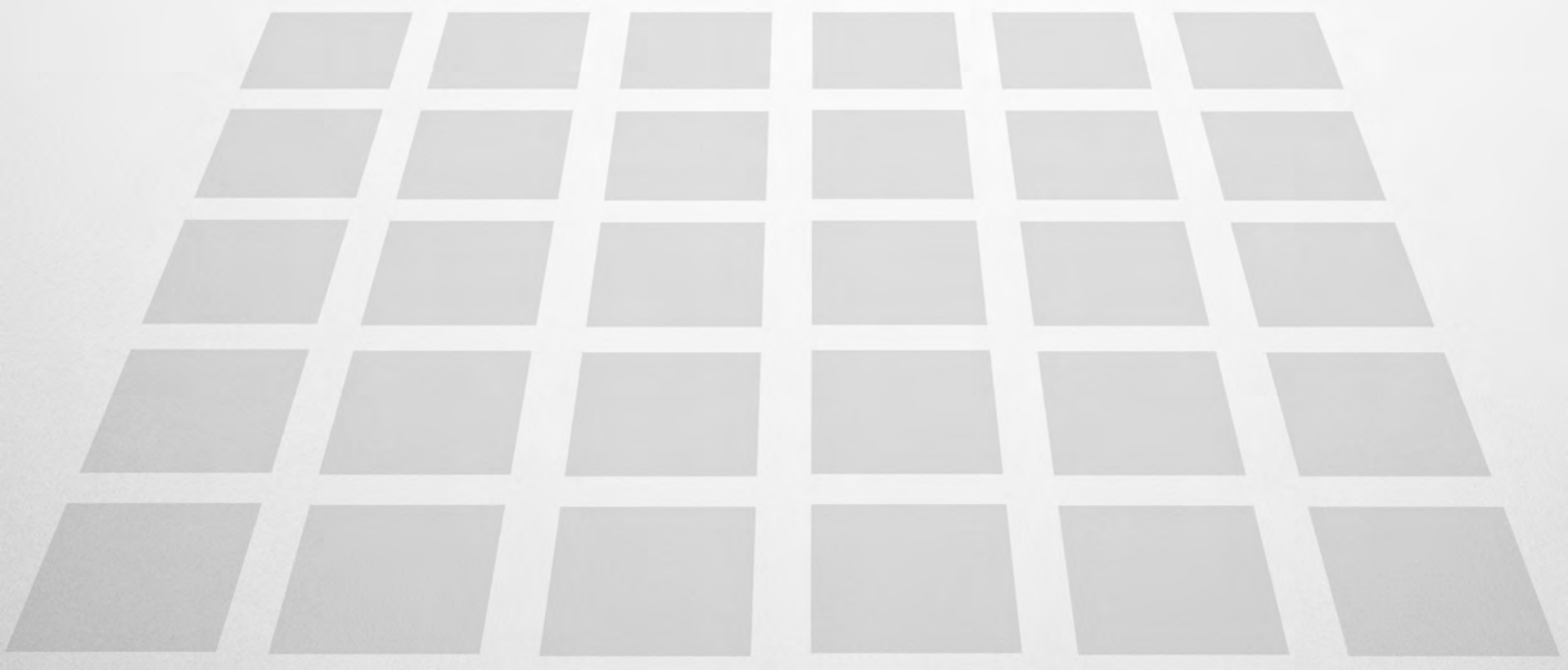


@ darebee.com

# WORKOUT CARDS

Volume 1



# ABSOLUTION

DAREBEE **HIT** WORKOUT © darebee.com

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



15sec jumping lunges



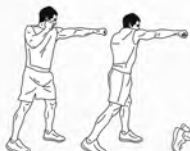
15sec reverse lunges



30sec high knees



15sec push-ups



15sec punches



30sec push-up + punches



15sec plank walk-outs



15sec plank hold



30sec basic burpee w/ jump

# abs unlocked

DAREBEE WORKOUT © darebee.com

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



20 hundreds



20 air bike crunches



20 high crunches



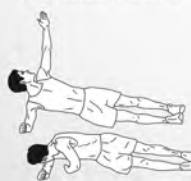
10 reverse crunches



10 pulse-ups



10 infinity circles



10 side plank rotations



10 side bridges



10 body saw

# abs upgrade

DAREBEE WORKOUT © darebee.com

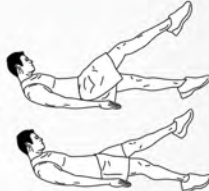
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 sit-ups



20 sitting twists



20 flutter kicks



20-count raised leg hold



20-count plank



20-count raised leg plank

# ACHILLES

DAREBEE WORKOUT © darebee.com

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



20 high knees



20 jumping lunges



20 calf raises



20-count calf raise hold



20combos knee strike + elbow strike



10 knee-to-elbow crunches



10 get-ups

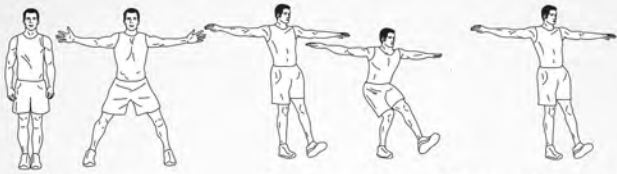


10 one legged bridges

# ACROBAT

DAREBEE WORKOUT @ darebee.com

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



20 jumping Ts

10 half squat Ts

20-count balance hold



20 side leg raises

10 balance side lunges

20 balance kick back



10 planks with rotations

10 climbers

10 alt arm / leg raises

# ACTION HERO

DAREBEE WORKOUT

@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

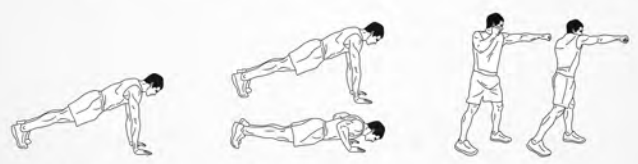
REST up to 2 minutes



10-count plank

10 plank leg raises

10 jump squats



10-count plank

10 push-ups

40 punches



10-count plank

10 plank rotations

10 jump squats

# activator

DAREBEE **HIT** WORKOUT @ darebee.com

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



15sec squat hops

15sec bounce + squat

15sec high knees



15sec shoulder taps

15sec punches

15sec high knees



15sec climbers

15sec sprinter lunges

15sec high knees

# ADRENALINE RUSH

DAREBEE **HIT** WORKOUT

@ darebee.com

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

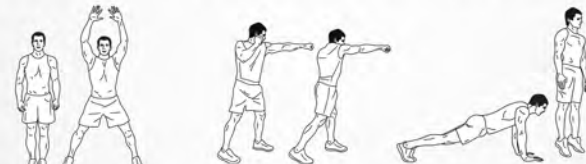
up to 2 minutes rest between sets



15sec jumping jacks

15sec push-ups

15sec basic burpees



15sec jumping jacks

15sec punches

15sec basic burpees



15sec jumping jacks

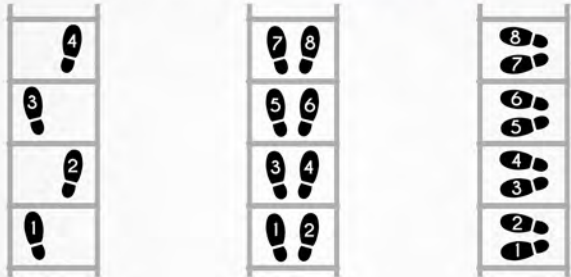
15sec push-ups

15sec basic burpees

# AGILITY LADDER

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

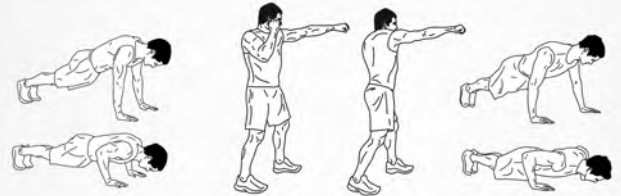
repeat each drill **5 times in total** with no breaks in between  
60 seconds rest between drills



# I aim to misbehave

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

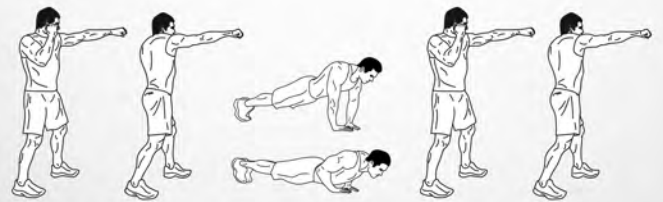
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



5 push-ups

20 punches

5 wide grip push-ups



20 punches

5 close grip push-ups

20 punches

# AIRBORNE

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

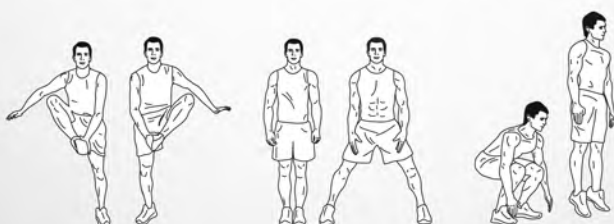
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees

10 butt kicks

10 jumping lunges



20 toe tap hops

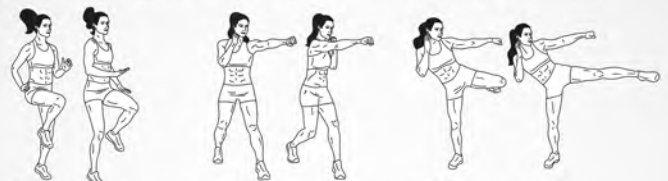
10 half jacks

10 jump squats

# ALICE

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

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



20 high knees

20 punches

20 turning kicks



20 front kicks

20 combo squat

+ hop heel click



10 half wipers

10 sit-up punches

10 crunch kicks

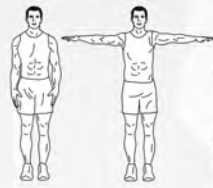
# ALTAIR

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

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



to failure pull-ups



20 arm raises



5 tricep push-ups



30sec elbow plank



20 plank arm raises



20 side plank rotations



20 knee-to-elbow crunches



10 leg raises



10 windshield wipers

# ALTERED CARBON

DAREBEE WORKOUT

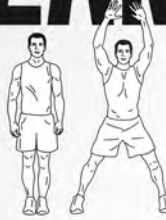
@ [darebee.com](https://darebee.com)

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 jumping jacks



10 squats



5 jump squats



10 push-ups



10-count raised leg hold



10 plank rotations



10 raised arm rotations



10 crunches



10 sitting twists

# AMAZON

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

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



10 jump squats



10 jumping lunges



10 hop heel clicks



10 push-ups



2 close grip push-ups



20 punches



20sec elbow plank



20sec raised leg plank



20sec side plank

# ANCHOR'D

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

60 seconds each - 30 seconds each leg

3 sets | up to 2 minutes rest between sets



side kick hold



front kick hold



raised knee hold



arm grip stretch hold



overhead arm lock hold



bent over balance hold



bent over hold



deep lunge hold



deep lunge hold (toes up)

# BAG WORK

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)  
repeat 5 times in total, no rest in between

## 5 minutes bag work (freestyle)

- keep your arms up at all times
- keep moving (bouncing)

### combinations to try:

jab + cross (head height)  
jab + jab + cross (head height)  
jab + jab + hook (head height)  
jab + cross + jab + hook (head height)  
jab + cross + jab + cross (torso height)  
jab (torso height) + jab (head height) + hook (head height)  
jab + squat + hook



## 1 minute sit-ups



## 1 minute leg raises



# BALANCE & COORDINATION

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

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

Repeat the sequence going from one move to the next quickly  
10 times in total (5 each side) = 1 set



lunge



deep lunge elbow bent



deep lunge



knee raise



knee raise press

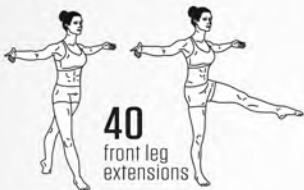


balance stand

# Swan

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

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



40 front leg extensions



20 arabesque penché



10 grand plié in first position



20 rond de jambe en l'air



10 grand plié in second position

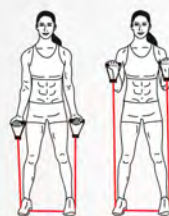


20 sauté

# BAND it

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

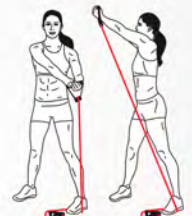
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



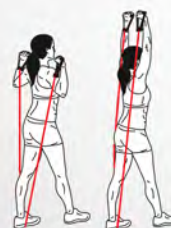
10 bicep curls



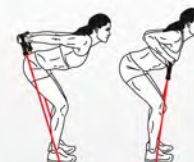
10 squats



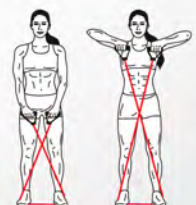
10 cross body reach



5 shoulder stretch



10 tricep extensions



5 upright rows

# BANSHEE

DAREBEE WORKOUT @ darebee.com

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



10combos push-up + climber tap (each foot)



10 plank into lunges

40 punches

10 wide grip push-ups



10 up and down planks

# BANSHEE

DAREBEE WORKOUT @ darebee.com

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



10combos push-up + climber tap (each foot)



10 plank into lunges

40 punches

10 wide grip push-ups



10 up and down planks

# BARBARIAN

DAREBEE WORKOUT @ darebee.com

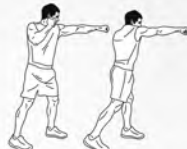
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



5 push-ups



10-count plank



40 punches



5 push-ups



10-count push-up plank



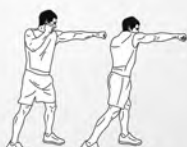
40 punches



5 push-ups



10 up & down planks

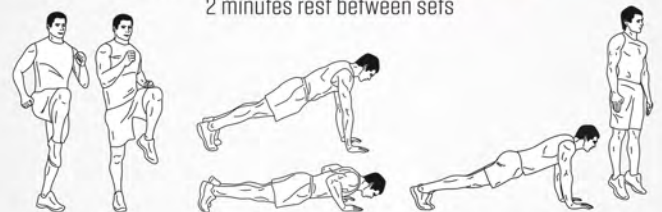


40 punches

# BAT OUT OF HELL

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets  
2 minutes rest between sets



40 high knees

4 push-ups

40 high knees

4 basic burpees w/ jump

40 high knees

4 push-ups

40 high knees

4 basic burpees w/ jump

done

# BBQ

DAREBEE WORKOUT  
 © darebee.com  
 LEVEL I 3 sets  
 LEVEL II 5 sets  
 LEVEL III 7 sets  
 REST up to 2 minutes



20 jumping jacks



4 plank jacks



20 jumping jacks



4 climbers



20 jumping jacks



4 plank rotations



20 jumping jacks



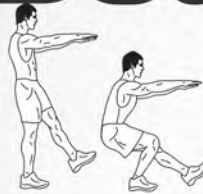
4 plank jump-ins



20 jumping jacks

# the Beast

DAREBEE WORKOUT  
 © darebee.com  
 LEVEL I 3 sets  
 LEVEL II 5 sets  
 LEVEL III 7 sets  
 REST up to 2 minutes



20 pistol squats



20 sit-ups



20 reverse crunches



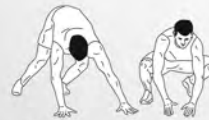
10 push-ups



20 thigh taps



10 push-ups



10 side-to-side hops



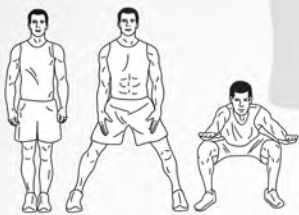
10 back kicks



60sec plank

# HOLD MY BEER

DAREBEE WORKOUT  
 © darebee.com  
 LEVEL I 3 sets  
 LEVEL II 5 sets  
 LEVEL III 7 sets  
 REST up to 2 minutes



10 half jack squats



10-count squat hold



10 basic burpees



10-count plank hold



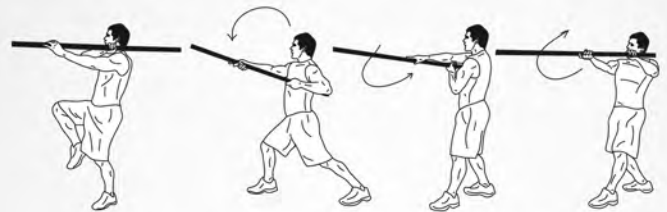
10 flutter kicks



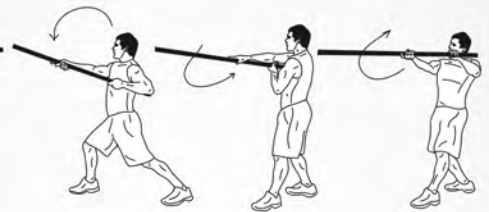
10-count raised legs hold

# BENDER

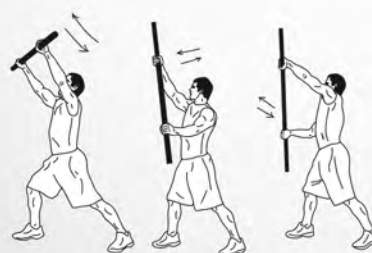
DAREBEE WORKOUT © darebee.com  
 LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes  
 alternatively do all four as a combination 20, 30 or 40 times



20 overhead strikes



20 high horizontal strikes (left & right)



20count block high + block left + block right



20 downward swipes



# BEDWULF

DAREBEE WORKOUT @ darebee.com

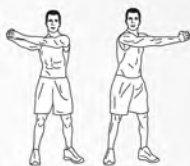
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 lunges



20 side leg raises



20 side-to-side chops



10 push-ups



10 planks-into-lunges



20 punches



10 butt-ups



10 get-ups



10 sitting twists

# BERSERKER+

DAREBEE WORKOUT @ darebee.com

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



20 squats



10 renegade rows



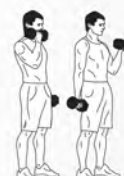
20 squats



10 walk-out + shoulder tap



20 squats



10 alt bicep curls



20sec elbow plank



20sec one arm plank



20sec side plank

# BERSERKER

DAREBEE WORKOUT @ darebee.com

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



20 squats



10 push-up + shoulder tap



20 squats



10 walk-out + shoulder tap



20 squats



20 backfists



20sec elbow plank



20sec one arm plank



20sec side plank

# better sleep

DAREBEE YOGA WORKOUT

@ darebee.com



20sec hero pose



20sec child's pose



20sec upward dog



20sec camel pose



20sec butterfly fold



20sec supine twist



20sec bridge



20sec knee-to-chest



20sec corpse pose

# BIG BANG

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)  
 LEVEL I 3 sets  
 LEVEL II 5 sets  
 LEVEL III 7 sets  
 REST up to 2 minutes



10 jumping jacks



5 push-ups



5 jump squats



10 jumping jacks



5 push-ups



5 plank jacks



10 jumping jacks



5 push-ups



5 plank jump-ins

# Blackbird

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

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



40 high knees



10 climbers



20 raised arm circles



40 high knees



10 push-ups



20 raised arm circles



40 high knees



10 shoulder taps



20 raised arm circles

# BLACK OPS

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

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

## PART I



20 jump squats



20 push-up + jab + cross



20 tricep push-ups



20 sit-ups

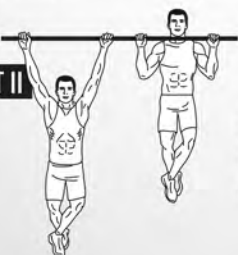


20 knee-in & twist



20 leg raises

## PART II



to failure pull-ups  
 to failure pull-ups  
 to failure pull-ups

1 minute rest  
 1 minute rest  
 done

# BLACKSMITH

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

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



20-count squat hold



20 squats



20-count squat hold



10-count push-up hold



10 push-ups



10-count push-up hold



10-count hollow hold



10 V-ups



10-count hollow hold

# BLADE RUNNER

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

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



40 high knees



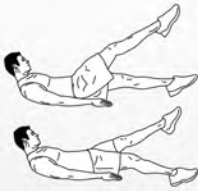
20 calf raises



40 high knees



20 scissors



20 flutter kicks

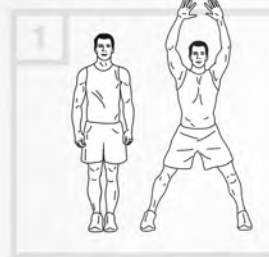


20 reverse flutter kicks

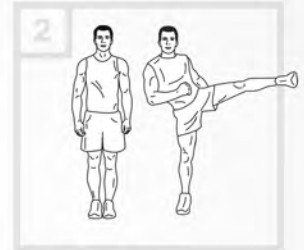
# BLASTER

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

Level I 5 rounds Level II 10 rounds Level III 15 rounds  
1 minute rest between rounds



20sec jumping jacks



10sec side leg raises



20sec high knees



10sec climbers

# BLUEPRINT

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

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



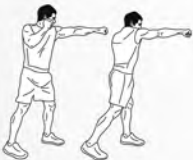
30sec high knees



10sec push-ups



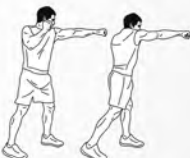
30sec high knees



30sec punches



10sec push-ups



30sec punches



30sec squats



10sec push-ups



30sec squats

# BODY {CSS}

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

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



20 squats



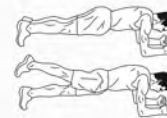
20 lunges



20 high knees



20 elbow plank arm raises



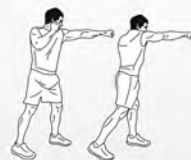
20 elbow plank leg raises



20 high knees



20 push-ups



20 punches



20 high knees

# Body Flow

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

Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.



1. warrior I



2. warrior side lotus



3. reverse warrior



4. half moon



5. lunge lock



6. forward bend



7. lizard



8. pigeon



9. half lotus twist

# BODYGUARD

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

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



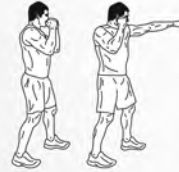
20 push-ups



40 squats



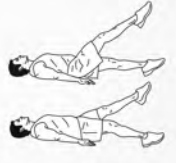
40 sit-ups



40 punches



40 lunges



40 flutter kicks



20 push-ups



40 front kicks



40 scissors

# BODY HACK

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

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



10 fast squats



10-count plank



10 slow squats



5 fast push-ups



10-count plank



5 slow push-ups



10 fast side-to-side lunges



10-count plank



10 slow side lunges

# BODY MOD

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

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



20 high knees



20 march steps



10 jumping lunges



20 high knees



20 march steps



10 jump squats



20 high knees



20 march steps



10 power push-ups

# BODY PATCH

DAREBEE WORKOUT  
 © [darebee.com](http://darebee.com)  
 LEVEL I 3 sets  
 LEVEL II 5 sets  
 LEVEL III 7 sets  
 REST up to 2 minutes



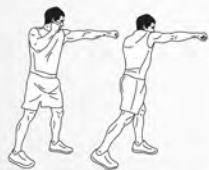
20 squats



20 slow climbers



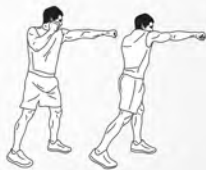
20 lunges



40 punches



20 push-up shoulder taps



40 punches



20-count plank



20-count raised leg plank



20-count side plank

# BODY PATCH+

DAREBEE WORKOUT  
 © [darebee.com](http://darebee.com)  
 LEVEL I 3 sets  
 LEVEL II 5 sets  
 LEVEL III 7 sets  
 REST up to 2 minutes



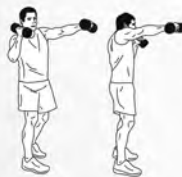
40 squats



40 slow climbers



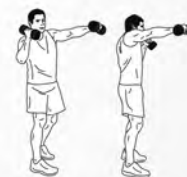
20 lunges



40 punches



20 push-up + renegade row



40 punches



20-count plank



20-count raised leg plank



20-count side plank

# BoilerRoom

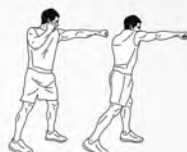
DAREBEE **HIT** WORKOUT © [darebee.com](http://darebee.com)  
 Level I 3 sets Level II 5 sets Level III 7 sets REST up to 2 minutes rest



10sec basic burpees



20sec push-ups



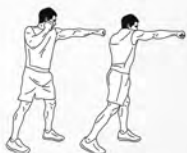
30sec jab + cross



10sec basic burpees



20sec squat + jab



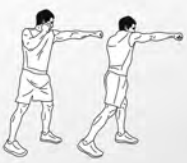
30sec jab + cross



10sec basic burpees



20sec push-ups



30sec jab + cross

# BOOTCAMP

DAREBEE WORKOUT © [darebee.com](http://darebee.com)  
 LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



20 squat + hook



20-count squat hold



10 push-ups



10 plank step-out + punches



10-count plank



10 sit-ups



10 sit-up + punches

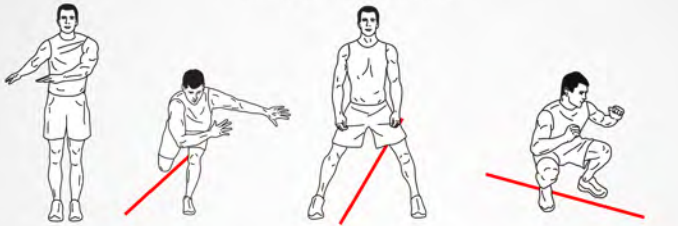


10-count sit-up hold

# BORDERLINE

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

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes  
draw a line on the floor



10 side-to-side over the line jumps

10 hop and turn over the line

10 double hop, squat and turning jump



10 over the line cross climbers



10 hop and heel click over the line

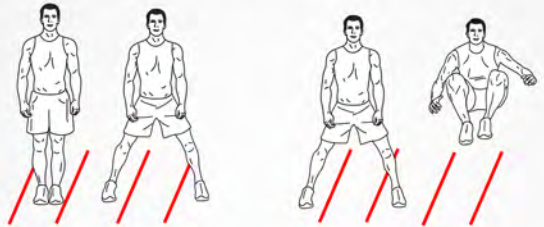


10 knee to elbow over the line

# BORDERLINE 2.0

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

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes  
draw two lines shoulder length apart



20 half jacks jump-inside the lines

10 high jumps with heel click in the air



10 plank half jacks jump inside the lines



10 knee to elbow across the lines



20 over the line step side-to-side squats

# BOSS FIGHT



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

1 bar = 1 set rest between sets up to 2 minutes



20 lunge punches



20 squat + uppercut



20 squat hold punches



10 shoulder taps



10 push-ups



10-count one-arm plank



10 sit-up punches



10 sitting punches



10 crunch kicks

# THE BOTTOM LINE

DAREBEE WORKOUT FOR LEGS & BUTTOCKS @ [darebee.com](http://darebee.com)

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



20 squat + side leg raise

20 side-to-side lunges

20 split lunges



20 plank back kicks



20 side leg raises



20 split wipers

# THE BOULDER

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

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



10 push-ups



10-count plank



10 push-ups



10 up and down planks



10 raised leg push-ups



10 shoulder taps



10 thigh taps

# BOUNTY HUNTER

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

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



20 squat + side kick



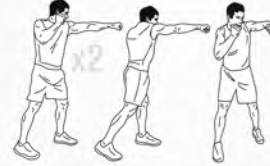
4 side-to-side lunges



20 knee strike + elbow strike



20 push-ups



20 jab + jab + cross + hook



20 shoulder taps



10 up and down planks



+ 10-count elbow plank hold finish

# BOWMAN

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

60 seconds each - 30 seconds each side / leg

3 sets | up to 2 minutes rest between sets

Pull for 15 seconds while resisting. Relax and pull again.



leg to chest stretch



legs back stretch



legs apart stretch



heel hold stretch



lunge back stretch



lunge tilt stretch



side stretches



wall bent over



wall body tilt

# BOXER | ABS

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

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



30 sit-up punches



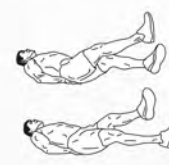
30 siting punches



30 knee-ins & twists



30 flutter kicks



30 scissors



30 butt-ups



30-count plank



30-count raised leg plank



30-count side plank

# BOXER | AGILITY

DAREBEE WORKOUT  
 © darebee.com  
 LEVEL I 3 sets  
 LEVEL II 4 sets  
 LEVEL III 5 sets  
 REST 2 minutes



20 zig zag side-to-side hops



20 single leg hops straight line



20 feet together zig zag side-to-side hops



20 zig zag single leg hops



20 bob and weave under the rope (imagine one)



20 to the side (or side-to-side) leg switch and punch

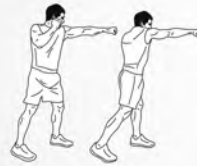
# BOXER | ENDURANCE

DAREBEE BOXING WORKOUT © darebee.com  
 LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST 2 minutes

50 high knees



after each exercise



50 jab + cross



50 squats



50 jab + uppercut



50 sit-up punches



50-count plank



50 back extensions

# BOXER | FLEXIBILITY

DAREBEE BOXING WORKOUT © darebee.com  
 LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets  
 REST 2 minutes



40 knee-to-elbow lunges



20 forward & backward bends



20 side-to-side tilts



20 knee bends



40-count quad stretch



20-count back stretch



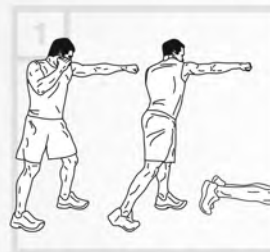
20-count arm stretch #1



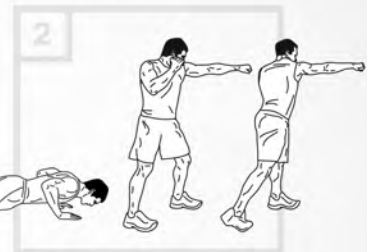
20-count arm stretch #2

# BOXER

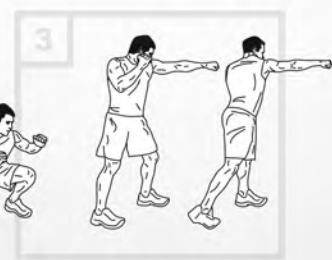
DAREBEE HIIT WORKOUT © darebee.com  
 Level I 5 rounds Level II 10 rounds Level III 15 rounds  
 1 minute rest between rounds



20sec jab + cross



20sec push-up + jab + cross



20sec squat + jab + cross



# BOXER|POWER

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

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST 2 minutes  
tip: last row can be done on a punching bag



20 jump knee tucks



20 squat hops



20 basic burpees + jump



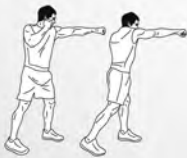
10 power push-ups



10-count push-up plank



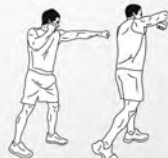
10 power push-ups



40 jab + cross



40 hooks (left + right)



40 jab + hook

# BOXER|SPEED

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

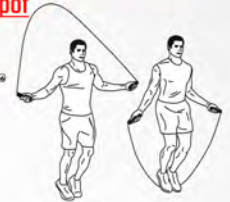
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST 2 minutes  
no jump rope? [hop on the spot](#)



15sec push-ups



15sec jab + cross



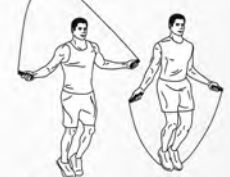
30sec jump rope



15sec push-ups



15sec hooks



30sec jump rope



15sec push-ups



15sec uppercuts

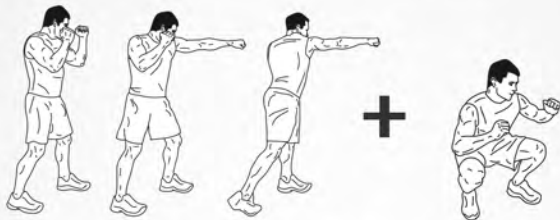


30sec jump rope

# BOXER

5 SETS

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)  
up to 2 minutes rest between rounds



5 minute shadow boxing every 30 seconds double squat



push-ups  
level I 5 reps  
level II 10 reps  
level III 15 reps



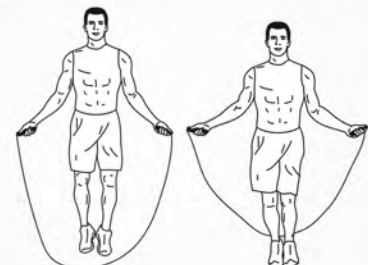
sit-ups  
level I 10 reps  
level II 20 reps  
level III 30 reps

# BOXING DRILLS

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

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

Drill #1  
2 minutes  
jump rope



Drill #2  
2 minutes  
heavy bag  
boxing



Drill #3  
2 minutes  
shadow  
boxing

# BOY, THAT ESCALATED QUICKLY

DAREBEE WORKOUT © darebee.com



10 jumping jacks  
10 high knees  
4 side-to-side jumps



20 jumping jacks  
20 high knees  
4 side-to-side jumps



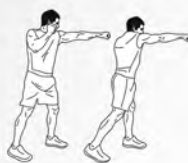
40 jumping jacks  
40 high knees  
4 side-to-side jumps  
done

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

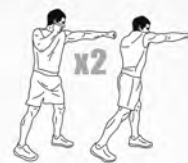
# the Brawler

DAREBEE WORKOUT © darebee.com

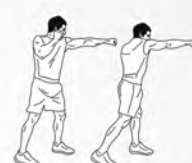
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jab + cross



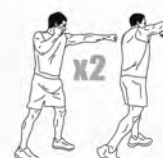
20 jab + jab + cross



20 x 4 fast punches



20 jab + hook



20 jab + jab + hook



20 hooks



20 jab + uppercut



20 jab + jab + uppercut



20 uppercuts

# breathless

DAREBEE WORKOUT © darebee.com

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



20 high knees



2 jump squats



20 high knees



2 jumping lunges



20 high knees



2 jumping jacks



20 high knees



2 squat hops



20 high knees

# THE BRIDE

DAREBEE WORKOUT © darebee.com

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



30 turning kicks



10 squats



30 turning kicks



10 push-ups



30 punches



10 push-ups



10 crunch kicks



10 sit-up punches

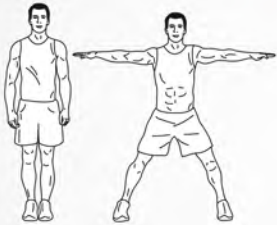


10 sitting punches

# COME AT ME BRO

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

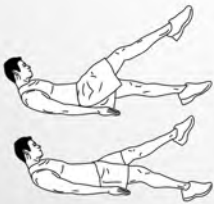
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



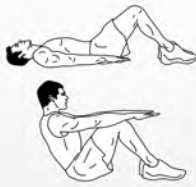
20 jumping Ts



20 seal jumps



10 flutter kicks



10 sit-ups



10 sitting twists

# BRUTE

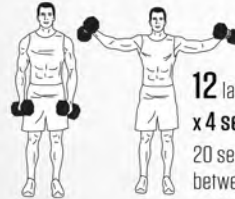
DAREBEE WORKOUT @ [darebee.com](http://darebee.com) ARMS & BACK



12 bicep curls  
x 4 sets in total  
20 seconds rest between sets



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



12 lateral raises  
x 4 sets in total  
20 seconds rest between sets



12 arnold press  
x 4 sets in total  
20 seconds rest between sets



12 upright rows  
x 4 sets in total  
20 seconds rest between sets



12 bent over raises  
x 4 sets in total  
20 seconds rest between sets

# BRUTE

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



10 squats  
x 4 sets in total  
20 seconds rest between sets



10 lunges  
x 4 sets in total  
20 seconds rest between sets

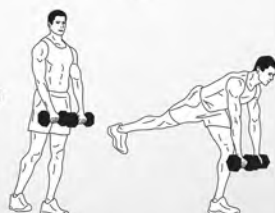


10 side lunges  
x 4 sets in total  
20 seconds rest between sets



20 calf raises  
x 3 sets in total  
20 seconds rest between sets

10 single leg straight leg dead lifts  
x 4 sets in total  
20 seconds rest between sets



# BUTCHER

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



10 hammer curls  
x 3 sets in total  
20 seconds rest between sets



10 chest rows  
x 3 sets in total  
20 seconds rest between sets



10 deadlifts  
x 3 sets in total  
20 seconds rest between sets



10 shoulder press  
x 3 sets in total  
20 seconds rest between sets



10 tricep extensions  
x 3 sets in total  
20 seconds rest between sets

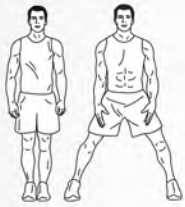


10 lateral raises  
x 3 sets in total  
20 seconds rest between sets

# THE CAKE IS A LIE

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

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



40 half jacks



20 squats



40 climbers



20 sit-ups



20 sitting twists



40 flutter kicks

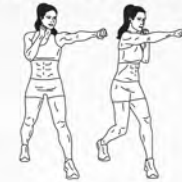
# Callisto

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

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



10 push-ups



20 punches



10 donkey kicks



10 clamshells



10 side plank rotations



10 bridges



10 toe taps



10 sit-ups



10 sitting twists

# Cardio & Core

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

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



60 high knees



10 climbers



10 climber taps



60 high knees



10 flutter kicks



10 scissors



60 high knees



10 leg raises



10 raised leg circles

# CARDIO COMBAT

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

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



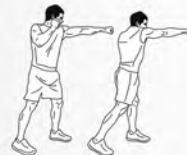
20 high knees



10 march twists



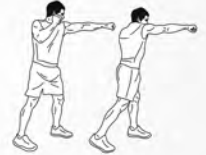
20 high knees



20 punches



10 overhead punches



20 punches



20 high knees



10 knee-to-elbow  
one side first, then the other side



20 high knees

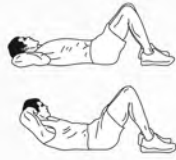
# Cardio Crunch

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

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



20 high knees



10 crunches



10 cross crunches



20 high knees



10 long arm crunches



10 knee crunches

# CARDIO DEMON

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

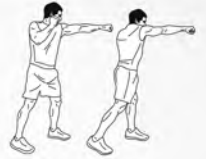
LEVEL I 3 sets  
LEVEL II 5 sets  
LEVEL III 7 sets  
REST up to 2 minutes



20 high knees



20 jumping jacks



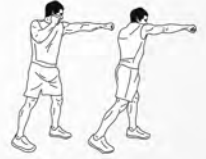
20 punches



20 high knees



20 jump squats



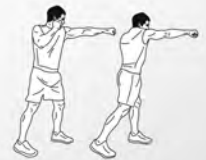
20 punches



20 high knees



20 jumping lunges



20 punches

# CARDIO DRILL

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

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

3 combos:

20 high knees  
4 knee-to-elbow



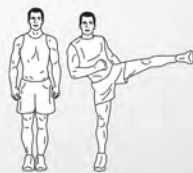
3 combos:

20 high knees  
2 side-to-side jumps



3 combos:

20 high knees  
4 side leg raises



# CARDIO FIRE

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

LEVEL I 3 sets  
LEVEL II 5 sets  
LEVEL III 7 sets  
2 minutes rest



10 jumping jacks



4 side-to-side jumps



10 jumping jacks



10 high knees



4 knee-to-elbow twists



10 high knees



10 jumping lunges



4 side-to-side lunges



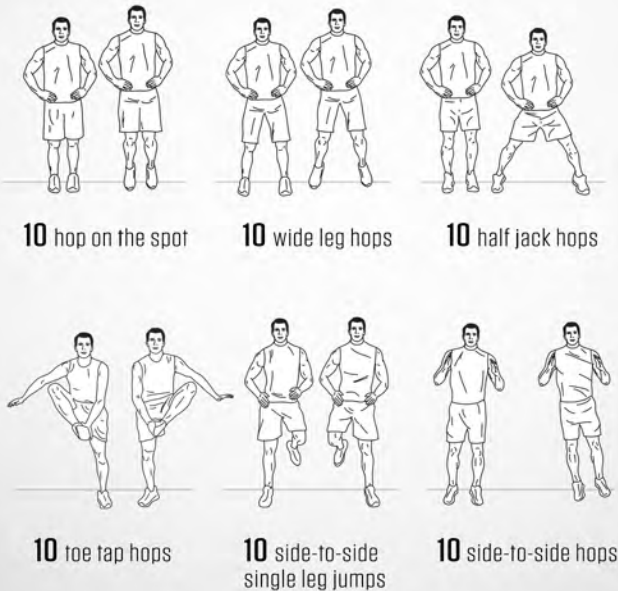
10 jumping lunges

# Cardio Hop

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

Repeat 3 times | up to 2min rest between sets

IN COLLABORATION WITH **NHS** choices



# cardio light

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

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



# cardio melt

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

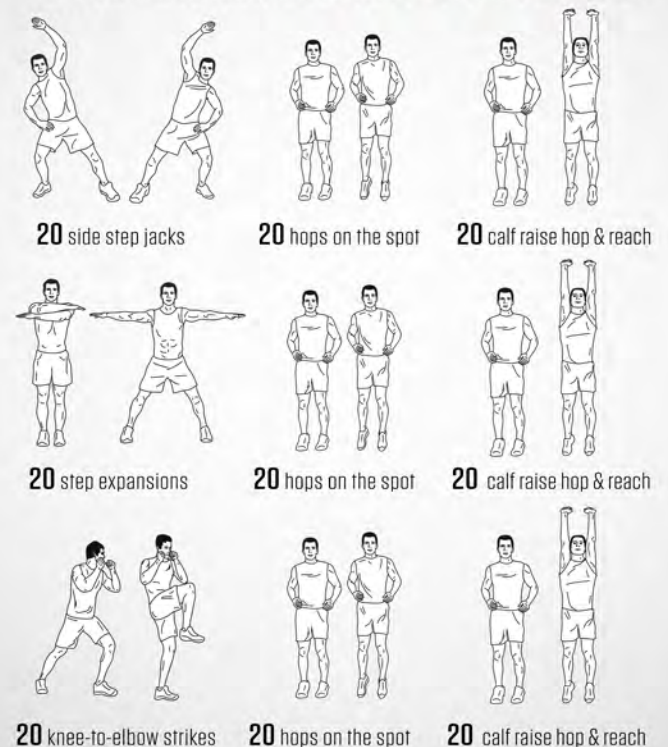
Level I 3 sets Level II 5 sets Level III 7 sets REST 2 minutes rest



# CARDIO POP

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

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST 2 minutes rest



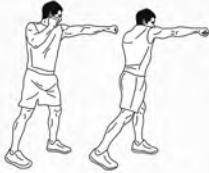
# Cardio Punch

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

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



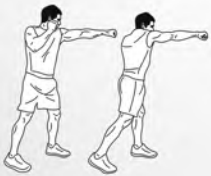
20 jumping jacks



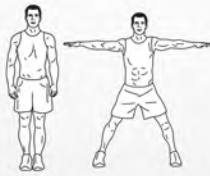
40 punches



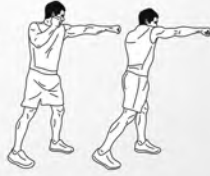
20 seal jacks



40 punches



20 jumping Ts



40 punches

# Cardio Rock

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

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



20 kneeling skiers



10 plank with lateral thrusts



20 half squat skiers



10 wide leg plank with lateral thrusts



20 reverse lunge skiers



10 side plank thrusts

# CARDIO SHOCK

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

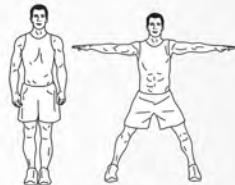
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jumping jacks



2 jump knee-tucks



20 jumping Ts



2 jump knee-tucks



20 seal jacks



2 jump knee-tucks

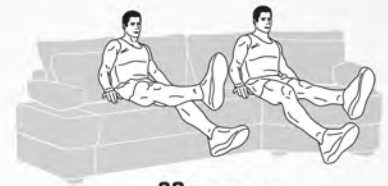
# cardio sofa

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

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



40 high knees



20 flutter kicks



40 high knees



20 leg raises



40 high knees



20 scissors

# CARDIO STEP

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

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



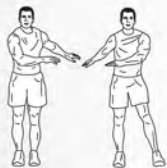
20 step jacks



20 march jacks



20 step side jacks



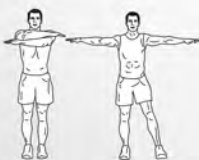
20 side-to-side steps



20 alternating steps back



20 step side jacks



20 step arm extensions



20 cross step arm extensions



20 step side jacks

# CARVER

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

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



20 bridges



10 V-ups



20 bridges



10 knee-to-elbows



20 bridges



10 side jackknives



# caTapult

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

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



10 bounces on the spot



10 bounce+bounce+squat



4 jump squats



10 bounces on the spot



10 bounce+bounce+reverse lunge



4 jumping lunges

# catch'em all

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

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



40 high knees



10 side-to-side lunges



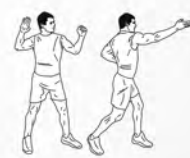
20 squat + knife hand strike



40 high knees



10 jumping lunges



20 knife hand strikes



40 high knees



10 calf raises



20 squat + knife hand strike



# caterpillar- Butterfly

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

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



20 jumping jacks



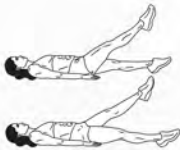
10 butterfly sit-ups



10 sitting twists



20 jumping jacks



10 flutter kicks



10 V-wipers



20 jumping jacks



10 knee-to-elbow crunches



10 half wipers

# CENTURION

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

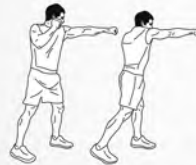
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



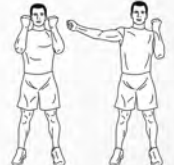
10combo squat + calf raise



10 side-to-side lunges



10combo jab + cross + push-up



10 side-to-side backfists



10 high crunches



10 knee-to-elbow crunches



10 side jackknives

# CERBERUS

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

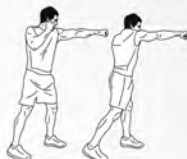
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



6 push-ups



4 raised leg push-ups



20 punches



6 push-ups



4 push-ups w/ rotations



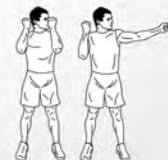
20 overhead punches



6 push-ups



4 push-up shoulder taps



20 backfists

# Chapter 1

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

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



20 jumping jacks



10 squats



20 jumping jacks



10 march steps



20 jumping jacks



10 knee-to-elbow



20 jumping jacks



10 lunge step-up



20 jumping jacks

# CHASE

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

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



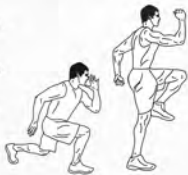
**3combos:** 10 high knees + 4 plank leg raises



10 hop heel clicks



**10combos** successive lunge step-ups



10 squat calf raises



**3combos:** 10 high knees + 4 side-to-side hops



40 flutter kicks

# CHIMERA

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

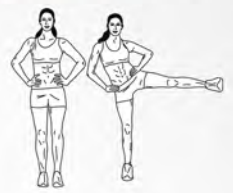
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 side-to-side lunges



**20combos** half jack + side leg raise



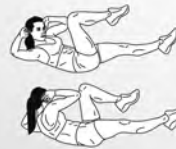
10 butt kicks



10 lunge step-ups



10 jumping lunges



10 knee-to-elbow crunches



10-count raised leg hold



10 raised leg circles

# CHISEL

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

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



20 high knees



10 squats



10 jump squats



20 high knees



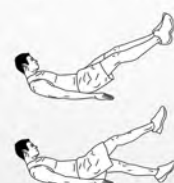
10 shoulder taps



10 shoulder tap push-ups



20 high knees



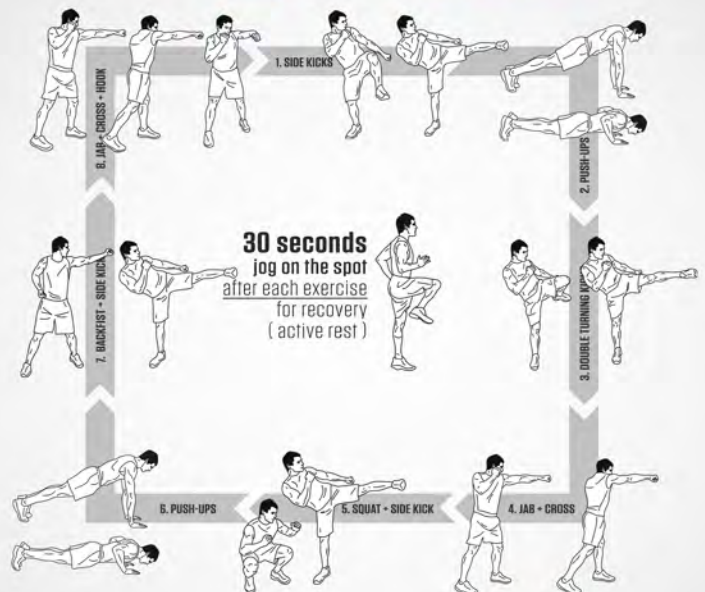
10 flutter kicks



10 leg raises

# CLIPPER

FULL CIRCUIT HIIT WORKOUT @ [darebee.com](http://darebee.com)



20 seconds

WARM-UP

25 seconds

ROUND 1

30 seconds

ROUND 2

35 seconds

ROUND 3

20 seconds

BONUS ROUND

# CLOSE CONTACT

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

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



20 knee strikes



20combo knee strike + elbow strike



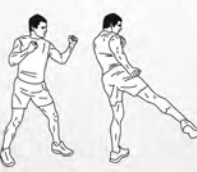
20 front kicks



20combos front kick + backfist



20combos bounce + squat + back leg low turning kick + palm strike



# code of abs

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

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



10 sit-ups



10 reverse crunches



10 sitting twists



8 scissors



8 leg raises



20 flutter kicks



30sec plank



30sec elbow plank



8 body saw

# CODEX

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

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes  
hands never off the ground



10 plank leg raises



10 push-ups



30sec plank



10 climbers



10 plank jacks



10 plank jump-ins

# CODE ZERO

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

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



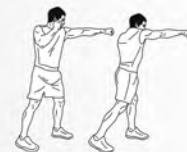
20 side kicks



5 push-ups



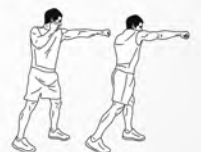
20 side kicks



20 punches



5 push-ups



20 punches



20-count elbow plank



5 push-ups



20-count elbow plank

# COLOSSUS

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

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



10 jump squats



10 squats



10-count squat hold



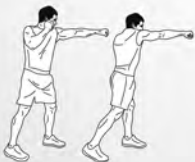
10 raised leg push-ups



10 push-ups



10-count push-up hold



40 punches



10 sit-up punches



10 sitting punches

# COMBAT MEDIC+

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

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



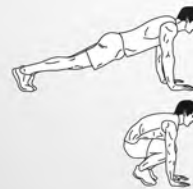
40 high knees



20 squats



10steps duck walk



10 plank jump-ins



10 army crawl



10 push and drag

# Combat Strength

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

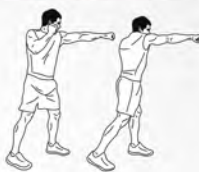
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



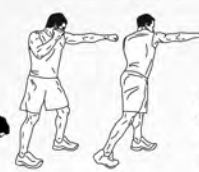
10 push-ups



10combos push-up + jab + cross



10combo push-up + jab + cross



20combo squat + side kick



10 squats



40 squat hold punches



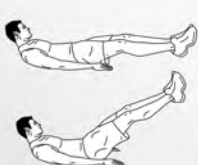
10 jump squats



10combo push-up + hook



20combo squat + hook kick



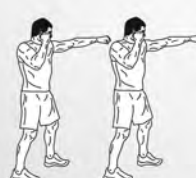
20 leg raises



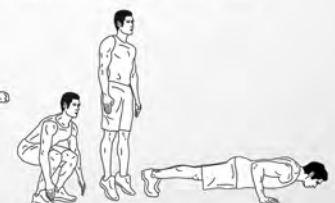
20 raised leg circles



20 flutter kicks



10combo jab + jab + turning kick

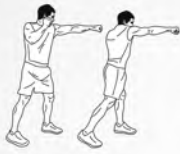


5combos jump squat + push-up

# THE COMMANDER

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

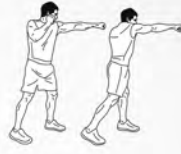
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



40 jab + cross



20 squat + jab



40 jab + cross



20 slow climber



20 push-ups



20 slow climbers



20 sit-ups



20 sitting twists



20 sit-ups

# COMMANDO

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

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



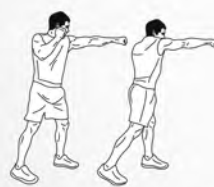
to failure push-ups



10 shoulder taps



4 staggered push-ups



40 punches



40 speed bag punches



4 raised leg push-ups



10 up and down planks

# CONAN

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

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



20 split squats



to failure push-ups



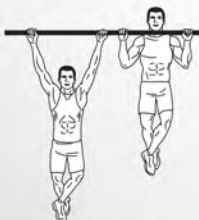
20sec elbow plank



40sec raised leg plank



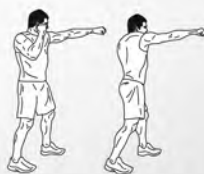
20sec wide leg plank



to failure pull-ups



to failure chin-ups



20 punches

# CONDUIT

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

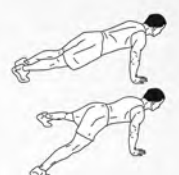
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jumping Ts



10 climbers



10 plank jacks



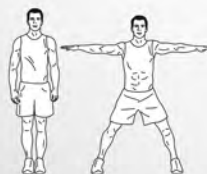
10 push-ups



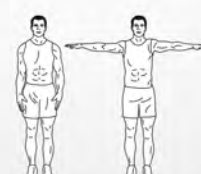
20 palm strikes



10 lunge push strikes



20 jumping Ts



10 arm raises



10 raised arm circles

# CONQUEROR

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

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



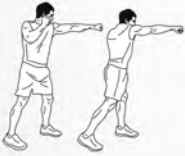
20 squats



20 slow climbers



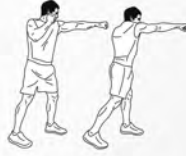
20 squats



20 punches



20 push-ups



20 punches



20 flutter kicks



20 sitting twists



20 flutter kicks

# CONTENDER

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

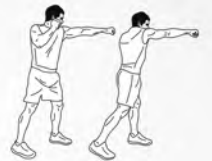
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



30 bounces



5 push-ups



30 punches



30 arm rotations



5 push-ups



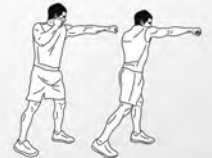
30 squats



30 high knees



5 push-ups

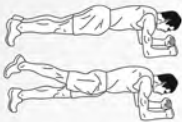


30 punches

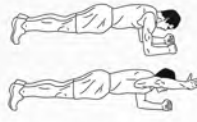
# core connect

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

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes  
10 reps each exercise



plank leg raises



plank arm raises



body saw



plank rotations



spiderman planks



side plank knee taps



side star plank



side plank rotations



to failure elbow plank

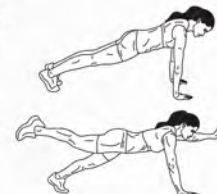
# CORE CONTROL

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

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



10 shoulder tap + rotation



10 alt arm/leg raises



10 sit-outs



10 side plank raises



10 side plank leg raises



10 side plank rotations

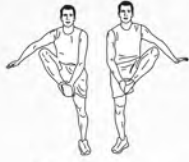
# COSSACK

DAREBEE WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets REST 2 minutes



20 march steps



10 toe tap hops



20 straight leg bounds



20 march steps



10 squat + front kick



20 straight leg bounds



20 march steps



10 jump knee-tucks

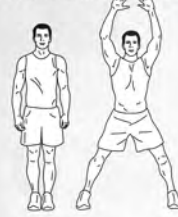


20 straight leg bounds

# COWBOY

DAREBEE WORKOUT ★★★★★ @ darebee.com

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



30 jumping jacks



5 jump knee tucks



10 lunges



30 climbers



10 planks with rotations



30sec elbow plank



10 basic burpees

# CRUCIBLE

DAREBEE WORKOUT @ darebee.com

LEVEL I 5 push-ups LEVEL II 10 push-ups LEVEL III 15 push-ups  
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



10 sit-ups



20 squats



20 lunges



10 sit-ups



20 lunges



X push-ups



10 sit-ups



X push-ups

# THE CRUSHER

DAREBEE WORKOUT @ darebee.com

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



10 jump squats



10 lunges



5 tricep extensions



10 jump squats



10 calf raises



5 tricep extensions



10 jump squats



30-count plank



5 tricep extensions

# CRUX

DAREBEE WORKOUT @ darebee.com

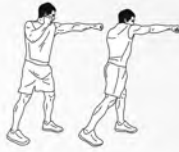
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squat hops



10 jump squats



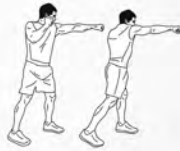
40 punches



20 push-ups



10 plank rotations



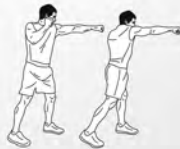
40 punches



20 sit-ups



10 get-ups

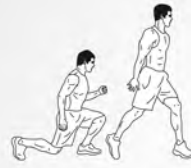


40 punches

# cursor

DAREBEE **HIT** WORKOUT @ darebee.com

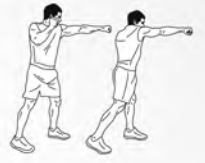
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10sec jumping lunges



10sec push-ups



40sec punches



10sec jumping lunges



10sec judo push-ups



40sec hooks



10sec jumping lunges



10sec push-up + shoulder tap



40sec uppercuts

# cycle core

DAREBEE BACK WORKOUT @ darebee.com

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



10 climbers



10 plank rotations



10 alt arm / leg raises



10 dead bug



10 single leg bridges



10 back extensions

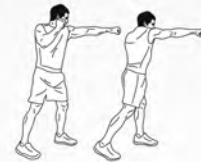
# CYPHER

DAREBEE WORKOUT @ darebee.com

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



4combos: 2 push-up + 10 jab + cross



10 slow push-ups



4combos: 2 sit-ups + 10 sitting twists



10 slow sit-ups



4combos: 2 squats + 10 side kicks

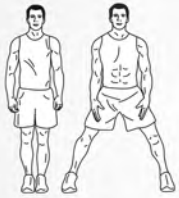


10 slow squats



# Daily Burn

DAREBEE WORKOUT © darebee.com  
3 sets | up to 2 minutes rest between sets



10 half jacks



6 plank jacks



6 plank jump-ins



10-count plank



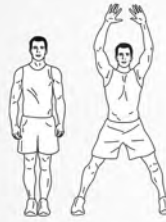
6 push-ups



10 squats

# DAILY WORKOUT

BY DAREBEE © darebee.com  
3 sets | up to 2 minutes rest between sets



10 jumping jacks



5 squats



5 push-ups



10 high knees



10 climbers



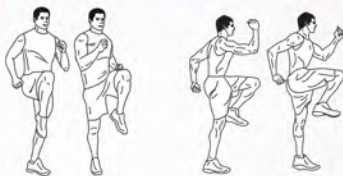
5 plank jump-ins

# DAMAGE CONTROL

DAREBEE **HIT** WORKOUT © darebee.com  
Level I 3 sets Level II 5 sets Level III 7 sets REST up to 2 minutes

3 combos:

10sec high knees  
10sec march steps



3 combos:

10sec jumping jacks  
10sec step jacks



3 combos:

10sec hops on the spot  
10sec side-to-side hops



# DANGER ZONE

DAREBEE WORKOUT © darebee.com  
LEVEL I 3 sets  
LEVEL II 5 sets  
LEVEL III 7 sets  
REST up to 2 minutes



20 combos backfist + side kick



20 squat + uppercut



10 high knees



10 climbers



10 high knees



10 sit-ups



10 sitting twists



10 flutter kicks

# DASH

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

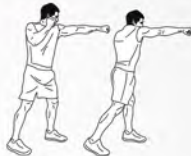
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jumping jacks



10 flutter kicks



40 punches



20 squats



10 flutter kicks



10 push-ups



40 raised arm circles



10 flutter kicks



10 climbers

# DEADLOCK

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

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



5 push-ups



10-count push-up hold



5 push-ups



20 squats



20-count squat hold



20 squats



5 up & down planks



10-count elbow plank hold



5 up & down planks

# DEATH BY BURPEES

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

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets  
2 minutes rest between sets



5 burpees

10-count rest

5 burpees

10-count rest

10 burpees

20-count rest

10 burpees

20-count rest

5 burpees

10-count rest

5 burpees

rest

# DEEP FRYER

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

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



30sec jumping jacks



30sec high knees



30sec climbers

30sec burpees

15 sec rest

15 sec rest

15 sec rest

rest



Hint: 10-count rest means count to ten and resume

# DEMOLITION

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

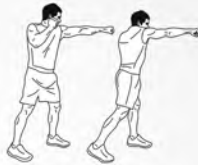
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



5 classic push-ups



5 wide grip push-ups



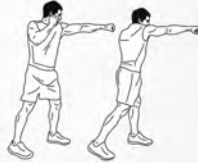
40 punches



5 classic push-ups



5 close grip push-ups



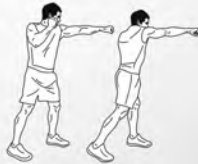
40 punches



5 classic push-ups



5 power push-ups



40 punches

# DIRTY 30

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

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



30 squats



30 push-ups



30 lunges



30 sit-ups



30 flutter kicks



30 climbers

# DNA:REWRITE

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

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



10 jumping jacks



10 lunge step-ups



10 jumps



10 push-ups



10-count plank



10 basic burpees w/ jump



10 sit-ups



10 bridges



10 leg raises

# double dash

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

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



40 high knees



deep side lunge



40 high knees



deep side lunge



20 jumping jacks



jump to the side



20 jumping jacks



jump to the side



40 high knees



jump knee tuck



40 high knees



jump knee tuck

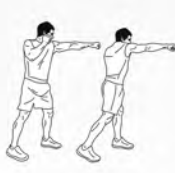
# DOUBLE HELIX

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

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



10sec jump squats



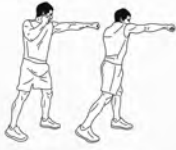
40sec punches



10sec jump squats



10sec push-ups



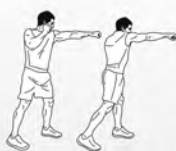
40sec punches



10sec push-ups



10sec jumping lunges



40sec punches



10sec jumping lunges

# DRAG & DROP

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

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

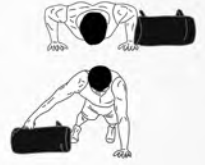
REST up to 2 minutes



20 rows



20 lunges



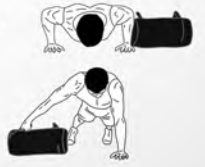
5 push-up & drag



20 squats



20 throws



5 push-up & drag

# DRAGON SLAYER

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

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



20 climbers



6 push-ups



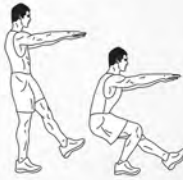
6 squats



20 one arm climbers



6 pike push-ups



6 pistol squats



20 one arm climbers



6 dragon push-ups



6 shrimp squats

# DRYLAND

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

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



12 balance stretch



6 upward dogs



6 staggered push-ups



12 bird dogs



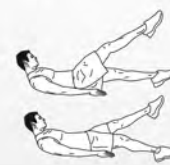
12 plank rotations



6 bridges



6 cross reach sit-ups



12 flutter kicks



12 swimmers

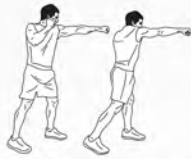
# duck & swing



DAREBEE **HIT** WORKOUT © darebee.com  
 Level I 3 sets Level II 5 sets Level III 7 sets - 2 minutes rest  
 squat [ duck! ] every 10 seconds



10sec push-ups



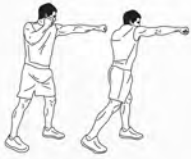
30sec punches



20sec uppercuts



10sec push-ups



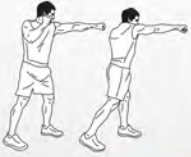
30sec punches



20sec hooks



10sec push-ups



30sec punches



finish: 20sec plank hold

# Dynamic Plank

yoga workout for abs & core  
 SPYROS KAPNIAS GARUDANANDA for © darebee.com  
 LEVEL I 20 seconds LEVEL II 40 seconds LEVEL III 60 seconds  
 hold each pose before moving for 3 seconds



1. Tricep Extensions

2. Knee to Elbow Planks



3. Push-Up Plank Into Downward Dog

4. Push-Up Plank Into Upward Dog



5. Knee to Elbow Planks

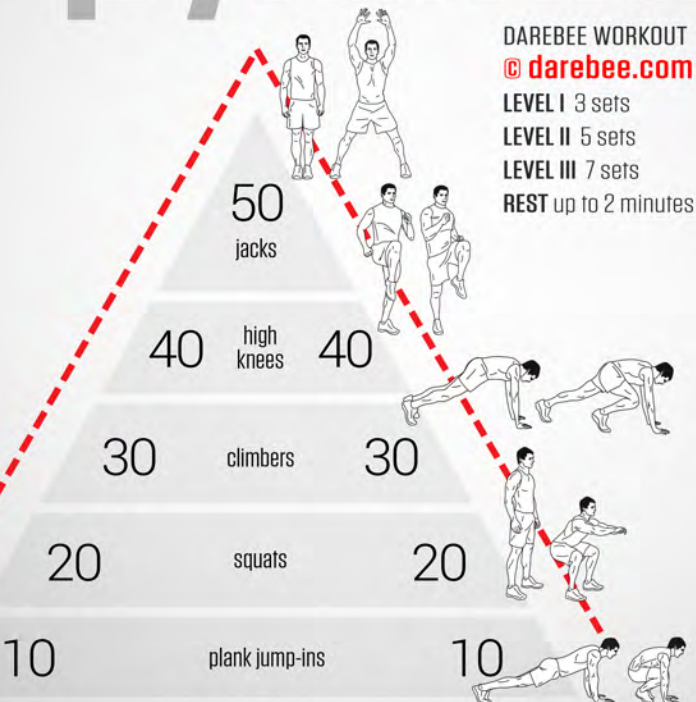
6. Upward Dog Back Kicks



7. Plank Rotation & Reach

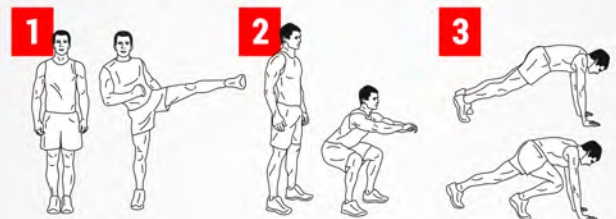
8. Push-Up Plank Tilts

# dynamic pyramid



# XELIMINATOR

DAREBEE WORKOUT © darebee.com  
 5 sets - after every set take the last exercise off the following set  
 rest between sets up to 45 seconds



20 side leg raises

20 squats

20 climbers



20 lunges

10 plank arm raises

40 high knees

# ENDER

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

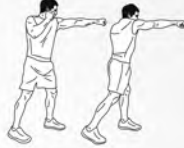
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 basic burpees w/ jump



5 push-ups



20 punches



10 basic burpees w/ jump



5 sit-ups



20 sitting punches



10 basic burpees w/ jump



5 push-ups



20sec plank

# ENDER+

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

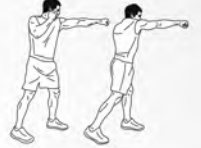
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 basic burpees w/ jump



5 rows



20 punches



10 basic burpees w/ jump



5 sit-ups



20 sitting punches



10 basic burpees w/ jump



5 rows



20sec plank

# ENDGAME

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

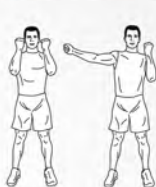
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 lunges



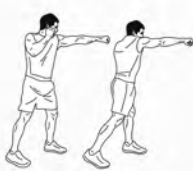
20 overhead punches



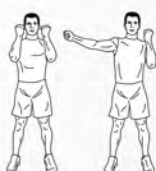
20 side-to-side backfists



10 lunges



20 punches



20 side-to-side backfists



10 flutter kicks



10 leg raises

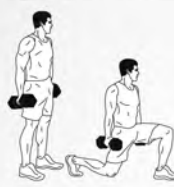


10-count raised leg hold

# ENDGAME+

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

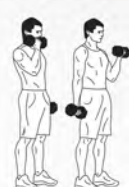
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



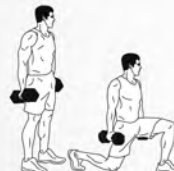
10 lunges



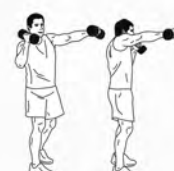
10 overhead punches



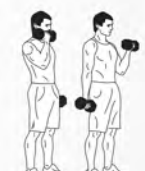
10 alt bicep curls



10 lunges



10 punches



10 alt bicep curls



10 flutter kicks



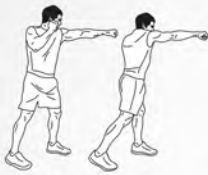
10 leg raises



10-count raised leg hold

# ENEMY LINES

DAREBEE WORKOUT  
 © [darebee.com](http://darebee.com)  
 LEVEL I 3 sets  
 LEVEL II 5 sets  
 LEVEL III 7 sets  
 REST up to 2 minutes



40 punches



40 backfists



40 squats



10 push-ups



10 slow climbers



10 push-ups



20-count plank



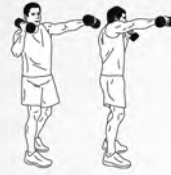
20-count plank



20-count plank

# ENEMY LINES+

DAREBEE WORKOUT  
 © [darebee.com](http://darebee.com)  
 LEVEL I 3 sets  
 LEVEL II 5 sets  
 LEVEL III 7 sets  
 REST up to 2 minutes



20 punches



20 bicep curls



40 squats



10 push-ups



10 slow climbers



10 push-ups



20-count plank



20-count plank



20-count plank

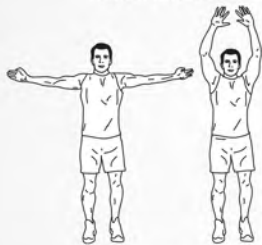


# ENERGIZER

ENERGY BOOSTING © [darebee.com](http://darebee.com)

12 reps each exercise

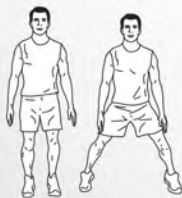
repeat once whenever your energy levels are low



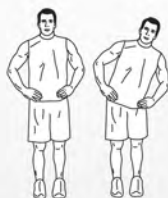
arm raises



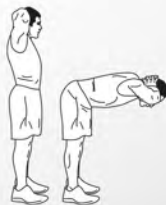
chest expansions



half jacks



side bends

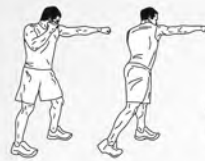


forward bends

# enforcer

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

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



20combos jab + cross + squat + double side kick ( low / mid height )



20combo sit-up + jab + cross + butt-up



20 gef-ups



20combos crunch kick + reverse crunch



20 fast high knees

# EPIC DASH

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

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



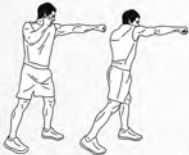
20sec high knees



10sec basic burpees



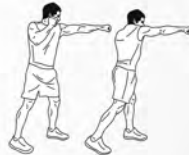
20sec high knees



20sec punches



10sec push-ups



20sec punches



20sec jumping jacks



10sec basic burpees



20sec jumping jacks

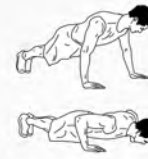
# EQUALIZER

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

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



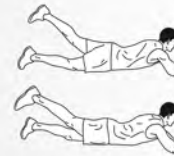
10 push-ups



4 wide grip push-ups



4 close grip push-ups



10 reverse flutter kicks



4 back extensions



4 plank walk-outs



10 push-ups



4 shoulder taps



4 raised leg push-ups

# EXPANSE

YOGA WORKOUT by **SPYROS KAPNIAS GARUDANANDA**  
for DAREBEE @ [darebee.com](http://darebee.com)

LEVEL I 5 reps LEVEL II 10 reps LEVEL III 20 reps each

plank holds: LEVEL I 5-count LEVEL II 10-count LEVEL III 20-count



plank rotations



side plank rotations



plank rotations



side plank rotations



side leg raises  
(each side)



plank hold



push-up plank hold



downward into upward dog



downward dog leg raises



alt arm/leg plank hold



downward dog leg raises



alt arm/leg plank hold

# express abs

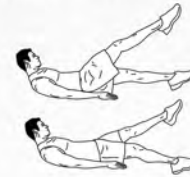
REPEAT ONCE | DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

LEVEL I 6 reps LEVEL II 10 reps each LEVEL III 20 reps each

LEVEL I 6-count hold LEVEL II 10-count hold LEVEL III 20-count hold



sit-ups



flutter kicks



crunch hold



sit-ups



flutter kicks



raised leg hold



sit-ups



sitting twists



hollow hold

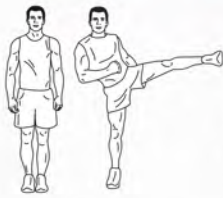


# EXPRESS WORKOUT

BY DAREBEE @ darebee.com



20 lunges



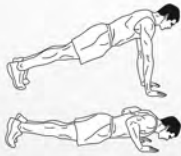
20 side leg raises



20 squats



20 slow climber



20 push-ups



20sec elbow plank

# EXTRACTOR

DAREBEE WORKOUT @ darebee.com

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



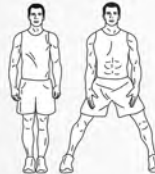
20 high knees



5 plank jump-ins



20 raised arm circles



20 half jacks



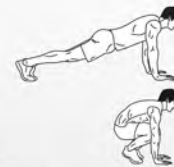
5 plank jump-ins



20 raised arm circles



20 jumping lunges



5 plank jump-ins



20 raised arm circles

# EXTRA DIRTY 30

DAREBEE WORKOUT @ darebee.com

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



30 jump squats



30 wide grip push-ups



30 jumping lunges



30 knee to elbow crunches



30 V-ups



30 climber taps

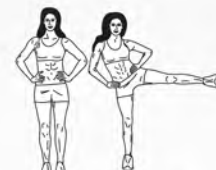
# FAE

DAREBEE WORKOUT @ darebee.com

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



40 half jacks



40 side leg raises



40 kick backs



10 hop heel clicks



10 knee strikes



10 lunge step-ups



10 sit-outs



10 toe taps



10 bridge taps

# FALCON

DAREBEE WORKOUT © darebee.com

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



20 jumping jacks



6 plank rotations



6 plank crunches



20 jumping jacks



6 shoulder taps



6 plank jacks



20 jumping jacks



6 plank arm raises



6 slow climbers

# FAR POINT

PASSIVE STRETCHING © darebee.com

60 seconds each - 30 seconds each side / leg

3 sets | up to 2 minutes rest between sets



hamstring stretch



groin stretch



leg to chest stretch



quad stretch



elbow stretch



cross neck elbow stretch



gravity toe touches



sumo squat hold



side splits

# FEARLESS

DAREBEE WORKOUT © darebee.com

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



20 side lunges



20 squats



20 side kicks



20 combos knee strike + step forward + turning kick + step forward + side kick



20 calf raises



20 squats



20 side leg raises

# FIGHTER MODE

DAREBEE WORKOUT © darebee.com

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



20 squats



20 squat + side kick



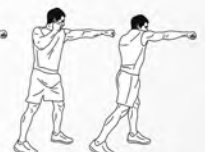
20 side kicks



10 push-ups



10 push-up + jab + cross



40 jab + cross



30-count plank



30-count raised leg plank



30-count side plank

# FIGHTER'S CLUB

DAREBEE WORKOUT  
 @ darebee.com  
 LEVEL I 3 sets  
 LEVEL II 5 sets  
 LEVEL III 7 sets  
 REST up to 2 minutes



to failure chin-ups



100 jab + cross



10 wide grip push-ups



4 raised leg push-ups



40 speed bag punches



10 sit-ups



10 knee-to-elbow crunches



10 reverse crunches

# FIGHTER'S STRETCHING

20 SECONDS EACH @ darebee.com



shoulder stretch #1



shoulder stretch #2



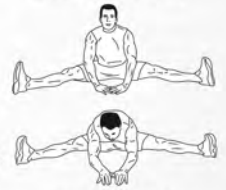
shoulder stretch #3



side-to-side lunges



side splits



forward bends



hamstring stretch #1



hamstring stretch #2



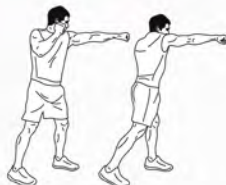
butterfly stretch

# FIGHTER'S WARMUP

BY DAREBEE @ darebee.com 30 seconds each



bounce on the spot



light punches



torso rotations



bounce on the spot



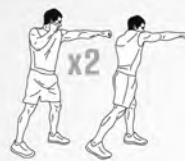
light low front kicks



light low turning kicks

# FIGHT NIGHT

DAREBEE BOXING WORKOUT @ darebee.com  
 LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST 2 minutes



20sec jab + jab + cross



20sec jab + lunge cross



20sec jab + hook



20sec jab + upper cut



20sec upper cut + upper cut



20sec hook + hook



20sec squat + hook



20sec squat + upper cut



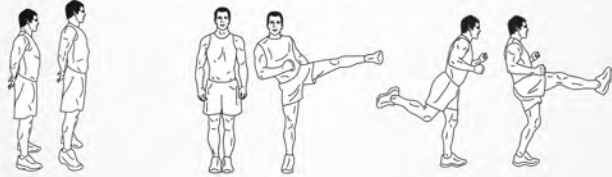
20sec squat + cross

# THE FINISHER

STRETCHING BY DAREBEE © darebee.com



20sec stretch 20sec stretch 20sec stretch 20sec stretch



20 calf raises 40 side leg raises 40 side leg swings



combo: 10sec each, then change legs 20 side-to-side lunges, toes up

# FINISH LINE

UNIVERSAL COOLDOWN BY DAREBEE © darebee.com

Go through the sequence: once the move is done, change sides and repeat again for the same amount of time.



10sec stretch 10sec stretch 10sec reach 10sec stretch 10sec stretch 10sec reach



1min side leg raises + 30sec hold 1min leg raises + 30sec hold

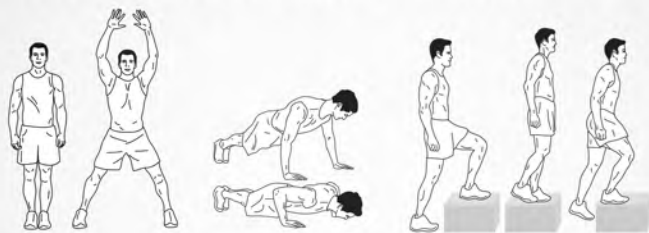


10sec reach 10sec reach 10sec stretch 10sec reach 10sec stretch

# FIREFIGHTER

DAREBEE WORKOUT © darebee.com

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



20 jumping jack 10 wide grip push-ups 20 box step-ups



20 box jumps 20 box lifts 40 high knees

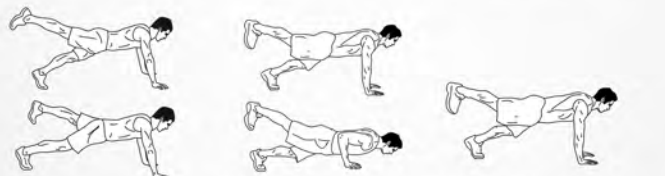
# FIRESTORM

DAREBEE WORKOUT © darebee.com

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



20 squat hold punches 10 jump squats 20 double side kicks



20 plank leg raises 10 raised leg push-ups 20-count raised leg plank



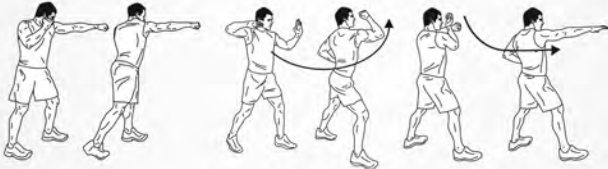
20 half jacks 10 side-to-side lunges 20 lunge jacks

# FIST of FURY

TRIBUTE WORKOUT  
 © darebee.com  
 LEVEL I 3 sets  
 LEVEL II 5 sets  
 LEVEL III 7 sets  
 REST up to 2 minutes



60 jab + cross      10combos jump knee tuck + front snap kick



60 jab + cross      10combos mid elbow strike + knife hand strike



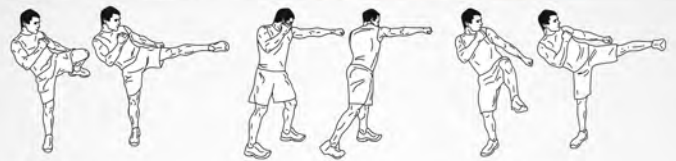
60 jab + cross      60 double backfists



5 minutes  
squat hold punches

# FIST of LEGEND

DAREBEE WORKOUT © darebee.com  
 LEVEL I 3 sets    LEVEL II 5 sets    LEVEL III 7 sets    REST up to 2 minutes



40 turning kicks      40 jab + cross      40 side kicks



60 squat hold punches      20combos front snap kick + cross (same leg & arm)

## finish

side leg raises  
 LEVEL I 60 reps  
 LEVEL II 80 reps  
 LEVEL III 100 reps



2 minute  
side splits

# fitmom

DAREBEE WORKOUT © darebee.com  
 LEVEL I 3 sets    LEVEL II 5 sets    LEVEL III 7 sets    REST up to 2 minutes



10 lunges      10 squats      10 sitting twists



10 bridges      10 lifts      5 push-ups



20sec elbow plank

# five minute blast

DAREBEE WORKOUT © darebee.com  
 Instructions: Set a timer & survive.



60sec jumping jacks      60sec push-ups      30sec jumping lunges



60sec climbers      60sec high knees      30sec basic burpees

# FIVE MINUTE PLANK

DAREBEE WORKOUT © darebee.com



60sec full plank



30sec elbow plank



60sec raised leg plank  
30 seconds - each leg



60sec side plank  
30 seconds - each side



30sec full plank



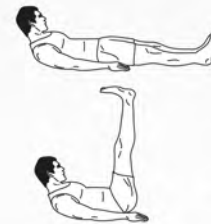
60sec elbow plank

# Five Rites

BY DAREBEE © darebee.com  
21 repetitions each exercise



First Rite  
360° turns clockwise



Second Rite  
90° leg raises



Third Rite  
back stretches



Fourth Rite  
table stretch



Fifth Rite  
upward dog stretch

# FLAMETHROWER

DAREBEE HIIT WORKOUT © darebee.com

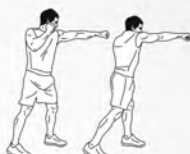
Level I 3 sets Level II 5 sets Level III 7 sets REST up to 2 minutes rest



30sec high knees



15sec push-ups



15sec jab + cross



30sec high knees



15sec push-ups



15sec hooks



30sec high knees



15sec push-ups



15sec uppercuts

# Flash Point

DAREBEE WORKOUT © darebee.com

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



40combos jab + cross + squat + hook



40 double side kicks / low and high

40 front kicks



40combos knee strike + elbow strike



40 speed bag punches

# The Fold

yoga workout  
by **SPYROS KAPNIAS GARUDANANDA**  
for **@darebee.com**  
LEVEL I 20 seconds  
LEVEL II 30 seconds  
LEVEL III 60 seconds



1. Elbow Tuck: Fold & Hold (each)

2. Lock: Fold & Hold (each side)



3. Hands Lock & Extend - repeatedly

4. Pigeon Pose: Fold & Hold (each)



5. Foot Tuck & Hug - repeatedly each

6. Forward Fold & Hold

# footwork

DAREBEE 2-MINUTE WORKOUT @ **darebee.com**

FOOT SORENESS & TENSION RELIEF;  
IMPROVED CIRCULATION & POSTURE

- 20 seconds each -



1. forward bends

2. rotations

3. forward & backward bends



4. clench & unclench

5. side-to-side

6. toes back bends

# FOOTBALLER

DAREBEE WORKOUT @ **darebee.com**

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



20 jumping Ts

10 split squats



10 body saw

20 side planks

10 supermen



10sec star plank

20sec elbow plank

10 push-ups

# THE FORGE

DAREBEE WORKOUT @ **darebee.com**

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



3combos: 10 high knees + 2 push-ups

10 climbers



10 combos backfist + side kick + hop & rotate + backfist + side kick



3combos: 10 flutter kicks + 2 scissors

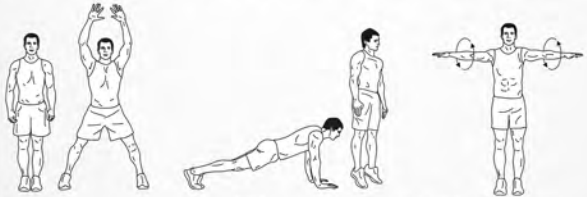
10-count raised leg hold

# FREE FALL

DAREBEE **HIT** WORKOUT  
 @ darebee.com  
 Level I 3 sets  
 Level II 5 sets  
 Level III 7 sets  
 2 minutes rest between sets



30sec jumping jacks    30sec basic burpees    30sec raised arm circles



30sec jumping jacks    30sec basic burpees    30sec raised arm circles



20sec push-up into back extension + 10sec back extension hold

# FREE ROAM

DAREBEE WORKOUT @ darebee.com  
 LEVEL I 3 sets    LEVEL II 5 sets    LEVEL III 7 sets    REST up to 2 minutes



20combo knee strike + elbow strike    40 side kicks



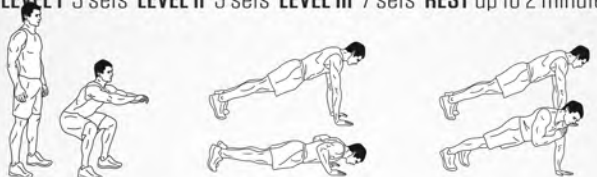
20combos jab + jab + cross + double turning kick    40combos squat + hook



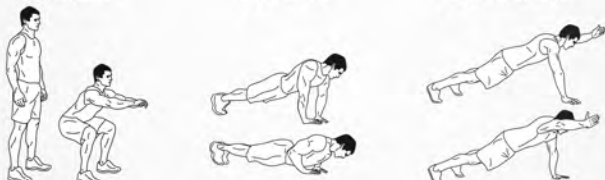
20combos backfist + side kick    40 speed bag punches

# FREMEN

DAREBEE WORKOUT @ darebee.com  
 LEVEL I 3 sets    LEVEL II 5 sets    LEVEL III 7 sets    REST up to 2 minutes



10 squats    5 push-ups    10 shoulder taps



10 squats    5 close grip push-ups    10 plank arm raises



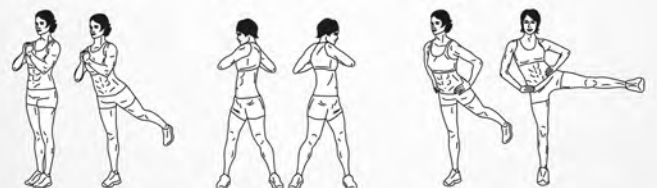
10 squats    5 wide grip push-ups    10 planks w/ rotations

# FROST

DAREBEE WORKOUT @ darebee.com  
 LEVEL I 3 sets    LEVEL II 5 sets    LEVEL III 7 sets    REST up to 2 minutes



20 jumping jacks    20 raised arm circles    20 side leg raises



20 low back kicks    20 twists    20 back kick + side leg raise



10 leg raises    10 flutter kicks    10 scissors



# FULLBODY RENDER

DAREBEE WORKOUT © darebee.com

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



40 squats

40 lunges

20 push-ups



40 punches

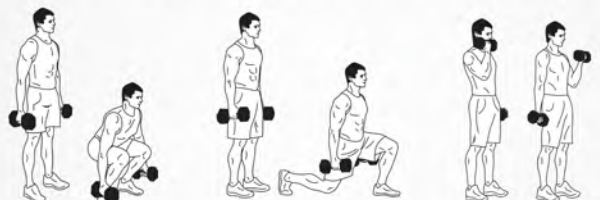
20 sit-ups

20 leg raises

# FULLBODY RENDER+

DAREBEE WORKOUT © darebee.com

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



20 squats

20 lunges

20 alt bicep curls



20 push-ups

20 sit-ups

20 leg raises

# FULL HOUSE

DAREBEE **HIIT** WORKOUT © darebee.com

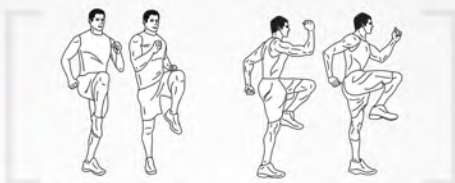
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

3combos



10sec high knees

10sec march steps

3combos



10sec push-ups

10sec punches

3combos



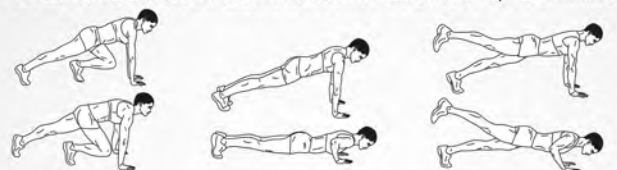
10sec flutter kicks

10sec sitting-twists

# FURY

DAREBEE WORKOUT © darebee.com

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



20 climbers

10 push-ups

2 raised leg push-ups



20 punches

20 squats

10 pop-up tripods



10 raised leg bridges

10 roll-ups

10 crunch kicks

# GAMBIT

DAREBEE WORKOUT @ darebee.com

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



20 squats



6 plank walk-outs



10-count plank hold



20 squats



6 slow push-ups



10-count plank hold



20 squats



6 plank-into-lunges



10-count plank hold



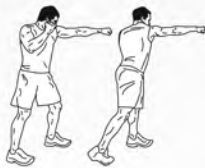
20 squats



40 side kicks



10 push-ups



40 punches



20 squats



40 hook kicks



10 push-ups



40 side-to-side backfists

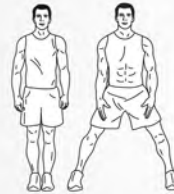
DAREBEE WORKOUT @ darebee.com  
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets  
REST up to 2 minutes  
**GEMINI**

# GAMER



DAREBEE WORKOUT @ darebee.com

every respawn, construction or cinematic trailer



20 half jacks



10 squats



10 plank jump-ins



20 climbers



10 lunges



10 flutter kicks

# G.I. JANE

TRIBUTE WORKOUT BY DAREBEE @ darebee.com

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



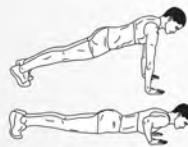
20 high knees (sprint)



10 lunges



10 reverse lunges



5 push-ups



5 upward dogs



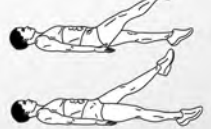
5 army crawl



10 sit-ups



10 reverse crunches



20 flutter kicks

# GLADIATOR

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

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



40 lunges



20 jumping lunges



20 squats



20 shoulder taps



40 slow climbers



10 push-ups



10 up & down planks

WHAT'S YOUR CODE?

# GODMODE

Y, A, Y, A, X, X, B, X, B, X, Y, Y, A, A, B, X

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



Y  
high knees

LEVEL I 10 reps  
LEVEL II 20 reps  
LEVEL III 30 reps



X  
squats



B  
push-ups



A  
climbers

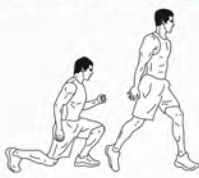
# GOLEM

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

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



20 lunges



10 jumping lunges



10 side lunges



10 push-ups



10 thigh taps



10-count plank



20 squats



10-count squat hold



10 jump squats

# Good morning, abs

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

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



10 high crunches



10 leg raises



10 raised leg circles



10-count raised leg hold



10 flutter kicks



10 scissors

# GRADE A

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

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



10 cross squats

10 cossack squats

10 get-ups



5 judo push-ups



10-count push-up plank



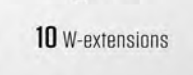
10 up & down planks



10 reverse angels



10 prone fly extensions



10 W-extensions

# GRAVITY

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

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



4 push-ups



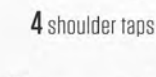
4 wide grip



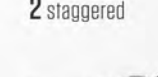
2 close grip



4 push-ups



4 shoulder taps



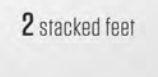
2 staggered



4 push-ups



4 raised leg



2 stacked feet

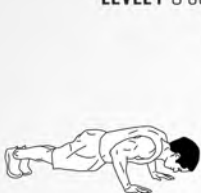
# Gravity Control

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

LEVEL I 10 seconds LEVEL II 20 seconds LEVEL III 30 seconds each

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

REST up to 2 minutes



push-up plank



squat hold



calf raise hold



raised arms stand



balance stand



one leg squat hold



half side splits



toe reach



side leg raise hold

# GRIDLOCK

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

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



20sec squat hold



20sec side lunge hold



20sec reach down hold



10sec plank hold



10sec raised leg plank hold



10sec push-up hold



20sec bridge hold



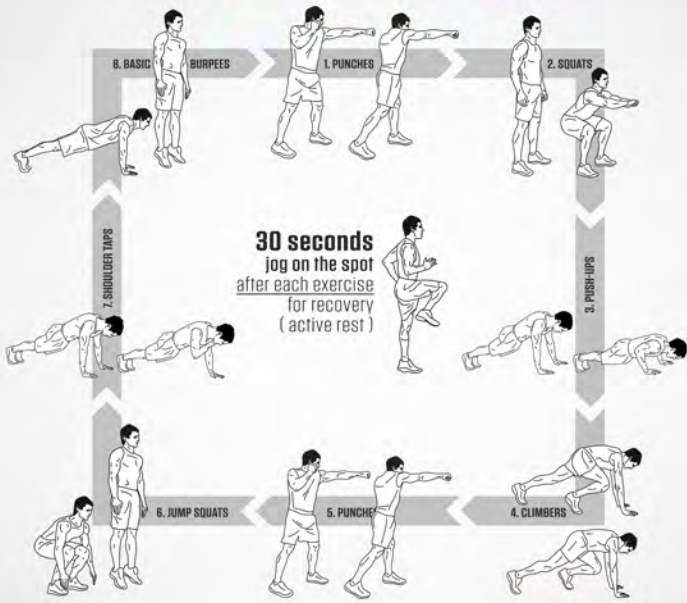
20sec extended leg bridge hold



20sec low bridge hold

# GRINDER

FULL CIRCUIT **HIIT** WORKOUT @ darebee.com



<b>15</b> seconds	<b>20</b> seconds	<b>25</b> seconds	<b>30</b> seconds	<b>EC 15</b> seconds
WARM-UP	ROUND 1	ROUND 2	ROUND 3	BONUS ROUND

# Ground Control

yoga for glutes  
by **SPYROS KAPNIAS GARUDANANDA**  
for DAREBEE @ darebee.com  
LEVEL I 30 seconds each  
LEVEL II 40 seconds each  
LEVEL III 60 seconds each



# GROUNDER

DAREBEE WORKOUT @ darebee.com

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



# GUARDIAN

DAREBEE WORKOUT @ darebee.com

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



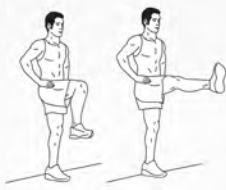
# GUARDSMAN

DAREBEE WORKOUT @ darebee.com

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



20 wall half squats



20 slow front kicks



20 calf raises



10 push-ups



10 side plank raises



20 flutter kicks



10 lowering drills



10 single leg bridges



10 raised leg circles

# HAND STAND PREP



DAREBEE WORKOUT @ darebee.com



20 tricep dips x 3 sets  
60sec rest between sets



10 raised pike push-ups x 3 sets  
60sec rest between sets



30sec box walk x 3 sets  
60sec rest between sets



30sec reverse grip plank x 3 sets  
60 seconds rest between sets



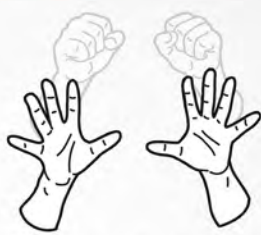
30sec hollow hold x 5 sets  
60 seconds rest between sets

## TALK TO THE HAND

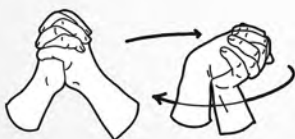
DAREBEE WORKOUT @ darebee.com  
10 reps each | 3 sets  
2 minutes rest between sets



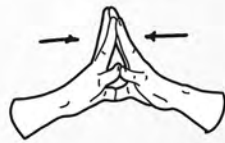
1. rapid shaking



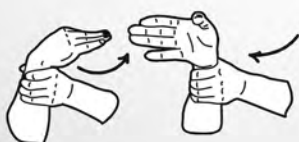
2. open and close fists



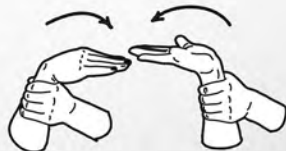
3. rotations



4. finger press



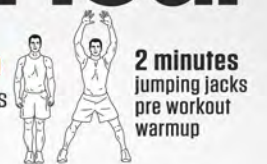
5. side flickers



6. up and down wrist flips

## Happy Hour

DAREBEE WORKOUT @ darebee.com  
10 sets with 2 minute rest between sets  
20 seconds each exercise



high knees



march steps



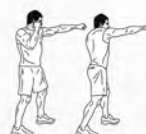
high knees



march steps



squats



punches



push-ups



punches



sit-ups



sitting twists



flutter kicks



sitting twists

# HARDBACK

DAREBEE BACK WORKOUT @ darebee.com

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



10 downward upward dog



10 drop push-ups



10 back extensions



10 reverse angels



10 prone reverse fly



10 prone W-extensions

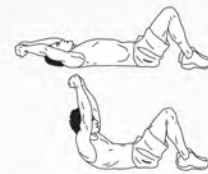
# HARDCORE

DAREBEE WORKOUT @ darebee.com

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



20 flutter kicks



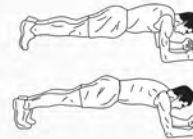
12 long arm crunches



14 sitting twists



10 side bridges



10 body saw



20 plank arm raises



10 push-up into lunges

# Happy

DAREBEE WORKOUT @ darebee.com

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



20 jumping jacks



20 squat hold punches



20 jumping lunges



10 basic burpees ( no push-up )



10 front kicks



10 climbers



10 plank leg raises

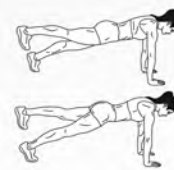
# Haywire

DAREBEE WORKOUT @ darebee.com

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



10 high knees



10 plank leg raises



2 push-ups



10 jumping jacks



10 plank jacks



2 push-ups



10 punches



10 plank jump-ins



2 push-ups

# HEADHUNTER

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

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

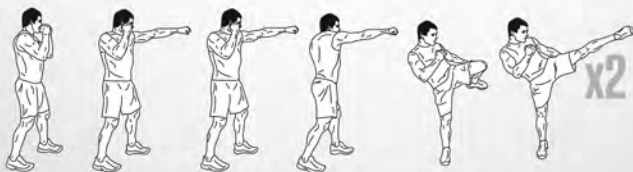
🎯 target aim your kicks as high as you can - or head height



**60combos** backfist + step forward + elbow strike + step forward + turning kick



**60** turning kicks: kick forward + bounce and change side + kick forward




**60combos** jab + jab + cross + double turning kick

# Hear Me Roar

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

Level I 3 rounds Level II 5 rounds Level III 7 rounds 2 min rest between rounds

Extra Credit 1 push-up every 20 seconds 



**20sec** high knees



**20sec** punches



**20sec** plank + jab + cross



**20sec** high knees



**20sec** punches



**20sec** plank jack + jab + cross



**20sec** high knees



**20sec** punches



**finish 20sec** plank

# HEART BREAKER

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

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



**20** high knees



**20** knee-to-elbows



**20** side leg raises



**20** jump squats



**20** knee-to-elbows



**20** lunges

# HEAVY DUTY

WORKOUT BY DAREBEE

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

**5 sets** in total

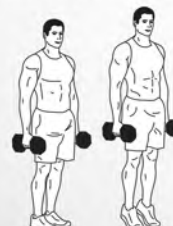
2 min rest between sets



**20combos** squat + shoulder press



**20combos** lunge + hammer curl



**20** calf raises



**20** renegade row push-ups



# THE HEIST

DAREBEE WORKOUT  
 © [darebee.com](http://darebee.com)  
 LEVEL I 3 sets  
 LEVEL II 5 sets  
 LEVEL III 7 sets  
 REST up to 2 minutes



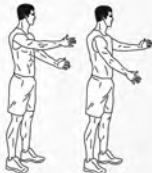
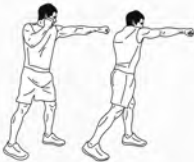
10combos: 1 squat + 2 double side kicks



10 jumping jacks



10combos: 1 push-ups + 4 punches



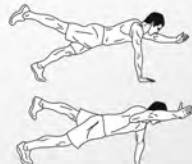
10 scissor chops



10 plank arm raises



10 plank leg raises



10 plank alt arm/leg raises

# HELL DIVER

DAREBEE WORKOUT  
 © [darebee.com](http://darebee.com)  
 Level I 3 sets  
 Level II 5 sets  
 Level III 7 sets  
 2 minutes rest



40 high knees



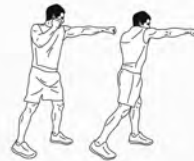
20 jumping jacks



10 push-ups



40 high knees



20 punches



10 push-ups



40 high knees



20 basic burpees

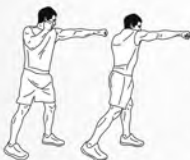
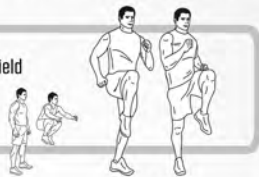


10 push-ups

# Hellhound

DAREBEE HIIT WORKOUT © [darebee.com](http://darebee.com)  
 Level I 3 sets Level II 5 sets Level III 7 sets REST up to 2 minutes rest

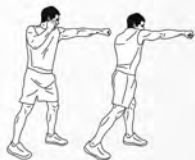
1 min high knees - or one lap around a field  
 in the beginning of every set  
 one jump knee tuck every 20 seconds



20sec punches



20sec push-ups



20sec punches



20sec squats



20sec backfists



20sec squats

# Hell Raider

"ONE HELL OF A RAID" DAREBEE WORKOUT © [darebee.com](http://darebee.com)  
 LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



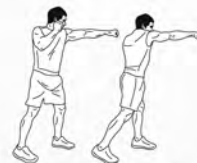
20 squat + side chop



4combos: 10 high knees + 2 jump knee tucks



10 push-ups



4combos: 10 punches + 2 hooks



20 side kick + side chop



4combos: 10 high knees + 2 side-to-side jumps



# Hell's Circuit

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

Level I 3 rounds Level II 4 rounds Level III 5 rounds  
1 minute each | 2 minutes rest between rounds



push-ups



squat hold punches



jump squats



side kicks

# HERCULES

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

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



20 combos lunge + deep side lunge



40-count star hold



20 combos squat + push-up



20-count push-up plank



20 combos sit-up + sitting twists



40-count raised leg hold

# HIGHLANDER

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

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



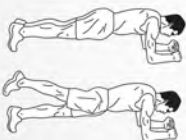
10 jump knee-tucks



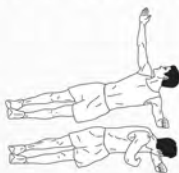
10 wide grip push-ups



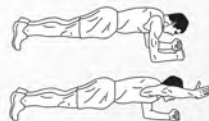
10 plank into lunges



20 plank leg raises



20 side plank rotations



10 plank arm raises



10 up and down planks

# HIGHTAIL

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

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



40 march steps



40 high knees



10 jump squats



40 march steps



40 high knees



10 jumping lunges



40 march steps



40 high knees

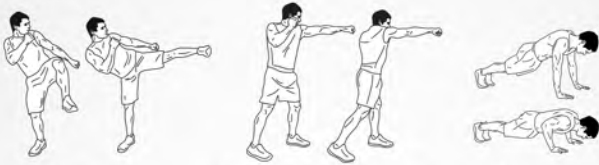


10 jump knee tucks

# hitman

DAREBEE WORKOUT @ darebee.com

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



40 side kicks

10 jab + cross + jab + cross

10 push-ups



20 combo front kick + back leg side kick

20 squat to the side + jab + cross



20 combos back leg knee strike + jab + cross

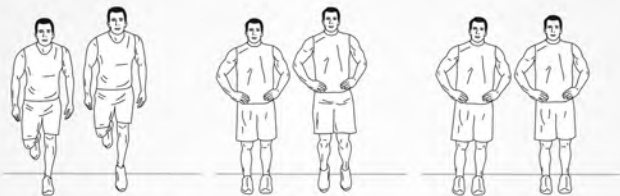
10 push-ups

# HOPPER

DAREBEE WORKOUT @ darebee.com

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

20 seconds each exercise | no rest between exercises



hop on one leg

hop on both legs

hop from side to side on both legs



double hop & squat

hop from side to side on one leg

hop back & forward on both legs

# HOMEMADE BACK

DAREBEE WORKOUT

@ darebee.com

LEVEL I 3 sets

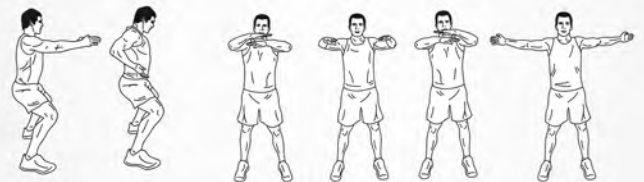
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 diver push-ups



20 half squat rows

20 double chest expansions



20 lawn mowers

20 forward bends

20 wall arm slides

# HOWLER

DAREBEE **HIT** WORKOUT @ darebee.com

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



40sec high knees

10sec plank

10sec climbers



40sec high knees

10sec plank

10sec plank rotations



40sec high knees

10sec plank

10sec shoulder taps

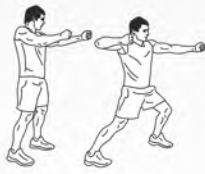
# HUNTER

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

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



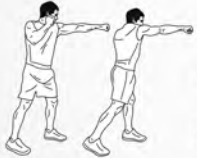
10 lunges



20 archer lunges



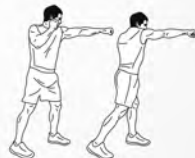
20 squats



40 punches



10 push-ups



40 punches



10 climbers



20-count plank



20-count elbow plank

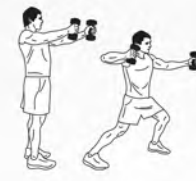
# HUNTER+

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

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



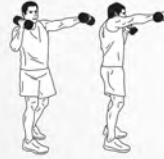
10 lunges



20 archer lunges



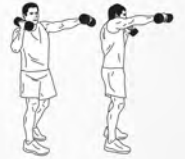
20 squats



20 punches



10 push-ups



20 punches



10 climbers



20-count plank



20-count elbow plank

# HUNTRESS

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

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



5 combos:



10 high knees + 2 archers + 2 squats



20 climbers



10 knee-in kick backs



10 plank-into-lunges



10 leg raises



10 raised leg crunches



10 scissors

# Huntsman

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

LEVEL I 2 reps LEVEL II 4 reps LEVEL III 6 reps each  
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



close grip push-ups



classic grip push-ups



wide grip push-ups



raised leg push-ups



staggered push-ups



stacked push-ups

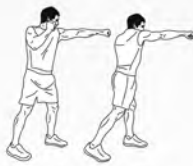
# INCINERATOR

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

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



30sec high knees



30sec punches



30sec high knees



10sec push-ups



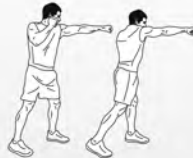
10sec climbers



10sec push-ups



30sec high knees



30sec punches



30sec high knees

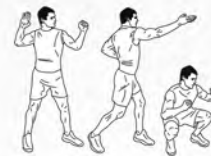
# Inferno

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

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



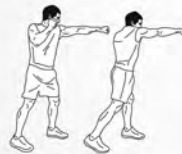
20sec high knees



20sec knife hand strike + squat



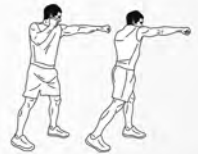
20sec high knees



20sec punches



20sec overhead punches



20sec punches



20sec basic burpees



20sec plank hold



20sec basic burpees

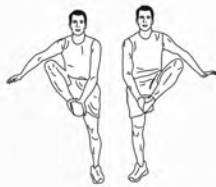
# INFINITY

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

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



20 jumping jacks



10 toe tap hops



20 side jacks



10 jumps



20 twist jacks



10 side-to-side jumps

# INITIATION

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

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



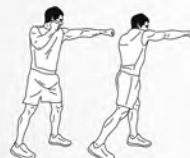
40 squats



5 push-ups



20-count elbow plank



40 punches



5 push-ups



20-count elbow plank



40 climbers



5 push-ups



20-count elbow plank

# Inner Beast

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

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



10 squat hops



10-count squat hold



10 jump squats



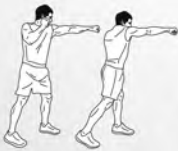
10 side kicks



10-count plank



10 power push-ups



40 punches



10-count elbow plank



10 up & down plank

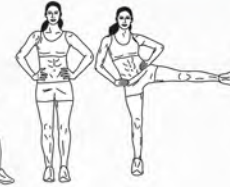
# inner thighs

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

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



20 sumo squats



40 side leg raises



20 deep side lunges



20 leg extensions



20 side leg extensions



40 side leg raises



# INNER WARRIOR

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

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



1. warrior I



2. warrior II



3. lunge



4. lunge with twist



5. pigeon pose



6. downward dog



7. bow pose



8. child pose



9. reclining hero

# iron bar

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

Change legs after each sequence and repeat it again. Keep your leg off the floor throughout the sequence. Perfect post workout.

## SEQUENCE 1



15-count hold



15 side leg raises



15 straight leg swings



15 fast kicks



15 slow kicks



15-count hold

## SEQUENCE 2



15-count hold



15 leg raises



15 high leg raises



15 move from side-to-side



15 circles

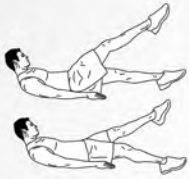


15-count hold

# ironclad **abs**

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

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



10 flutter kicks



4 scissors



10-count hold



10 leg raises



4 raised leg circles



10-count hold



10 jackknives



4 raised leg swings



10-count hold

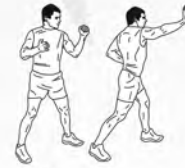
# IronClaw

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

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



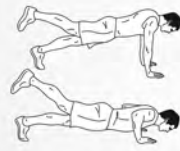
10 dragon push-up



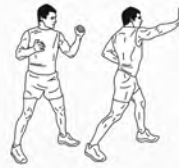
10 palm strikes



10 squat hold rows



10 raised leg push-ups



10 palm strikes



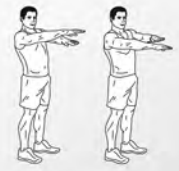
20-count raised arm hold



10 plank walk-outs



10 palm strikes



20 scissors

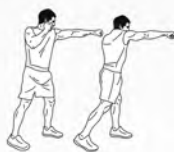
# IRON FIST

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

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



20 side kicks



20 jab + cross



20 uppercuts



20 side kicks



20 backfists



20 hooks



20 side kicks



20 speed bag punches



100 squat hold punches

# IRON MAIDEN

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

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



40 squats



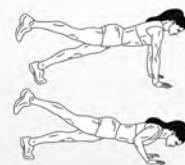
10 push-ups



40 punches



40 lunge step-ups



10 raised leg push-ups



40 punches

# JUMP START

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

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

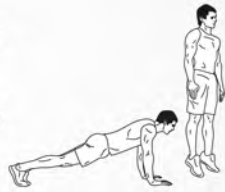
REST up to 2 minutes



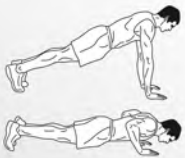
10 jumping jacks



10 climbers



5 basic burpees



5 push-ups



5 jump squats

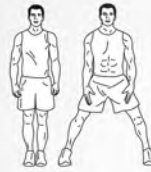


5 sit-ups

# JURASSIC

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

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



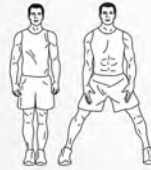
10 half jacks



40 high knees



4 plank leg raises



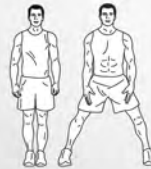
10 half jacks



40 high knees



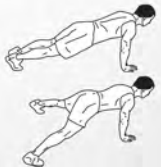
4 climbers



10 half jacks



40 high knees



4 plank jacks

# JUSTICE

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

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



20 high knees



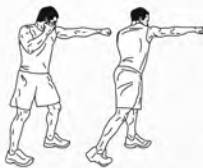
10 fly steps



20 squats



10 push-ups



20 jab + jab + cross



10 slow climbers



10 plank walk-outs



10-count star plank



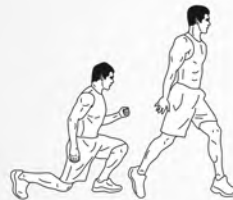
10 superman stretches

# KAMIKAZE

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

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

2 minutes rest between sets



30 jumping lunges



30 burpees



1min elbow plank



1min side elbow plank

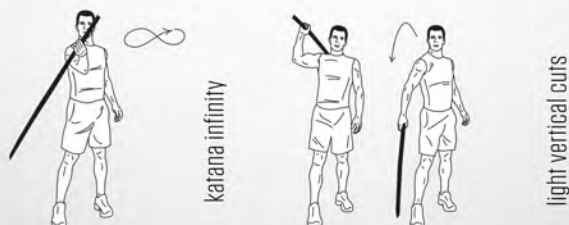
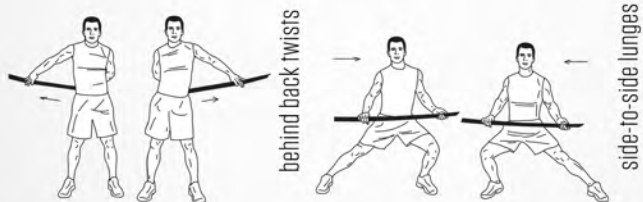
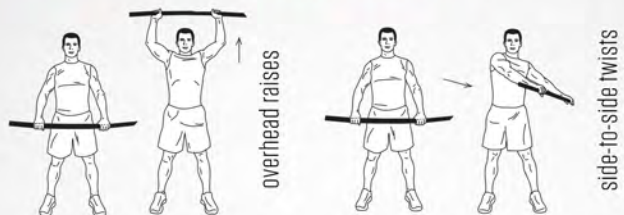


1min wall sit



# KATANA WARMUP

BY WORKOUT © darebee.com 10 REPS EACH



# KICKBOXER

DAREBEE WORKOUT © darebee.com

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



100 jab + cross

40 hook + elbow strike

20 knee strikes



40 turning kicks

20 hook kicks

40 side kicks



10 sit-up punches

10 sitting punches

10 side-to-side leg raises

# KICKER

DAREBEE WORKOUT © darebee.com

1 minute each | 1 minute rest between exercises



side kicks

low + high side kicks

turning kicks



low turning kicks

low + high turning kicks

double turning kicks



front kicks

hook kicks

drop back kicks

# killer cardio

DAREBEE WORKOUT © darebee.com

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



20 high knees

4 climbers

20 high knees

4 climbers

20 high knees

4 climbers

20 high knees

4 climbers

20 high knees

4 climbers

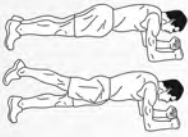
done



# killer core

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

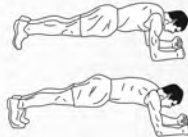
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 plank leg raises



10 plank side crunches



10 body saw



10 plank rolls



10 up and down planks



10 side plank rotations

# KING OF THE HILL

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

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



20 squats



5 plank walk-outs



20 lunge step-ups



5 push-ups



20 calf raises



5 push-ups



20-count plank



20-count one-arm plank



20-count raised leg hold

# of kitsune

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

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



20 high knees



20 squats



4 jump knee tucks



20 high knees



20 palm strikes



4 push-ups



20 high knees



20 lunges



4 jumping lunges

# KNEE

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

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

IN COLLABORATION WITH **NHS** choices



10 wall half squats



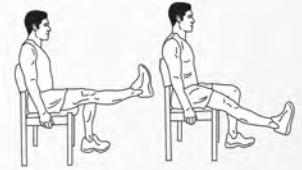
10 wide single leg squats



30sec cross leg side tilts



10 leg raises



20 raised leg swings



30sec hamstring stretch

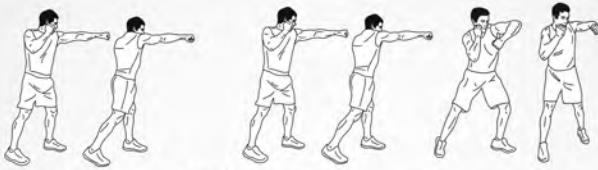


10 split squats

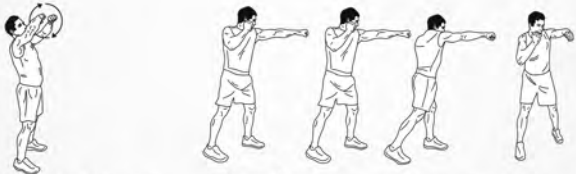
# KNOCKOUT

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

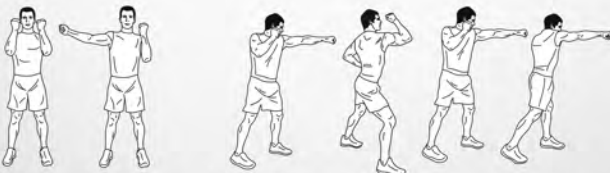
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



40 jab + cross 20 combos jab + cross + elbow strike + hook



40 speed bag punches 20 combos jab + jab + cross + hook



40 side-to-side backfists 20 combos jab + elbow strike + jab + cross

# KORRA

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

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



20 high knees 10 jumping lunges 10 lunge push strikes



20 squat side kicks 20 palm strikes 10 heel click jumps



20 climbers 10 plank jacks 10 push-ups

# RELEASE THE KRAKEN

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

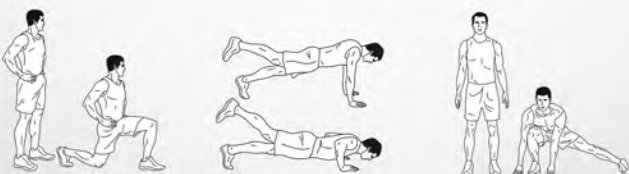
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats 6 dragon push-ups 20 squats step-ups



20-count plank 20-count one arm plank 6 tricep extensions



20 lunges 6 raised leg push-ups 20 deep side lunges

# KRATOS

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

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



4 close grip push-ups 10 wide grip push-ups 4 cross body push-ups



20 knee-to-elbow crunches 20 flutter kicks 10 reverse crunches



to failure chin-ups

to failure pull-ups

# K-SCULPT

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

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



20 squats

20 deadlifts

20 presses



10 swings

10 rows

10 upright rows

# KUNOICHI

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

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



20 butt kicks

20 knee strikes

20 combos heel click + squat



10 tricep dips



20 combos back fist + elbow strike



10 sit-up punches



10 side Vs



10 leg raises

# LAST MAN STANDING

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

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



10 jumping lunges

5 push-ups

10 jump squats



5 push-ups

20 punches

5 push-ups



10-count plank

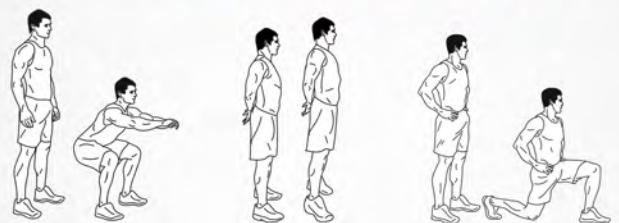
5 push-ups

10-count push-up plank

# Leg Day

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

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



40 squats

20 calf raises

20 lunges



20 side leg raises

20 side-to-side lunges

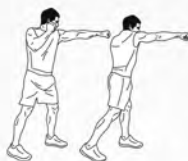
20-count wall-sit

# LAUNCH CODES

DAREBEE WORKOUT  
© [darebee.com](http://darebee.com)  
LEVEL I 3 sets  
LEVEL II 5 sets  
LEVEL III 7 sets  
REST up to 2 minutes



5 push-ups



30 punches



5 jump knee-tucks



5 push-ups



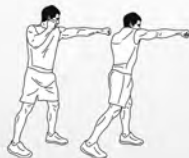
30-count plank



5 jump knee-tucks



5 push-ups



30 punches



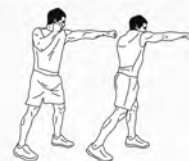
5 jump knee-tucks

# HIIT LAUNCH CODES

DAREBEE WORKOUT  
© [darebee.com](http://darebee.com)  
LEVEL I 3 sets  
LEVEL II 5 sets  
LEVEL III 7 sets  
REST up to 2 minutes



20sec push-ups



20sec punches



20sec jump knee-tucks



20sec push-ups



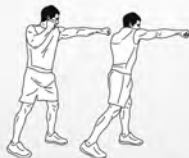
20sec plank



20sec jump knee-tucks



20sec push-ups



20sec punches

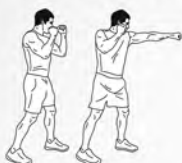


20sec jump knee-tucks

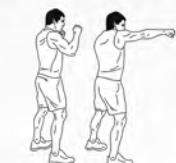
# THE LEGEND

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

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



60 jabs (left hand)



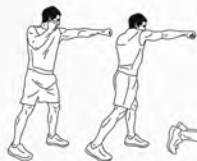
60 jabs (right hand)



20 jab + squat + hook



10 push-ups



60 jab + cross



10 push-up + jab + cross



20 squat hold punches



20 hooks



20 uppercuts

# legs of steel

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

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



20 lunge steps-ups



20sec squat hold



20 squats



10 front kicks



10 calf raises



10 side leg raises

# LUMBERJACK

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

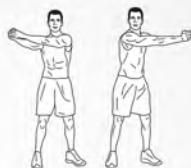
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 lunges



10 stacked push-ups



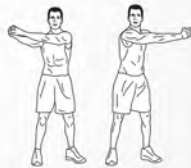
40 side-to-side chops



20 slow climbers



10 stacked push-ups



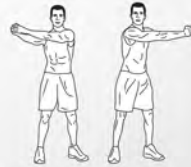
40 side-to-side chops



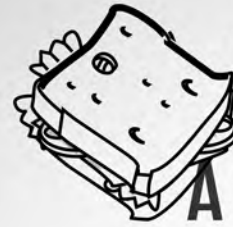
20 squats



10 stacked push-ups



40 side-to-side chops



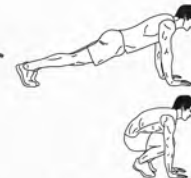
# MAKE ME A SANDWICH

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

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



20 toe tap jumps



20 plank jump-ins



5 jump squats



20 climbers



20 knee-to-elbow crunches



20 flutter kicks

# man down

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

3 sets | up to 2 minutes rest between sets



10 knee rolls



10 bridges



5 x 5sec stretch & hold



10 reverse flutter kicks



5 x 5sec stretch & hold



# MASS BLAST

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

Level I 5 rounds Level II 10 rounds Level III 15 rounds  
1 minute rest between rounds



15sec high knees



15sec toe tap hops



15sec jumping jacks



15sec side leg raises

# MASON

DAREBEE WORKOUT © darebee.com

10 sets or as many as you can do | up to 2 minutes rest between sets



10 steps



5 push-ups



10-count push-up hold



10 step-ups



5 leg raises



10-count raised leg hold



10 step-up reverse lunges



5 tricep dips

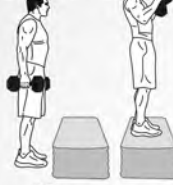


10-count tricep dip hold

# MASON+

DAREBEE WORKOUT © darebee.com

10 sets or as many as you can do | up to 2 minutes rest between sets



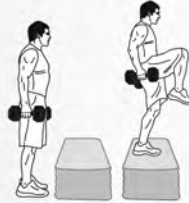
10 bicep curl steps



5 push-ups



10-count push-up hold



10 dumbbell step-ups



5 leg raises



10-count raised leg hold



10 dumbbell step-up reverse lunges



5 tricep dips

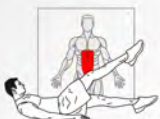


10-count tricep dip hold

# Master Pack

DAREBEE WORKOUT © darebee.com

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



20 flutter kicks



20 scissors



20 side leg raises



10 leg raises



10 raised leg circles



20sec raised leg hold



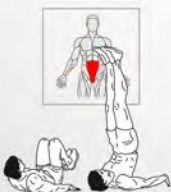
10 butt-ups



10 knee-in & twist



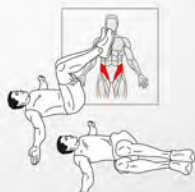
10 half wipers



10 butt-ups



10 knee-in & twist

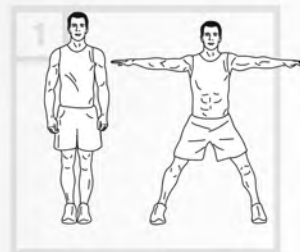


10 half wipers

# MAX IMPACT

DAREBEE HIIT WORKOUT © darebee.com

Level I 5 rounds Level II 10 rounds Level III 15 rounds  
1 minute rest between rounds



20sec jumping Ts



20sec high knees



10sec squats



10sec push-ups

# MAXIMUS

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

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



20 squats



20 calf raises



20 squats



20 calf raises



40 lunges

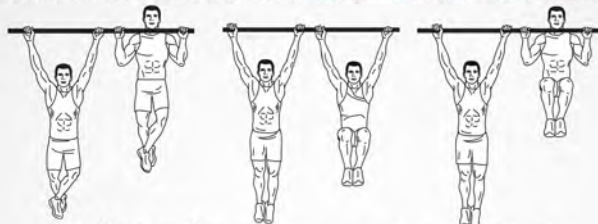


20 calf raises

# MERC

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

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



to failure combo pull-up + knee raise + knee raised pull-up



20 jump squats



10 plank walk-outs



to failure push-ups



20 jumping lunges



20 sit-ups



to failure raised leg hold

# MERMAID

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

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



40 march steps



20 side steps



20 back steps



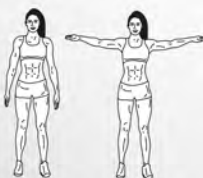
20 side leg raises



20 step jacks



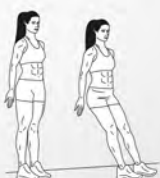
20 step side jacks



10 arm raises



10 raised arm circles



10 wall squats

# micro wave

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



20 jumping jacks



20 forward lunges



20 squats



20 plank arm lifts



20 climbers



20sec plank



# RUNNING THROUGH THE MINEFIELD

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

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



40 high knees



2 jump knee-tucks



20-count squat hold



40 high knees



2 jump knee-tucks



4 basic burpees w/jump



40 high knees



2 jump knee-tucks



20-count squat hold

# MINOTAUR

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

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



20 lunges



20 jumping lunges



to failure pull-ups



20 push-ups



20 slow climbers



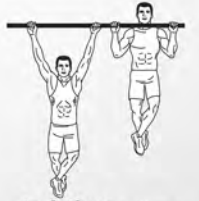
to failure pull-ups



20 sit-ups



20 flutter kicks

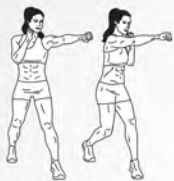


to failure pull-ups

# MODERN GIRL

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

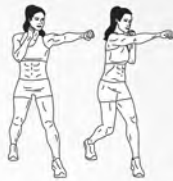
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



40 punches



20 push-ups



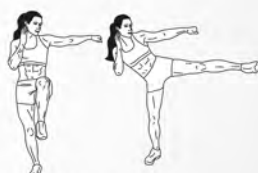
40 punches



20 side kicks



20 squats



20 side kicks



20 sit-ups



20 sitting twists



20 sit-ups

# MONDAY

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

3 sets | 10 reps each  
one burpee after each



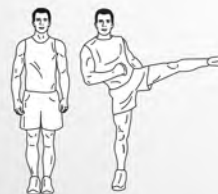
jumping jacks



hop heel clicks



knee-to-elbow



side leg raises



side-to-side hops  
feet together

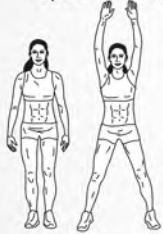


high knees

# 15-minute MORNING WORKOUT

by DAREBEE @ darebee.com

repeat 3 times in total with 2 minutes rest between sets



20 jumping jacks



20 squats



20 lunges



10 push-ups



40 punches



60sec elbow plank

# 15-minute MORNING WORKOUT

by DAREBEE @ darebee.com

repeat 3 times in total with 2 minutes rest between sets



20 jumping jacks



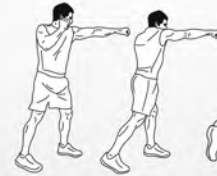
20 squats



20 lunges



10 push-ups



40 punches



60sec elbow plank

# MORRIGAN

DAREBEE WORKOUT @ darebee.com

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



20 squats



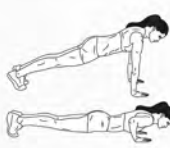
10 jump squats



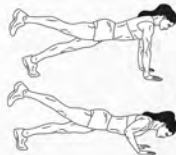
20 lunges



2 close grip push-ups



2 classic grip push-ups



4 raised leg push-ups



40 punches



20sec elbow plank



40sec side elbow plank

# THE MOUNTAIN

DAREBEE WORKOUT @ darebee.com

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



5 wide grip push-ups



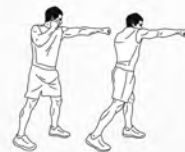
5 mid grip push-ups



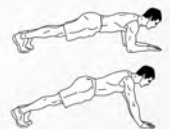
5 close grip push-ups



10 plank rotations



60 punches



5 tricep extensions



20sec plank



20sec uneven plank



20sec elbow plank

# movie night

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

Repeat 3 times | up to 2 minutes rest between sets  
or every 20 minutes during a movie



20 leg swings



20 front snap kicks



40 punches



40 overhead punches



20 knee taps



20 air bike crunches

# MULAN

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

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



10 cross chops



10 deep cross chops



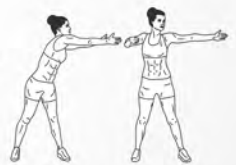
20 punches



10 lunge punches



10 side kicks



20 archers



10 donkey kicks



10 shoulder taps



10 climbers

# MUTINY

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

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



20 bounce, bounce + side kick



20 bounce, bounce + squat + jab + cross



4 combos: 10 high knees + 1 jump to the side



4 combos: 1 ape hop + 1 plank walk-out



4 combos: 10 high knees + 1 jump to the side



4 basic burpees with a jump

# NAVY SEAL

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

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



to failure  
pull-ups



40 high knees  
run on a spot  
or 60 second run



to failure  
push-ups



40 high knees  
run on a spot  
or 60 second run



to failure  
sit-ups



40 high knees  
run on a spot  
or 60 second run

# NUTCRACKER

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

Level I 5 rounds Level II 10 rounds Level III 15 rounds  
1 minute rest between rounds



20sec jumping jacks



20sec jumping jack + squat



10sec jumping jack + plank jump-in



10sec jumping jack + plank jack

# OBLITERATOR

THE ULTIMATE STRENGTH, ENDURANCE, BALANCE AND COORDINATION TEST.

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

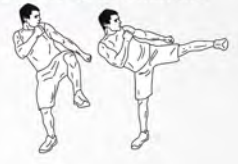
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 shrimp squats



10 pop-ups



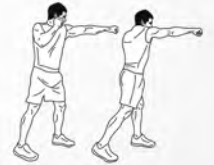
20 balance side kicks



4 one-arm push-ups



20 push-ups



40 punches



20 knee-in w/twist



20 V-ups



20 windshield wipers

# Obstacle Run

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

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes  
open area friendly - run (and jump) from point A to point B



1min high knees



+ jump to the left



+ jump knee tuck



1min high knees



+ jump to the right



+ jump knee tuck



1min high knees



+ forward hop



+ jump knee tuck

# THE WRATH OF ODIN

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

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



20combos squat



+ plank jump-in



+ jump squat



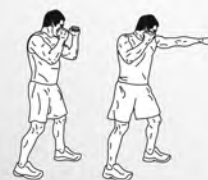
10-count each plank



+ raised leg plank



+ raised arm plank



20combos jab



+ jab



+ cross



+ push-up

# office



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

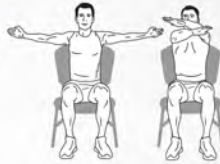
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 chair squats



20 chest squeezes



40 criss-cross arms



40 leg extensions



10 chair body lifts



10 knee pull-ins



20 oblique bends

# OFF THE GRID

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

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



40 high knees



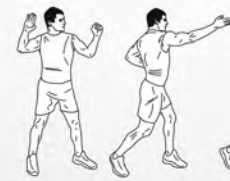
20 lunges



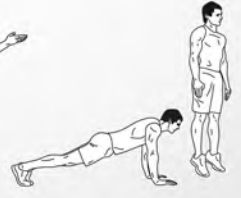
20sec elbow plank



20 climbers



40 knife hand strikes



20 basic burpees

# OGRE

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

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



10 shrimp squats



6 cross tricep extensions



40sec one-arm plank



10 cossack squats



6 pike push-ups



40sec side star plank



10 single leg bridges



6 get-ups



40sec back lift hold

# OLYMPIC

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

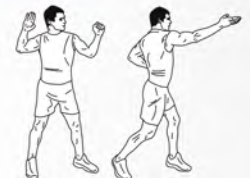
1 minute rest between exercises



2minutes high knees



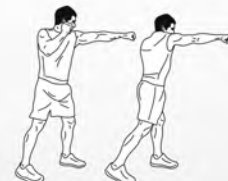
50 jump squats



100 knife hand strikes (throws)



50 dragon push-ups



5 minutes punches



2minute wall sit

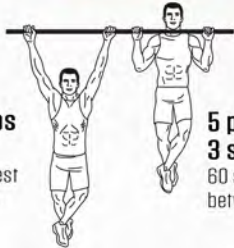
# ONE-ARM PULL-UP PREP

*only attempt if you can do 15+ pull-ups*

DAREBEE WORKOUT  
© darebee.com



**10 push-ups**  
**3 sets**  
60 seconds rest between sets



**5 pull-ups**  
**3 sets**  
60 seconds rest between sets



**30sec x 3 sets**  
single arm hang  
2 minutes rest between sets



**20sec x 3 sets**  
single arm flex hang  
2 minutes rest between sets



**10sec x 3 sets**  
single arm pull-up hold  
2 minutes rest between sets

# ONE PUNCH

DAREBEE TRIBUTE WORKOUT © darebee.com  
10 sets or as many as you can do | up to 2 minutes rest between sets



10 high knees



5 squats



10 high knees



5 squats



10 high knees



5 push-ups



10 high knees



5 push-ups



10 high knees



5 sit-ups



10 high knees



5 sit-ups

# ORACLE

DAREBEE WORKOUT © darebee.com

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



20 jumping lunges



40 punches



20 high knees



20 squat front kicks



20 plank leg raises



20 slow climbers



10 sit-up punches



10 reverse crunches



10 knee-to-elbow crunches

# Orc

DAREBEE WORKOUT  
© darebee.com

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



20 split squats



6 pike shoulder presses



10 push-ups



4 wide grip push-ups



4 close grip push-ups



20sec leg hold



20 towel bicep curls

# origami

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

3 sets | up to 2 minutes rest between sets  
20 seconds each side / no rest between exercises



40sec raised knee



40sec one leg stand



40sec airplane balance



20sec calf raise hold



40sec lunge balance



40sec alt arm/leg plank

# outcast

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

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



10 jump squats



10 high crunches



4 crunch kicks



10 jump squats



10 long arm crunches



4 knee-to-elbow crunches



10 jump squats



10 knee crunches



4 flutter kicks

# OVERDRIVE

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

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



30sec high knees



15sec jump squats



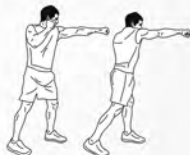
15sec squats



30sec high knees



15sec push-ups



15sec punches



30sec high knees



15sec jumping lunges



15sec reverse lunges

# PACER

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

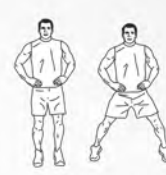
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 hops on the spot



10 side-to-side hops



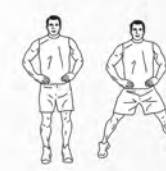
10 half jacks



10 hops on the spot



10 side-to-side hops



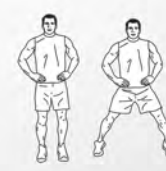
10 half jacks



10 hops on the spot



10 side-to-side hops



10 half jacks

# POSTURE

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

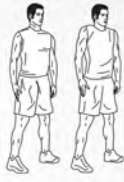
20 seconds each



dynamic chest



shoulder stretch #1



shoulder stretch #2



shoulder stretch #3



toe touches



forward bends



mid back turns



side bends



wall stand

# Power 10

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

3 sets | 60 seconds rest between sets



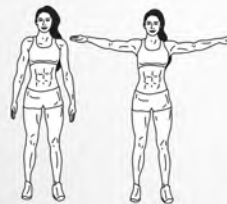
20 tricep dips



20 bicep curls



20 punches



20 arm raises



20 raised arm circles



20sec raised arm hold

**TIPS**

Don't have dumbbells? Use water bottles or cans of beans instead. Keep your arms up between raised arm circles and raised arm hold.

# Power 15

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

3 sets | 60 seconds rest between sets

Keep your arms up between arm circles to arm hold



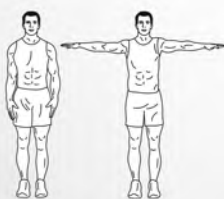
to failure push-ups



20 shoulder taps



20sec elbow plank



20 arm raises



20 raised arm circles



20sec raised arm hold

# Power 18

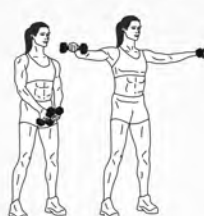
DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

Use comfortable weights for this routine.

Pick up heavier weights the moment it gets easier.



10 alt bicep curls  
3 sets | 20 sec rest



5 lateral raises  
3 sets | 20 sec rest



10-count hold  
once



5 shoulder presses  
3 sets | 20 sec rest



10 tricep extensions  
3 sets | 20 sec rest



10 upright rows  
3 sets | 20 sec rest



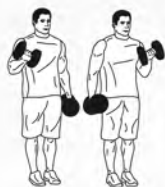
# Power 20

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

Use weights you can just do this routine with.  
Pick up heavier weights the moment it gets easier.



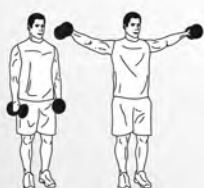
10 alt hammer curls  
3 sets | 20 sec rest



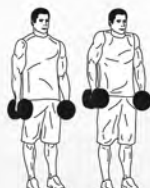
10 alt bicep curls  
3 sets | 20 sec rest



10 tricep extensions  
3 sets | 20 sec rest



5 deltoid raises  
3 sets | 20 sec rest



10 dumbbell shrugs  
3 sets | 20 sec rest

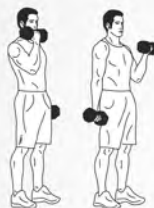


10 upright rows  
3 sets | 20 sec rest

# Power 25

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

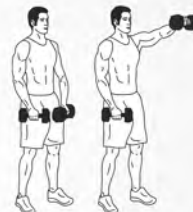
Use weights you can just do this routine with.  
Pick up heavier weights the moment it gets easier.



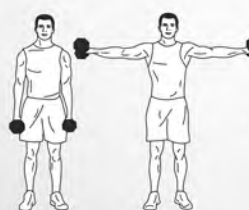
12 alt bicep curls  
3 sets | 20 sec rest



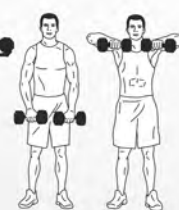
6 tricep extensions  
3 sets | 20 sec rest



12 front arm raises  
3 sets | 20 sec rest



6 side arm raises  
3 sets | 20 sec rest



6 upright rows  
3 sets | 20 sec rest



6 shoulder press  
3 sets | 20 sec rest

# power abs

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

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



20 climbers



20 plank leg raises



20 plank jacks



10 sit-ups



10 sitting twists



10 reverse crunches



10 leg raises



10 flutter kicks



10 scissors

# Power Ball

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

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

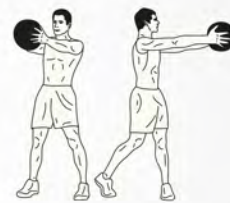
REST up to 2 minutes



20 throw & floor tap



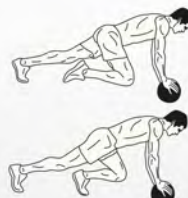
20 swings



20 side-to-side chops



10 side-to-side floor tap



10 climbers



10 push-ups

# POWER BURN

DAREBEE **HIIT** WORKOUT  
 @ darebee.com  
 Level I 3 sets  
 Level II 5 sets  
 Level III 7 sets  
 2 minutes rest between sets

3 combos



10sec high knees

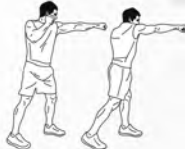


10sec knee strikes

3 combos



10sec push-ups



10sec punches

3 combos



10sec jumping jacks

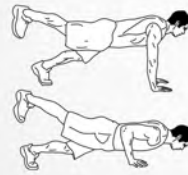


10sec knee-to-elbow

# POWER BURPEE



DAREBEE WORKOUT  
 @ darebee.com  
 6 reps each | 3 sets  
 up to 2 minutes  
 rest between sets



1 raised leg push-up



2 shoulder taps each side



3 push-up side crunch each side



4 10-count plank hold

# POWER CARDIO

DAREBEE WORKOUT  
 @ darebee.com  
 LEVEL I 3 sets  
 LEVEL II 5 sets  
 LEVEL III 7 sets  
 REST up to 2 minutes



40 high knees



10 push-ups



10 plank crunches



40 high knees



10 squats



10 jump squats



40 high knees



10 sit-ups



10 butt-ups

# POWER CORE

YOGA WORKOUT  
 by SPYROS KAPNIAS GARUDANANDA  
 for DAREBEE @ darebee.com  
 LEVEL I 20 seconds each  
 LEVEL II 30 seconds each  
 LEVEL III 60 seconds each



1. Low Boat Pose  
Low Navasana



2. Boat Pose with interlaced fingers  
Naukasana with interlaced fingers



3. Low Boat Pose Scissors Variation  
Low Navasana Scissors Variation



4. Naukasana with arms forward Variation  
Boat Pose with arms forward



5. Full Boat Pose  
Paripurna Navasana



6. Boat Scissors Variation  
Navasana Scissors Variation



7. L-sit into full bridge  
Brachmacharyasana to Setu Badhasana Variation



8. Boat Pose with side twists  
Navasana Side Twists



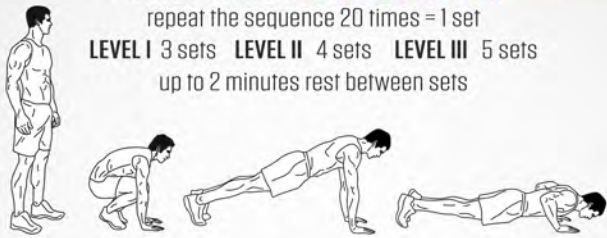
9. Side Plank Bridges  
Vasisthasana side bending

# PowerFlow

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

repeat the sequence 20 times = 1 set

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



squat to the floor → jump into plank → push up and go down again



stretch back → and into upward dog → followed by downward dog

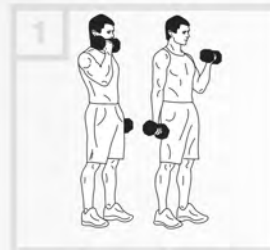


slowly walk back into a plank → jump in and then up with a knee tuck

# POWER

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

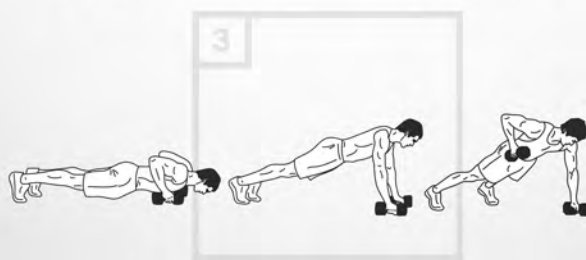
Level I 5 rounds Level II 10 rounds Level III 15 rounds  
1 minute rest between rounds



20sec alt bicep curls



20sec squats



20sec renegade row push-ups

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

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes

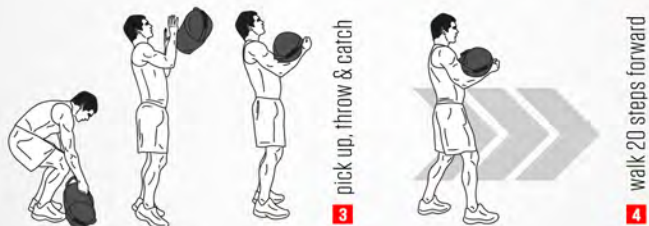
# POWERHOUSE

1 SET repeat each move once; whole circuit 10 times



1 push-up

2 deadlift



3 pick up, throw & catch

4 walk 20 steps forward



5 pick up, throw & catch

6 walk 20 steps back

# POWER MODE

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

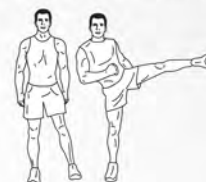
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



20-count squat hold



20 side leg raises



10 push-ups



10-count plank



10 push-ups



20 lunges



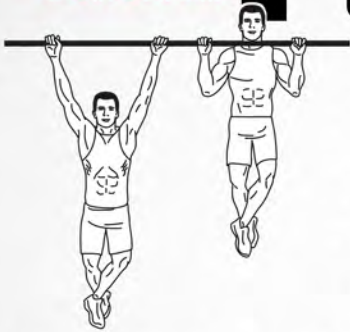
20-count balance hold



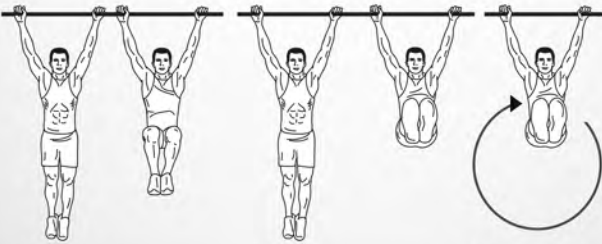
20 side lunges

# POWER PULL

DAREBEE WORKOUT  
© darebee.com



**to failure** pull-ups  
1 minute rest  
**to failure** pull-ups  
1 minute rest  
**to failure** pull-ups  
1 minute rest



**10** hanging knee raises    **10** hanging leg raises    **10** raised leg circles  
optional: 1 minute rest between exercises

# POWER PUNCH

DAREBEE WORKOUT © darebee.com

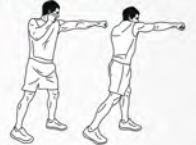
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**10** push-ups



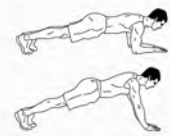
**10-count** push-up plank



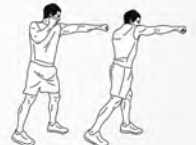
**40** punches



**10** push-ups



**4** tricep extensions



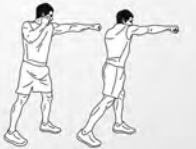
**40** punches



**10** push-ups



**10** shoulder taps



**40** punches

# POWER RUN

DAREBEE WORKOUT  
© darebee.com

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



**20** high knees

**2** push-ups

**20** high knees

**2** push-ups

**20** high knees

**2** push-ups

**20** high knees

**2** push-ups

**20** high knees

**2** push-ups

**20** high knees

**2** push-ups

done



# POWER SKIP

DAREBEE WORKOUT © darebee.com

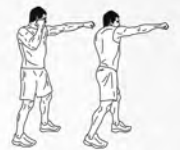
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**40** jump rope skips



**4** classic grip push-ups



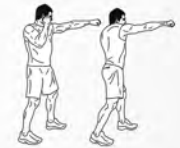
**40** punches



**40** jump rope skips



**4** wide grip push-ups



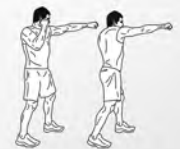
**40** punches



**40** jump rope skips



**4** close grip push-ups



**40** punches

# POWER SPRINTER

DAREBEE WORKOUT @ darebee.com

40 seconds each | 3 sets | up to 2 minutes between sets



lateral wall run

wall sit

plank



sprinter lunges

plank leg raises

plank jump-ins

# POWER STRIKE

DAREBEE **HIT** WORKOUT

@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

2 minutes rest between sets



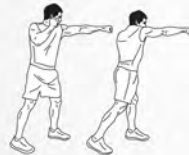
20sec high knees



20sec backfists



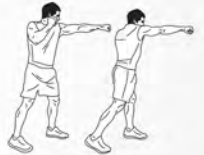
20sec high knees



20sec punches



20sec squat + hook



20sec punches



20sec high knees



20sec push-ups



20sec high knees

# POWER UP

DAREBEE WORKOUT @ darebee.com

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



20 high knees

20 lunge ste-ups

20 lunge kicks



10 jump knee tucks

10 side-to-side lunges

10 squats

# PREMIUM RUSH

DAREBEE WORKOUT

@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



20 lunges



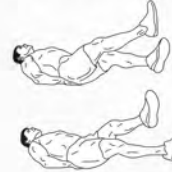
20 side-to-side lunges



10 push-ups



40 flutter kicks



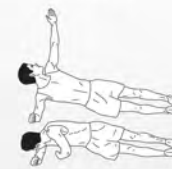
10 scissors



10 bridges



10 long-arm crunches



10 side plank rotations



20-count elbow plank

# PRIMAL

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

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



20 hops



20 side-to-side hops



20 ape reaches



10 bear crawl



10 scorpion reaches



10 front steps



10 sit-outs



10 dead bugs

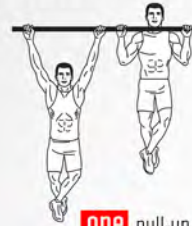


10 L-situps

# PRIMER

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

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



one pull-up



10 squats



10 jumping squats



one pull-up



10 lunges



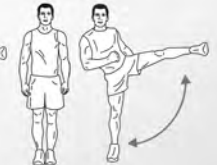
10 jumping lunges



one pull-up



10 side-to-side leg raises



10 leg swings

# PROMETHEUS

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

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



10 jump squats



10 squats



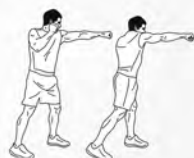
40 squat hold punches



10 raised leg push-ups



4 push-up w/ rotations



40 punches



10 crunch kicks



10 sit-up punches



40 sitting punches

# Prototype

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

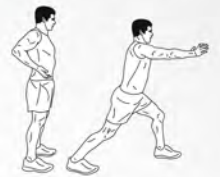
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 twist jacks



20 raised arm rotations



20 lunge push strikes



20 jump cross punch



20 straight leg bounds



20 wall climbers



10 plank jump-ins



10 plank wall taps

# P.S.

DAREBEE  
POST-WORKOUT  
© darebee.com



40 leg extensions



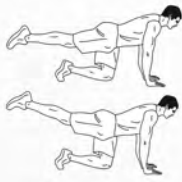
40 side leg extensions



40 straight leg extensions



40 knee in extensions



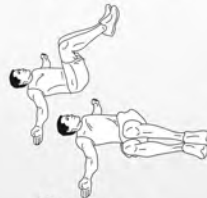
40 extended swings



40 alt arm / leg raises



10 bridges



10 half wipers



10 knee hugs

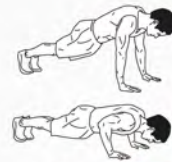
# PT Pyramid

**military**

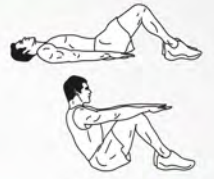
DAREBEE WORKOUT © darebee.com



pull-ups x 1



push-ups x 2



sit-Ups x 5

Multiply each step by number for reps.  
Continue up the pyramid with no rest  
until muscle failure.  
Repeat in reverse order  
back to set #1

Example:

Set #2  
2 pull-ups  
4 push-ups  
10 sit-ups

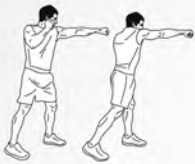
Set #4  
4 pull-ups  
8 push-ups  
20 sit-ups



# PUNCH OUT!

DAREBEE WORKOUT © darebee.com

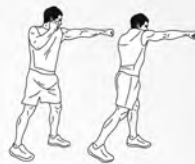
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 punches



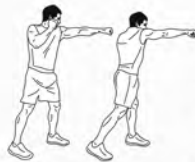
6 push-ups



20 punches



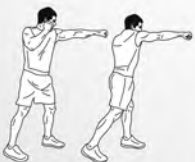
6 raised leg push-ups



20 punches



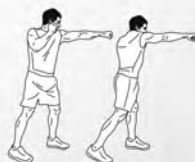
6 staggered push-ups



20 punches



6 push-up + rotation



20 punches

# purgatory

DAREBEE **HIT** WORKOUT © darebee.com

Level I 3 rounds Level II 5 rounds Level III 7 rounds  
2 minutes rest between rounds



10sec high knees



20sec shoulder taps



10sec high knees



20sec punches



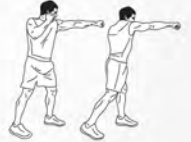
10sec high knees



20sec plank walk-outs



10sec high knees



20sec punches



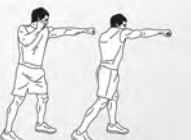
10sec high knees



20sec push-ups



10sec high knees



20sec punches

DAREBEE WORKOUT  
 © darebee.com  
 LEVEL I 3 sets  
 LEVEL II 5 sets  
 LEVEL III 7 sets  
 REST up to 2 minutes

# PUSH SQUAT REPEAT



- 4 reps push-ups
- 4 reps squats
- 10 reps push-ups
- 10 reps squats
- 4 reps push-ups
- 4 reps squats
- 10 reps push-ups
- 10 reps squats
- rest

# PUSH-UP FEST

DAREBEE WORKOUT  
 © darebee.com  
 LEVEL I 3 sets  
 LEVEL II 4 sets  
 LEVEL III 5 sets  
 REST up to 2 minutes



# push-up MASSAGE

DAREBEE WORKOUT  
 © darebee.com  
 LEVEL I 3 sets  
 LEVEL II 4 sets  
 LEVEL III 5 sets  
 2 minutes rest



# push-up MASSAGE

DAREBEE WORKOUT  
 © darebee.com  
 LEVEL I 3 sets  
 LEVEL II 4 sets  
 LEVEL III 5 sets  
 2 minutes rest





# QUAD MOD

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

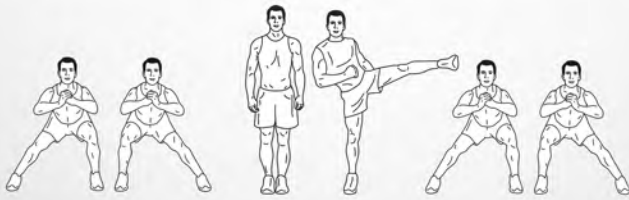
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 jumping lunges

10 side-to-side lunges

20 jump squats



10 side-to-side lunges

20 side leg raises

10 side-to-side lunges

# QUEEN OF HEARTS

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

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



10 jump squats

10 squat punches

10 squat cross steps



20 punches

10 side kicks

10 hook kicks



20 high knees

10 front kicks

10 back kick extensions

# QUICK SILVER

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

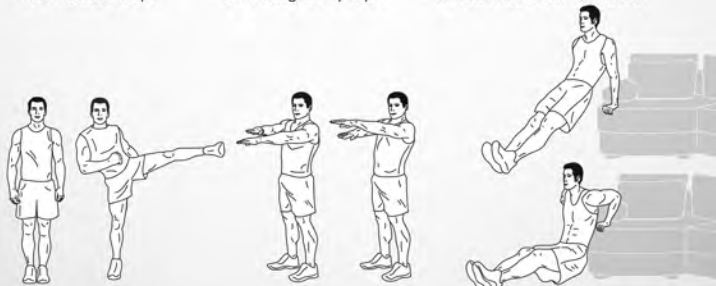
LEVEL I 3 sets  
LEVEL II 5 sets  
LEVEL III 7 sets  
REST up to 2 minutes



20 march steps

20 lunge step-ups

20 incline slow climbers



10 side leg raises

10 arm scissors

10 tricep dips

# RAGNARÖK

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

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



20 push-ups

20-count plank hold

20 jab + cross



20 squats

20-count squat hold

20 side kicks



20 flutter kicks

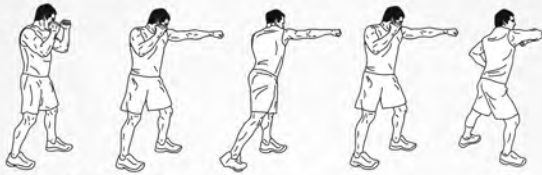
20-count raised leg hold

20 sit-ups

# RAID

DAREBEE WORKOUT @ darebee.com

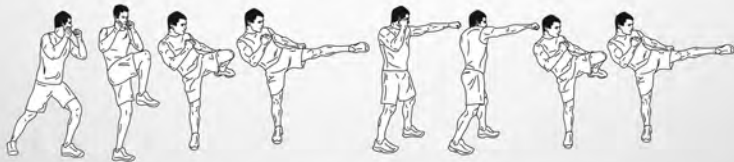
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20combos jab + cross + jab + elbow strike



20combos jab + cross + knee strike    20combos elbow strike + backfist

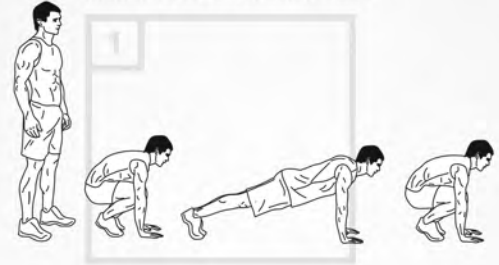


20combos knee strike + turning kick    20combos jab + cross + turning kick

# RAMBO

DAREBEE **HIT** WORKOUT @ darebee.com

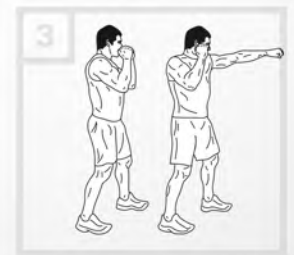
Level I 5 rounds Level II 10 rounds Level III 15 rounds  
1 minute rest between rounds



20sec basic burpees



20sec climbers



20sec fast punches

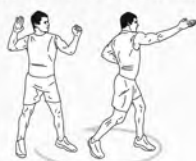
# RAMPAGE

DAREBEE **HIT** WORKOUT @ darebee.com

Level I 3 rounds Level II 5 rounds Level III 7 rounds  
2 minutes rest between rounds



20sec high knees



20sec knife hand strikes



20sec knife hand strike + squat



20sec high knees



20sec jabs



20sec jab + cross + push-up



20sec high knees



20sec backfists

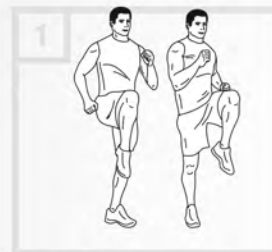


20sec backfist + side kick

# RANGER

DAREBEE **HIT** WORKOUT @ darebee.com

Level I 5 rounds Level II 10 rounds Level III 15 rounds  
1 minute rest between rounds



20sec high knees



20sec push-ups



20sec jab + jab + cross + squat

# Rapid Fire

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

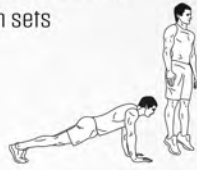
Level I 3 sets Level II 5 sets Level III 7 sets  
2 minutes rest between sets



10sec basic burpees



30sec elbow plank



10sec basic burpees



30sec side plank



10sec basic burpees



30sec one arm plank



10sec basic burpees



30sec raised leg plank



10sec basic burpees

# RAVEN

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

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



10 hop heel clicks



20 jumping jacks



4 climbers



10 hop heel clicks



20 jumping jacks



4 plank jump-ins



10 hop heel clicks



20 jumping jacks



4 shoulder taps

# READY PLAYER ONE

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

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



10 basic burpees



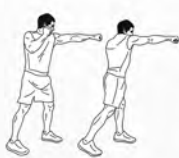
40 punches



10 climbers



10 basic burpees



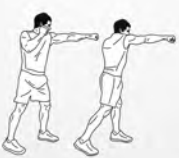
40 punches



10 push-ups



10 basic burpees



40 punches



40 high knees (sprint!)

# READY STEADY GO!

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

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



20 pacer steps



10 squat hold punches



20 pacer steps



10 squats



20 pacer steps

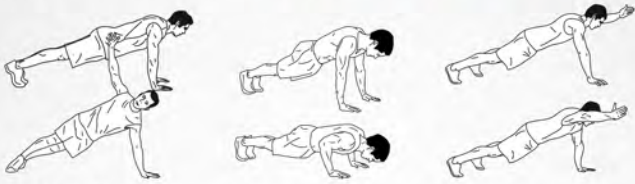


10 jump squats

# REAPER

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

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



10combos plank rotations + push-up + plank arm raises



10combos shoulder taps + push-up + climber taps



10combos up & down plank + push-up + side plank crunches

# REARWARD

yoga for upper & lower back  
by SPYROS KAPNIAS GARUDANANDA  
for DAREBEE @ [darebee.com](http://darebee.com)

LEVEL I 20 seconds each  
LEVEL II 30 seconds each  
LEVEL III 60 seconds each



1. back extension locks 2. back extensions, hands off 3. reverse flutter kicks (slow)



4. back extension hold 5. reverse leg raises 6. dynamic bows



7. reverse flutter kicks 8. reverse raise hold 9. back extension lock hold

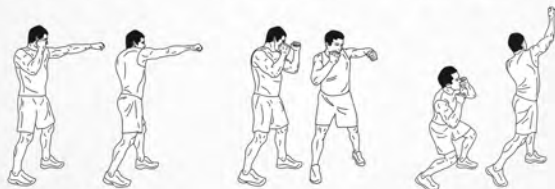
# REBEL

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

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



40 knee strikes 40 turning kicks 10 power push-ups



20combos jab + jab + cross + hook + upper cut



10 get-ups 10 butt-ups 10 elbow strike sit-ups

# REBOOT

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

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



3combos: 20 high knees + 10 march 40 punches



3combos: 20 climbers + 10 slow climbers 40 punches



10 burpees (squat + plank + push-up + jump-in + jump up)

# REBOUND

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

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



10 combos hook / left & right + push-up



10 hooks



10 combos hook kick + squat



10 hook kicks



10 combos plank rotations + climber taps



10 plank rotations

# Reclaimer

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

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



10 combos squat + push-ups



10 slow push-ups



10 sit-ups



10 sitting twists



10 reverse crunches



10 full bridges



10 full bridges with reach



10 reverse plank leg raises

# RECON SQUAD

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

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



10 squat hops



10 slow climbers



20-count elbow plank



10 squat hops



10 push-ups



20-count side plank



10 squat hops



10 knee-to-elbows



20-count raised leg hold

# RECRUIT

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

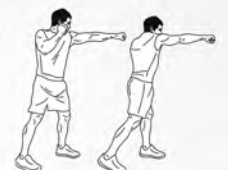
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



20 squat + jab



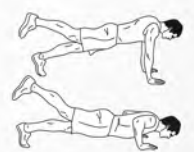
20 jab + cross



4 push-ups



20 shoulder taps



4 raised leg push-ups



20-count plank



20-count one-arm plank



20-count raised leg plank

# reset

DAREBEE WORKOUT @ darebee.com

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



20 squats



10 push-ups



20-count plank



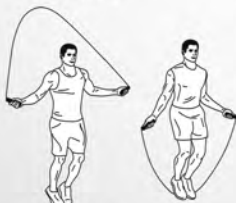
20 squats



10 push-ups



20-count plank



1 minute jump rope

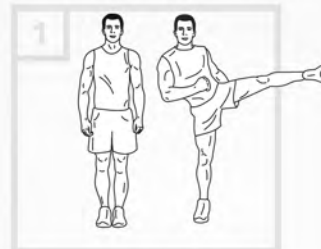


1 minute crunches

# RESPAWN

DAREBEE **HIT** WORKOUT @ darebee.com

Level I 5 rounds Level II 10 rounds Level III 15 rounds  
1 minute rest between rounds



30sec side leg raises



20sec squats



10sec push-ups

# REVENGE

DAREBEE WORKOUT @ darebee.com

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



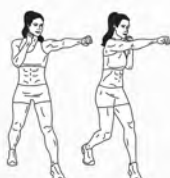
40 side kicks



40 combos knee strike + elbow strike



20 tricep dips



40 jab + cross



20 squats



20 sit-up punches



20 sitting punches



20 crunch kicks

# the right side

DAREBEE **2-MINUTE BED WORKOUT** @ darebee.com



20sec "good morning" stretch



20sec in & out feet rotations



20sec slow head raises



20sec slow side-to-side twists



20sec knee-in pulse stretch



20sec bridge stretches

# River

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

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



20 high knees (accelerate!)



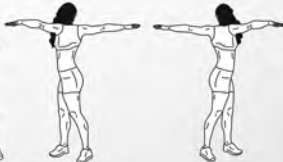
10combos squat + front kick



20combos turning kick + hook kick + elbow strike



20combos knee strike + back elbow strike + extend arms & twist



# THE ROASTER

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

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



20 jumping jacks



2 plank jacks



2 push-ups (fast!)



20 jumping jacks



2 jump squats



2 push-ups (fast!)



20 jumping jacks



2 climber taps



2 push-ups (fast!)

# Rocket Fuel

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

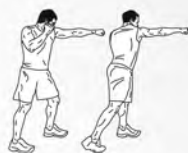
Level I 3 rounds Level II 5 rounds Level III 7 rounds  
2 minutes rest between rounds



20sec high knees



20sec side kicks



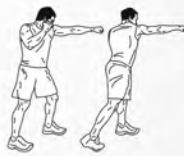
20sec punches



20sec high knees



20sec climbers



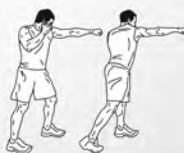
20sec punches



20sec high knees



20sec basic burpees



20sec punches

# ROGUE

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

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



20combos: hop heel click + floor tap heel click



10 jump squats



10combos: push-up + palm strikes (each hand)



20 knee strikes



10 crunch kicks



10 half windshield wipers



10 bridges

# RUFFIAN

DAREBEE WORKOUT @ darebee.com

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



30 squats



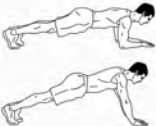
3 jump knee-tucks



30 side kicks



30 push-ups



3 tricep extensions



30 punches



30 flutter kicks



3 sit-ups



30 side jackknives

# run&gun

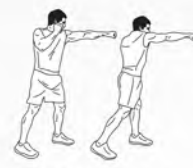
DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 rounds Level II 5 rounds Level III 7 rounds 2 min rest between rounds

Extra Credit 1 push-up every 20 seconds



20sec high knees



20sec punches



20sec high knees



20sec hooks



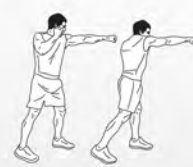
20sec high knees



20sec uppercuts



20sec high knees



20sec punches



20sec high knees

# RUN, YOU CLEVER BOY; AND REMEMBER

DAREBEE WORKOUT @ darebee.com

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



20 high knees  
2 push-ups



20 high knees, then  
2 plank jump-ins



20 high knees then  
2 planks rotations



20 high knees, then  
2 plank jacks



20 high knees  
2 squats



# SABER

DAREBEE WORKOUT @ darebee.com

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



10 push-ups



4 raised leg push-ups



20 slow climbers



20 backfists



10 squats



10 jump squats



10 up and down planks



# SAMSON

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

each exercise to failure LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

REST up to 2 minutes



pull-ups



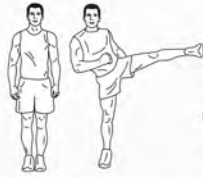
push-up + wide grip push-up combo



change the grip on the fly



squats



side leg raises



jump squats



knee-to-elbow crunches



flutter kicks



leg raises

# SAND SNAKE

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

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



40 squat + side kick



40 squat hold punches



20 squat hold calf raises



20 squat hold side bends



10 up and down planks



# SARAH CONNOR

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

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



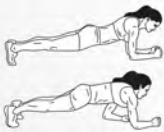
20 hop heel clicks



20 basic burpees



20 high knees



10 army crawl



10 plank arm raises



10 side plank rotations



10 push-ups



10 sit-ups



10 sitting twists

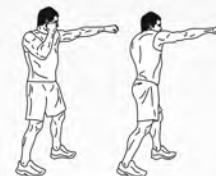
# SAVAGE

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

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



5 push-ups



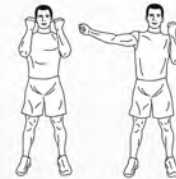
10 punches



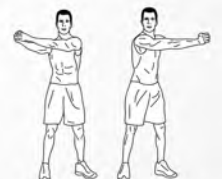
10 overhead punches



5 push-ups



10 side-to-side backfists



10 side-to-side chops



5 push-ups



10 raised arm circles



10 speed bag punches

# Savior

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

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



20 squat side kick



20 squat front kick



40 punches



10 donkey kicks



10 half wipers



10 bridges



10 crunch kicks



10 sit-ups



10 knee-to-elbow crunches

# SCAVENGER

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

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



60 high knees



30 lunge step-ups



3 jump knee-tucks



20sec plank



20sec elbow plank



10 plank crunches



60 high knees



30 climbers



3 burpees

# THE SCORCHER

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

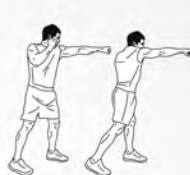
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



60 high knees



10 basic burpee w/ jump



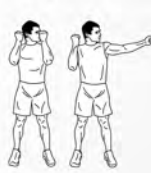
40 punches



60 high knees



10 jumping lunges



40 backfists



60 high knees



10 jump squats



40 overhead punches

# SCORPION

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

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



10 jump squats



20 palm strikes



10 hook kicks



20sec elbow plank



20sec side elbow plank



20 leg extensions



10 scorpion twists



20 side leg raises



10 V-extensions

# Scout

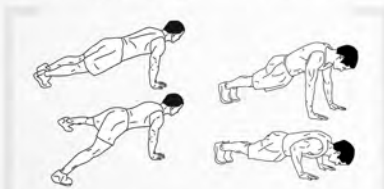
DAREBEE WORKOUT  
 @ darebee.com  
 LEVEL I 3 sets  
 LEVEL II 5 sets  
 LEVEL III 7 sets  
 REST up to 2 minutes



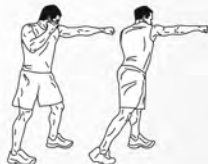
4combos: 10 high knees + 4 climbers



40 fast high knees



4combos: 10 plank jacks + 4 push-ups



40 fast punches



4combos: 10 high knees + 4 side-to-side jumps



40 fast high knees

# 3-minute seated Yoga

IN COLLABORATION WITH  
**NHS**  
 choices

DAREBEE WORKOUT  
 @ darebee.com  
 30 seconds each



body fold



stretch up



side stretch



lotus twist



lift & reach



half lotus

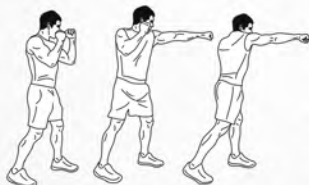
# SCULPTOR

DAREBEE WORKOUT FOR ARMS, CHEST AND BACK  
 @ darebee.com



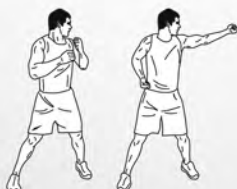
10 push-ups  
 40 punches  
 10 push-ups  
 40 punches  
 10 push-ups  
 40 punches  
 1 minutes rest

go as fast as you can,  
 non-stop



1 minute punches  
 1 minutes rest  
 1 minute punches  
 1 minutes rest

100 reps per side,  
 then change.



200  
 backfists  
 Done!

# SCULPTOR+

DAREBEE WORKOUT FOR ARMS, CHEST AND BACK  
 @ darebee.com



5 push-ups  
 20 punches  
 5 push-ups  
 20 punches  
 5 push-ups  
 20 punches  
 2 minutes rest



1kg / 2lb  
 dumbbells

go as fast as you can  
 non-stop



1 minute punches  
 1 minute rest  
 1 minute punches  
 2 minutes rest

5kg / 10lb  
 dumbbells

tip: use dumbbells  
 you can just curl  
 12 reps with



8 alt bicep curls  
 2 minutes rest  
 10 alt bicep curls  
 2 minutes rest  
 12 alt bicep curls  
 done

# SELENE

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

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



20 high knees



20 side skaters



20 palm strikes



20 slow climbers



20 plank leg raises



10 planks rotations



10 half wipers



10 bridges



10 elbow strike sit-ups

# Set to **Stun**

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

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



20 high knees



10 climbers



10 shoulder taps



20 high knees



10 climbers



10 plank jacks



20 high knees



10 climbers



10 climber taps

# SENTINEL

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

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



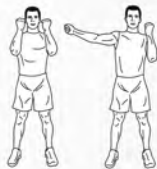
4combos: 10 squats + 10-count hold



40 lunges



4combos: 5 push-ups + 5-count hold



40 side-to-side backfists



4combos: 10 knee-in & twist + 10-count hold



40 sitting twists

# SENTINEL+

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

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



4combos: 10 squats + 10-count hold



20 lunges



4combos: 5 push-ups + 5-count hold



20 bicep curls



4combos: 10 knee-in & twist + 10-count hold



20 sitting twists

# NINJAS

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



2 minutes rest  
between ninjas



20 side kicks



20 squat + side kick



20 squat hold punches



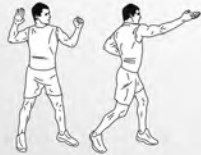
5 push-ups



10-count push-up hold



5 push-ups



20 knife hand strikes



20 squat + knife hand strikes



20 squat hold punches

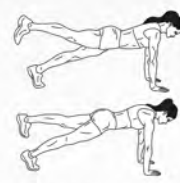
# SHADOW

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

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



40 butt kicks



4 plank leg raises



4 slow climbers



40 butt kicks



4 plank rotations



4 shoulder taps



40 butt kicks



4 leg extensions



4 side leg extensions

# SHEDEVIL

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

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



20 tricep dips



40 punches



20 lunge punches



10 plank back kicks



10 bridges



10 raised leg bridges



10 clamshells



10 sit-up punches



10 sitting punches

# SHERLOCK

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

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



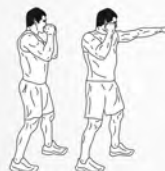
40 squats



10 calf raises



5 push-ups



40 punches



10 calf raises



5 push-ups



40 lunges



10 calf raises



5 push-ups

# SHEPARD

TRIBUTE WORKOUT BY DAREBEE © darebee.com

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



40 squats



40 punches



4 jump squats



14 push-ups



14 shoulder taps



14 slow climbers



14 elbow strike sit-ups



14 flutter kicks



14 scissors

# SHEPARD

TRIBUTE WORKOUT BY DAREBEE © darebee.com

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



40 squats



40 punches



4 jump squats



14 push-ups



14 shoulder taps



14 slow climbers



14 elbow strike sit-ups



14 flutter kicks



14 scissors

# shieldmaiden

DAREBEE WORKOUT © darebee.com

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



20 knee strikes



20 palm strikes



20 lunge push strikes



10 combos hop heel click + palm strike



10 push-ups



20 shoulder taps



20 cross chops



20sec plank hold



# THE SHIELD

DAREBEE WORKOUT © darebee.com

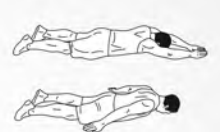
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



4 push-ups



4 tricep push-ups



10 reverse angels



4 push-ups



4 staggered push-ups



10 prone reverse fly



4 push-ups



4 shoulder tap push-ups



10 W-extensions

# SHIFTER

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

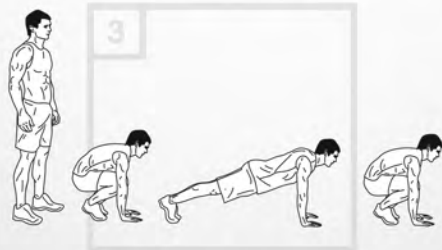
Level I 5 rounds Level II 10 rounds Level III 15 rounds  
1 minute rest between rounds



20sec high knees



20sec squats



20sec basic burpees

# SHOWDOWN

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

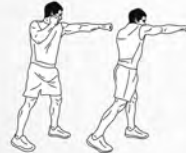
Level I 3 sets Level II 5 sets Level III 7 sets  
2 minutes rest between sets



50sec high knees + one basic burpee every ten seconds



10sec basic burpees



50sec punches + one push-up every ten seconds



10sec push-ups



50sec side kicks + one jump squat every ten seconds



10sec jump squats

# SHREDDER

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

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



20 squats



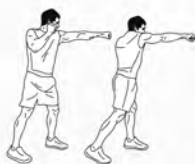
10 push-ups



20 squats



10 push-ups



40 punches



10 push-ups



20 lunges



10 push-ups



20 lunges

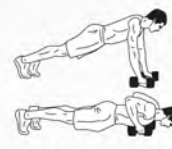
# SHREDDER+

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

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



20 squats



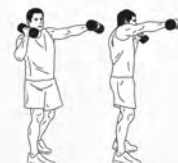
10 push-ups



20 squats



10 push-ups



20 punches



10 push-ups



20 lunges



10 push-ups

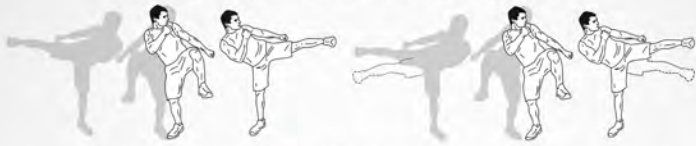


20 lunges

# SIDE KICKS PRACTICE

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

LEVEL I 60 reps LEVEL II 80 reps LEVEL III 100 reps each  
rest between each set up to 60 seconds



1. side-to-side / single kick      2. side-to-side double kick / low and mid height



3. forward single kicks  
half of all the reps same side then change      4. forward single kicks  
bounce & change side every time



5. forward double kicks / low and mid height  
bounce & change side every kick      10 push-ups  
Level I-II after each set  
Level III after every 50 kicks

# SILVER

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

Level I 5 rounds Level II 10 rounds Level III 15 rounds  
1 minute rest between rounds



20sec step jacks



20sec step side jacks



20sec raised arm rotations

# six o'clock

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

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



20 side leg raises      20 lunge step-ups      20 donkey kicks



10 clamshells      10 bridges      10 toe taps

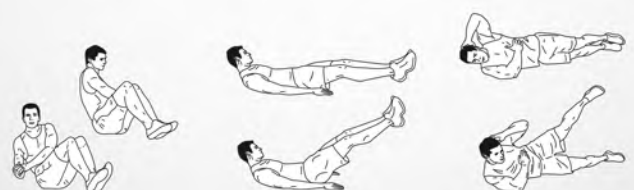
# six pack

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

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



20 crunches      20 cross crunches      20 flutter kicks



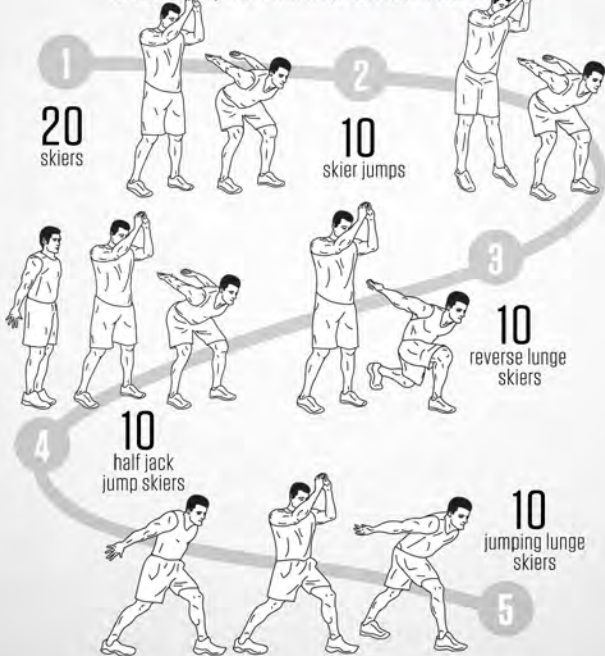
10 sitting twists      10 leg raises      20 side jackknives



# skier

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

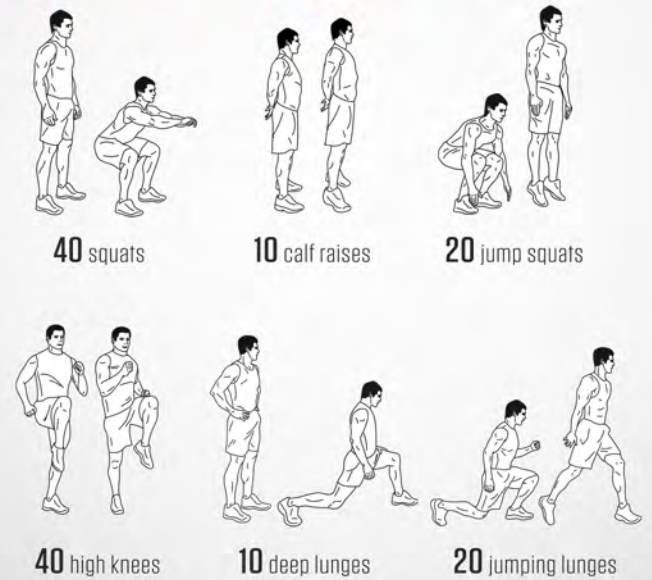
5 sets | up to 2 minute rest between sets



# SLAM DUNK

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

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



# SLAYER

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

Level I 5 rounds Level II 10 rounds Level III 15 rounds  
1 minute rest between rounds



# SLAYER

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

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



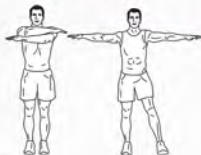
# slow COOKER

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

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



20 march steps



20 step chest expansions



20 march steps



20 step jacks



20 march steps



20 knee-to-elbows



20 march steps



20 calf raises



20 march steps

# SMASH

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

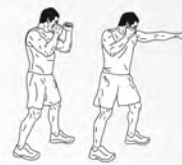
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jumps



20 jump cross punches



20 punches



20 squat step-ups



20 side kicks



20 lunge punches



10 shoulder taps



10 climber taps



10 plank knee taps

# SNIPER

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

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



20 lunges



20 jumping lunges



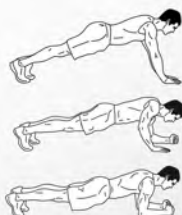
20 calf raises



20 press w/ rotations



20 climbers



20 up & down planks

# sofa abs

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

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



20 leg swings



20-count raised knees hold



20 knee to elbows



20 flutter kicks



10 raised legs twists



10 scissors

# sofa **bound**

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



**30sec** arms to the front hold



**30sec** arms to sides hold



**30sec** tricep dip hold



**30sec** raised legs hold



**30sec** chest squeeze



**30sec** single leg squat hold

# Sofa Workout

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

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

IN COLLABORATION WITH **NHS** choices



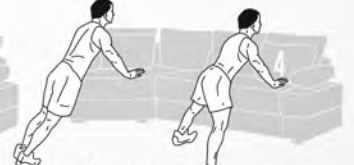
**20** half squats



**10** sofa dips



**20** climbers



**10** side-to-side sofa walks



**10** leg raises



**10** raised leg circles

# SOLID BASE

YOGA WORKOUT  
by **SPYROS KAPNIAS**  
**GARUDANANDA**  
for © [darebee.com](http://darebee.com)  
**60 seconds each**



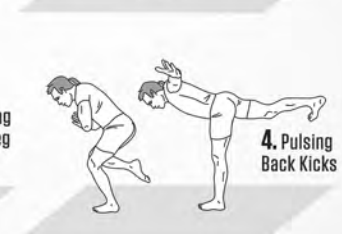
**1. Pulsing Squats**



**2. Pulsing Split Lunges**



**3. Pulsing Single Leg Squats**



**4. Pulsing Back Kicks**



**5. Pulsing Sumo Squat**



**6. Front to Side Extensions**

# SOLO

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

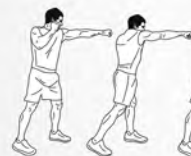
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



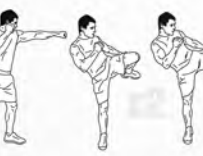
**20combos** backfist + side kick



**10** push-ups



**20combos** jab + cross + jab + double turning kick



**10** push-ups



**20combos** knee strike + elbow strike



**10** push-ups

# SPARTACUS

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

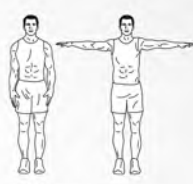
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



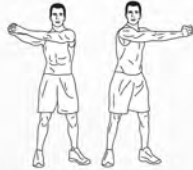
20 deep side lunges



20 arm raises



10 jumping lunges



20 side-to-side chops



10 slow climbers



10 plank arm raises



10 plank leg raises



10 plank rotations

# SPARTAN

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

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



20 squats



10 jump knee tucks



20 lunges



10 push-ups



10 slow climbers



10-count elbow plank



10 sit-ups



10 leg raises



10 reverse crunches

# SPECIAL FORCES

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

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



to failure pull-ups



10 push-ups



10 sit-ups



10 wide grip push-ups



10 reverse crunches



10 close grip push-ups



10 crunches



10 cross crunches



30sec elbow plank

# SPLITS

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



40 jumping jacks  
1 minute rest  
40 jumping jacks  
1 minute rest  
40 jumping jacks  
1 minute rest



100 side leg raises  
Hold on to something but don't put your active foot down. 50 raises per leg.



10 seconds each exercise; change legs and do the exercise again on the other side



10 deep side-to-side lunges  
10 deep side-to-side lunges toes up



2 minutes side splits - go as low as you can, then sit down & lean forward as illustrated above. Try to go further every time you do this workout.

# SPRINGBOARD

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

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



10 squat hops



10 jump squats



30sec elbow plank



10 split lunges



10 jumping lunges



30sec elbow plank



10 squats



10 jump knee tucks



30sec elbow plank

# Sprint & Halt

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

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



one push-up every 10 seconds during high knees



20sec high knees



10sec calf raise hold



20sec high knees



10sec single leg stand



20sec high knees



10sec plank



20sec high knees



10sec wide plank



20sec high knees



10sec squat hold



20sec high knees



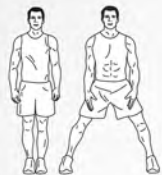
10sec leg raise hold

# SPY

DAREBEE WORKOUT

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

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



20 half jacks



10 plank jacks



20 bounce + backfist



20 high knees



10 climbers



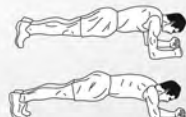
20 bounce + side kick



10-count plank



10-count side plank



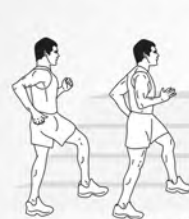
10 bodysaw

# Stairs Workout

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

Repeat 5 times | up to 2 minutes rest between sets

IN COLLABORATION WITH **NHS** choices



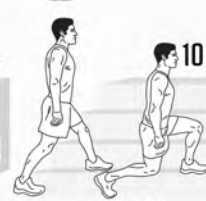
20 step taps



20 step-ups



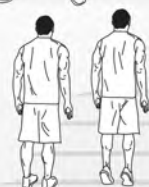
10 step jumps



10 split squats



20 stair climbers



10 calf raises

# stakeout

ACTIVE STRETCHING @ [darebee.com](http://darebee.com)  
 20 seconds each | 2 sets, one for each side  
 no rest between sets



# STAND & DELIVER!

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

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



# standing abs

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)  
 repeat 3 times | up to 2 minute rest between sets

IN COLLABORATION WITH **NHS** choices



# STARBUCK

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

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



# STARDUST

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

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



10 jumping jacks



2 plank jacks



10 jumping jacks



2 push-ups



10 jumping jacks



2 plank jacks



10 jumping jacks



2 push-ups





10 jumping jacks

# Star Master

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

Instructions: balance on one leg and tap with the other.

3 minutes right leg clockwise   
 3 minutes left leg counterclockwise   
 6 minutes in total



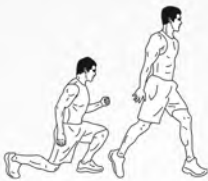
# staticzap

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

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



10-count push-up plank



20 jumping lunges



10-count squat hold



10-count push-up plank



20 jumping lunges



10 slow push-ups



10-count push-up plank



20-count plank hold

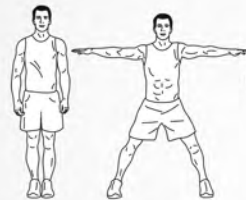


10-count side plank

# STAY AWAKE!

repeat every 60 minutes

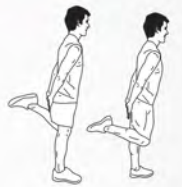
DAREBEE WORKOUT @ [darebee.com](https://darebee.com)



24 jumping Ts



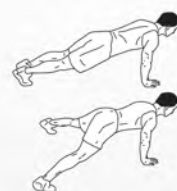
12 plank jump-ins



24 butt kicks



24 reverse lunges



12 plank jacks



24 squats

# STEALTH MASTER

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

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



20sec tricep dip hold



20sec squat hold



20sec calf raise hold



20sec plank



20sec raised leg plank



20sec side plank

# STREET FIGHTER

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

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



20 high knees



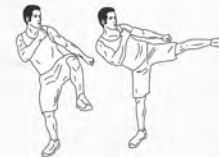
20 turning kicks



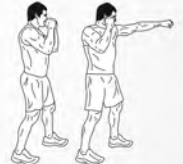
40 backfists



20 knee strikes



20 side kicks



40 punches



20 front snap kicks



20 punch + squat



20 hook + uppercut

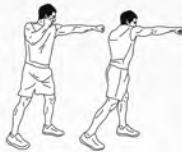
# STEEL WORKS

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

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



20 double turning kicks



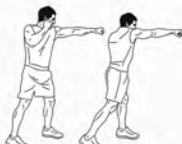
20 punches



10 push-ups



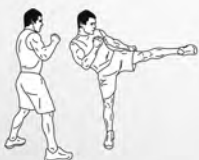
20 side kicks



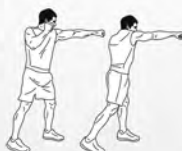
20 punches



10 push-ups



20 back leg turning kicks



20 punches



10 push-ups

# STEEL WORKS+

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

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



20 double turning kicks



20 alt bicep curls



10 push-ups



20 side kicks



20 alt bicep curls



10 push-ups



20 back leg turning kicks



20 alt bicep curls



10 push-ups



# stretching

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

10-20 seconds each



dynamic chest



triceps



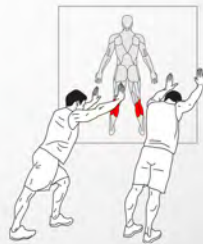
shoulders



groin and back



standing toe



calves

# STRIKER

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

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

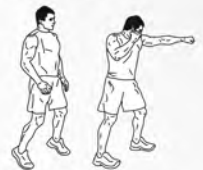
bounce on the spot non-stop - 10 reps each exercise



bounces



bounce & squat



bounce & jab + cross



bounces



bounce & squat



bounce & hook



bounces



bounce & squat



bounce & uppercut

# STRONGHOLD

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

60 seconds each 30 seconds each leg / arm

3 sets | up to 2 minutes rest between sets



lunge stretch hold



toes under feet hold



groin stretch hold



body fold hold



hamstring #1 hold



hamstring #2 hold



knee to chest hold



knees to chest hold



bow fold hold

# sun salutation

YOGA WORKOUT

by **SPYROS KAPNIAS GARUDANANDA**

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

LEVEL I 5 sets

LEVEL II 10 sets

LEVEL III 15 sets

no rest

between sets

\* optional, skip and inhale



1. Mountain Pose  
Tadasana  
inhale, exhale



2. Upward Salute  
Urdhva Hastasana  
inhale



3. Standing Forward Bend  
Uttanasana  
exhale



4. Handstand\* with bending legs  
Adho Mukha Vrksasana Variation  
inhale



5. Plank Pose  
Ardha Chaturanga Dandasana  
exhale



6. Four Limbed Staff Pose  
Chaturanga Dandasana  
exhale



7. Upward-Facing Dog Pose  
Urdhva Mukha Svanasana  
inhale



8. Four Limbed Staff Pose  
Chaturanga Dandasana  
exhale



9. Plank Pose  
Ardha Chaturanga Dandasana  
exhale



10. Downward-Facing Dog  
Adho Mukha Svanasana  
inhale, exhale, inhale, exhale



11. Handstand\* with bending legs  
Adho Mukha Vrksasana Variation  
inhale



12. Standing Forward Bend  
Uttanasana  
exhale



13. Upward Salute  
Urdhva Hastasana  
inhale



14. Mountain Pose  
Tadasana  
exhale

# SURVIVOR

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

Level I 3 minutes Level II 4 minutes Level III 5 minutes

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

Set a timer and do high knees (or run). Count to 10 or set intervals for 10 seconds. Every 10 seconds jump to the side (any direction) as fast as you can and do a basic burpee. Continue non-stop until the time for your level is up.



# S.W.A.T.

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

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



# sweat generator

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

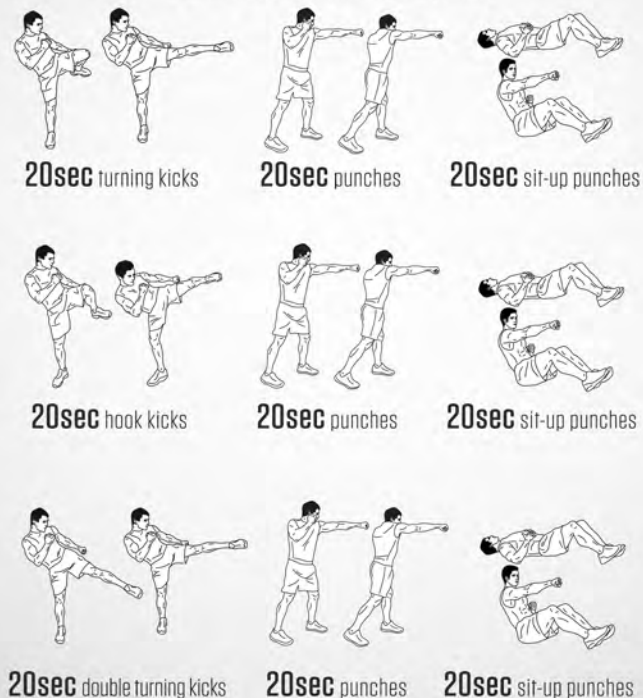
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



# TAKEOVER

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

Level I 3 rounds Level II 5 rounds Level III 7 rounds  
2 minutes rest between rounds



# TANK TOP

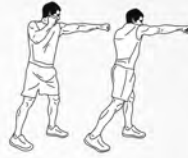
DAREBEE WORKOUT  
 © darebee.com  
 LEVEL I 3 sets  
 LEVEL II 5 sets  
 LEVEL III 7 sets  
 REST up to 2 minutes



40 punches



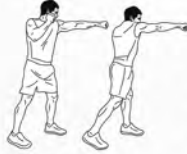
10 plank rotations



40 punches



10 push-ups



40 punches



10 push-ups



20 sit-up punches



20 sitting punches



20 flutter kicks

# TANK TOP

DAREBEE WORKOUT  
 © darebee.com  
 LEVEL I 3 sets  
 LEVEL II 5 sets  
 LEVEL III 7 sets  
 REST up to 2 minutes



40 punches



10 plank rotations



40 punches



10 push-ups



40 punches



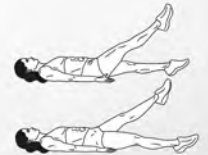
10 push-ups



20 sit-up punches



20 sitting punches



20 flutter kicks

# TARZAN

DAREBEE WORKOUT © darebee.com  
 LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumps



5 jump squats



5 jump knee tucks



5 push-ups



5 power push-ups



10 slow climbers



10 crunch kicks



10 butterfly sit-ups



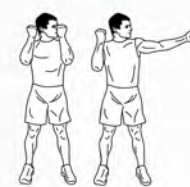
10 sitting twists

# tempered STEEL

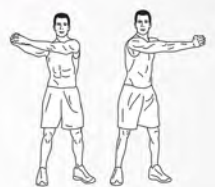
DAREBEE WORKOUT © darebee.com  
 LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 bicep extensions



20 backfists



20 side-to-side chops



20 overhead rows



20 alt chest expansions

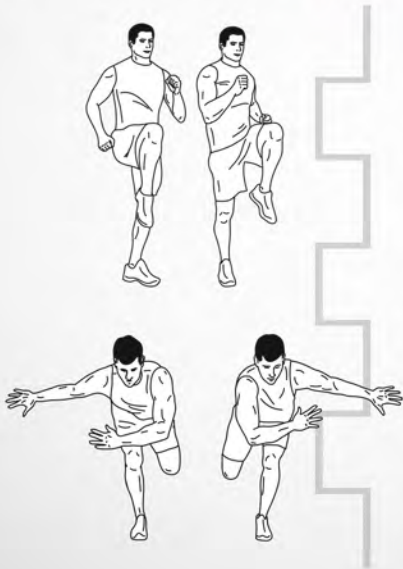


20 chest expansions

# TEMPLE RUN

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

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



20 high knees  
jump to the left  
20 high knees  
jump to the right  
20 high knees  
jump to the left  
20 high knees  
jump to the right  
20 high knees  
jump to the left  
20 high knees  
jump to the right

# THE BANDIT

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

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



20 pistol squats

60sec one-arm plank

6 one-arm push-ups

60sec single leg wall-sit

20 single leg bridges

20 get-ups

## THE STRENGTH OF ASGARD

# THOR

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

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



20 squats

20 lunges

20 side-to-side chops

10 climber taps

10 push-ups

10 shoulder taps

10 sit-ups

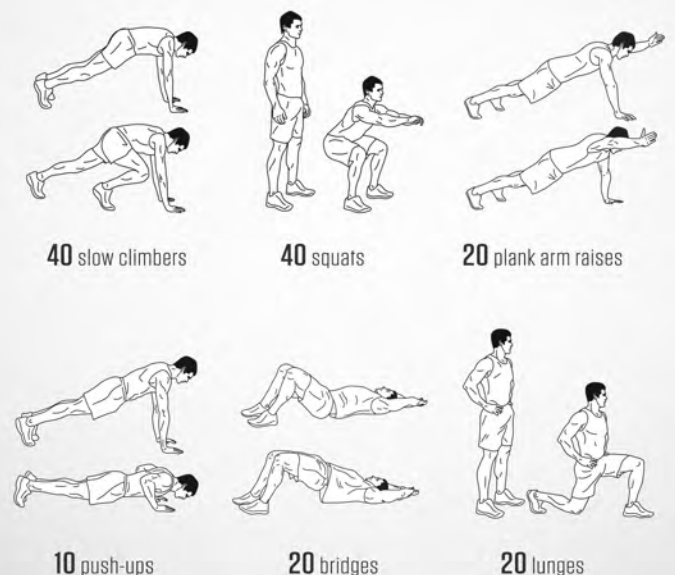
10 sitting twists

10 get-ups

# TIGER, TIGER

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

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



40 slow climbers

40 squats

20 plank arm raises

10 push-ups

20 bridges

20 lunges

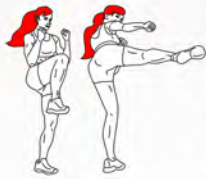
# TITANIA

DAREBEE WORKOUT @ darebee.com

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



10 jumping lunges



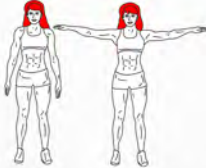
20 side kicks



10 push-ups



40 punches



20 arm raises



20 raised arm circles



10 punch sit-ups



10 air bike crunches



10 raised leg circles

# TITAN

DAREBEE WORKOUT @ darebee.com

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



20 lunges



20 squats



20-count squat hold



10 push-ups



4 power push-ups



4 raised leg push-ups



10 high crunches



10 leg raises



10-count raised leg hold

# TNT

DAREBEE **HIT** WORKOUT @ darebee.com

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



1 push-up every 10 seconds



20sec squat hold punches



20sec side kicks



20sec high knees



20sec squat hold punches



20sec double side kicks



20sec high knees



20sec climbers



20sec squats



20sec high knees

# TNT

DAREBEE **HIT** WORKOUT @ darebee.com

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

**ROGUE**



20sec push-up  
squat hold + jab + cross



20sec push-ups  
+ side kicks



20sec high knees



20sec push-up  
squat hold + jab + cross



20sec push-ups  
+ double side kicks



20sec high knees



20sec push-up



20sec squats



20sec high knees

# TOASTER

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

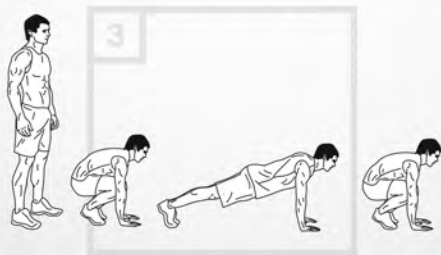
Level I 5 rounds Level II 10 rounds Level III 15 rounds  
1 minute rest between rounds



20sec jumping jacks



20sec high knees



20sec basic burpees

# top to bottom

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

Repeat each stretch for 20 seconds / 20 seconds per side.



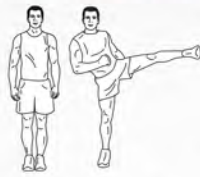
# TORCH

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

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



20 high knees



20 side leg raises



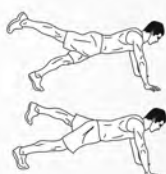
10 plank leg raises



20 high knees



20 straight leg bounds



10 plank leg raises



20 high knees



20 jumping jacks

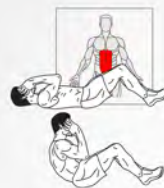


10 plank leg raises

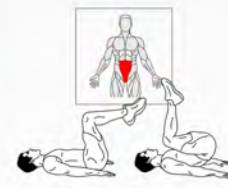
# total abs

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

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



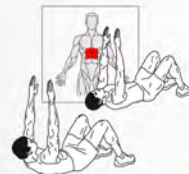
20 sit-ups



20 reverse crunches



20 sitting twists



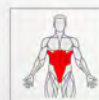
20 high crunches



20 knee crunches



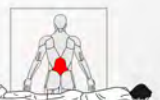
20 knee-to-elbow crunches



20sec elbow plank



20sec side elbow plank

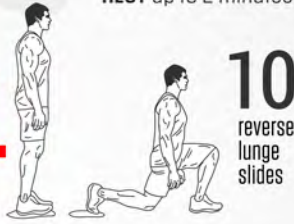


5 back extensions

# DON'T PANIC & CARRY A TOWEL

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

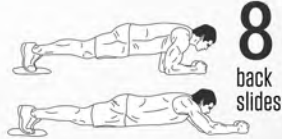
LEVEL I 3 sets  
LEVEL II 5 sets  
LEVEL III 7 sets  
REST up to 2 minutes



10 reverse lunge slides



8 towel climbers



8 back slides



8 wide arm slides



8 arm slides

# TOWER STORM

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

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



20 side lunges



10 slow climbers



10 plank walk-outs



20 get-ups



20 sit-ups



10 sitting twists

finish each set with 50 "open & close" fists

# TRACER

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

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



20 high knees



10 side-to-side lunges



20 high knees



40 punches



10 push-ups



40 punches



20 reverse lunges



10 side-to-side lunges



20 jumping lunges

# TRUE ALPHA

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

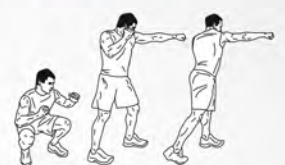
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 climbers



10 knee strikes



10 combos squat + jab + cross



10 combos shoulder taps + push-up



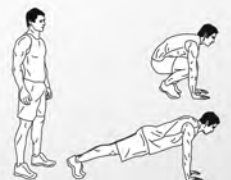
10-count plank



10 high knees



10 balance knee-to-elbow



10 basic burpees

# cut

yoga for abs  
by **SPYROS KAPNIAS GARUDANANDA**  
for DAREBEE @ [darebee.com](https://darebee.com)  
LEVEL I 20 seconds each  
LEVEL II 30 seconds each  
LEVEL III 60 seconds each



1. Boat Pose Hold



2. Leg Raises (90 degrees)



3. Boat Pose Hold



4. Boat Hold Flutter Kicks (slow)



5. Raised Legs Spread



6. Leg Raises (90 degrees) + Wide Spread

# VIKING

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)  
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



20-count squat hold



4 jump squats



20 push-ups



20-count plank hold



4 power push-ups



20 lunges



20-count deep lunge hold



4 jumping lunges

# Vixen

DAREBEE WORKOUT  
@ [darebee.com](https://darebee.com)  
LEVEL I 3 sets  
LEVEL II 5 sets  
LEVEL III 7 sets  
REST up to 2 minutes



20 combos hop heel click + side leg raise



10 jumping lunges



20 combos plank leg raise + plank step out



10 side plank rotations



20 combos one legged bridge + bridge tap



10 knee-to-elbow crunches



10 L-sit-ups



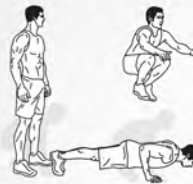
16 split jumps



16 plank to hip flare

# Volleyball Pro

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)  
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes  
designed in collaboration with **Boston Institute of Jump**



10 burpees



16 side planks



16 lateral lunges



10 vertical hop



15 table thrusts



20 side tables



16 split jumps



16 plank to hip flare



# wake up & connect

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

Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.



chest to thighs



sundial salutation



deep lunge



deep lunge with twist



triangle pose



yogi squat



forearm plank



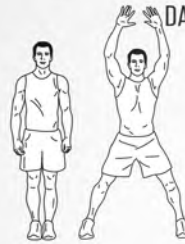
upward dog



pigeon pose

# WAKE UP! & MAKE IT HAPPEN

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



20 jumping jacks



20 climbers



20 squats



20 lunges



20 push-ups



20sec elbow plank

# WANTED DEAD OR ALIVE

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

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



10 wide grip push-ups



40 high knees



10 classic grip push-ups



40 high knees



10 close grip push-ups



40 high knees

# WAR MACHINE



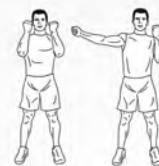
DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

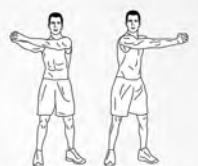
ACTIVE REST 2 minutes hops on the spot



5 push-ups



10 side-to-side backfists



10 side-to-side chops



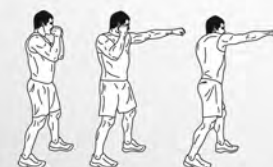
5 push-ups



10 squat hold punches



10 overhead punches



20 jab + cross punches



10combos squat + hook + jump knee tuck

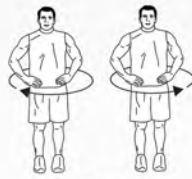
# warmup

DAREBEE WORKOUT © darebee.com

10 reps each



neck rotations



hip rotations



side arm raises



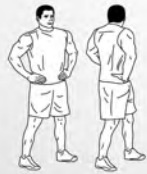
arm rotations



arm rotations



dynamic chest



mid back turns



single leg hip rotations

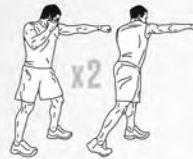


hops on the spot

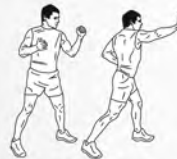
# HEAR MY WARSONG

DAREBEE WORKOUT © darebee.com

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



40 combos jab + jab + cross + double turning kicks



40 combos palm strike + front snap kick



40 hook kicks



40 combos turning kick + back leg low turning kick



40 squat hold punches

# WATCHMAN

DAREBEE WORKOUT © darebee.com

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



20sec wall-sit



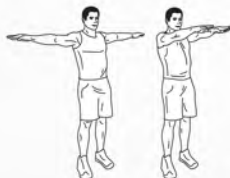
20 lunges



40 march steps



20sec wall-sit



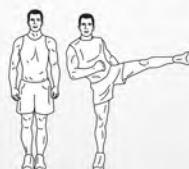
40 arm extensions



20sec raised arms hold



20sec wall-sit



40 side leg raises



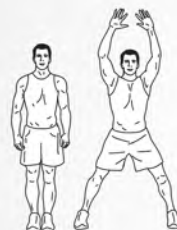
20 calf raises

# watch me.

DAREBEE CARDIO WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

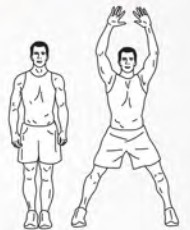
REST up to 2 minutes



20 jumping jacks



10 push-ups



20 jumping jacks



20 squats



10 push-ups



20 squats

# WATCH YOUR SIX

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

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



40 side leg raises

20 squats

20 lunges



20 plank leg raises

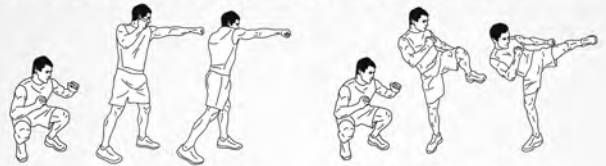
20 donkey kicks

20 slow climbers

# WAX ON; WAX OFF

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

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



20 combos squat + jab + cross

20 combos squat + hook kick



20 combos jab + cross + push-up

20 combos jab + cross + back leg turning kick



20 sit-up + jab + cross

20 sitting punches

20 flutter kicks

# Weasel

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

10 reps each | LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets  
REST up to 2 minutes



climbers

climber taps

side plank crunches



plank leg raises

plank arm raises

plank crunches



superman into V-up rolls

cycling crunches

knee crunches

# WHIPLASH

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

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



20 side kicks

10 push-ups

20 punches



20 squat + side kicks

10 push-ups

20 punches



20 double side kicks

10 push-ups

20 punches

# WILD CARD

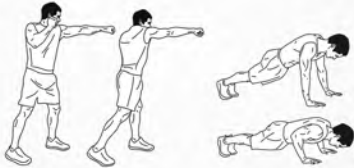
DAREBEE **HIT** WORKOUT  
 @ darebee.com  
 Level I 3 sets  
 Level II 5 sets  
 Level III 7 sets  
 2 minutes rest between sets

3 combos



10sec bounce on the spot 10sec side kicks

3 combos



10sec punches 10sec push-ups

3 combos



10sec bounce on the spot 10sec turning kicks

# wildcat

DAREBEE WORKOUT @ darebee.com

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



20 climbers 10 push-ups 20 plank into lunges



10 jump squats 20 sit-outs 10 plank walk-outs

# WILDFIRE

DAREBEE CARDIO WORKOUT @ darebee.com

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



20 march steps 20 high knees 20 punches



20 march steps 20 high knees 20 knee-to-elbow

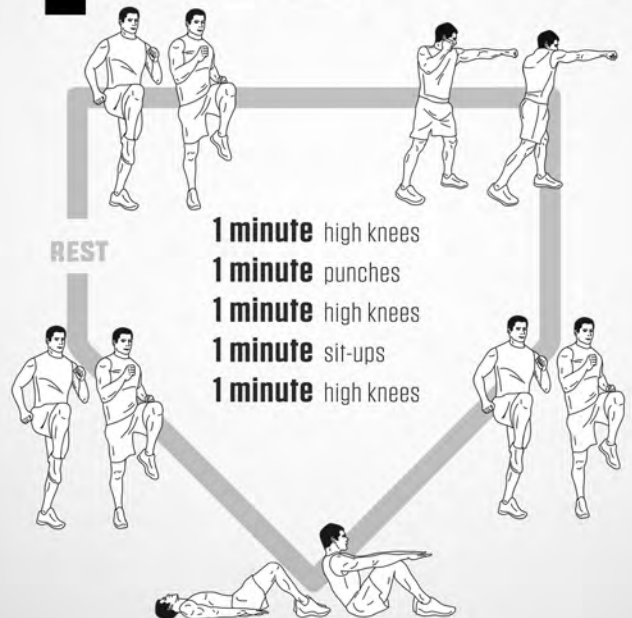


20 march steps 20 high knees 20 lunge step-ups

# WILD FIVE

DAREBEE CARDIO WORKOUT  
 @ darebee.com

LEVEL I 3 sets  
 LEVEL II 4 sets  
 LEVEL III 5 sets  
 2 minutes rest between sets



1 minute high knees  
 1 minute punches  
 1 minute high knees  
 1 minute sit-ups  
 1 minute high knees

# wild hunt

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

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

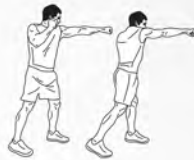
one jump squat every 10 seconds



30sec high knees



10sec shoulder taps



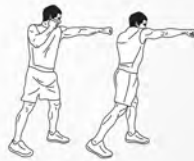
20sec punches



30sec high knees



10sec plank walk-outs



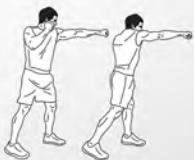
20sec punches



30sec high knees



10sec push-ups



20sec punches

# WIRED

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

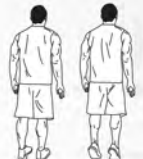
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



20 half jacks



10 calf raises



20 squats



20 chest expansions



10 side-to-side lunges



20 side leg raises



60 overhead punches



40sec leg stand



# marks the spot

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

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



20 high knees



20 jumping jacks



4 jump squats



20 high knees



20 twist jacks



4 jump squats



20 high knees



20 split jacks



4 jump squats

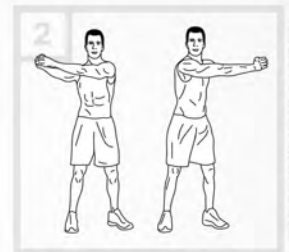
# ZOMBIE

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

Level I 5 rounds Level II 10 rounds Level III 15 rounds  
1 minute rest between rounds



20sec high knees



20sec side-to-side chops



20sec "1-2-3" count high knees + squat

CAN BE DONE WITH A KATANA