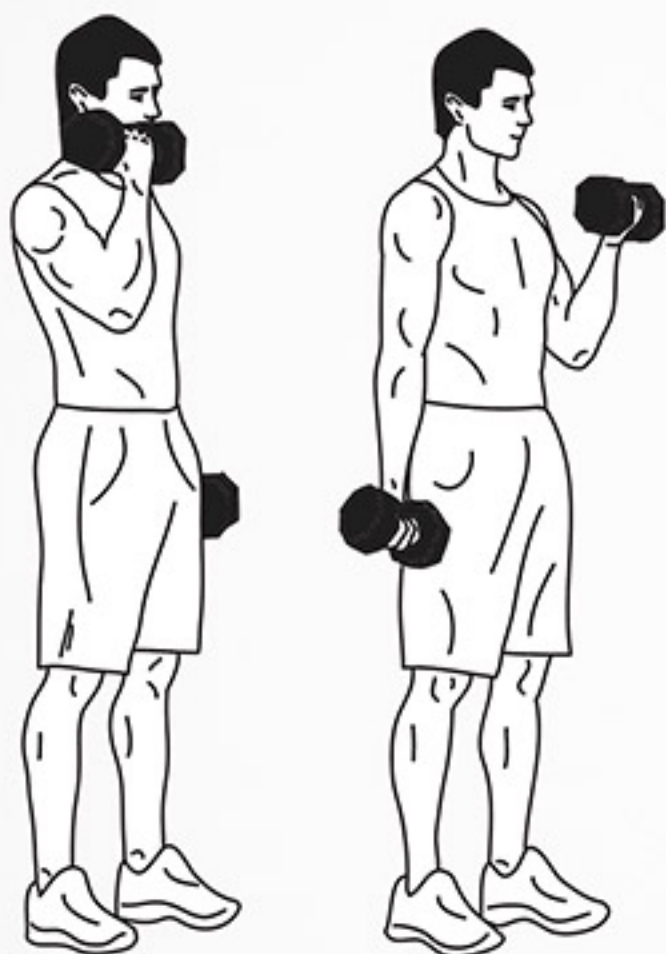
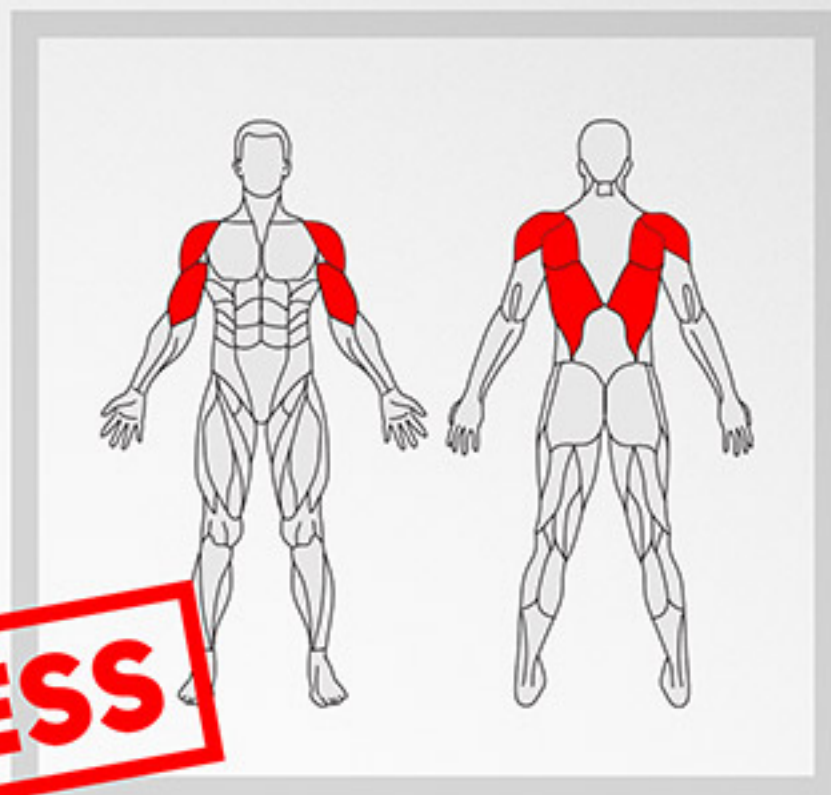


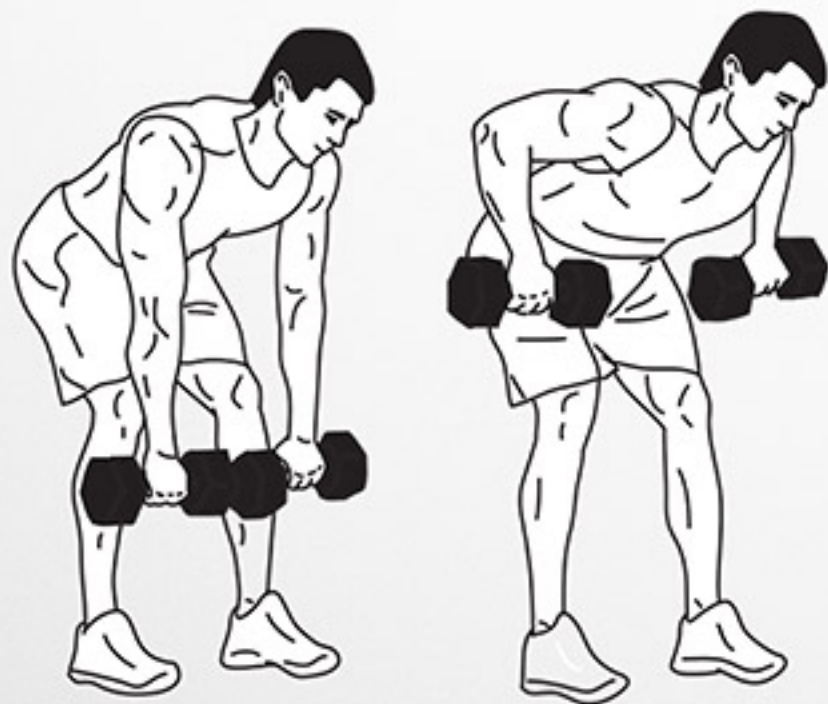
# BACK & BICEPS

DAREBEE WORKOUT  
© darebee.com

**EXPRESS**



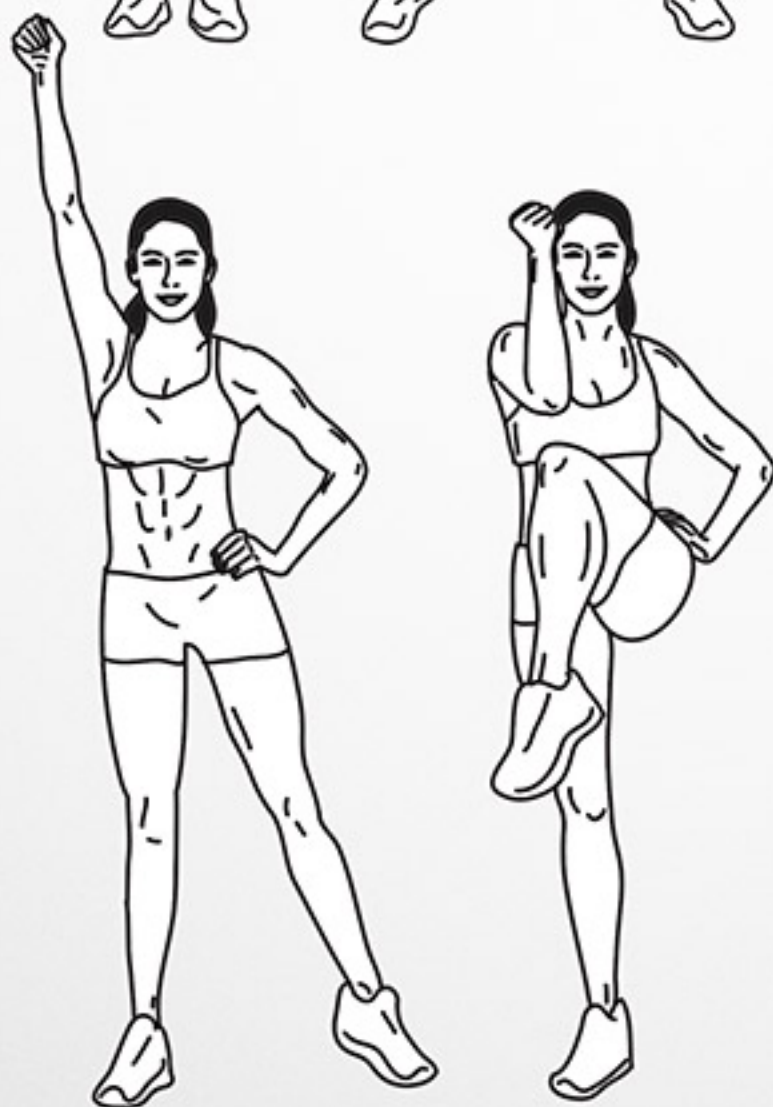
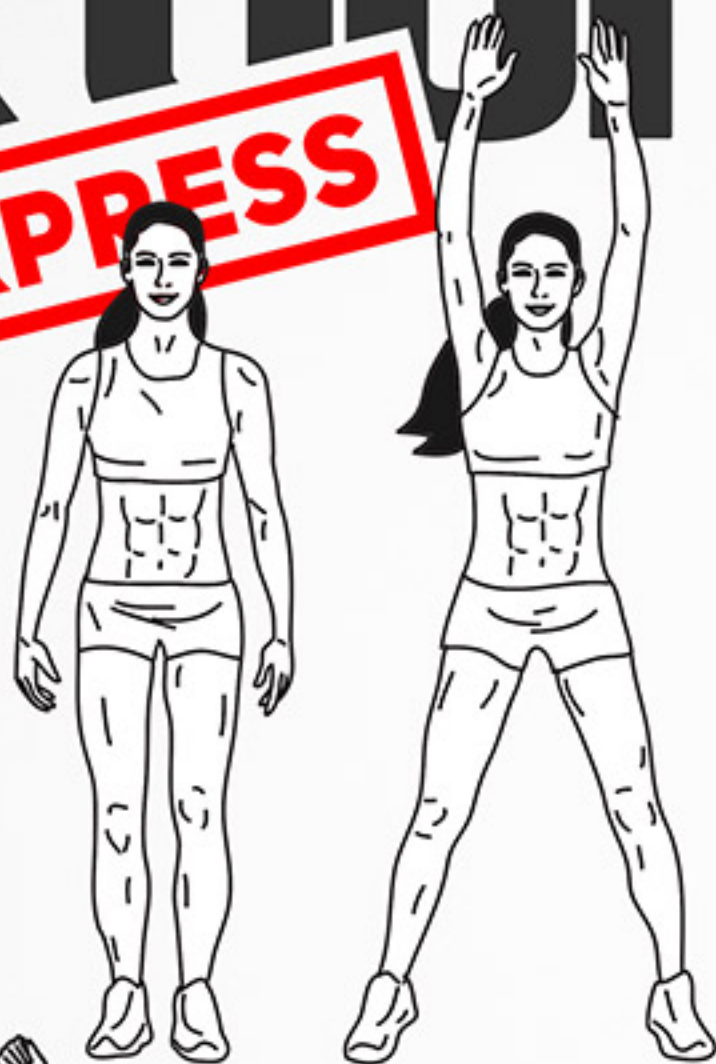
**20** alternating bicep curls  
**x 4 sets** in total  
20 seconds rest  
between sets



**10** bent over rows  
**x 4 sets** in total  
20 seconds rest  
between sets

# Cardio & Core

**EXPRESS**



DAREBEE  
WORKOUT

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

3 sets | 2 minutes rest

**10** jumping jacks

**4** knee-to-elbows

**10** jumping jacks

**4** knee-to-elbows

**10** jumping jacks

**4** knee-to-elbows

**10** jumping jacks

**4** knee-to-elbows

**10** jumping jacks

**4** knee-to-elbows

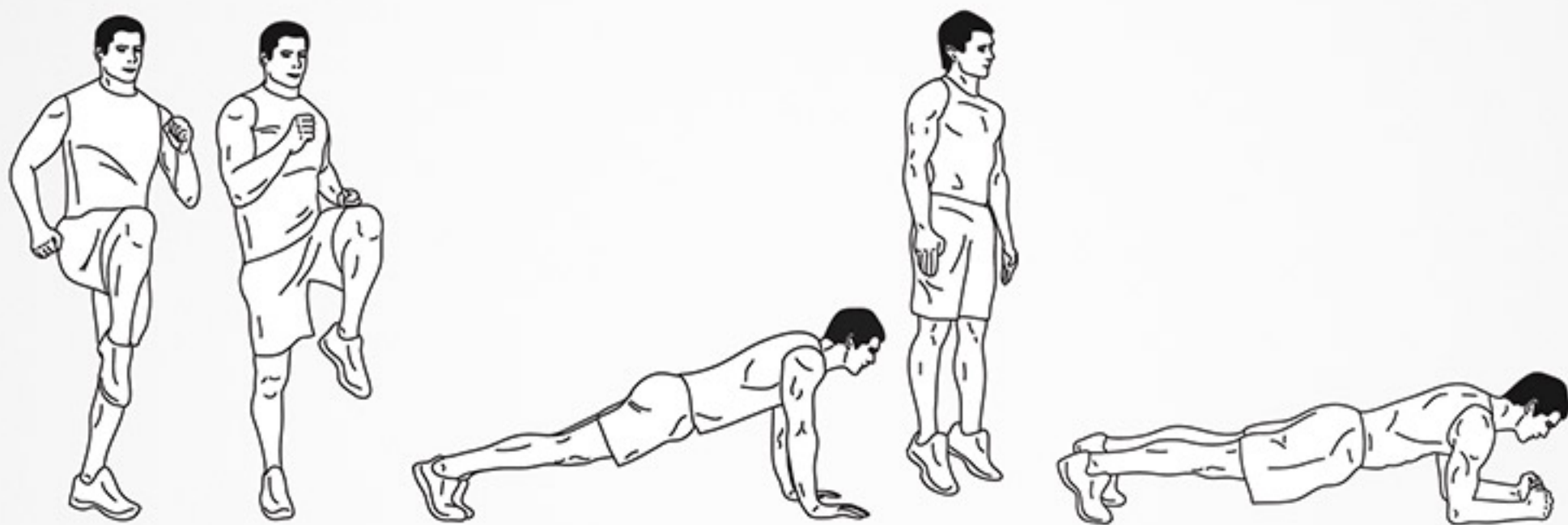
done

# CHISEL

**EXPRESS**

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

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



**20sec** high knees

**10sec** basic burpees

**20sec** high knees

**10sec** basic burpees

**20sec** high knees

**10sec** basic burpees

**30sec** elbow plank

done

# CLOSE CONTACT EXPRESS

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

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

**30sec** knee strikes

**30sec** elbow strikes

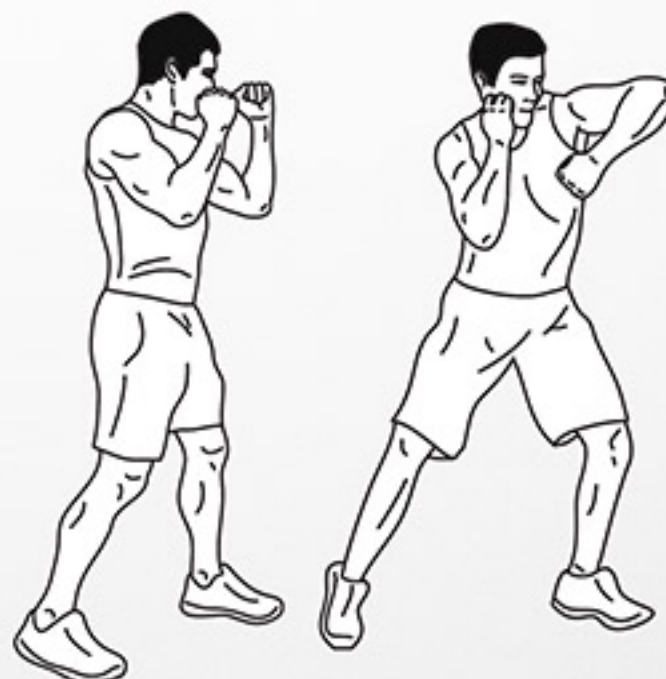
**30sec** knee strikes

**30sec** elbow strikes

**30sec** knee strikes

**30sec** elbow strikes

done



# COMBAT HIIT EXPRESS

WORKOUT BY  
DAREBEE

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest

**30sec** side kicks

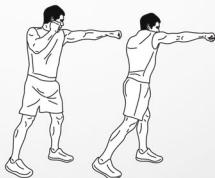
**30sec** punches

**30sec** side kicks

**30sec** punches

**30sec** side kicks

**30sec** punches



# express abs

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



**10** sit-ups



**10** flutter kicks



**10-count** crunch hold



**10** sit-ups



**10** flutter kicks



**10-count** raised leg hold



**10** sit-ups



**10** sitting twists



**10-count** hollow hold

# EXPRESS WORKOUT

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



**10** lunges



**20** side leg raises



**10** squats



**10** slow climbers



**10** push-ups



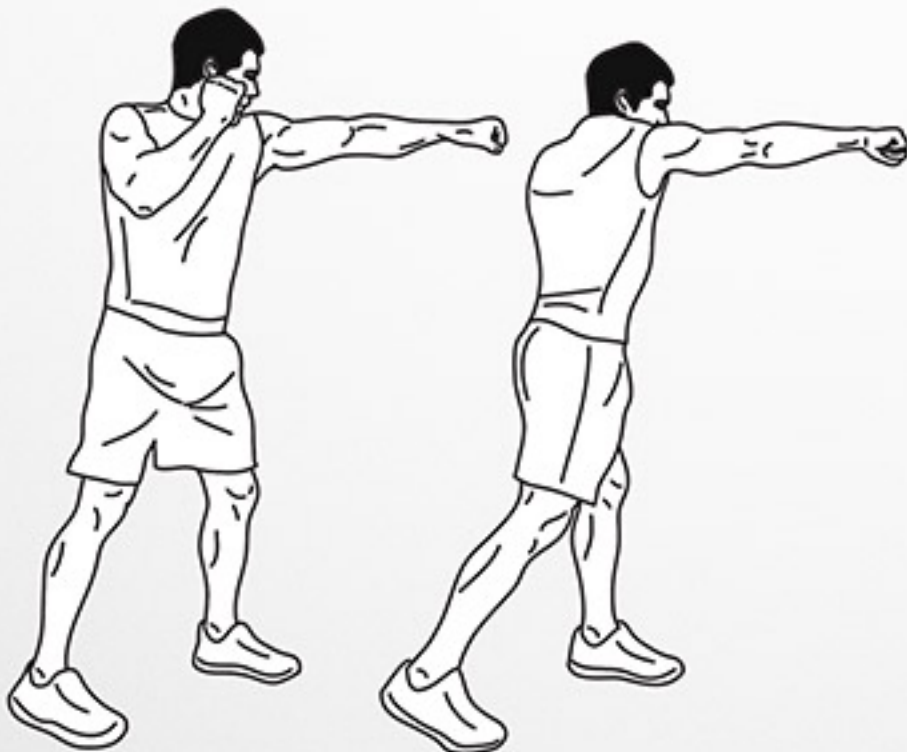
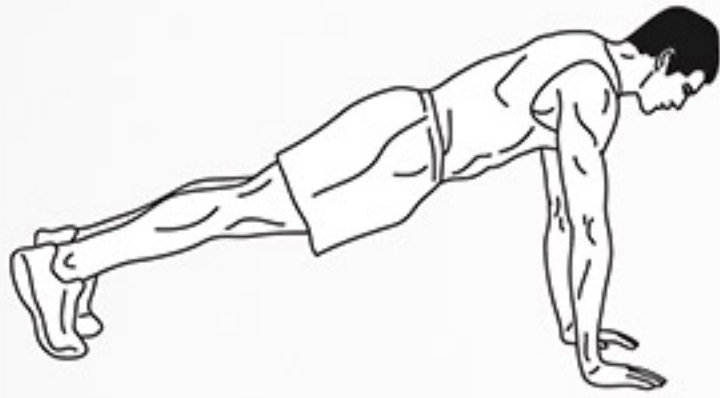
**10-count** elbow plank

# POWER PUNCH

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

5 sets | 2 minutes rest

**EXPRESS**



**5** push-ups

**20** punches

**5** push-ups

**20** punches

**5** push-ups

**20** punches

**5** push-ups

**20** punches

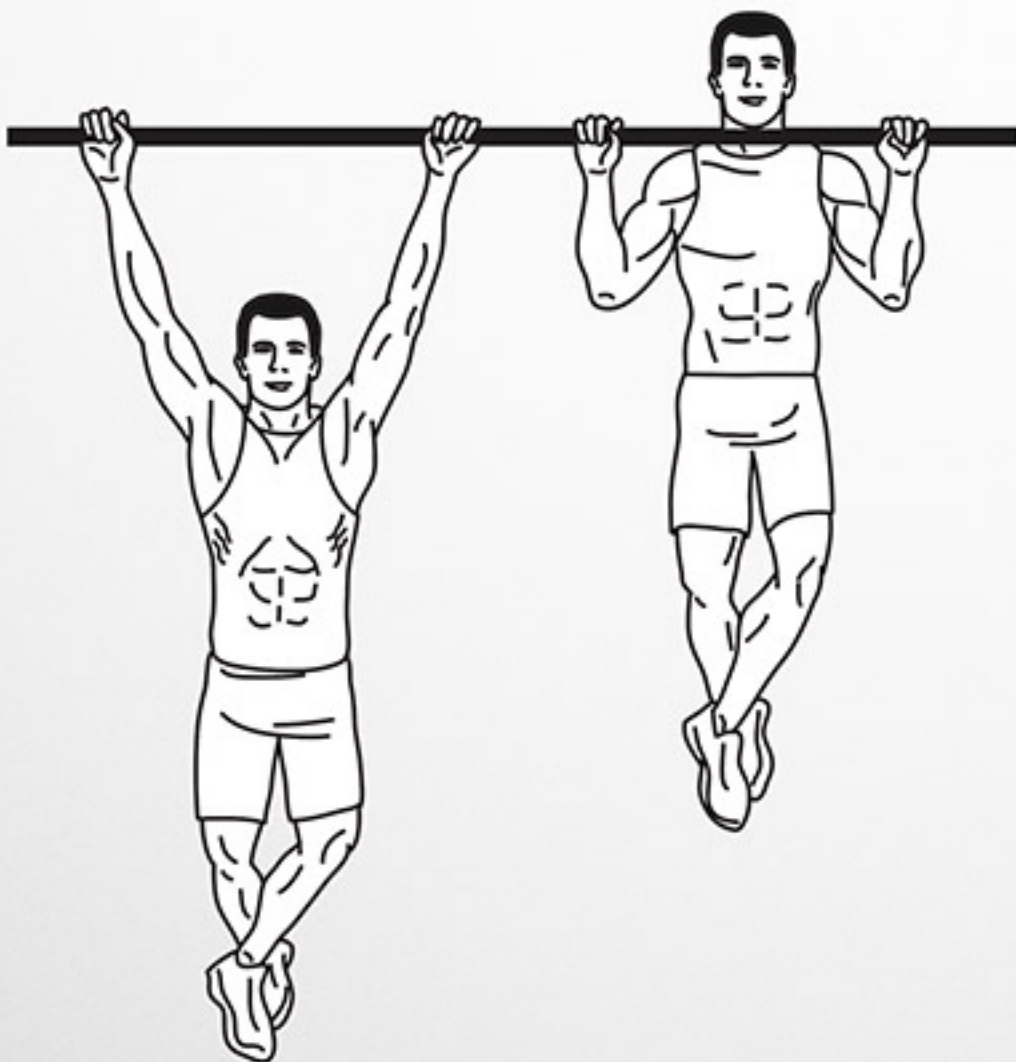
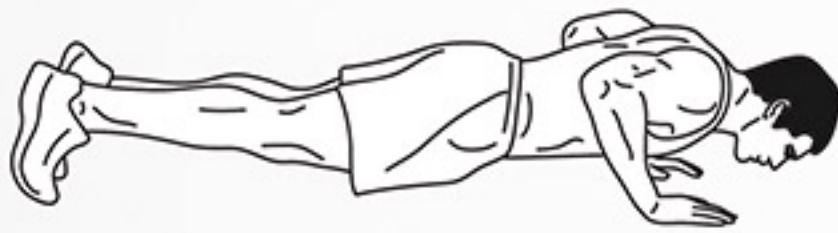
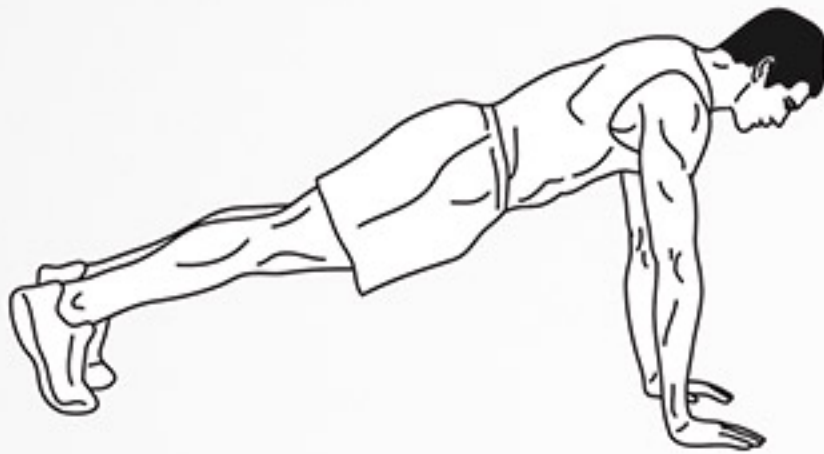
done



# PUSH & PULL

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

**EXPRESS**



**5** push-ups

**to failure** pull-ups

**5** push-ups

**to failure** pull-ups

**5** push-ups

**to failure** pull-ups

**5** push-ups

**to failure** pull-ups

done

# TENDON STRENGTH

DAREBEE WORKOUT  
@ darebee.com

**EXPRESS**



**30sec** hold



**30sec** leg raises



**30sec** hold

change legs and repeat the sequence



**30sec** hold



**30sec** side leg raises



**30sec** hold

change legs and repeat the sequence



**60sec** hold



**60sec** raised arm circles



**60sec** hold