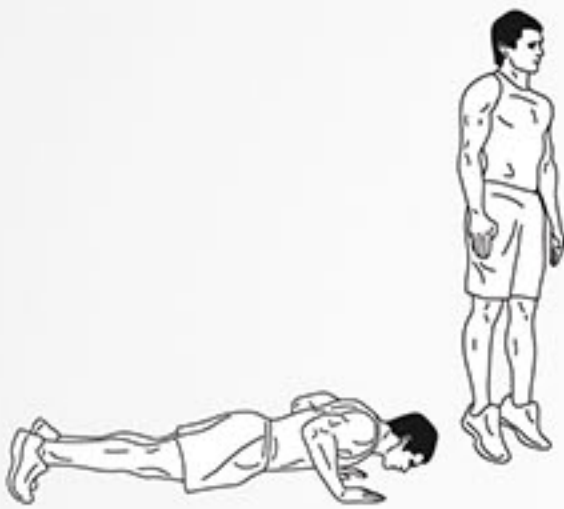


ATTACK ON TITAN

DAREBEE WORKOUT @ darebee.com

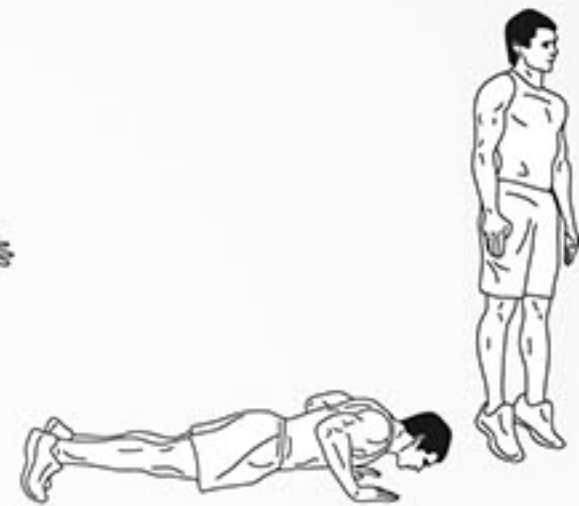
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 burpees



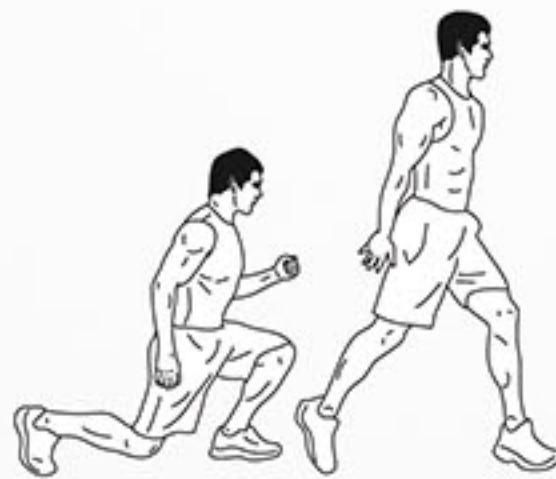
4 side-to-side jumps



10 burpees



4 side-to-side jumps



10 jumping lunges



4 side-to-side jumps



10 deep side-to-side lunges

cardio

MAX

DAREBEE WORKOUT @ darebee.com

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



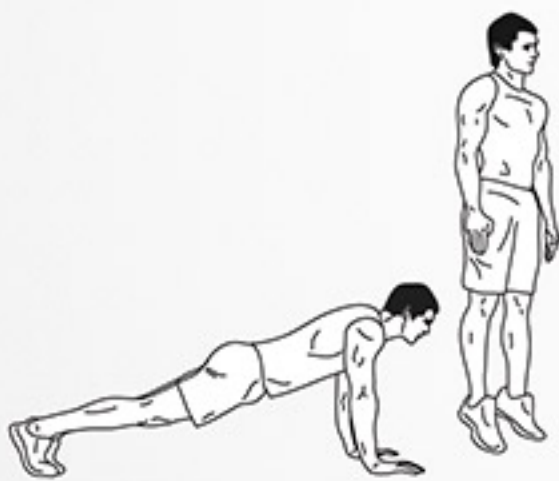
10 high knees



5 jump knee tucks



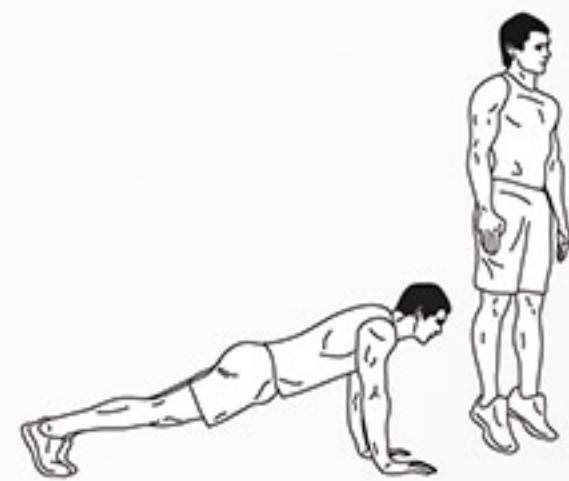
10 high knees



10 basic burpees



5 jump knee tucks



10 basic burpees



10 high knees



5 jump knee tucks



10 high knees

DEADLY40

DAREBEE WORKOUT © darebee.com

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



40 basic burpees



40 jumping jacks



40 climbers



40 sit-ups



40 flutter kicks



40 bridges

WOW, THAT'S HARD

DAREBEE WORKOUT @ darebee.com

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



10 squats

5 burpees

10 squats

5 burpees

10 squats

5 burpees

10 squats

5 burpees



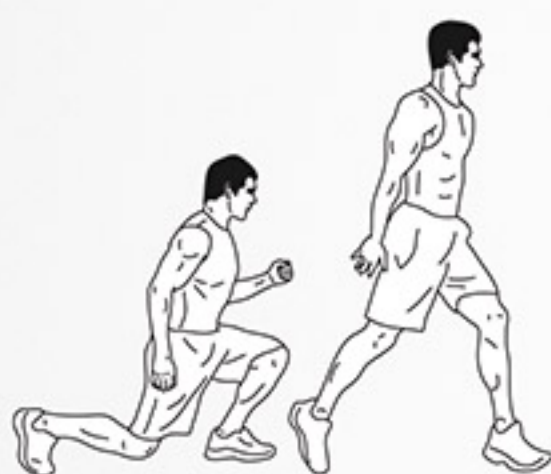
10 squats

5 burpees

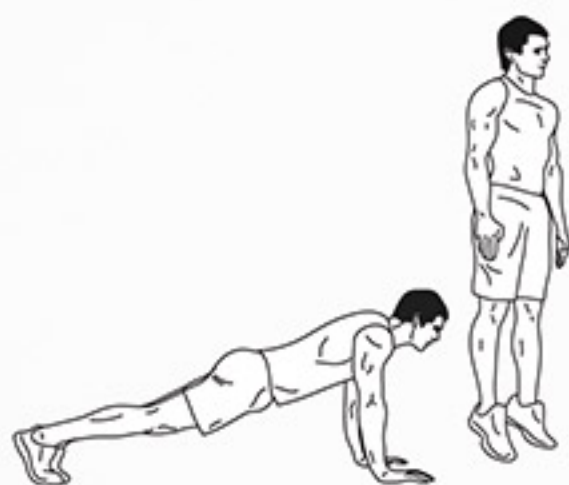
KEEP UP!

DAREBEE WORKOUT @ darebee.com

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



10 jumping lunges



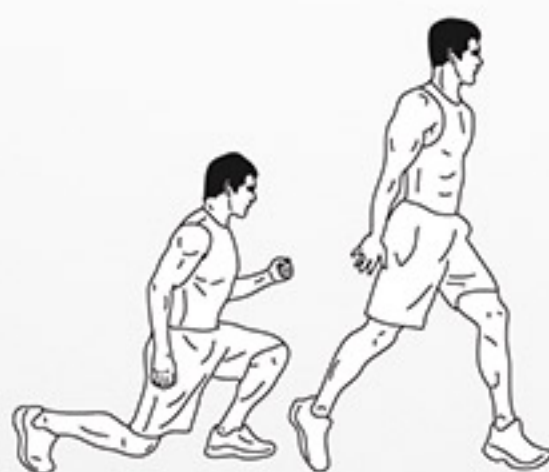
10 basic burpees



10 jumping lunges



10 high knees



10 jumping lunges



10 power push-ups

NIGHT AGENT

DAREBEE WORKOUT @ darebee.com

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



20 split lunges



max push-ups



max burpees



20 climber taps



20 high knees



20 plank crunches



20-count elbow plank hold

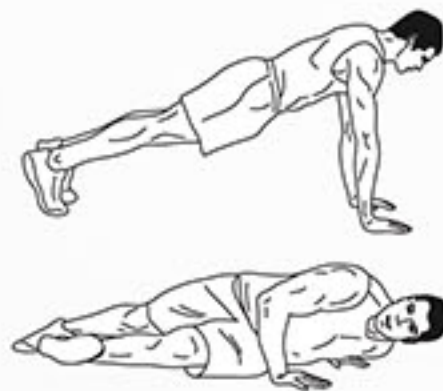
NO TURNING BACK

DAREBEE WORKOUT @ darebee.com

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



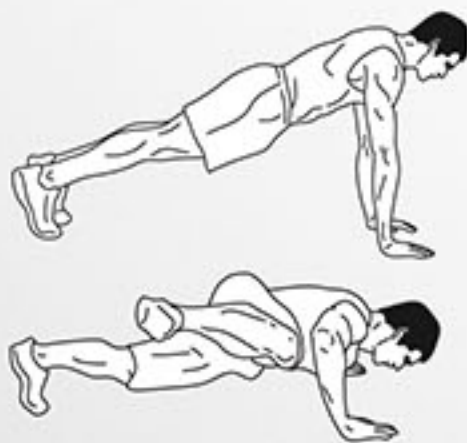
20 high knees



2 cross body push-ups



20 high knees



2 push-up crunches



20 high knees



2 push-up shoulder taps

OVERKILL

DAREBEE WORKOUT @ darebee.com

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



4 burpees



10 plank rotations



4 burpees



10 plank crunches



4 burpees



10 plank crunches



4 burpees



10 plank rotations



4 burpees

SUPER BURPEE

DAREBEE WORKOUT @ darebee.com

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



10 basic burpees



10 plank jacks



10-count plank hold



10 basic burpees



10 plank walk-outs



10-count plank hold



10 basic burpees



10 plank rotations



10-count plank hold

SUPER HARD

DAREBEE WORKOUT @ darebee.com

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



20 jumping jacks



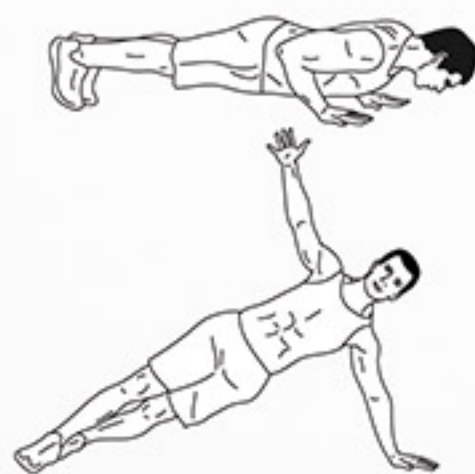
10 push-up shoulder taps



5 jump squats



20 jumping jacks



10 push-up with rotations



5 jump squats



20 jumping jacks



10 cross body push-ups



5 jump squats

ULTIMATE TEST

DAREBEE WORKOUT © darebee.com

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



5 burpees



20 high knees



10 climbers



5 burpees



20 high knees



10 shoulder taps



5 burpees



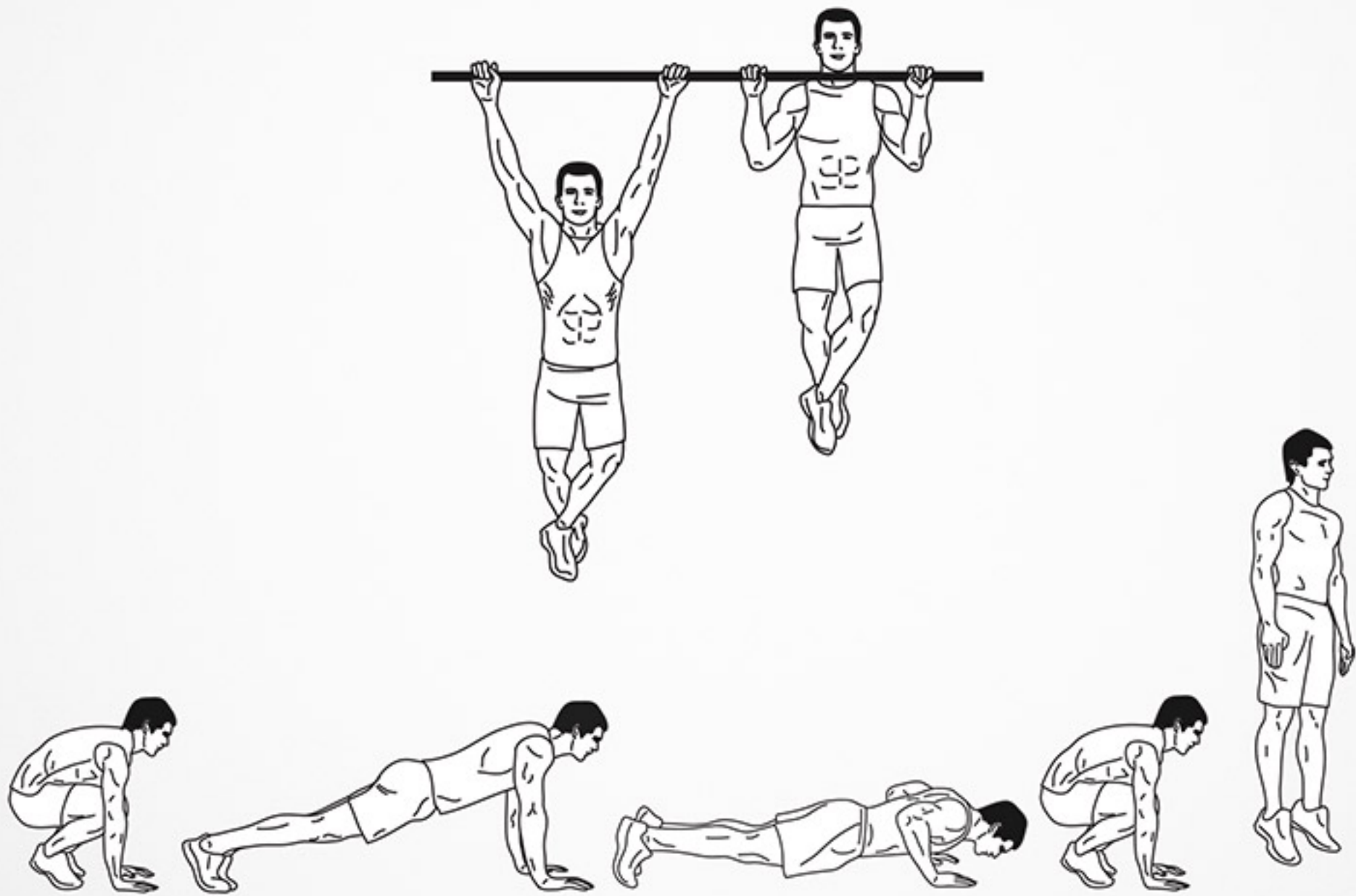
20 high knees



10 plank rotations

I AM WRATH

DAREBEE WORKOUT @ darebee.com



30 seconds

2 pull-ups + 2 burpees

30 seconds rest

repeat 5 times in total