

# ARCHITECT

## DAREBEE WORKOUT

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

2 minutes rest  
between sets

### SET 3

**1min** high knees  
**1min** elbow plank  
**1min** high knees  
**1min** elbow plank  
**1min** high knees



### SET 1

**1min** high knees  
**1min** sit-ups  
**1min** high knees  
**1min** sit-ups  
**1min** high knees



### SET 2

**1min** side kicks (left)  
**1min** side kicks (right)  
**1min** punches  
**1min** push-ups  
**1min** punches



### SET 4

**1min** side kicks (left)  
**1min** side kicks (right)  
**1min** sit-ups  
**1min** side kicks  
**1min** sit-ups

### SET 5

**2min** high knees  
**1min** push-ups  
**1min** elbow plank  
**1min** punches