100G
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 push-ups  10-count push-up plank
10 jump squats  10 push-ups  40 punches
10 jump squats  10 push-ups  10-count push-up plank

100 PUSH-UPS
DAREBEE WORKOUT @ darebee.com
Repeat 5 times in total  2 minutes rest between sets
5 push-ups  20 shoulder taps  5 push-ups
20 punches  10 push-ups  20 punches

ab attack
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 high crunches  20 flutter kicks
20 sitting twists  20 flutter kicks  20 knee-to-elbow crunches

ab builder
DAREBEE WORKOUT @ darebee.com
20 crunches x 3 sets  20 seconds rest between sets
20 knee-to-elbow crunches x 3 sets  20 seconds rest between sets
20 flutter kicks x 3 sets  20 seconds rest between sets
20 knee hug crunches x 3 sets  20 seconds rest between sets
**AB Master**

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 flutter kicks
- 20 side jackknives
- 20 knee crunches
- 20 knee-to-elbow crunches
- 20 leg raises

**AB Sculpt**

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises

- 20 sit-ups x 5 sets in total
- 10 back extensions x 5 sets in total
- 30 seconds rest between sets

**ABs Fold**

DAREBEE WORKOUT © darebee.com

Repeat 3 times | 2 minutes rest between sets

- 20 sec hold
  - Raised leg hold just off the floor
- 20 sec hold
  - Bring your knees in and hold
- 20 sec hold
  - Exhale your legs at ~45 degrees and hold
- 20 sec folds
  - Fold in & out as fast as you can
- 20 sec leg raises
  - Do leg raises - keep legs off the floor
- 20 sec hold
  - Raised leg hold just off the floor

**ABs Pro**

DAREBEE AB WORKOUT © darebee.com

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

- 10 plank crunches
- 10 body saw
- 10 side bridge
- 20 leg raises
- 20 flutter kicks
- 20 sec hollow hold
- 20 sec elbow plank
- 20 sec raised leg plank
- 20 sec side plank
**a.m. workout**

- 20 jumping jacks
- 20 squats
- 10 knee push-ups
- 30 seconds elbow plank

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**ANTI Pooch workout**

DAREBEE WORKOUT @ darebee.com

**Level I:** 3 sets  **Level II:** 5 sets  **Level III:** 7 sets  **Rest up to 2 minutes**

- 20 split squats
- 20 single leg bridges
- 20 Y-ups
- 10 circle push-ups
- 10 cross tricep extensions

- 40 punches
- 40 sec elbow plank hold
- 40 sec side elbow plank

- 10 jumping jacks
- 4 sit-ups
- 10 jumping jacks
- 4 sit-ups
- 10 jumping jacks
- 4 sit-ups
- 10 jumping jacks
- 4 sit-ups
- 10 jumping jacks
- 4 sit-ups
done
**Anywhere Abs**

- **40** side leg swings: 2 sets in total, no rest between sets, on each leg.
- **10** twists: 4 sets in total, 30 seconds rest in between sets.

**Aphrodite**

- **20** lunges
- **10** deadlift & twist
- **20** side leg raises
- **20** plank rotations
- **10** downward upward leg
- **20** raised arm circles
- **20** knee-to-elbow
- **10** leg raises
- **20** scissors

**Apollo**

- **10 combos** split squat - into forward lunge
- **6** shrimp squats
- **10** push-ups
- **6** archer push-ups
- **4** tricep extensions
- **10** alt arm/leg raises
- **10 sec planks**
- **10 sec plank hold**

**Arm Day**

- **15 push-ups**
- **15-count push-up hold**
- **15** push-ups
- **30** punches
- **30** overhead punches
- **30** punches
Atalanta

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

20 lunge punches
20 knee strikes
20 elbow strikes
20 slow climbers
20 shoulder taps
20 plank leg raises
10 bicycle crunches
10 sit-up crunches
10 leg raises

at-home abs

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

10 knee-to-elbow crunches
8 leg raises
8 downward downward dog
10 elbow plank stop-outs
8 side plank rotational
8 side bridges

AUGMENTED

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

10 lunges
10 shrimp squats
10 cossack squats
10 push-ups
10 side crunch push-ups
20 sec elbow plank
10 bridges
10 single leg bridges
10 get-ups

BACK & BICEPS

DAREBEE WORKOUT © darebee.com

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

20 bent over rows x 4 sets in total
20 seconds rest between sets
**BACK & BICEPS**

DAREBEE WORKOUT © darebee.com

- 10 bicep curls
  - x 3 sets in total
  - 20 seconds rest between sets

- 8 bicep rows
  - x 3 sets in total
  - 20 seconds rest between sets

- 8 shoulder press
  - x 3 sets in total
  - 20 seconds rest between sets

- 16 kneeling one arm rows
  - x 3 sets in total
  - 20 seconds rest between sets

- 8 dead lifts
  - x 3 sets in total
  - 20 seconds rest between sets

**REST** up to 2 minutes

---

**back & core**

DAREBEE WORKOUT © darebee.com

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

- 20 sitting twists

- 20 half squats

- 20 bridges

- 10 cat row

- 10 superman stretch

- 10 scorpion twists

**REST** up to 2 minutes

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**BEASTMASTER**

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises

- to failure pull-ups
  - x 5 sets in total
  - 30 seconds rest between sets

- to failure triceps push-ups
  - x 5 sets in total
  - 30 seconds rest between sets

- 1 minute punches (keep arms up)
  - x 5 sets in total
  - 30 seconds rest between sets

- 2 minutes elbow plank
  - x 2 sets in total
  - 30 seconds rest between sets

- 2 minute sets elbow plank
  - x 2 sets in total
  - 30 seconds rest between sets
  - one side per set

---

**BEAST MODE**

DAREBEE WORKOUT © darebee.com

up to 2 minutes

- to failure pull-ups
  - 4 sets in total
  - 30 seconds rest

- to failure knee-up twists
  - 4 sets in total
  - 30 seconds rest

- to failure jump squats
  - 4 sets in total
  - 30 seconds rest

- to failure elbow plank hold
  - in one go

- to failure jumping lunges
  - 4 sets in total
  - 30 seconds rest
Bedtime Glutes

- 10 split squats x3 sets
- 5 repetitions per leg
- 20 seconds between sets

- 10 raised bridges x3 sets
- 20 seconds between sets

Beer Belly

- Level I: 3 sets
- Level II: 5 sets
- Level III: 7 sets
- Rest up to 2 minutes

- 20 high knees
- 20 march steps
- 20 high knees

- 20 sit-ups
- 20 sitting twists
- 20 sit-ups

Before Breakfast Burpees

- Repeat once before breakfast.

- 10 burpees
- 10 jumping jacks
- 10 burpees
- 10 jumping jacks
- 10 burpees
- 10 jumping jacks
- 10 burpees
- 10 jumping jacks
- 10 burpees
- 10 jumping jacks
- done

Beginner Abs

- Level I: 3 sets
- Level II: 4 sets
- Level III: 5 sets
- Rest up to 2 minutes

- 10 crunches
- 10 air bike crunches
- 10 sitting twists

- 10-count rear leg hold
- 10-count plank hold
- 10 plank leg raises
**Beginner Cardio**

**DAREBEE WORKOUT @ darebee.com**

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

- 10 side jacks
- 30 jumping jacks
- 10 side jacks
- 10 march steps
- 30 high knees
- 10 march steps

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**BELLY BURNER**

**DAREBEE HIIT WORKOUT @ darebee.com**

Repeat 7 times in total | 2 minutes rest between sets

- 20 sec high knees
- 20 sec elbow plank
- 10 sec basic burpees
- 20 sec high knees
- 20 sec elbow plank
- 10 sec basic burpees
- 20 sec elbow plank
- 10 sec basic burpees
- done

---

**BELLY MELT**

**DAREBEE WORKOUT @ darebee.com**

5 sets | 2 minutes rest between sets

- 4 side jacks
- 10 jumping jacks
- 4 side jacks
- 10 jumping jacks
- 4 side jacks
- 10 jumping jacks
- 4 side jacks
- 10 jumping jacks
- 4 side jacks
- 10 jumping jacks
- done

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**Birthday Workout**

by DAREBEE @ darebee.com

60 seconds rest between exercises

- 10 jumping jacks x 3 sets in total
- 20 seconds rest between sets
- 10 burpees x 3 sets in total
- 20 seconds rest between sets
- 10 punching x 3 sets in total
- 20 seconds rest between sets
- 10 knee-to-elbow crunches x 3 sets in total
- 20 seconds rest
**Body Flow**

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

**Boogeyman**

LEVEL I 3 sets LEVEL II 6 sets LEVEL III 7 sets REST up to 2 minutes

- 20 lunges
- 6 deep side lunges
- 20 calf raises
- 20 lunges
- 6 plank walk-outs
- 20 side plie crunches
- 20 lunges
- 6 archer push-ups
- 20 punches

**THE BOOMERANG**

LEVEL I 3 sets LEVEL II 6 sets LEVEL III 7 sets REST up to 2 minutes

- 20 turning kicks
- 10 squats
- 20 turning kicks
- 20 punches
- 10 push-ups
- 20 punches
- 20 turning kicks
- 10 squats
- 20 turning kicks

**Booty Builder**

2 minutes rest between exercises

- 20 wide squats x 4 sets in total 20 seconds rest between sets
- 20 bridges x 4 sets in total 20 seconds rest between sets
- 40 leg extensions x 2 sets in total 1 set per leg, no rest between sets
- 40 side leg extensions x 2 sets in total 1 set per leg, no rest between sets
**Bounceback**

DAREBEE WORKOUT @ darebee.com

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

- **20 bounce on the spot (hops)**
- **10 jumping jacks**
- **20 bounce on the spot (hops)**
- **10 squat jacks**
- **20 bounce on the spot (hops)**
- **10 split jacks**

**THE BOUNCER**

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**
- **10-count squat hold**
- **10 push-ups**
- **4 close grip push-ups**
- **10-count plank hold**
- **20 uppercuts**
- **20 punches**
- **20 hooks**

**BRIDGE 4**

DAREBEE HIT WORKOUT @ darebee.com

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

- **20sec jumping jacks**
- **20sec high knees**
- **20sec squats**
- **20sec jumping jacks**
- **20sec high knees**
- **20sec push-ups**
- **20sec jumping jacks**
- **20sec high knees**
- **20sec punches**

**BRUTE ABS**

DAREBEE WORKOUT @ darebee.com

ABS

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

- **10 sit-up folds**
  x 4 sets in total
  20 seconds rest between sets
- **10 airリング twists**
  x 4 sets in total
  20 seconds rest between sets
- **10 side tucks**
  x 4 sets in total
  20 seconds rest between sets
- **10 cross chops**
  x 4 sets in total
  20 seconds rest between sets
**BURN MODE**

- **HITT WORKOUT**
- **BY DAREBEE**
- **@ darebee.com**
- **Level I** 3 sets
- **Level II** 5 sets
- **Level III** 7 sets
- 2 minutes rest

30sec jumping jacks  
30sec elbow plank  
30sec jumping jacks  
30sec raised leg plank  
30sec jumping jacks  
30sec side plank

**BURN OFF**

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

30 high knees  
30 scissor chops  
30 high knees  
30 arm scissors  
30 high knees  
30 raised arm circles

**Burn Zone**

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

30sec jumping jacks  
10sec push-ups  
30sec jumping jacks  
10sec burpees w/huck  
30sec jumping jacks  
10sec push-ups  
30sec elbow plank

**Busy Day**

- **DAREBEE WORKOUT**
- **@ darebee.com**
- 5 sets  
- 2 minutes rest between sets

30 high knees  
10 burpees  
30 high knees  
30 sec elbow plank
**Butt & Gut**

DAREBEE WORKOUT @ darebee.com

Repeat 3 times
- 2 minutes rest in between
- 20 plank back kicks
- 20 bridges
- 20 bridge taps
- 20 leg raises
- 20 crunch kicks
- 20 sit-ups

**Buttercup**

DAREBEE WORKOUT @ darebee.com

Level I: 3 sets  Level II: 5 sets  Level III: 7 sets  Rest up to 2 minutes
- 10 knee strikes
- 10 climbers
- 10 knee strikes
- 10 shoulder taps
- 10 knee strikes
- 10 shoulder taps
- 10 knee strikes
- 10 plank rotations
- 10 knee strikes
- 10 punches
- 10 knee strikes

**Cardio & Coordination**

DAREBEE WORKOUT @ darebee.com

Level I: 3 sets  Level II: 5 sets  Level III: 7 sets  Rest up to 2 minutes
- 20 butt kicks
- 6 single leg hops
- 20 butt kicks
- 20 jumping jacks
- 6 side-to-side jumps
- 20 jumping jacks
- 20 side leg raises
- 6 knee-to-elbows
- 20 side leg raises

30 sets leg extensions (side kicks)
- 4 sets in total
- 2 sets per leg
- 20 sec rest between sets

30 bridges x 4 sets in total
- Superior version: raised bridges
- 20 sec rest between sets

30 push extensions (back kicks)
- 4 sets in total
- 2 sets per leg
- 20 sec rest between sets

30 leg extensions (donkey kicks)
- 4 sets in total
- 2 sets per leg
- 20 sec rest between sets
**CARDIO & Core EXPRESS**

DAREBEE WORKOUT @ darebee.com
3 sets | 2 minutes rest

10 jumping jacks
4 knee-to-elbows
10 jumping jacks
4 knee-to-elbows
10 jumping jacks
4 knee-to-elbows
10 jumping jacks
4 knee-to-elbows
done

**CARDIO BEAST**

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

20 high knees
10 climbers
4 basic burpees

20 high knees
10 climbers
4 jumping lunges

4 jump knee-racks

**CARDIO BOX**

DAREBEE WORKOUT @ darebee.com
5 sets | 2 minutes rest

10 half jacks
4 punches (jab + cross)
4 uppercuts
10 half jacks
4 punches (jab + cross)
4 uppercuts
10 half jacks
4 punches (jab + cross)
4 uppercuts
done

**CARDIO CROSS+**

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

20 sec jumping jacks
20 sec side step jacks
20 sec jumping jacks

20 sec punches
20 sec bicep curls
20 sec punches
Cardio Hack
WORKOUT BY DAREBEE @ darebee.com
5 sets | 2 minute rest

10 seal jacks
4 plank rotations
10 seal jacks
4 plank rotations
10 seal jacks
4 plank rotations
done

Cardio High
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 plank jacks
20 jumping jacks

20 split jacks
20 jumping jacks
20 split jacks

20 jumping jacks
20 plank jacks
20 jumping jacks

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

10 high knees
5 jump knee tucks
10 high knees

10 basic burpees
5 jump knee tucks
10 basic burpees

10 high knees
5 jump knee tucks
10 high knees

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

30sec high knees
30sec elbow plank
10sec basic burpees

30sec high knees
30sec raised leg plank
10sec basic burpees

30sec high knees
30sec side elbow plank
10sec basic burpees
Cardio Rehab
DAREBEE WORKOUT © darebee.com
Level I: 3 sets  Level II: 4 sets  Level III: 5 sets  REST up to 2 minutes

10 snap jacks  10 knee-to-ellbow  10 side jacks
10 march stegs  10 reverse lunges  10 calf raises

CARPE DIEM
DAREBEE HIIT WORKOUT © darebee.com
Level I: 3 sets  Level II: 5 sets  Level III: 7 sets  |  2 minutes rest

20 sec high knees  20 sec climbers  20 sec high knees
20 sec overhead punches  20 sec push-ups  20 sec punches
20 sec basic burpees  20 sec plank hold  20 sec basic burpees

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

20 forward lunges  20 reverse lunges  20 calf raises
20 combos push up + jab + cross  20 combos squat + jab + cross
20 high crunches  20 sitting twists  20 reverse crunches

THE CATCH
DAREBEE HIIT WORKOUT © darebee.com
Level I: 3 sets  Level II: 5 sets  Level III: 7 sets  |  2 minutes rest

30 sec jumping Ts  30 sec plank  30 sec jumping Ts
30 sec alt arm/leg plank  30 sec jumping Ts  30 sec one-arm side plank
**THE CLIMBER**

DAREBEE WORKOUT @ darebee.com

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

- 20 climbers
- 4 push-ups
- 20 climbers
- 4 plank walk-outs
- 20 climbers
- 4 plank rotations

**the Clinch**

DAREBEE WORKOUT @ darebee.com

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

- 20 lunges
- 20 push-ups
- 20 jab + cross
- 20combas jab + cross + upward elbow strike + elbow strike + knee strike
- 20 knee-to-elsbows
- 20 side leg raises
- 20-count squat hold

**THE COMEBACK**

DAREBEE WORKOUT @ 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
- 20 jumping jacks
- 20 sit-ups
- 20 jumping jacks
- 10 knee-to-elbow crunches

**Command & Control**

DAREBEE WORKOUT @ darebee.com

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

- 20 lunges
- 10-count calf raise hold
- 10 jump squats
- 20 push-ups
- 10-count push-up hold
- 40 punches
- 20 sit-ups
- 10-count leg raise hold
- 10 leg raises
**Crunch Time**

DAREBEE WORKOUT © darebee.com

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

REST up to 2 minutes

- 10 crunches
- 6 circle crunches
- 6 folded crunches
- 10 high crunches
- 6 knee crunches
- 6 cross crunches

**Daily Abs**

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises

- 20 flutter kicks x 3 sets in total
  - 20 seconds rest between sets
- 20 knee-to-elbow crunches x 3 sets in total
  - 20 seconds rest between sets
- 1 minute elbow plank
- 1 minute side elbow plank
  - 30 seconds per side

**Daily Fix**

DAREBEE WORKOUT © darebee.com

3 sets  |  2 minutes rest

- 20 lunges
- 20 punches
- 20 sec elbow plank
- 20 sec side elbow plank

**Deadly 40**

DAREBEE WORKOUT © darebee.com

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

REST up to 2 minutes

- 40 basic burpees
- 40 jumping jacks
- 40 climbers
- 40 sit-ups
- 40 flutter kicks
- 40 bridges
DEATHWISH

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

30sec high knees  30sec burpees  30sec high knees

30sec elbow plank  30sec high knees  30sec burpees

THE DEMIGOD

DAREBEE WORKOUT @ darebee.com
2 minutes rest between exercises

to failure pull-ups x 4 sets
30 seconds rest between sets

raised leg push-ups
20 single leg bridges x 4 sets in total
30 seconds rest between sets

3 minutes raised leg elbow plank
80 seconds per side / change legs on the fly

THE DESTROYER

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

20 side kicks  20-count calf raise hold  20 side kicks

20 punches  20-count push-up hold  20 punches

20 sit-ups  20-count leg raise hold  20 sit-ups

DNR

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

20sec jumping jacks  20sec jump squats  20sec jumping jacks

20sec calf raises  20sec jumping jacks  20sec calf raises

20sec jumping jacks  20sec jump squats  20sec jumping jacks
**DODGER**

**WORKOUT by DAREBEE @ darebee.com**

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

- 20sec burpees
- 10sec push-up plank hold
- 20sec burpees
- 10sec push-up plank hold
- 20sec burpees
- 10sec push-up plank hold
- 20sec burpees
- 10sec push-up plank hold
- done

**DOMINATOR**

**DAREBEE WORKOUT @ darebee.com**

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

- 4 jumping lunges
- 10 deep side-to-side lunges
- 4 jumping lunges
- 4 raised leg push-ups
- 10 side plank crunchees
- 4 raised leg push-ups
- 4 jumping lunges
- 10 calf raises
- 4 jumping lunges

**DRACARYS!**

**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 calf raises
- 10 jump squats
- 10 calf raises
- 10 calf raises
- 10 squat hold punches
- 10 calf raises

**DRAGON KNIGHT**

**DAREBEE WORKOUT @ darebee.com**

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

- 20 lunges
- 20 knee strikes
- 20 jumping lunges
- 20 dragon push-ups
- 20 knife hand strikes
- 20 outward knife h' strikes
- 20 sit-ups
- 20 sitting twists
- 20-count hollow hold
**THE EMPRESS**

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets  LEVEL II 6 sets  LEVEL III 7 sets  REST up to 2 minutes

- 20 lunge step-ups
- 20 slow climbers
- 20 wide squats
- 20 shoulder taps
- 10 plank rotations
- 20 raised arm circles
- 10 sit-ups
- 10 sitting twists
- 10 leg raises

**EVERYDAY YOGA**

DAREBEE WORKOUT @ darebee.com

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

cat pose  
downward dog  
upward dog  
deeep lunge with twist  

**THE EXECUTIONER**

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets  LEVEL II 6 sets  LEVEL III 7 sets  REST up to 2 minutes

- 10 push-ups
- 20-count push-up plank
- 10 push-ups
- 20 punches
- 20 overhead punches
- 20 punches
- 20-count push-up plank
- 10 push-ups
- 20-count push-up plank

**EXTREME BURN**

DAREBEE WORKOUT @ darebee.com

3combos

10sec high knees  
10sec push-ups

3combos

10sec basic burpees  
10sec push-ups

3combos

10sec jumping lunges  
10sec push-ups
Fat-Fryer
DAREBEE WORKOUT © darebee.com
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes
10 half jacks  4 jump squats  10 half jacks
4 toe tap hops  10 half jacks  4 toe tap hops
10 half jacks  4 jump squats  10 half jacks

The Fighter
DAREBEE WORKOUT © darebee.com
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes
20 side kicks  20 combos back fist + side kick
20 push-ups  20 combos jab + jab + cross + hook
20 overhead punches  20 combos bounce + bounce + squat + side kick

The Final Form
DAREBEE WORKOUT © darebee.com
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes
20 side kicks  6 side crunch push-ups  20 punches
20 side kicks  6 dragon push-ups  20 backfists
20 side kicks  6 raised leg push-ups  20 hooks

Flat Stomach
DAREBEE WORKOUT © darebee.com
repeat 5 times in total  2 minutes rest between sets
40 high knees  20 climbers  40 plank leg raises
40 high knees  20 knee-to-elbow crunches  40 raised leg crunches
**Floor is Lava**

DAREBEE WORKOUT @ darebee.com

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

- 20 hops, feet together
- 20 jumping jacks
- 20 half jacks
- 20 jumping jacks
- 20 hops, feet apart
- 20 jumping jacks

**Flyby**

DAREBEE HIT WORKOUT @ darebee.com

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

- 20sec jumping jacks
- 20sec lunges
- 20sec jumping lunges
- 20sec jumping jacks
- 20sec plank
- 20sec raised leg plank
- 20sec jumping jacks
- 20sec squats
- 20sec jump squats

**Foam Roller**

RECOVERY WORKOUT by DAREBEE @ darebee.com

Repeat each one 10 times.

- glutes
- calves
- hamstrings
- lower back
- thighs
- quads

**Front Lever Prep**

DAREBEE WORKOUT @ darebee.com

5 pull-ups
3 sets
60sec rest between sets

8 leg raises
3 sets
(As high as possible) 60sec rest between sets

To failure leg raise hold
3 sets
90sec rest between sets

30sec x 3 sets
tuck front lever hold
60sec rest between sets

30sec x 3 sets
advanced tuck front lever
60sec rest between sets

30sec x 3 sets
single leg front lever
60sec rest between sets
THE GAINER
DAREBEE WORKOUT © darebee.com
2 minutes rest between exercises

- 10 lunges x 3 sets in total
- 10 step-ups farmer’s walk x 3 sets in total
- 10 squat lifts x 3 sets in total
- 10 standing rows x 3 sets in total
- 10 deadlifts x 3 sets in total
- 10 Arnold’s press x 3 sets in total

Game Changer
DAREBEE HIT WORKOUT © darebee.com
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest

- 15 sec basic burpees
- 15 sec push-ups
- 15 sec punches
- 30 sec high knees

GERÓNIMO!
DAREBEE WORKOUT © 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
- 20 high knees
- 20 jumping jacks
- 20 jumping jacks

GLADIATOR
GLADIUS EDITION
DAREBEE WORKOUT © darebee.com
5 sets 2 minutes rest between sets

- 20 inner cross cuts
- 20 combo block & horizontal cuts
- 20 combo block & forward cut
- 20 double forward thrusts
- 20 full double horizontal cuts
GLADIOLUS
FINAL FANTASY XV TRIBUTE WORKOUT
by DAREBEE @ darebee.com
20 lunges
4 sets
10 lunges per leg
20 seconds rest between sets
20 calf raises
4 sets
20 seconds rest between sets
to failure
stacked push-ups
4 sets
20 seconds rest between sets
2 minutes elbow plank
2 minutes side elbow plank
60 seconds per side

GLUTES
SCULPT
WORKOUT BY @ darebee.com
2 minutes rest between exercises
forward lunges
12, 10, 8 (both legs)
30 seconds rest
single leg deadlifts
12, 10, 8 (both legs)
30 seconds rest
depth side lunges
12, 10, 8 (both legs)
30 seconds rest
goblet squats
10, 9, 8, 7
30 seconds rest

GODDESS
DAREBEE WORKOUT @ darebee.com
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes
30 high knees
10 burpees
30 high knees
30 climbers
10 burpees
30 climbers
30 high knees
10 burpees
30 high knees

GODKILLER
DAREBEE WORKOUT @ darebee.com
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes
20 front kicks
20 high knees
20 front kicks
5 push-ups
20 high knees
5 push-ups
20 punches
**Good morning, abs**

DAREBEE WORKOUT @ 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

**GRIDLOCK**

DAREBEE WORKOUT @ darebee.com

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

- 20 sec squat hold
- 20 sec side lunge hold
- 20 sec reach down hold
- 10 sec plank hold
- 10 sec raised leg plank hold
- 10 sec push-up hold
- 20 sec bridge hold
- 20 sec extended leg bridge hold
- 20 sec low bridge hold

**GUT BUSTER**

DAREBEE WORKOUT @ darebee.com

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

- 20 high knees
- 10 march steps (walk)
- 20 high knees
- 10 march steps (walk)
- 20 high knees
- 10 march steps (walk)
- 20 high knees
- 10 march steps (walk)
- 20 sec push-ups
- 40 sec punches
- 20 sec uppercuts
- 20 sec push-ups
- 40 sec punches
- 20 sec hooks
- 20 sec push-ups
- 40 sec punches
- 20 sec speed bag punches

**Hades**

DAREBEE HIIT WORKOUT @ darebee.com

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

- 20 sec push-ups
- 40 sec punches
- 20 sec uppercuts
- 20 sec push-ups
- 40 sec punches
- 20 sec hooks
- 20 sec push-ups
- 40 sec punches
- 20 sec speed bag punches
**Hamstring Stretch**

- Step forward stretch
- Forward bend stretch
- Lunge stretch
- Forward stretch
- Single leg forward stretch
- Leg raise stretch

**HD Arms**

Use light 4kg (9lb) dumbbells and go to failure each time.

Repeat the workout 4-5 times during the day, whenever you can increase the reps the moment you feel you can do more.

- Alternating dumbbell curls
- Lateral raises
- Shoulder press
- Tricep extensions

**Heavy Hitter**

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 push-ups
- 20 uppercuts
- 10 jump squats
- 10 push-ups
- 20 punches
- 10 jump squats
- 10 push-ups
- 20 hooks

**To Hell & Back**

DAREBEE WORKOUT BY DAREBEE @ darebee.com

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

2 minutes rest

- 30 sec high knees
- 10 sec basic burpees
- 20 sec elbow plank
- 30 sec high knees
- 10 sec basic burpees
- 20 sec raised leg plank
- 30 sec high knees
- 10 sec basic burpees
- 20 sec each elbow plank
**HELLBOUND**

DAREBEE HIIT WORKOUT @ darebee.com

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

- 40 sec climbers
- 20 sec push-ups
- 20 sec superman hold
- 40 sec climbers
- 20 sec push-ups
- 20 sec superman hold
- 40 sec climbers
- 20 sec push-ups
- 20 sec superman hold

**HELLFIRE**

DAREBEE HIIT WORKOUT @ darebee.com

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

- 20 sec high knees
- 20 sec basic burpees
- 20 sec high knees
- 20 sec punches
- 20 sec basic burpees
- 20 sec punches
- 20 sec elbow plank
- 20 sec basic burpees
- 20 sec elbow plank

**HELL-FORGED**

DAREBEE HIIT WORKOUT @ darebee.com

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

- 20 sec jumping lunges
- 20 sec calf raises
- 40 sec elbow plank
- 20 sec jumping lunges
- 20 sec calf raises
- 40 sec side elbow plank
- 20 sec jumping lunges
- 20 sec calf raises
- 40 sec raised leg elbow plank

**Hello, abs!**

DAREBEE WORKOUT @ darebee.com

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

- 20 high crunches
- 20 crunch kicks
- 20 knee-to-elbow crunches
- 20 plank crunches
- 20 side bridges
- 20 side plank rotations
INQUISITOR
DAREBEE WORKOUT @ darebee.com
LEVEL I 3 sets  LEVEL II 5 sets  LEVEL III 7 sets  REST up to 2 minutes
10 burpees  10 push-ups  20 knife hand strikes
10-count squat hold
10 jump squats  20 knife hand strikes
10 high knees  10 knee strikes  20 knife hand strikes

ADVENTURE
TENDON STRENGTH
DAREBEE WORKOUT @ 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
20-count hold
20 rep makes
20 rep makes
20 rep makes
20 rep makes
20 rep makes
20 rep makes
20 rep makes

SEQUENCE 2
20-count hold
20-count hold
20-count hold
20-count hold
20-count hold
20-count hold
20-count hold

JACKED
DAREBEE WORKOUT @ darebee.com
2 minutes rest between exercises
lunge + bicep curls
12, 10, 8, 6 reps
20 seconds rest between sets
bent over rows
12, 10, 8, 6 reps
20 seconds rest between sets

KILLER ABS
DAREBEE WORKOUT @ darebee.com
LEVEL I 3 sets  LEVEL II 4 sets  LEVEL III 5 sets  REST up to 2 minutes
20 sec v-up
20 sec hollow hold
20 sec knee to elbow
20 sec side plank (left)
20 sec elbow plank
20 sec side plank (right)
Killer Butt
DAREBEE WORKOUT © darebee.com
2 minutes rest between exercises

20 front kicks x 3 sets in total
20 seconds rest between sets

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

20 knee strikes x 3 sets in total
20 seconds rest between sets

20 side leg raises x 3 sets in total
20 seconds rest between sets

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

40 leg extensions
40 side leg lifts
40 plank leg swings

40 single leg bridges
40 single leg raises
40 side leg raises

The Kitten
DAREBEE WORKOUT © darebee.com
2 minutes rest between exercises

To failure straight hang
Hold on to the bar and hang until failure
4 sets in total
30 seconds rest

To failure one-arm hang
Hold on to the bar with one arm only and hang until failure
2 sets in total
Both arms = 1 set
30 seconds rest

To failure chin-up hang
Take a close grip, lift yourself up and hang until failure
4 sets in total
30 seconds rest

10 leg raises
Raise your legs up while hanging on the bar
4 sets in total
30 seconds rest

Knee Saver
DAREBEE STRENGTH & RECOVERY WORKOUT © darebee.com

PART I
20sec hamstring stretch
10 seconds per leg

20sec quad stretch
10 seconds per leg

20sec calf raises

PART II
30sec leg raises
30sec side leg raises
30sec slow turning kicks
The Legacy

DAREBEE WORKOUT @ 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 lab + cross  20 hook kicks  10 push-ups  20 hook + hook
20sec side plank  20sec elbow plank  20sec side plank

LEGG SHRED

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises

20 lunges x 3 sets in total  20 seconds rest between sets  20 reverse lunges x 3 sets in total  20 seconds rest between sets
20 simple leg bridges x 3 sets in total  20 seconds rest between sets  60sec wall sit once
40 leg raises x 2 sets in total  1 set per leg  40 slide leg raises x 2 sets in total  1 set per leg

LEVEL-UP!

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets  LEVEL II 6 sets  LEVEL III 7 sets  REST up to 2 minutes

20 high knees  20 jumping lunges  20 overhead punches  20 squats  20 jumping lunges  20 knife hand strikes

LIFEGUARD

DAREBEE WORKOUT @ darebee.com

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

10 lunges  20 high knees  10 lunges
10 push-ups  20 high knees  10 push-ups
10 sit-ups  20 high knees  10 sit-ups
GO AHEAD
MAKE MY DAY

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 burpees
10 push-ups
10 jumping lunges
10 push-ups
30 punches

MARAUDER

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

10 push-ups
5 close grip push-ups
50 punches
10 shoulder taps
10 plank arm raises
10 plank rotations
10 reverse angels
10 prone reverse flyes
10 V extensions

MARS

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
20 knee strikes
10 raised leg push-ups
20 elbow strikes
20 upward elbow strikes
10 knee-to-elbows
20 flutter kicks
20 hundreds

MASTER PLANK

DAREBEE WORKOUT @ darebee.com

30sec elbow plank
60sec side elbow plank
60sec raised leg elbow plank
30sec elbow plank
NO TOMORROW
DAREBEE HIIT WORKOUT © darebee.com
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest

- 20 sec high knees
- 20 sec jumping jacks
- 20 sec high knees
- 20 sec plank
- 20 sec basic burpee w/jump
- 20 sec plank
- 20 sec high knees
- 20 sec jumping jacks
- 20 sec high knees

not feeling like it? do - NUMBERS
DAREBEE WORKOUT © darebee.com
Split total reps into manageable sets.

- 100 jumping jacks
- 200 high knees

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

- 20 sit-up + crunch jack
- 20 sit-up + reach
- 20 dead bug
- 20 v-ups
- 20 windshield wipers
- 20 side jackknives

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

- 20 jumping jacks
- 5 jump squats
- 20 jumping jacks
- 5 burpees
- 20 jumping jacks
- 5 burpees
OUT OF EXCUSES

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

30 sec squats 30 sec basic burpees 30 sec elbow plank
30 sec punches 30 sec basic burpees 30 sec side elbow plank

OVERHAUL

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

20 sec high knees 20 sec march steps 20 sec high knees
20 sec plank hold 20 sec high knees 20 sec plank hold
20 sec high knees 20 sec march steps 20 sec high knees

PAYBACK

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

10 jumping jacks 10 jump squats 20 high knees (sprint)
10 side kicks 10 punches 20 high knees (sprint)

PENDRAGON

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

4 push-ups 20 punches 4 push-ups
20 overhead punches 4 push-ups 20 overhead punches
4 push-ups 20 punches 4 push-ups
PERSEPHONE

DAREBEE HITT WORKOUT © darebee.com
Level I 3 sets  Level II 5 sets  Level III 7 sets  |  2 minutes rest

- 30sec high knees
- 30sec elbow plank
- 30sec high knees
- 30sec elbow plank
- 30sec high knees
- 30sec elbow plank
- 30sec high knees
- 30sec elbow plank
- done

PLANCHE PREP

DAREBEE HITT WORKOUT © darebee.com

- 8 plank walk-outs 4 sets  60sec rest between sets
- 10sec leaning plank 4 sets  60sec rest between sets
- 10sec leaning plank (leg raised, each leg) 4 sets  60sec rest between sets
- 5 crane pose lifts 4 sets  60sec rest between sets
- to failure t-Sit 4 sets  60sec rest between sets

the Player

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 push-ups
- 10 jump squats
- 10 up and down planks
- 10 jump squats
- 10 push-ups
- 10 jump squats

POSTURE PERFECT

DAREBEE WORKOUT © darebee.com

- 10 alt arm & leg raises
- 10 plank back rotations
- 10 prone extensions
- 10 swimmers
- 10 W-extensions
- 10 prone reverse fly

repeat 3 times  |  up to 2 minutes rest in between
POUNCER

DAREBEE HIIT WORKOUT @ darebee.com
Level I: 3 sets  Level II: 6 sets  Level III: 7 sets
2 minutes rest between sets

20sec: elbow plank
10sec: basic burpees
20sec: elbow plank
10sec: basic burpees
20sec: elbow plank
10sec: basic burpees
20sec: elbow plank
10sec: basic burpees
done

POWER BOLT

DAREBEE HIIT WORKOUT @ darebee.com
Level I: 3 sets  Level II: 6 sets  Level III: 7 sets  2 minutes rest

20sec high knees
1 burpee
20sec high knees
1 burpee
20sec high knees
1 burpee
20sec high knees
1 burpee
20sec high knees
1 burpee
done

POWER BUILDER

DAREBEE WORKOUT @ darebee.com
2 minutes rest between exercises

to failure
chin-ups
x 5 sets in total
20 seconds rest between sets

to failure
push-ups
x 5 sets in total
20 seconds rest between sets

to failure
twist eips
x 5 sets in total
20 seconds rest between sets

3 minutes: elbow plank hold
in one go
keep the plank up

POWER BURNER

DAREBEE WORKOUT @ darebee.com
5 sets  2 minutes rest between sets

20 jumping jacks
5 calf raises
20 jumping jacks
5 calf raises
20 jumping jacks
5 calf raises
20 jumping jacks
5 calf raises
done
POWER CIRCUIT
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 renegade row push-ups | 10 jumping lunges
10 alt bear curls | 30 sec elbow plank | 30 sec side elbow plank

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

10 shoulder taps | 10 bear crawl | 5 push-ups
10-count plank | 10 bear crawl | 5 rope hops
10 shoulder taps | 10 bear crawl | 5 up & down planks

POWER LINE
DAREBEE WORKOUT @ darebee.com
5 sets | 2 minutes rest

30 jump rope skips | 3 push-ups
30 jump rope skips | 3 push-ups
30 jump rope skips | 3 push-ups
30 jump rope skips | 3 push-ups
30 jump rope skips | 3 push-ups
done
**PowerMelt**

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

- 30 sec high knees
- 10 sec basic burpees
- 20 sec punches

- 30 sec high knees
- 10 sec push-ups
- 20 sec punches

- 30 sec high knees
- 10 sec jump squats
- 20 sec punches

**Power Punch**

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

- 5 push-ups
- 20 punches
- 5 push-ups
- 20 punches
- 5 push-ups
- 20 punches
- 20 punches
- done

**Power Row**

**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

- renegade rows
  - 12, 10, 10, 8 (in total)
  - 4 sets
  - 20 seconds rest between sets

- bent over rows
  - 10, 10, 8, 6
  - 4 sets
  - 20 seconds rest between sets

- goblet squats
  - 12, 10, 10, 8
  - 4 sets
  - 20 seconds rest between sets

- upright rows
  - 10, 10, 8, 6
  - 4 sets
  - 20 seconds rest between sets

- deadlifts
  - 8, 8, 6, 4
  - 4 sets
  - 20 seconds rest between sets

- calf raises
  - 12, 10, 10, 8
  - 4 sets
  - 20 seconds rest between sets
**POWER SHED**

HIIT WORKOUT

BY DAREBEE

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

- 10 sec lunges
- 20 sec high knees
- 10 sec jumping lunges
- 20 sec punches
- 10 sec push-ups
- 20 sec punches
- 20 sec side plank hold
- 20 sec plank hold
- 20 sec side plank hold

**THE PRINCESS**

DAREBEE WORKOUT @ darebee.com

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

- 10 lunges
- 4 single leg deadlifts
- 10 lunges
- 10 punches
- 4 plank rotations
- 10 punches
- 10 butterfly sit-ups
- 4 half wipes
- 10 clamshells

**THE PRODIGY**

DAREBEE WORKOUT @ darebee.com

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

- 10 jump squats
- 20 turning kicks
- 20 double turning kicks (low/high)
- 10 raised leg push-ups
- 10 shoulder tap push-ups
- 20 sec one-arm plank
- 20 punches
- 20 overhead punches
- 20 hooks

**PROTECT & SERVE**

DAREBEE WORKOUT @ darebee.com

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

- 10 pop-ups
- 20 squat hops
- 10 jump squats
- 10 staggered push-ups
- 40 punches
- 10 raised leg push-ups
- 10 up & down plank
**THE PROWLER**

DAREBEE WORKOUT © darebee.com

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

- 10 climbers  
- 6 back kicks  
- 10 climbers  
- 6 knee-to-elbow extensions

- 6 arm/leg raises  
- 10 climbers  
- 6 leg swings  
- 10 climbers

**THE PULSE**

DAREBEE WORKOUT © darebee.com

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

- 20 standing pulse-ups  
  x 4 sets in total  
  2 sets per leg  
  20 sec rest between sets

- 20 squat hold pulse-ups  
  x 4 sets in total  
  20 sec rest between sets

- 20 pike pulse-ups  
  x 4 sets in total  
  20 sec rest between sets

- 20 side plank pulse-ups  
  x 4 sets in total  
  2 sets per side  
  20 sec rest between sets

- 20 hundreds  
  x 4 sets in total  
  20 sec rest between sets

- 20 pull-ups  
  x 4 sets in total  
  20 sec rest between sets

**the Purge**

DAREBEE WORKOUT © darebee.com

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

- 20 sec high knees

- 20 sec b/burpees w/jump

- 20 sec shoulder taps

- 20 sec pushes

- 20 sec shoulder taps

- 20 sec high knees

- 20 sec b/burpees w/jump

- 20 sec high knees

**PUSH & PULL**

DAREBEE WORKOUT © darebee.com

**3 sets** | **2 minutes rest**

- 10 stacked push-ups  
  to failure pull-ups

- 10 side crunch push-ups  
  to failure knee-ups

- 10 raised leg push-ups  
  to failure chin-ups
**QUICK & EASY**

DAREBEE WORKOUT @ darebee.com

Repeat 3 times in total | 1 minute rest between sets

- 10 jumping jacks
- 10 plank rotations
- 10 high knees
- 10 climbers

**Quick Start**

DAREBEE WORKOUT @ darebee.com

3 sets | 2 minutes rest between sets

- 10 jumping jacks
- 5 basic burpees (no push-up)
- 10 side leg raises
- 10 climbers
- 10 knee-to-elbow crunches
- 20 sec elbow plank hold

**RAVEN**

DAREBEE WORKOUT @ 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

**RAW POWER**

DAREBEE WORKOUT @ darebee.com

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

- 8 jump squats
- 8 push-ups rotational
- 20 punches
- 8 jump squats
- 8 push-up shoulder taps
- 20 punches
- 8 jump squats
- 8 knee crunch push ups
- 20 punches
READY, AIM, FIRE!

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

20 jumping jacks
10 burpees
20 jumping jacks
10 jump squats
20 jumping jacks
10 jumping lunges

RECALIBRATOR

DAREBEE HIIT WORKOUT © darebee.com
Level I 3 sets | Level II 5 sets | Level III 7 sets | 2 minutes rest

20sec jumping jacks
20sec burpees w/jump
20sec jumping jacks
20sec one-arm plank
20sec jumping jacks
20sec burpees w/jump
20sec jumping jacks

THE RECOMP

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

20 squats
20 push-ups
20 lunges
10 bicep curls
10 calf raises
10 bent over rows

REVENGE BODY

DAREBEE WORKOUT © darebee.com
Repeat the circuit 5 times
2 minutes rest between sets

20 jumping jacks
20 push-ups
20 jumping jacks
20 sit-ups
20 sitting twists
20 flutter kicks
playing with scissors

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

- 20 sec jumping jacks
- 20 sec sea jacks
- 20 sec jumping jacks

- 20 sec scissor chops
- 20 sec arm sea jacks
- 20 sec scissor chops

- 20 sec flutter kicks
- 20 sec scissor chops
- 20 sec flutter kicks

---

the scraper

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

- 20 squats
- 20 side kicks (left leg)
- 20 side kicks (right leg)

- 20 push-ups
- 20 jabs (left arm)
- 20 jabs (right arm)

- 20 sec elbow plank
- 20 sec side plank (left)
- 20 sec side plank (right)

---

second chance

repeat 5 times  |  2 minutes rest between sets

- 20 jumping jacks
- 20 sec plank
- 20 jumping jacks

- 20 sec raised leg plank
- 20 jumping jacks
- 20 sec balance plank

---

shaken, not stirred

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

- 20 knee strikes
- 20 elbow strikes
- 20 upward elbow strikes

- 20 high crunches
- 20 leg raises
- 20 flutter kicks
STARTER PACK
DAREBEE WORKOUT @ darebee.com
Repeat each sequence 6 times
2 minutes rest between sets

CARDIO
30 high knees
10 basic burpees w/jump
30 jumping jacks

STRENGTH
30 squats
10 push-ups
30 punches

AUGS & CORE
30 flutter kicks
10 leg raises
30 sitting twists

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

20 plank leg raises
20 shoulder taps
20 plank rotations

20 crunches
20 flutter kicks
20 sitting punches

20 bridges
20 back kicks
20 half wipers

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

5 jumping jacks
5 chest expansions
5 jumping jacks
5 chest expansions
5 jumping jacks
5 chest expansions
5 jumping jacks
5 chest expansions
5 jumping jacks
5 chest expansions
5 jumping jacks
5 chest expansions
5 jumping jacks
5 chest expansions

20 squats
20-count squat hold
20 slow climbers

20 raised leg push-ups
20-count push-up hold
20 punches

20 leg raises
20-count raised leg hold
20 sitting twists
**Sucker Punch**
DAREBEE WORKOUT @ darebee.com
5 sets | 2 minutes rest between sets

- 10 squats
- 20 punches
- 4 squat + punch
- 10 squats
- 20 punches
- 4 squat + punch
done

**Super Buzz**
DAREBEE WORKOUT @ darebee.com
3 sets | 2 minutes rest

- 10 jumping jacks
- 2 plank jacks
- 10 jumping jacks
- 2 plank jacks
- 10 jumping jacks
done

**Superhero Abs**
DAREBEE WORKOUT @ darebee.com
60 seconds rest between exercises

- 20 knee-to-elbow crunches x 4 sets
  20 seconds rest between sets
- 20 leg raises x 4 sets
  20 seconds rest between sets
- 2 minutes elbow plank hold
  repeat once
- 2 minutes side elbow plank
  one minute per side | repeat once
- 2 minutes hollow hold
  repeat once
- 10 superman stretches x 4 sets
  20 seconds rest between sets

**SUPER HIIT**
DAREBEE WORKOUT @ darebee.com

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

- 20 sec high knees
- 20 sec climbers
- 20 sec high knees
- 20 sec plank crunches
- 20 sec plank hold
- 20 sec plank crunches
- 20 sec jump squats
- 20 sec adulting jacks
- 20 sec jump squats
SUPERHUMAN
DAREBEE WORKOUT @ darebee.com
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes

40 march steps
40 climbers
80 high knees
20 shoulder taps
20 push-ups
20 burpees
40 plank crunches
40 plank leg raises
80 punches

SUPER SIZER
DAREBEE WORKOUT @ darebee.com
2 minutes rest between exercises

20 shrimp squats
20 single leg bridges
x 4 sets in total
30 seconds rest between sets

20 push-ups
to failure
x 4 sets in total
30 seconds rest between sets

20 sit-ups
20 leg raises
to failure
x 4 sets in total
30 seconds rest between sets

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

10 wide squats
10 jump squats
20 sec wide squat hold
20 wide squat hold calf raises

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

10 jumping jacks
4 side jacks
10 jumping jacks

4 plank rotations
10 jumping jacks
4 plank rotations

10 jumping jacks
4 side jacks
10 jumping jacks
SWEAT SESSION
DAREBEE WORKOUT © darebee.com
5 sets | 2 minutes rest between sets

10 jumping jacks
2 jump squats
10 jumping jacks
2 jump squats
10 jumping jacks
done

THE TAKEDOWN
DAREBEE WORKOUT © darebee.com
LEVEL I 3 sets | LEVEL II 6 sets | LEVEL III 7 sets | REST up to 2 minutes

10 side kicks
4 close grip push-ups
10 side kicks
4 staggered push-ups
10 side kicks
10 side kicks
4 raised leg push-ups

TAMSIN
DAREBEE WORKOUT © darebee.com
LEVEL I 3 sets | LEVEL II 6 sets | LEVEL III 7 sets | REST up to 2 minutes

10 jumping lunges
20 punches
10 jumping lunges
10 push-ups
20 punches
10 push-ups
10 jump squats
20 punches
10 jump squats
UPPERBODY FORGE
DAREBEE WORKOUT @ darebee.com

10 deep curls x 4 sets in total
20 seconds rest between sets
10 upright rows x 4 sets in total
20 seconds rest between sets
10 shoulder press x 4 sets in total
20 seconds rest between sets
10 bent over rows x 4 sets in total
20 seconds rest between sets

bicep curls 12, 10, 8, 6
20 seconds rest
shoulder press 12, 10, 8, 6
20 seconds rest
tricep extensions 8, 7, 6, 5, 3
20 seconds rest
bent over rows 10, 8, 6, 4
20 seconds rest
bent over raises 10, 8, 6, 4
20 seconds rest

VENI, VIDI, VICI
DAREBEE WORKOUT @ darebee.com
LEVEL I 3 sets
LEVEL II 6 sets
LEVEL III 7 sets
REST up to 2 minutes

20sec high knees 10sec climbers 20sec high knees
10sec burpees w/jump hack 20sec high knees 40sec elbow plank

5 jump squats 20 push-ups 5 jump squats
20 punches 5 jump squats 20 punches
6 jump squats 20 push-ups 6 jump squats
WILD WEST

DAREBEE WORKOUT @ darebee.com

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

- 10 jumping jacks
- 4 side-to-side jumps
- 10 jumping jacks
- 10 push-ups
- 4 plank jacks
- 10 push-ups

- 20 punches
- 10 push-ups
- 20 punches
- 10 jump squats
- 20 punches
- 10 jump squats

- 20 punches
- 10 push-ups
- 20 punches
- 20 push-ups
- 20 push-ups
- 20 push-ups

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WRECK IT!

DAREBEE WORKOUT @ darebee.com

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

- 20 punches
- 10 push-ups
- 20 punches
- 10 jump squats
- 20 punches
- 10 jump squats

- 20 punches
- 10 push-ups
- 20 punches
- 20 push-ups
- 20 push-ups
- 20 push-ups

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Zenith

DAREBEE WORKOUT @ darebee.com

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

- 20 lunges
- 10 side-to-side lunges
- 20 lunges
- 10 push-ups
- 5 plank walk-outs
- 10 push-ups

- 20 reverse lunges
- 20 squat hold punches
- 20 uppercuts
- 20 push-ups
- 4 mace extensions
- 20 punches

- 5 plank walk-outs
- 10 overhead punches
- 20 punches
- 10 leg raises
- 10 scissors
- 10-count raised leg hold

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ZEUS

DAREBEE WORKOUT @ darebee.com

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

- 20 lunges
- 10 side-to-side lunges
- 20 lunges
- 10 push-ups
- 5 plank walk-outs
- 10 push-ups

- 20 reverse lunges
- 20 squat hold punches
- 20 uppercuts
- 20 push-ups
- 4 mace extensions
- 20 punches

- 5 plank walk-outs
- 10 overhead punches
- 20 punches
- 10 leg raises
- 10 scissors
- 10-count raised leg hold