

total

**BODY**

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## Day 1: Build

60 seconds rest  
between exercises



**14** reverse lunges  
**5 sets in total**  
30 seconds rest



**14** split lunges  
**5 sets in total**  
30 seconds rest



**14** side-to-side lunges  
**5 sets in total**  
30 seconds rest



**24** shoulder taps  
**5 sets in total**  
30 seconds rest



**24** plank leg raises  
**5 sets in total**  
30 seconds rest

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## Day 2: Abs & Core

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

2 minute rest between sets



**10** knee-in & twist



**10** sit-ups



**10** reverse crunches



**10** back extensions

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## Day 3: Cardio Burn

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minute rest between sets



**10** jumping jacks



**10** toe tap hops



**10** jumping jacks



**10** hops on the spot



**10** jumping jacks



**10** side-to-side hops

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## Day 4: Tendons

Repeat or hold each exercise for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.



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## Day 5: Build

60 seconds rest  
between exercises



**14** squats  
**5 sets in total**  
30 seconds rest



**14** calf raises  
**5 sets in total**  
30 seconds rest



**14** plank rotations  
**5 sets in total**  
30 seconds rest



**14** plank arm raises  
**5 sets in total**  
30 seconds rest



**14** thigh taps  
**5 sets in total**  
30 seconds rest

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## Day 6: Cardio HIIT

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minute rest between sets



**30sec** high knees



**30sec** butt kicks



**30sec** high knees



**30sec** march steps



**30sec** high knees



**30sec** split jacks

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## Day 7: Yoga

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.

1



2



3



4



5



6





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## Day 8: Build

60 seconds rest  
between exercises



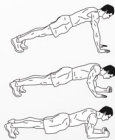
**14** split lunges  
**5 sets in total**  
30 seconds rest

**14** lunge step-ups  
**5 sets in total**  
30 seconds rest

**14** cossack squats  
**5 sets in total**  
30 seconds rest



**24** shoulder taps  
**5 sets in total**  
30 seconds rest



**8** up & down planks  
**5 sets in total**  
30 seconds rest

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## Day 9: Abs & Core

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

2 minute rest between sets



**10** flutter kicks



**10** circles



**10** deadbug



**10** back extensions

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## Day 10: Cardio Burn

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minute rest between sets



**10** jumping jacks



**10** knee-to-elbow



**10** jumping jacks



**10** hops on the spot



**10** seal jacks



**10** side-to-side hops

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## Day 11: Tendons

Repeat or hold each exercise for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.

1



2



3



4



5



6



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Day 12: Build

60 seconds rest  
between exercises



**24** bridges  
**5 sets in total**  
30 seconds rest



**24** get-ups  
**5 sets in total**  
30 seconds rest



**14** reverse angels  
**5 sets in total**  
30 seconds rest



**14** prone reverse fly  
**5 sets in total**  
30 seconds rest



**14** W-extensions  
**5 sets in total**  
30 seconds rest

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Day 13: Cardio HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minute rest between sets



**30sec** split jacks



**30sec** high knees



**30sec** split jacks



**30sec** butt kicks



**30sec** split jacks



**30sec** butt kicks

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## Day 14: Yoga

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.



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Day 15: Build

60 seconds rest  
between exercises



**16** reverse lunges  
**5 sets in total**  
30 seconds rest



**16** side-to-side lunges  
**5 sets in total**  
30 seconds rest



**16** forward lunges  
**5 sets in total**  
30 seconds rest



**24** shoulder taps  
**5 sets in total**  
30 seconds rest



**24** plank rotations  
**5 sets in total**  
30 seconds rest



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## Day 16: Abs & Core

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

2 minute rest between sets



**12** high crunches



**12** sitting twists



**12** crunch kicks



**12** leg raises

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## Day 17: Cardio Burn

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minute rest between sets



**12** toe tap hops



**12** jumping jacks



**12** toe tap hops



**12** jumping jacks



**12** hops on the spot



**12** jumping jacks

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## Day 18: Tendons

Repeat or hold each exercise for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.

1



2



3



4



5



6



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Day 19: Build

60 seconds rest  
between exercises



**16** squats  
**5 sets in total**  
30 seconds rest



**16** calf raises  
**5 sets in total**  
30 seconds rest



**28** shoulder taps  
**5 sets in total**  
30 seconds rest



**16** plank arm raises  
**5 sets in total**  
30 seconds rest



**16** thigh taps  
**5 sets in total**  
30 seconds rest

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## Day 20: Cardio HIIT

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minute rest between sets



**30sec** high knees



**30sec** straight leg bounds



**30sec** high knees



**30sec** butt kicks



**30sec** high knees



**30sec** butt kicks

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## Day 21: Yoga

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.



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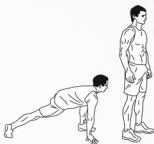
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## Day 22: Build

60 seconds rest  
between exercises



**28** cossack squats  
**5 sets in total**  
30 seconds rest



**28** reverse deep lunges  
**5 sets in total**  
30 seconds rest



**28** shoulder taps  
**5 sets in total**  
30 seconds rest



**28** slow climber taps  
**5 sets in total**  
30 seconds rest

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## Day 23: Abs & Core

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

2 minute rest between sets



**12** knee-to-elbow



**12** heel taps



**12** scissors



**12** windshield wipers



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## Day 24: Cardio Burn

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minute rest between sets



**14** jumping jacks



**14** knee-to-elbow



**14** jumping jacks



**14** seal jacks



**14** jumping jacks



**14** seal jacks

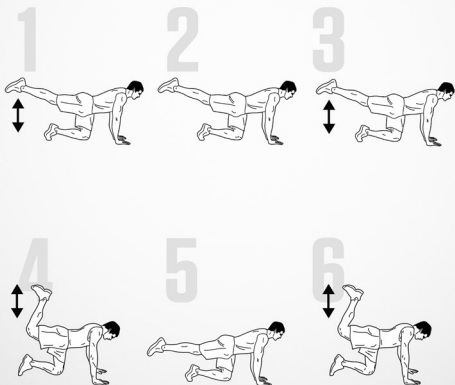
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## Day 25: Tendons

Repeat or hold each exercise for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.



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## Day 26: Build

60 seconds rest  
between exercises



**28** bridges

**5 sets in total**

**30 seconds rest**



**28** side bridges

**5 sets in total**

**30 seconds rest**



**16** reverse angels

**5 sets in total**

**30 seconds rest**



**16** prone reverse fly

**5 sets in total**

**30 seconds rest**



**16** W-extensions

**5 sets in total**

**30 seconds rest**

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## Day 27: Cardio HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minute rest between sets



**30sec** high knees



**30sec** butt kicks



**30sec** high knees



**30sec** split jacks



**30sec** straight leg bounds



**30sec** split jacks

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## Day 28: Yoga

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.

1



2



3



4



5



6



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Day 29: Build

60 seconds rest  
between exercises



**18** split lunges  
**5 sets in total**  
30 seconds rest



**18** lunge step-ups  
**5 sets in total**  
30 seconds rest



**18** side-to-side lunges  
**5 sets in total**  
30 seconds rest



**26** shoulder taps  
**5 sets in total**  
30 seconds rest



**26** plank rotations  
**5 sets in total**  
30 seconds rest



**26** plank leg raises  
**5 sets in total**  
30 seconds rest

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## Day 30: Abs & Core

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

2 minute rest between sets



**14** leg raises



**14** flutter kicks



**14** raised legs circles



**10-count** hollow hold