



REBOOT

REBOOT

Day 1 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



20 high knees

10-count plank hold

20 high knees

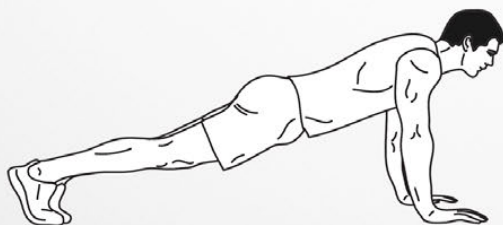
10-count plank hold

20 high knees

10-count plank hold

20 high knees

10-count plank hold



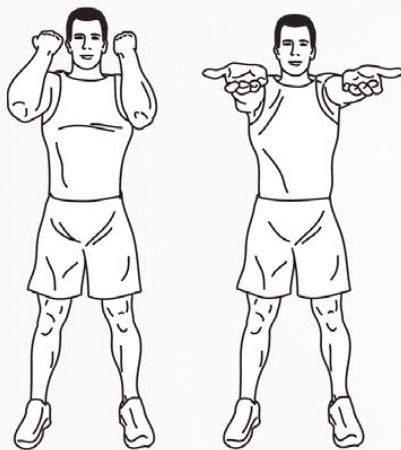
20 high knees

10-count plank hold

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Day 2 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



20 bicep extensions

10-count raised arms hold

20 bicep extensions

10-count raised arms hold

20 bicep extensions

10-count raised arms hold

20 bicep extensions

10-count raised arms hold

20 bicep extensions

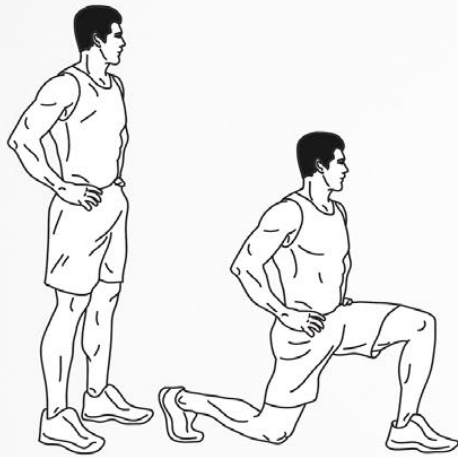
10-count raised arms hold



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Day 3 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



4 lunges

10-count calf raise hold

4 lunges

10-count calf raise hold

4 lunges

10-count calf raise hold

4 lunges

10-count calf raise hold

4 lunges

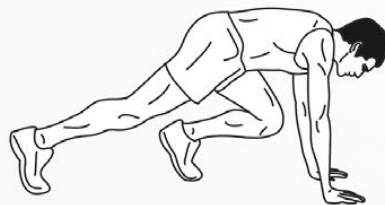
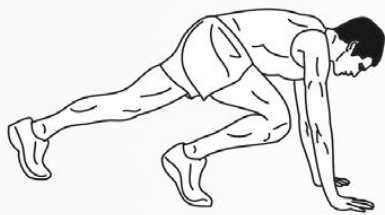
10-count calf raise hold



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Day 4 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



20 climbers

10-count stretch hold

20 climbers

10-count stretch hold

20 climbers

10-count stretch hold

20 climbers

10-count stretch hold



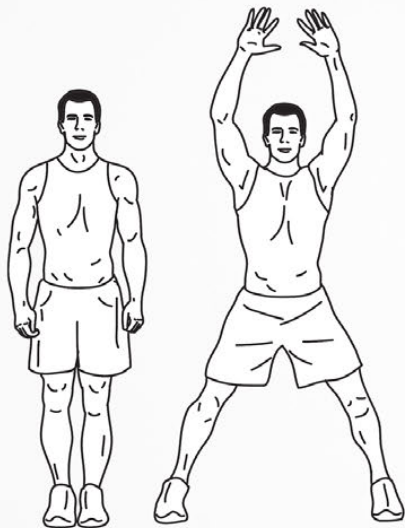
20 climbers

10-count stretch hold

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Day 5 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



10 jumping jacks

10-count squat hold

10 jumping jacks

10-count squat hold

10 jumping jacks

10-count squat hold

10 jumping jacks

10-count squat hold

10 jumping jacks

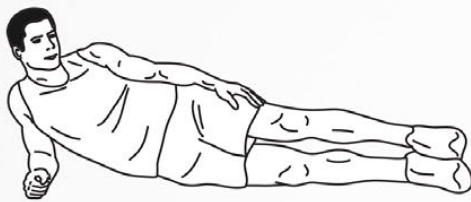
10-count squat hold



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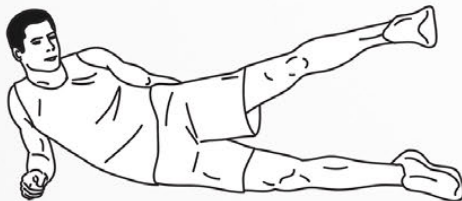
Day 6 © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



20 side leg raises / left leg

10-count hold / left leg



20 side leg raises / right leg

10-count hold / right leg



20 side leg raises / left leg

10-count hold / left leg

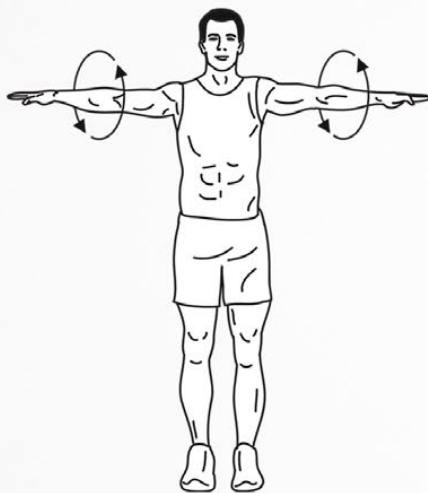
20 side leg raises / right leg

10-count hold / right leg

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Day 7 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



20 arm circles

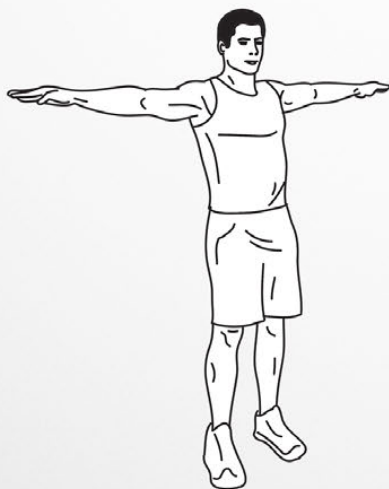
10-count raised arms hold

20 arm circles

10-count raised arms hold

20 arm circles

10-count raised arms hold



20 arm circles

10-count raised arms hold

20 arm circles

10-count raised arms hold

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Day 8 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



10 bridges

10-count hold



10 bridges

10-count hold



10 bridges

10-count hold

10 bridges

10-count hold

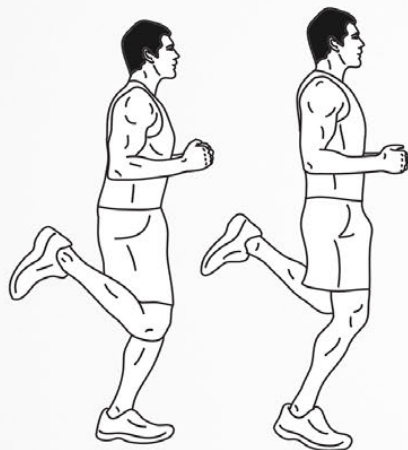
10 bridges

10-count hold

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Day 9 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



20 butt kicks

10-count plank hold

20 butt kicks

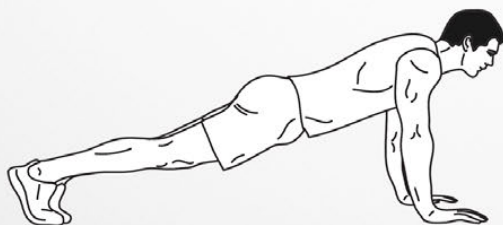
10-count plank hold

20 butt kicks

10-count plank hold

20 butt kicks

10-count plank hold



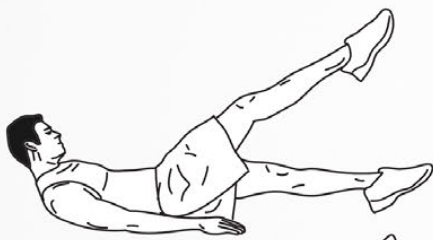
20 butt kicks

10-count plank hold

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Day 10 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



10 flutter kicks

5-count raised legs hold



10 flutter kicks

5-count raised legs hold

10 flutter kicks

5-count raised legs hold



10 flutter kicks

5-count raised legs hold

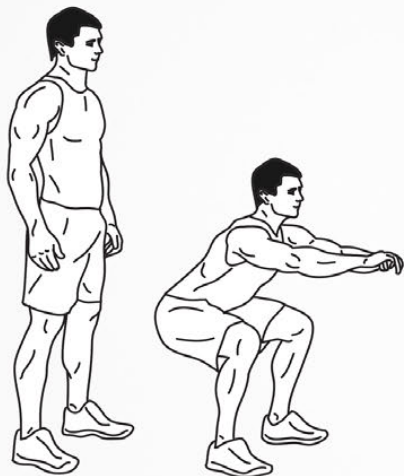
10 flutter kicks

5-count raised legs hold

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Day 11 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



4 squats

10-count squat hold

4 squats

10-count squat hold

4 squats

10-count squat hold



4 squats

10-count squat hold

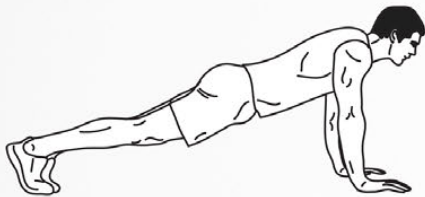
4 squats

10-count squat hold

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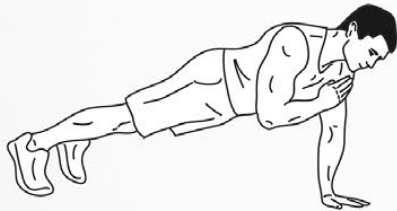
Day 12 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



20 shoulder taps

10-count side plank hold (left side)



20 shoulder taps

10-count side plank hold (right side)



20 shoulder taps

10-count side plank hold (left side)

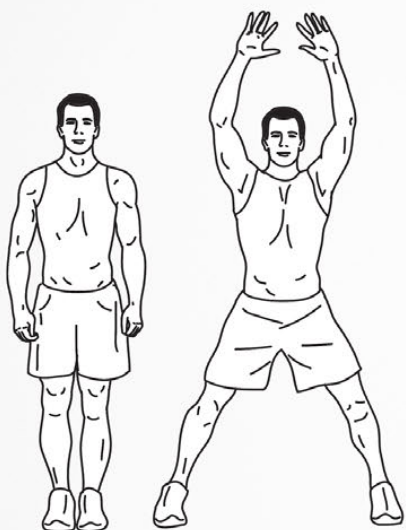
20 shoulder taps

10-count side plank hold (right side)

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Day 13 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



10 jumping jacks

10-count side leg raise hold (left leg)

10 jumping jacks

10-count side leg raise hold (right leg)

10 jumping jacks

10-count side leg raise hold (left leg)

10 jumping jacks

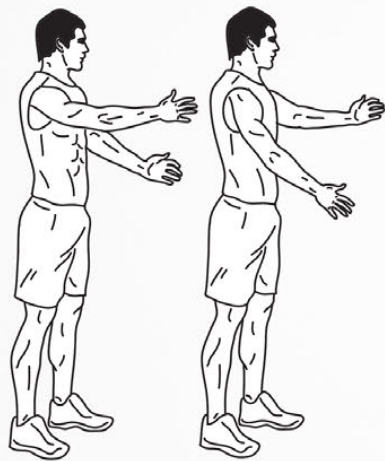
10-count side leg raise hold (right leg)



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Day 14 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



20 scissor chops

10-count raised arms hold

20 scissor chops

10-count raised arms hold

20 scissor chops

10-count raised arms hold



20 scissor chops

10-count raised arms hold

20 scissor chops

10-count raised arms hold

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Day 15 © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



10 leg raises

5-count raised legs hold



10 leg raises

5-count raised legs hold

10 leg raises

5-count raised legs hold



10 leg raises

5-count raised legs hold

10 leg raises

5-count raised legs hold

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Day 16 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



20 leg raises / left leg

10-count hold / left leg



20 leg raises / right leg

10-count hold / right leg



20 leg raises / left leg

10-count hold / left leg

20 leg raises / right leg

10-count hold / right leg

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Day 17 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



20 high knees

10-count raised leg plank hold (left leg)

20 high knees

10-count raised leg plank hold (right leg)

20 high knees

10-count raised leg plank hold (left leg)

20 high knees

10-count raised leg plank hold (right leg)

20 high knees



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Day 18 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



20 climbers

10-count upward dog stretch hold



20 climbers

10-count upward dog stretch hold

20 climbers

10-count upward dog stretch hold



20 climbers

10-count upward dog stretch hold

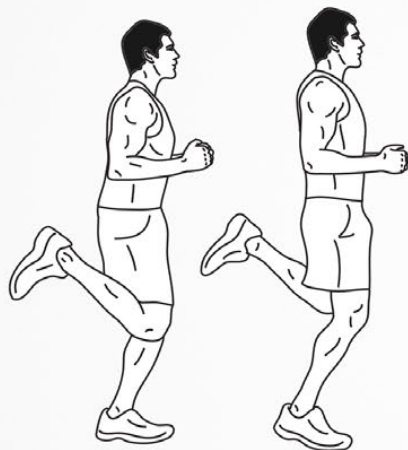
20 climbers

10-count upward dog stretch hold

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Day 19 @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



20 butt kicks

10-count calf raise hold

20 butt kicks

10-count calf raise hold

20 butt kicks

10-count calf raise hold

20 butt kicks

10-count calf raise hold

20 butt kicks

10-count calf raise hold



REBOOT

Day 20 © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



4 knee-to-elbow crunches

4-count hollow hold



4 knee-to-elbow crunches

4-count hollow hold

4 knee-to-elbow crunches

4-count hollow hold

4 knee-to-elbow crunches

4-count hollow hold



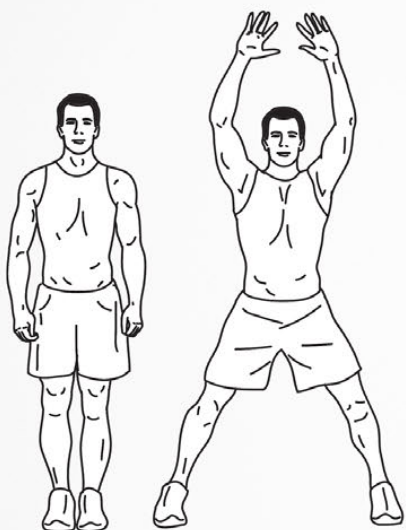
4 knee-to-elbow crunches

4-count hollow hold

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Day 21 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



10 jumping jacks

10-count side plank hold (left side)

10 jumping jacks

10-count side plank hold (right side)

10 jumping jacks

10-count side plank hold (left side)

10 jumping jacks

10-count side plank hold (right side)

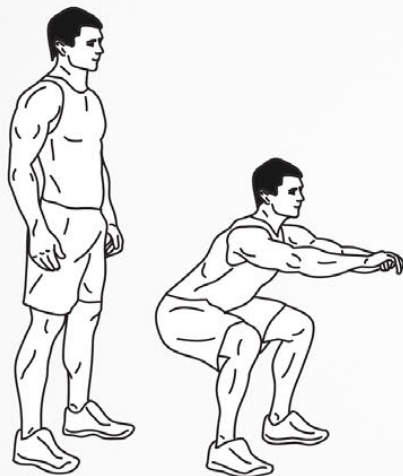
10 jumping jacks



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Day 22 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



5 squats

10-count side leg raise hold (left leg)

5 squats

10-count side leg raise hold (right leg)

5 squats

10-count side leg raise hold (left leg)

5 squats

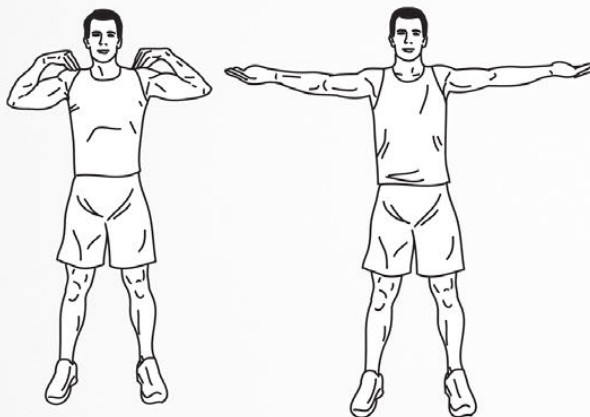
10-count side leg raise hold (right leg)



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Day 23 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



20 side shoulder taps

10-count raised arms hold

20 side shoulder taps

10-count raised arms hold

20 side shoulder taps

10-count raised arms hold

20 side shoulder taps

10-count raised arms hold

20 side shoulder taps

10-count raised arms hold



REBOOT

Day 24 © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



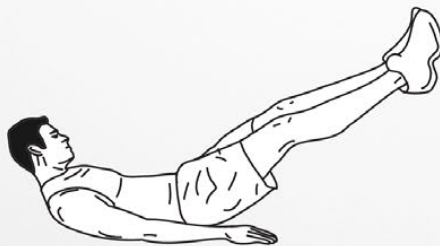
10 bridges

5-count raised legs hold



10 bridges

5-count raised legs hold



10 bridges

5-count raised legs hold

10 bridges

5-count raised legs hold

10 bridges

5-count raised legs hold

REBOOT

Day 25 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



20 high knees

10-count one arm plank hold (left side)

20 high knees

10-count one arm plank hold (right side)

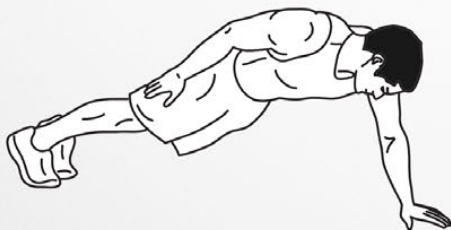
20 high knees

10-count one arm plank hold (left side)

20 high knees

10-count one arm plank hold (right side)

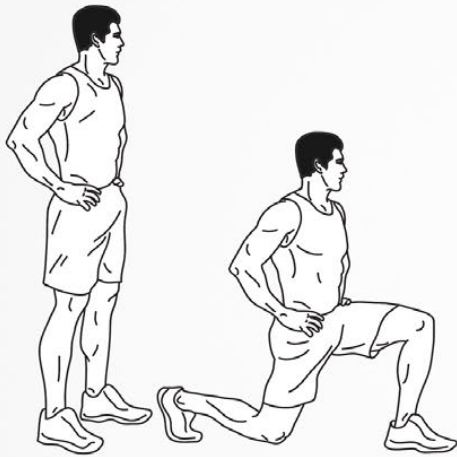
20 high knees



REBOOT

Day 26 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



6 lunges

10-count back leg raise hold (left leg)

6 lunges

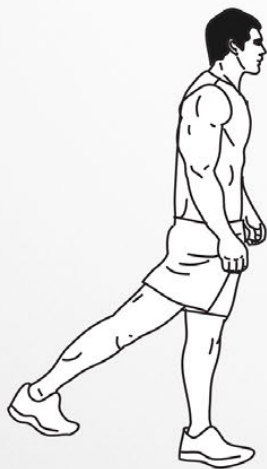
10-count back leg raise hold (right leg)

6 lunges

10-count back leg raise hold (left leg)

6 lunges

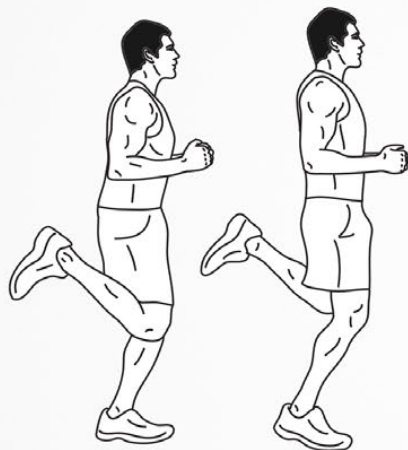
10-count back leg raise hold (right leg)



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Day 27 © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



20 butt kicks

10-count squat hold

20 butt kicks

10-count squat hold

20 butt kicks

10-count squat hold

20 butt kicks

10-count squat hold

20 butt kicks

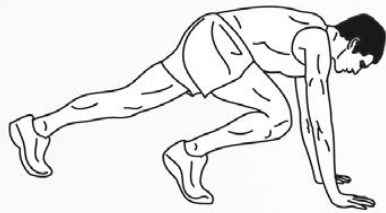
10-count squat hold



REBOOT

Day 28 @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



20 climbers

10-count plank hold



20 climbers

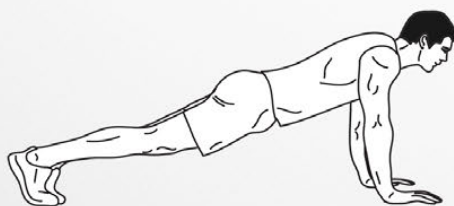
10-count plank hold

20 climbers

10-count plank hold

20 climbers

10-count plank hold



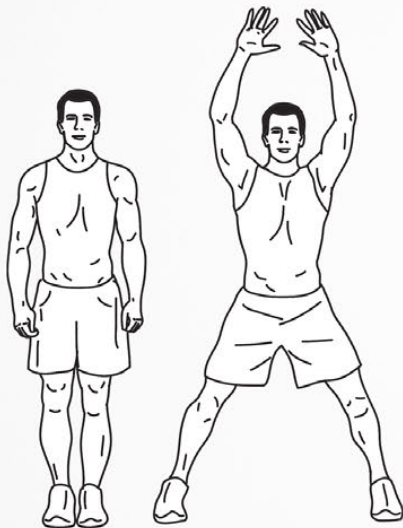
20 climbers

10-count plank hold

REBOOT

Day 29 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



10 jumping jacks

10-count balance hold (left side)

10 jumping jacks

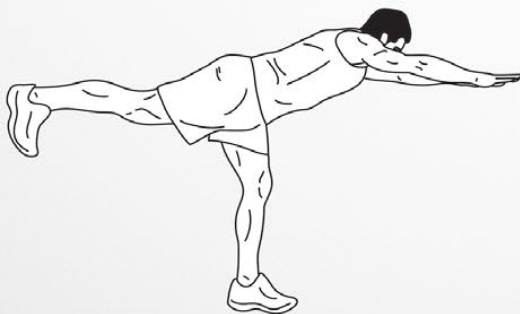
10-count balance hold (right side)

10 jumping jacks

10-count balance hold (left side)

10 jumping jacks

10-count balance hold (right side)



REBOOT

Day 30 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets
2 minute rest between sets



20 high knees

5-count push-up plank hold

20 high knees

5-count push-up plank hold

20 high knees

5-count push-up plank hold

20 high knees

5-count push-up plank hold



20 high knees

5-count push-up plank hold

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