

# GRAVEYARD SHIFT

DAREBEE  
WORKOUT

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

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

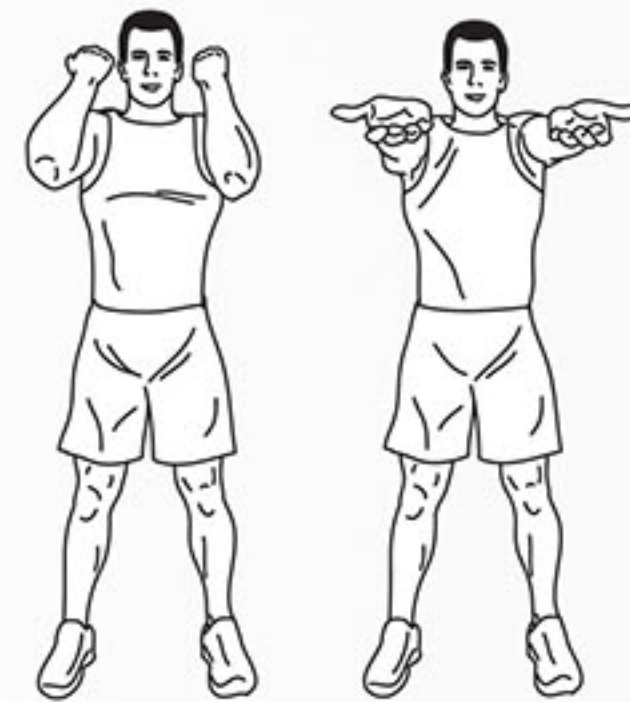
REST up to 2 minutes



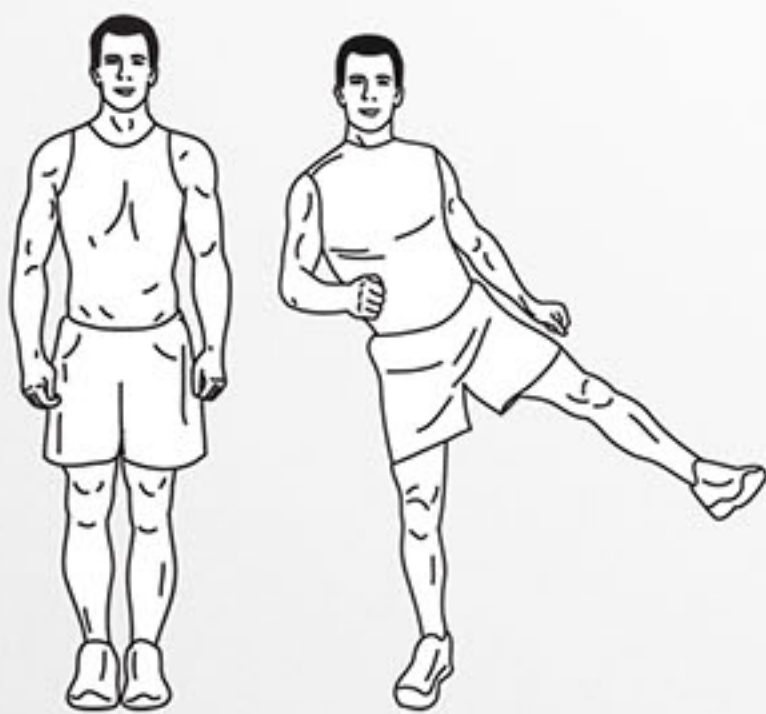
**10** side-to-side lunges



**10** calf-raises



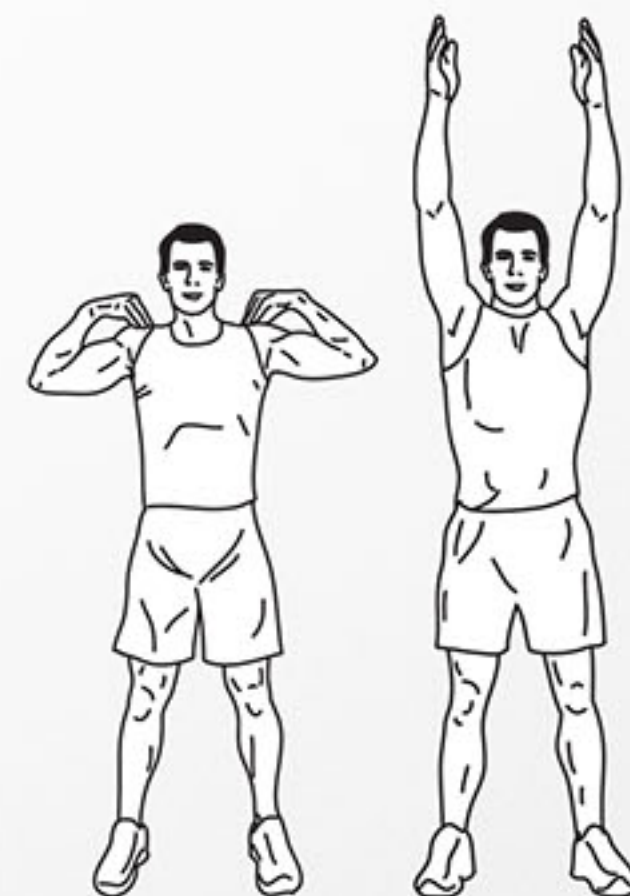
**30** bicep extensions



**30** side leg raises



**10-count** squat hold



**30** shoulder taps

# PLANKS VS ZOMBIES

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

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.

1



2



3



4



5



6





# REANIMATOR

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

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



**30sec** plank hold



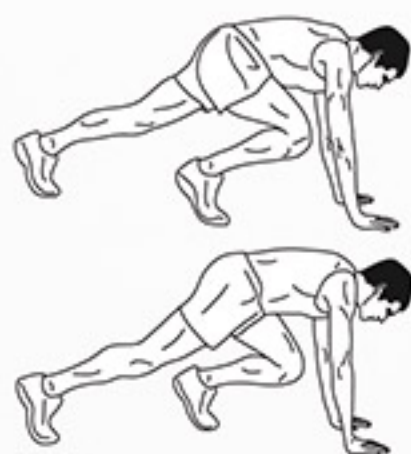
**20sec** shoulder taps



**10sec** jumping jacks



**30sec** plank hold



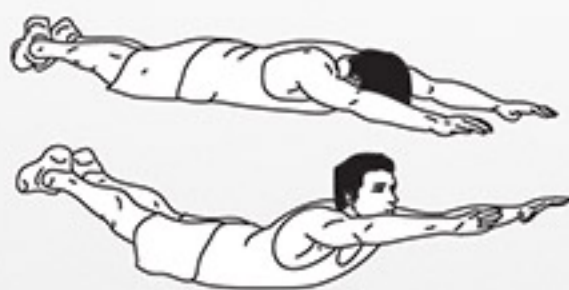
**20sec** climbers



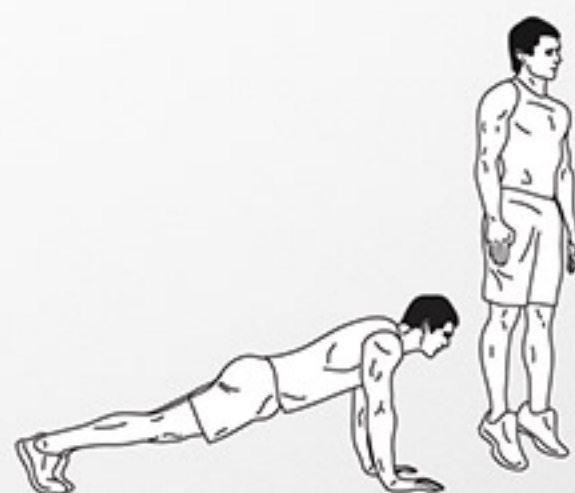
**10sec** high knees (sprint!)



**30sec** plank hold



**20sec** superman stretches



**10sec** basic burpees



# Team ZOMBIE

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



**20** step jacks



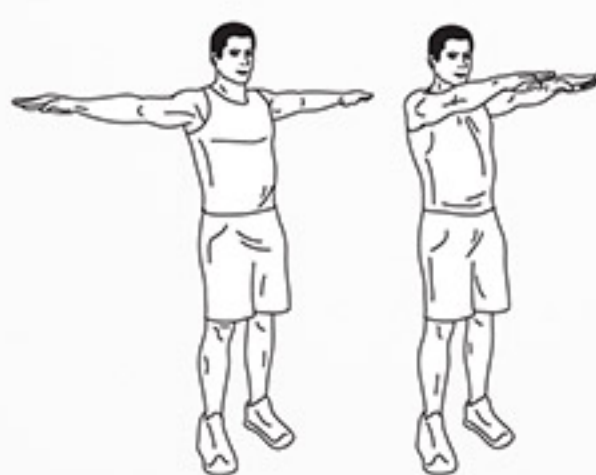
**20-count** calf raise hold



**20** step jacks



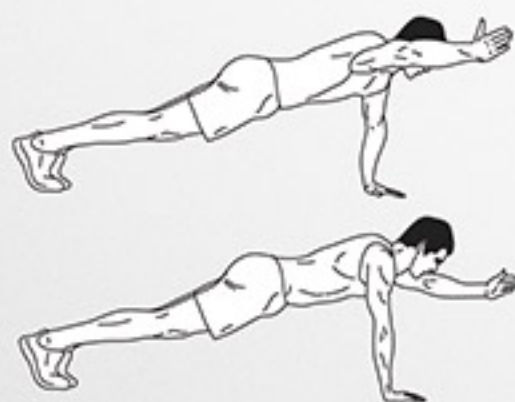
**20-count** hold



**40** arm extensions



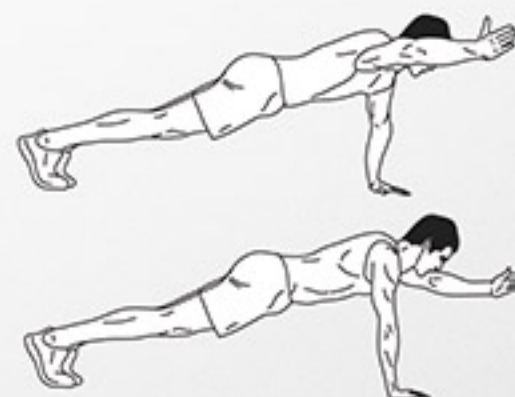
**20-count** hold



**10** plank arm raises



**20-count** hold



**10** plank arm raises

# ZOMBIE HUNTER

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

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



10 squats



10 single leg deadlifts



10 squats



10 tricep extensions  
right arm



20 chops



10 tricep extensions  
left arm



20 kneeling rows

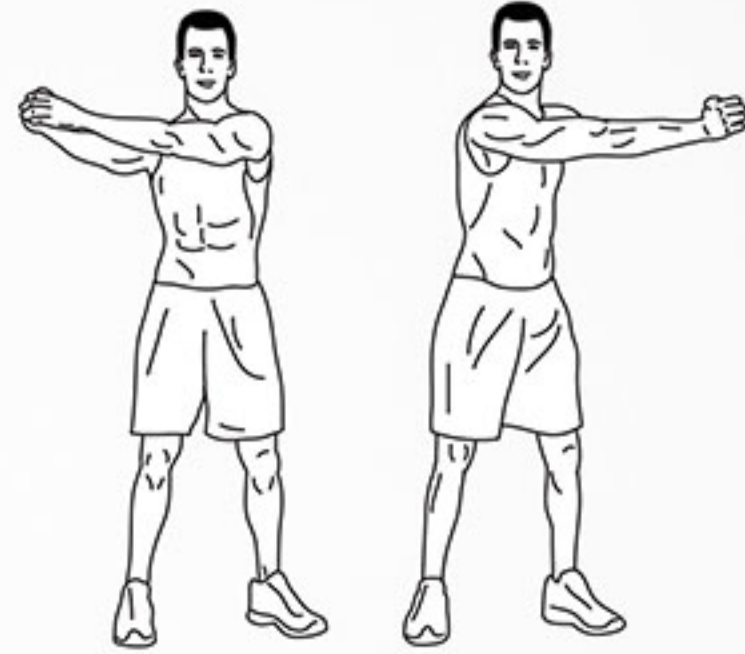
# ZOMBIE

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

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



**20sec** high knees



**20sec** side-to-side chops

CAN BE DONE WITH A KATANA



**20sec** "1-2-3" count high knees + squat