90 days of ACTION

fitness
BODYWEIGHT TRAINING
Day 1 | Circuit

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

2 minutes rest between sets

20 squats
40 punches
10 lunges
10 push-ups
10 shoulder taps
10-count plank
90 Days of ACTION

Day 2 | Cardio

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

2 minutes rest between sets

10 high knees
4 climbers
10 high knees
4 climbers
10 high knees
4 climbers
10 high knees
4 climbers
rest
Day 3 | Abs

Level I  3 sets
Level II  4 sets
Level III 5 sets

2 minutes rest between sets

10 sit-ups
10 sitting twists
10 flutter kicks
6 scissors
6 leg raises
90 Days of Action

Day 4 | Circuit

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

2 minutes rest between sets

20 side arm raises
20 raised arm circles
20-count arm hold

20 fast scissors
20 scissor chops
20-count arm hold
90 Days of Action

Day 5 | Stretching

- **Level I**: 8 reps
- **Level II**: 10 reps
- **Level III**: 12 reps

3 sets | 60 seconds rest

- Hip rotations
- Hops on the spot
- Shoulder stretch
- Hamstring stretch
- Butterfly stretch
- Side-to-side lunges
90 Days of ACTION

Day 6 | Challenge

200 side leg raises reps throughout the day

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90 Days of ACTION

Day 7 | Cardio HIIT

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

1. 20 sec high knees
2. 20 sec squats
3. 20 sec basic burpees
90 Days of ACTION

Day 8 | Abs

Level I  3 sets
Level II 4 sets
Level III 5 sets

2 minutes rest between sets

12 air bike crunches
6 long arm crunches

12 flutter kicks
6 raised leg circles
6 reverse crunches
90 Days of ACTION

Day 9 | Circuit
Level I  3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest between sets

10 jumping jacks
5 push-ups
5 plank jacks

10 jumping jacks
5 push-ups
5 plank jump-ins
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

90 Days of ACTION

Day 10 | Coordination
Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest between sets

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Day 11 | Cardio

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

2 minutes rest between sets

10 jumping jacks
2 plank jacks
10 jumping jacks
2 plank jacks
10 jumping jacks
2 plank jacks
10 jumping jacks
2 plank jacks
10 jumping jacks
2 plank jacks
rest
Day 12 | Abs

Level I  3 sets
Level II  4 sets
Level III 5 sets

2 minutes rest between sets

12 plank arm raises
12 plank leg raises
6 reverse crunches
12 flutter kicks
6 heel taps
90 Days of ACTION

Day 13 | Circuit
Level I  3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest between sets

10 push-ups
10 combos push-up + jab + cross
10 squats
20 squat hold punches
10 jump squats
90 Days of ACTION

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Day 14 | Challenge

80 basic burpees
reps throughout the day
Day 15
Tendon Strength
3 sets | 60 seconds rest

10-count hold
10 side leg raises
10 straight leg swings
10 fast kicks
10 slow kicks

Change legs after once the set is done and repeat it again. Keep your leg off the floor throughout the sequence.
90 Days of ACTION

Day 16 | Cardio HIIT

Level I  5 sets
Level II 10 sets
Level III 15 sets

60 seconds rest between sets

1. 20 sec jumping jacks
2. 10 sec plank jacks
3. 20 sec high knees
4. 10 sec climbers
90 Days of ACTION

Day 17 | Abs

- Level I: 3 sets
- Level II: 4 sets
- Level III: 5 sets

2 minutes rest between sets

16 sit-ups
16 sitting twists
16 flutter kicks
8 scissors
8 leg raises
90 Days of Action

Day 18 | Circuit

- Level I: 20 squats, 3 sets
- Level II: 20 slow climbers, 5 sets
- Level III: 20 shoulder taps, 7 sets

2 minutes rest between sets

10 push-ups
10 planks into lunges
10 cross chops
90 Days of Action

Day 19 | Endurance

- Level I: 3 sets | 10 seconds
- Level II: 5 sets | 20 seconds
- Level III: 7 sets | 30 seconds

2 minutes rest between sets

- Push-up plank
- Squat hold
- Calf raise hold
- Raised arms stand
- Side splits
- Side leg raise hold
90 Days of ACTION

Day 20 | Stretching

- Level I: 10 reps
- Level II: 16 reps
- Level III: 20 reps

3 sets | 60 seconds rest

chest expansions

bridges

superman stretch
90 Days of ACTION

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Day 21 | Abs & Core

- Level I: 3 sets
- Level II: 4 sets
- Level III: 5 sets

2 minutes rest between sets

Move 1
hold plank – 20 seconds

Move 2
10 reps alt arm/leg planks

Move 3
2 moving planks - 90°

Move 4
2 plank walk-outs

Move 5
2 plank rotations
90 Days of ACTION

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Day 22 | Cardio

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

2 minutes rest between sets

20 high knees
4 knee-to-elbow
20 high knees
4 knee-to-elbow
20 high knees
4 knee-to-elbow
20 high knees
4 knee-to-elbow
rest
Day 23 | Circuit

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

4 wide grip push-ups
4 push-ups
10 shoulder taps

10 climber taps
20 side-to-side chops
20 punches
90 Days of ACTION

Day 24  |  Cardio

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

2 minutes rest between sets

10 basic burpees
10 side-to-side jumps
10 plank jacks
10 straight leg bounds
90 Days of ACTION

Day 25
Tendon Strength
3 sets | 60 seconds rest

15-count hold
15 fast leg raises
15 high leg raises
15 move side-to-side
15 circles

Change legs after once the set is done and repeat it again. Keep your leg off the floor throughout the sequence.
90 Days of ACTION

Day 26 | Challenge

70 push-ups
reps throughout the day
90 Days of ACTION

Day 27 | Abs
Level I  3 sets
Level II 4 sets
Level III 5 sets
2 minutes rest between sets

20 sit-ups
20 sitting twists
20 flutter kicks
20-count raised leg hold
20-count plank
20-count raised leg plank
90 Days of ACTION

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Day 28 | Circuit

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

20combo squat + calf raise
10 side-to-side lunges

10combo jab + cross + push-up
20 side-to-side backfists
90 Days of ACTION

Day 29 | Cardio HIIT

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

20sec high knees  20sec climbers  20sec punches

20sec high knees  20sec basic burpees  20sec punches
90 Days of ACTION

Day 30 | Stretching

Level I  12 reps
Level II 16 reps
Level III 20 reps

3 sets | 60 seconds rest

knee rolls
bridges
stretch & hold
reverse flutter kicks
stretch & hold
Day 31 | Circuit
Level I  3 sets
Level II  5 sets
Level III  7 sets
2 minutes rest between sets

20 squats | 10 push-up + shoulder tap | 20 squats
10 walk-out + shoulder tap | 20 squats | 40 backfists
90 Days of ACTION

Day 32 | Abs

Level I  3 sets
Level II 4 sets
Level III 5 sets

2 minutes rest between sets

20 sit-ups
20 sitting twists
20 flutter kicks

6 up and down planks
90 Days of ACTION

Day 33 | Challenge

200 climbers reps throughout the day
90 Days of ACTION

Day 34 | Circuit

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

2 minutes rest between sets

20 combos: 1 squat + 2 double side kicks

10 jumping jacks

20 combos: 1 push-ups + 2 punches

10 scissor chops
90 Days of ACTION

Day 35  Five Rites

- Level I  10 reps
- Level II  16 reps
- Level III  20 reps
repeat once

- 360° turns clockwise
- 90° leg raises
- back stretches

- table stretch
- upward dog stretch
Day 36 | Circuit

- Level I: 3 sets
- Level II: 4 sets
- Level III: 5 sets

2 minutes rest between sets

5 push-ups
20 punches
5 wide grip push-ups

20 punches
5 close grip push-ups
20 punches
90 Days of ACTION
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Day 37 | Cardio HIIT

Level I  5 sets
Level II 10 sets
Level III 15 sets
60 seconds rest between sets

1. 20sec jumping jacks
2. 20sec high knees
3. 20sec basic burpees
90 Days of ACTION

Day 38 | Abs

Level I  3 sets
Level II  4 sets
Level III  5 sets

2 minutes rest between sets

20 hundreds
20 air bike crunches
20 high crunches

10 side plank rotations
10 side bridges
10 body saw
90 Days of ACTION

Day 39 | Circuit
Level I  3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest between sets

20 squats
20 squat + hook
20-count squat hold
10 push-ups
10 plank step-out + punches
10-count plank
Day 40 | Stretching

60 seconds each
30 seconds each side / leg
3 sets | 2 minutes rest

- quad stretch
- elbow stretch
- cross neck elbow stretch
- gravity toe touches
- sumo squat hold
- side splits
90 Days of ACTION

Day 41 | Circuit
Level I  3 sets
Level II  4 sets
Level III 5 sets

2 minutes rest between sets

20 squats
5 plank walk-outs
20 lunge step-ups

5 push-ups
20 calf raises
5 push-ups
90 Days of ACTION

Day 42 | Abs

Level I 20 seconds each
Level II 30 seconds each
Level III 40 seconds each
repeat once

1. knee-to-elbow crunches
2. flutter kicks
3. scissors
4. hundreds
5. reverse crunches
6. sitting twists
90 Days of ACTION

Day 43 | Challenge

400 side leg raises reps throughout the day
90 Days of ACTION

Day 44 | Cardio
Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest between sets

20 high knees
4 climbers
20 high knees
4 climbers
20 high knees
4 climbers
20 high knees
4 climbers
rest
Day 45

Tendon Strength

3 sets | 60 seconds rest

20-count hold
20 side leg raises
20 straight leg swings
20 fast kicks
20 slow kicks

Change legs after once the set is done and repeat it again. Keep your leg off the floor throughout the sequence.
90 Days of Action

Day 46 | Boxing

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

5 minute shadow boxing every 30 seconds double squat

push-ups
level I  5 reps
level II 10 reps
level III 15 reps
90 Days of ACTION

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Day 47 | Abs

- Level I: 3 sets
- Level II: 4 sets
- Level III: 5 sets

2 minutes rest between sets

30 flutter kicks  
10 scissors  
30-count raised leg hold

30-count plank hold
90 Days of ACTION

Day 48 | Cardio

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

2 minutes rest between sets

20 jumping jacks

5 plank jump-ins

5 plank jacks
90 Days of ACTION

Day 49 | Challenge

100 push-ups
going throughout the day
90 Days of ACTION

Day 50 | Stretching

30 seconds each
15 seconds each leg / arm
3 sets | 2 minutes rest

- 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
90 Days of ACTION

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Day 51 | Cardio HIIT

Level I  5 sets
Level II 10 sets
Level III 15 sets

1 minute rest between sets

1. 20sec high knees
2. 20sec side-to-side chops
3. 20sec “1-2-3” count high knees + squat
90 Days of ACTION

Day 52 | Abs & Core

Level I  3 sets  |  6 reps each
Level II  4 sets  |  8 reps each
Level III  5 sets  |  10 reps each

2 minutes rest between sets

- 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

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Day 53 | Power Circuit

Level I  3 sets
Level II 4 sets
Level III 5 sets

2 minutes rest between sets

- 4 push-ups
- 10 squats
- 4 push-ups
- 10 squats
- 4 push-ups
- 10 squats
- Rest
90 Days of ACTION

Day 54 | Skier

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

2 minutes rest between sets

10 skiers
10 skier jumps
10 skier jacks
10 skier reverse lunges
10 skier jumping lunges
90 Days of ACTION

Day 55 | Starmaster
3 min right leg clockwise
3 min left leg counterclockwise
6 minutes in total

Instructions: balance on one leg and tap with the other.
90 Days of ACTION

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Day 56 | Cardio

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

2 minutes rest between sets

40 high knees | 10 climbers
40 high knees | 10 climbers
90 Days of ACTION

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Day 57 | Abs

<table>
<thead>
<tr>
<th>Level</th>
<th>Sets</th>
<th>Reps Each</th>
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<tbody>
<tr>
<td>I</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>II</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>III</td>
<td>5</td>
<td>10</td>
</tr>
</tbody>
</table>

2 minutes rest between sets

- sit-ups
- flutter kicks
- 10-count crunch hold
- sit-ups
- flutter kicks
- 10-count raised leg hold
- sit-ups
- sitting twists
- 10-count hollow hold
90 Days of ACTION

Day 58 | Challenge

400 squats
reps throughout the day
90 Days of ACTION

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Day 59 | Circuit

- Level I: 3 sets
- Level II: 4 sets
- Level III: 5 sets

2 minutes rest between sets

10 push-ups
20 punches
10 thigh taps
10 shoulder taps
20 overhead punches
10 tricep push-ups

2 minutes rotating punches
aka speed bag punches
instead of complete rest after every set, at any speed.
90 Days of ACTION

Day 60 | Lower Back

Level I  8 reps
Level II 12 reps
Level III 16 reps

4 sets | 60 seconds rest

- bottom to heels stretch
- opposite arm/leg raises
- back extensions
- bridges
- knee rolls
90 Days of ACTION

Day 61 | Circuit

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

2 minutes rest between sets

20 squats
10 calf raises
5 push-ups

20 punches
10 calf raises
5 push-ups

20 lunges
10 calf raises
5 push-ups

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90 Days of ACTION

Day 62 | Cardio

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

2 minutes rest between sets

10 jumping jacks
6 plank jacks
10 jumping jacks
6 plank jacks
10 jumping jacks
6 plank jacks
10 jumping jacks
6 plank jacks
rest
90 Days of ACTION

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Day 63 | Abs
Level I  3 sets
Level II  4 sets
Level III  5 sets
2 minutes rest between sets

20 sit-up punches
20 sitting punches
20 flutter kicks
20 scissors
20-count raised leg hold
90 Days of ACTION

Day 64 | Endurance
Level I  3 sets
Level II 4 sets
Level III 5 sets

20 seconds each
60 seconds rest between sets

- wall sit
- plank
- elbow plank
- V-sit
- raised legs
- superman
Day 65 | Energizer

Level I  10 reps
Level II 16 reps
Level III 20 reps

3 sets | 60 seconds rest

- Arm raises
- Chest expansions
- Half jacks
- Side bends
- Forward bends
90 Days of ACTION

Day 66 | Challenge

500 side leg raises reps throughout the day

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90 Days of ACTION

Day 67 | Circuit

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

2 minutes rest between sets

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
90 Days of ACTION

Day 68 | Abs & Core
Level I  30 seconds each
Level II 40 seconds each
Level III 60 seconds each
repeat once

- full plank
- elbow plank
- raised leg plank 1/2 - each leg
- side plank 1/2 - each side
- full plank
- elbow plank
90 Days of ACTION

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Day 69 | Cardio HIIT

- Level I: 3 sets
- Level II: 4 sets
- Level III: 5 sets

2 minutes rest between sets

20sec high knees
20sec punches
20sec plank + jab + cross

20sec high knees
20sec punches
20sec plank jack + jab + cross
90 Days of ACTION

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Day 70
Tendon Strength
3 sets | 60 seconds rest

30-count hold
30 side leg raises
30 straight leg swings

30 fast kicks
30 slow kicks

Change legs after once the set is done and repeat it again. Keep your leg off the floor throughout the sequence.
90 Days of ACTION

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Day 71 | Cardio
Level I  3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest between sets

5 jumping jacks
5-count rest
10 jumping jacks
5-count rest
20 jumping jacks
5-count rest
30 jumping jacks
5-count rest
10 jumping jacks
5-count rest
5 jumping jacks
rest
90 Days of ACTION

Day 72 | Circuit

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

2 minutes rest between sets

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 with rotations
90 Days of ACTION

Day 73 | Abs

Level I  3 sets | 20 reps each
Level II 4 sets | 22 reps each
Level III 5 sets | 24 reps each

2 minutes rest between sets

- crunches
- leg raises
- sitting twists
- heel taps
- hundreds
- air bike crunches
90 Days of ACTION

Day 74 | Cardio

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

2 minutes rest between sets

10 half jacks
40 high knees
4 plank leg raises

10 half jacks
40 high knees
4 climbers

10 half jacks
90 Days of ACTION

Day 75 | Stretching

- Level I  20 seconds each
- Level II 30 seconds each
- Level III 40 seconds each

3 sets | 60 seconds rest

- quad stretch
- cross neck elbow stretch
- gravity toe stretch
- knees to chest hold
- bow fold hold
- groin stretch
90 Days of ACTION

Day 76 | Circuit

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

2 minutes rest between sets

- 20 lunges
- 10 jumping lunges
- 20 side lunges
- 10 push-ups
- 10 thigh taps
- 10-count plank
- 20 squats
- 10-count squat hold
- 20 jump squats
90 Days of ACTION

Day 77 | Abs

Level I  3 sets
Level II  4 sets
Level III 5 sets

2 minutes rest between sets

20 leg raises
10 raised leg circles
20 scissors

20 flutter kicks
10 long arm crunches
10 knee crunches
90 Days of ACTION

Day 78 | Cardio

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

40 high knees
jump to the left
40 high knees
jump to the right
40 high knees
jump to the left
40 high knees
jump to the right
40 high knees
jump to the left
40 high knees
jump to the right
Day 79 | Power Circuit

Level I  3 sets
Level II 4 sets
Level III 5 sets

2 minutes rest between sets

5 wide grip push-ups
5 push-ups
10 shoulder taps
10 climber taps
20 side-to-side chops
20 punches
10 up and down plank
90 Days of ACTION

Day 80 | Stretching

- Level I: 20 seconds each
- Level II: 30 seconds each
- Level III: 40 seconds each

4 sets | 60 seconds rest

- Raised knee hold
- Side kick hold
- Quad stretch hold
- Deep lunge hold
- Calf raise hold
- Shoulders back hold
- Deep side lunge hold
- Side splits
- Chest squeeze

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Day 81 | Cardio

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

2 minutes rest between sets

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!)
90 Days of ACTION

Day 82 | Striker

Level I  3 sets  | 10 reps each
Level II  5 sets  | 16 reps each
Level III 7 sets  | 20 reps each

2 minutes rest between sets

- bounces
- bounce & squat
- bounce & jab + cross
- bounces
- bounce & squat
- bounce & hook
- bounces
- bounce & squat
- bounce & uppercut
90 Days of ACTION

Day 83 | Abs

- **Level I**: 3 sets | 20 reps each
- **Level II**: 4 sets | 30 reps each
- **Level III**: 5 sets | 40 reps each

2 minutes rest between sets

- Flutter kicks
- Long arm crunches
- Sitting twists
- Side bridges
- Body saw
- Plank arm raises
90 Days of ACTION

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Day 84 | Cardio HIIT

**Level I**  
3 sets

**Level II**  
5 sets

**Level III**  
7 sets

2 minutes rest between sets

- 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
90 Days of Action

Day 85 | Stretching

- **Level I**: 30 seconds each
- **Level II**: 40 seconds each
- **Level III**: 60 seconds each
- 3 sets | 60 seconds rest

- Side kick hold
- Front kick hold
- Raised knee hold
- Arm grip stretch hold
- Overhead arm lock hold
- Bent over balance hold
- Bent hold
- Deep lunge hold
- Deep lunge hold (toes up)
90 Days of ACTION

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Day 86 | Power Circuit

Level I  3 sets  |  2 reps each
Level II 5 sets  |  3 reps each
Level III 7 sets  |  4 reps each

2 minutes rest between sets

- tricep push-ups
- push-ups
- wide grip push-ups
- raised leg push-ups
- staggered push-ups
- stacked push-ups
90 Days of ACTION

Day 87 | Cardio

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

2 minutes rest between sets

20 high knees
10 plank jacks
20 high knees

10 climbers
20 high knees
10 plank walk-outs

20 high knees
10 plank jump-ins
20 high knees
90 Days of ACTION

Day 88 | Abs

- Level I: 3 sets
- Level II: 4 sets
- Level III: 5 sets

2 minutes rest between sets

20 flutter kicks
20 air bike crunches
20 reverse crunches
20 sit-ups
20 knee-to-elbow crunches
20 sitting twists
10 leg raises
10-count raised leg hold
10 raised leg circles
90 Days of ACTION

Day 89 | Cardio HIIT

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

2 minutes rest between sets

20 sec high knees
20 sec side kicks
20 sec punches

20 sec high knees
20 sec climbers
20 sec punches

20 sec high knees
20 sec basic burpees
20 sec punches
90 Days of Action

Day 90 | Power Circuit

Level I  3 sets
Level II  4 sets
Level III  5 sets

2 minutes rest between sets

5 push-ups
20 squats
5 push-ups
20 squats
5 push-ups
20 squats
5 push-ups
20 squats
rest
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