

6-minute abs

DAREBEE WORKOUT @ darebee.com

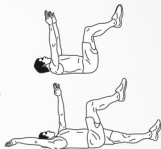
Repeat each exercise for exactly one minute with no rest in between.



1min sit-ups



1min knee-in & twist



1min dead bug



1min knee-to-elbows



1min side leg raises
30sec per side



1min leg raises

FULL-BODY POWER

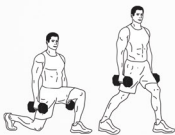
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LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST up to 2 minutes



8 thrusters



16 split lunges



8 calf raises



8 bicep curls



8 push-up renegade rows

Kettlebell HIIT

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



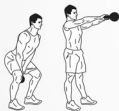
6 swings



6 reverse lunges



6 bent over rows



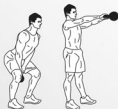
6 swings



6 squats



6 upright rows



6 swings



6 climbers



6 sitting twists

MORNING HIIT

DAREBEE **HIIT** WORKOUT @ darebee.com

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



20sec jumping jacks



20sec half jacks



20sec jumping jacks



20sec butt kicks



20sec jumping jacks



20sec butt kicks



60sec high knees

POST-WORKOUT MOBILITY

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20 cat cow

10 upward downward dog

20 plank into lunge



10 spine rotations

20 side-to-side lunges

10 knee rolls

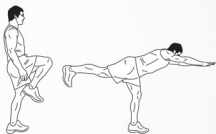
Strength & Balance

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



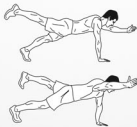
20 single leg squats



20 single leg deadlifts



20-count alt arm / leg
plank hold



20 alt arm / leg raises



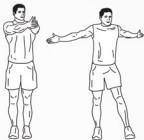
20-count side star
plank hold

WAKE UP! ENERGIZED

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20
step
jacks



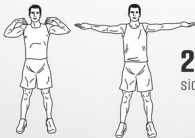
20
seal step
jacks



20
shoulder
tap



20
bicep
extensions



20
side shoulder taps