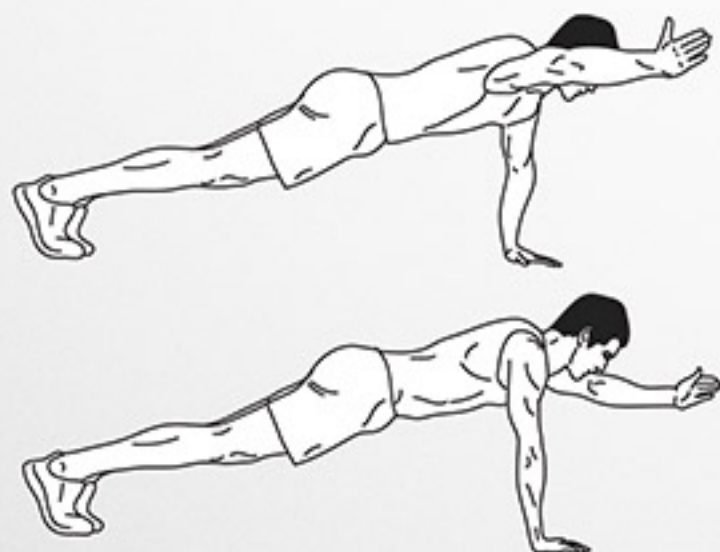
**10** diamond push-ups  
x 3 sets  
60sec rest between sets



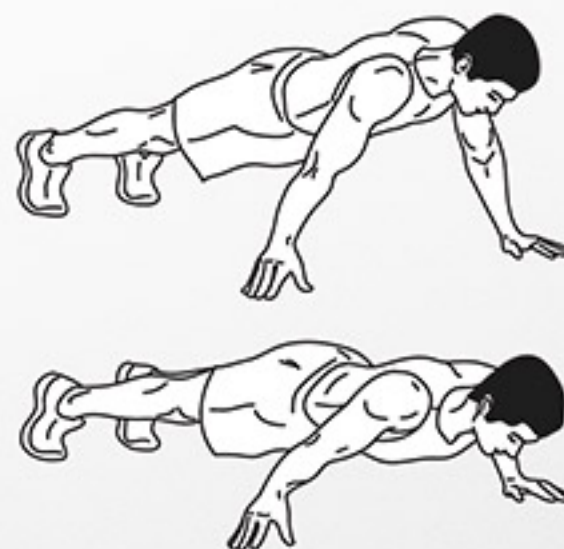
**30sec**  
one arm plank hold  
per side



**10** dragon push-ups  
x 3 sets  
60sec rest between sets



**30** plank arm raises x 3 sets  
60sec rest between sets



**10** archer push-ups x 3 sets  
60sec rest between sets

# PALADIN

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

LEVEL I 2 reps LEVEL II 4 reps LEVEL III 6 reps each

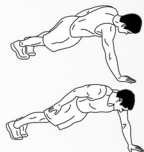
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



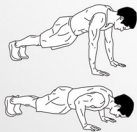
push-ups



plank walk-outs



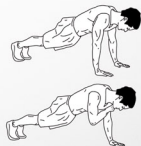
high taps



push-ups



plank walk-outs

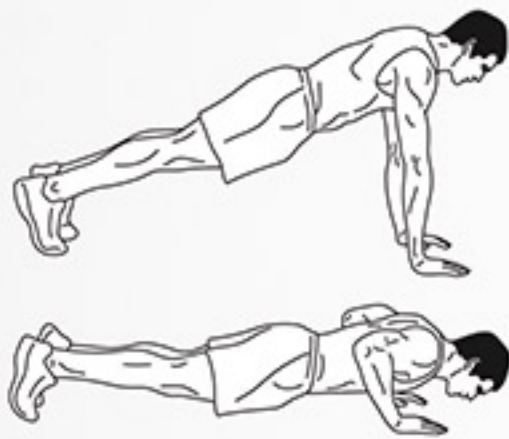


shoulder taps

# PECS

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

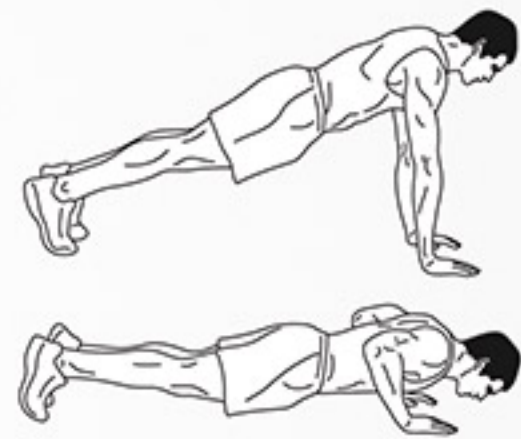
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



**5** push-ups



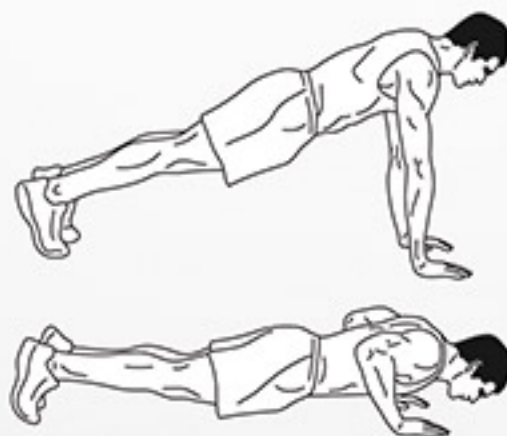
**10** plank rotations



**5** push-ups



**5-count** push-up plank hold



**5** push-ups



**5-count** push-up plank hold

# PUSH-UP FEST

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

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



4 push-up shoulder taps



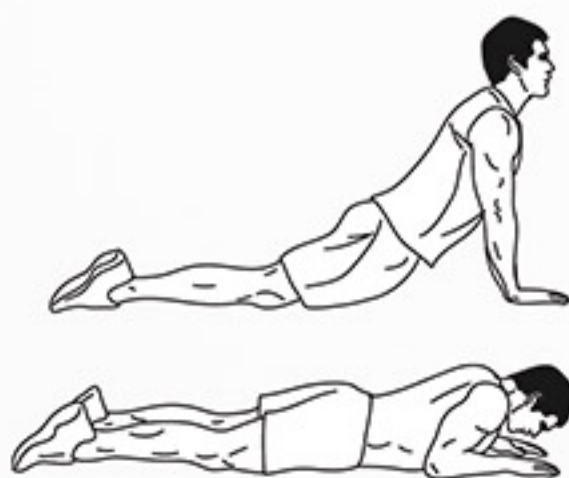
4 grip change push-ups



4 push-up rotations



4 push-up jump-ins



6 arches



4 push-up plank jacks



4 push-up side crunches



4 push-up walk-outs



4 push-up + alt arm/leg raises



# PUSH-UP MASSACRE

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

LEVEL I 3 sets  
LEVEL II 4 sets  
LEVEL III 5 sets  
2 minutes rest

## NC-17



10 classic push-ups



10 power push-ups



5 back extensions



10 wide grip push-ups



10 close grip push-ups



5 back extensions



10 raised leg push-ups



10 side crunch push-ups



5 back extensions

# **PUSH-UP** **MASSACRE**

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

LEVEL I 3 sets  
LEVEL II 4 sets  
LEVEL III 5 sets  
2 minutes rest



**6** classic push-ups



**6** power push-ups



**4** back extensions



**6** wide grip push-ups



**6** close grip push-ups



**4** back extensions



**6** raised leg push-ups



**6** side crunch push-ups



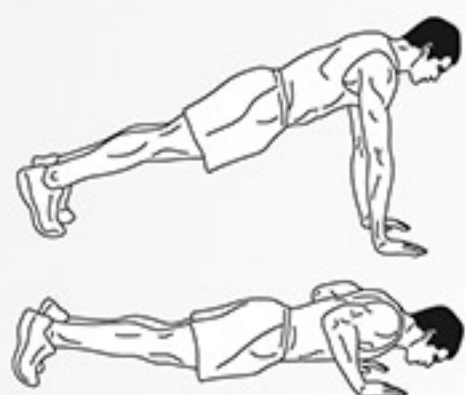
**4** back extensions



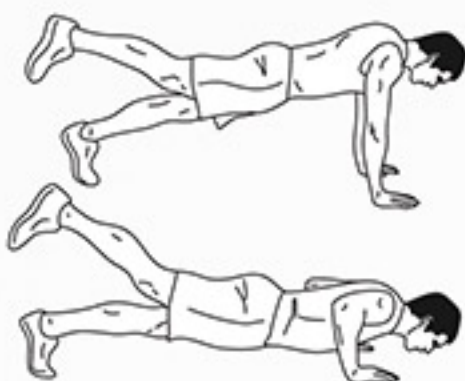
# PUSH-UP PARTY

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

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



2 classic push-ups



2 raised leg push-ups



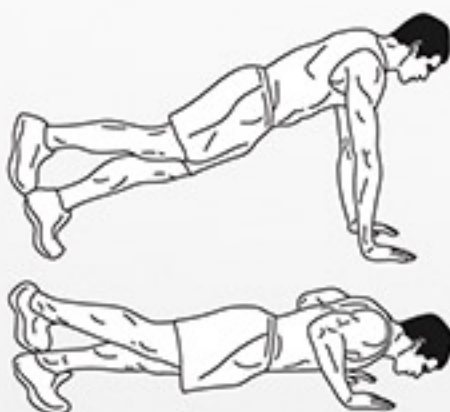
2 shoulder tap push-ups



4 sky diver push-ups



2 push-up side crunches



2 stacked push-ups



2 push-ups with rotation

# PUSH!

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

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



**6** staggered push-ups



**10** prone reverse fly



**6** archer push-ups



**10** prone reverse fly



**6** push-up shoulder taps



**10** prone reverse fly

# RED REAPER

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

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



**15** push-ups



**30** shoulder taps



**15** push-ups



**15-count** plank hold



**30** plank side crunches



**15-count** plank hold