



How To Set Up  
a **Local Workshop**

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# Step 1. Finding Premises

Free accommodation can be found in a local community center, community gyms, schools or universities. Don't be afraid to ask around as well, someone maybe have a suitable option where a workshop can be run free of charge 2-3 times a week. Even local gyms might be willing to let you use a room for an hour once or twice a week free of charge in exchange for the increased foot-traffic you will bring them.

# Step 2. Visual Aids

You don't need any equipment but it'll help if you have a printer or at least access to one to print out a workout for each session and give a copy to everyone who comes in. It can (and should) be a different workout each time to keep it fresh and exciting every time. We recommend that the workouts you choose are all no-equipment and all have 8-9 exercises in them minimum for a complete session. Each workout, including rest time, will take under 45 minutes from start to finish.

If you have a tablet, we recommend that you use it to display a timer during rest times and during HIIT workouts. A large display of current time will help everyone to keep track of the session. Each time when you finish a set, start the countdown - you have 2 minutes each time to recover, drink some water and chat with your fellow DAREBEES, make sure everyone is doing ok and offer help with the moves, if necessary.

Create your own set counters. Print them out, laminate (if possible) and stick them to the wall (use cellotape, pins or suction cups). Arrange them in 1, 2, 3, 4, 5, 6, 7 order. Each time you complete a set take one of them off starting with number "7". This way everyone will know how many sets are left. It helps with motivation especially as everyone gets more and more tired towards the end.

Large posters can be created by slicing a workout poster image in 9 parts (3x3), printing them separately and then taping them together. Adding a poster of the workout of the day to the wall will help everyone track which move comes next as well as the number of reps for each.

You can also add something special to the end of each lesson and get a DAREBEE stamp made (you can order one online through the personalized services, we used eBay). Once you complete the workout you picked, everyone gets their copy of it stamped. It is incredibly satisfying!



## Step 3. Getting everyone together

Once you have everything figured out, you know where you will be training and you know what you will be doing, you will need to organize your local DAREBEEs and DAREBEEs-to-be. You can do it through the Hive, the DAREBEE global community, as well as locally by announcing your workshop on a local notice board, letting others know through Facebook and asking your friends and family to spread the word.

Set the times (usually 2-3 times a week, in the evening).

You may start with only a couple of people in the beginning and it's perfectly ok - it takes time for others to commit. Once you have an established workshop, you have set times you can keep we'll publicize it through the DAREBEE network so more people can find out about it and join you.

By starting a DAREBEE workshop you will be helping people not just get fitter but find a social circle and make new friends; you create a support network that many people so desperately need. Together we create safe, judgement-free spaces where people can just train and support each other, no strings attached.





## Lesson Structure

Every lesson begins with a 2-5 minute warm up. Jump on the spot, do arm, torso and neck rotations.

Once everyone has warmed up, go through the workout explaining how each exercise is executed. If you don't have any fitness experience, check with our video exercise library in advance. Agree on how you will be switching sides - each time or split the total in two. If you are focusing on cardio we recommend that you switch sides with each rep (for example: throw backfists with the right hand, hop and switch sides and throw a backfists with the left hand). If you are focusing on strength then splitting the total in two parts will work better.

If you have music, press play and begin your workout. If the workout is time based (in seconds), keep an eye on the timer and shout out the next exercise when you need to switch. If you are using reps, count out loud each one so everyone can keep up. Once you complete the set, set the timer to 2 minutes and relax. You can clap at the end of every set if you like. If you have a counter on the wall (with a set number) take one off. We recommend that you lower the music volume or turn it off during rest time so everyone can spend this time to also chat and get to know each other better.

Once you complete the workout (all 7 sets) you can finish with a quick cooldown and do some stretching and/or additional ab work.