

bulletproof abs

HIT WORKOUT
BY DAREBEE
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Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



40sec high knees



20sec raised leg plank hold (left leg)



20sec raised leg plank hold (right leg)



40sec high knees



20sec side plank hold (left side)



20sec side plank hold (right side)



40sec high knees



20sec crunch hold



20sec raised leg hold

Core Burn

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Level I 3 sets Level II 5 sets Level III 7 sets

2 minutes rest between sets



20sec high knees



20sec elbow plank



20sec high knees



20sec side plank (left)



20sec basic burpees



20sec side plank (right)



20sec high knees



20sec elbow plank



20sec high knees

CORE FORGE

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Level I 3 sets Level II 5 sets Level III 7 sets

2 minutes rest between sets



10sec basic burpees



30sec elbow plank



10sec basic burpees



30sec side plank (left)



10sec basic burpees



30sec side plank (right)



10sec basic burpees



30sec raised leg plank



10sec basic burpees

core sculpt

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Level I 3 sets Level II 5 sets Level III 7 sets

2 minutes rest between sets



20sec high knees



20sec elbow plank



20sec high knees



20sec side plank (left)



20sec high knees



20sec side plank (right)



20sec high knees



20sec raised leg elbow plank



20sec high knees

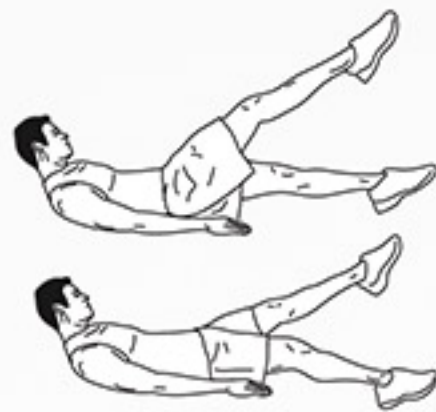
epic abs

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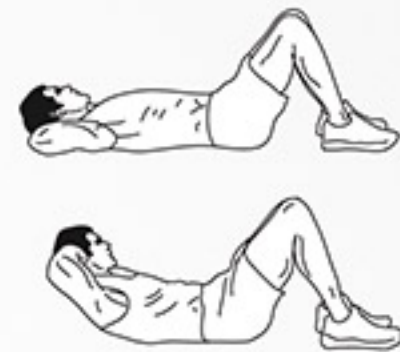
Level I 3 sets Level II 4 sets Level III 5 sets | 2 minutes rest



20sec crunches



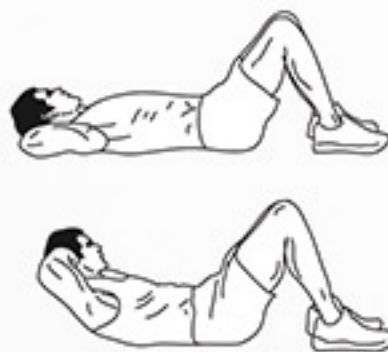
20sec flutter kicks



20sec crunches



20sec heel taps



20sec crunches



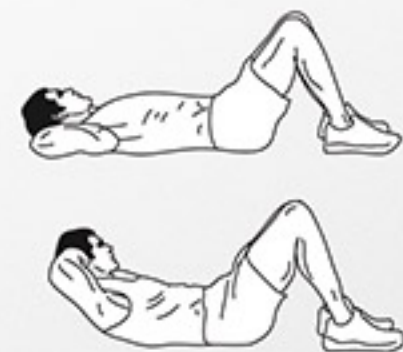
20sec heel taps



20sec crunches



20sec flutter kicks



20sec crunches

FAB ABS

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



20sec high knees



20sec elbow plank hold



20sec high knees



20sec elbow plank hold



20sec climbers



20sec elbow plank hold



20sec high knees



20sec elbow plank hold



20sec high knees

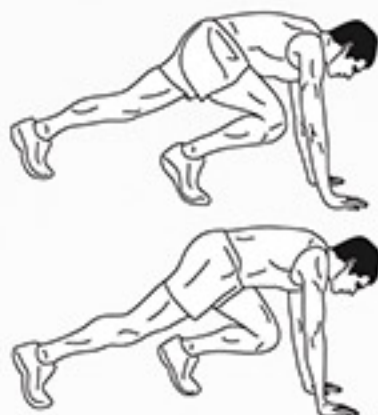
GUT CONTROL

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



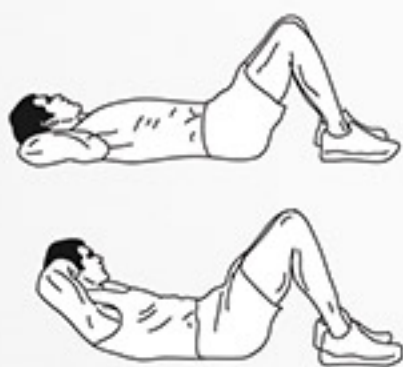
20sec high knees



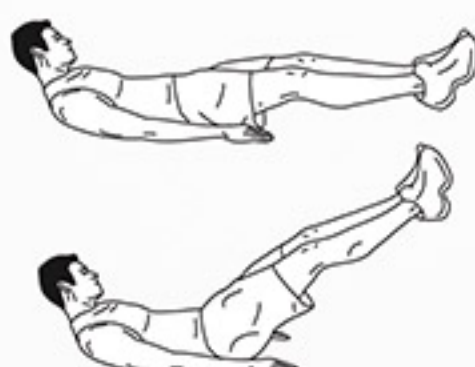
20sec climbers



20sec high knees



20sec crunches



20sec leg raises



20sec crunches



20sec heel taps



20sec flutter kicks

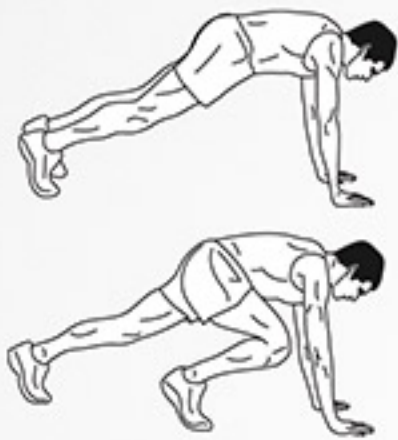


20sec heel taps

HIT abs

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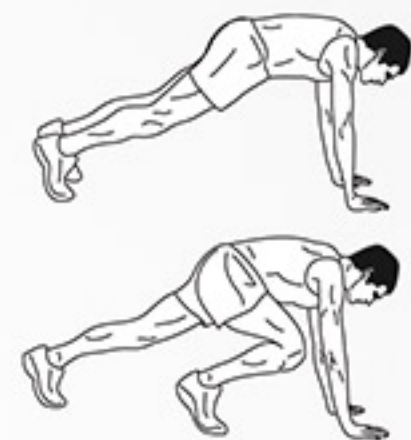
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec climbers



20sec side plank hold



20sec climbers



20sec side plank hold



20sec plank rotations



20sec side plank hold



20sec flutter kicks



20sec side plank hold



20sec flutter kicks

POUNCER

DAREBEE **HIIT** WORKOUT @ darebee.com

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



20sec elbow plank

10sec basic burpees

20sec elbow plank

10sec basic burpees

20sec elbow plank

10sec basic burpees

20sec elbow plank

10sec basic burpees

tune up

DAREBEE **HIIT** WORKOUT @ darebee.com

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



30sec high knees



10sec plank



20sec one-arm plank



30sec high knees



10sec elbow plank



20sec raised leg plank



30sec high knees



10sec elbow plank



20sec side elbow plank