

DAY 1

Ring of Fire

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 knee-tucks



20 high knees



2 basic burpees



20 high knees



2 basic burpees



20 high knees



2 jump knee-tucks



20 high knees

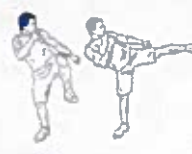
THE RIVAL

DAREBEE WORKOUT darebee.com

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



20 bounces



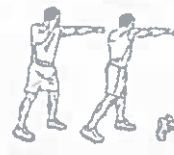
20 side kicks



20 squat • side kick



20 bounces



20 punches (jab • cross)



20 push-up • jab • cross



20 bounces



20 hooks



20 squat • hook

W^{ROGUE} WARRIOR

DAREBEE WORKOUT darebee.com

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



10 jumping lunges



4 side-to-side lunges



10 jumping lunges



10 push-ups



40 punches



10 push-ups



10sec elbow plank



40sec side elbow plank



10sec elbow plank

RYU

DAREBEE WORKOUT darebee.com

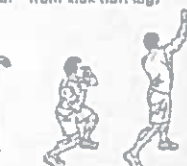
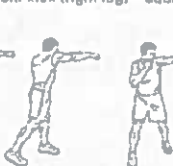
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20combos front kick (right leg) • squat • front kick (left leg)



20combos jab • jab • cross • hook • uppercut



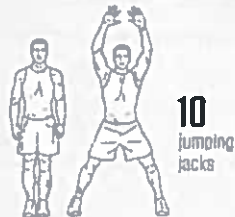
20combos low side kick • mid height side kick • reverse hook kick



DAY 2

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

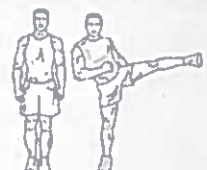
DAREBEE WORKOUT darebee.com
3 sets 2 minutes rest between sets



10 jumping jacks



5 basic burpees (no push-up)



10 side leg raises



10 climbers



10 knee-to-elbow crunches



20sec 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



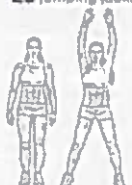
20 jumping jacks



4 climbers



10 hop heel clicks



20 jumping jacks



4 plank jump-ins



10 hop heel clicks



20 jumping jacks



4 shoulder taps

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 w/rotations



20 punches



8 jump squats



8 push-up shoulder taps



20 punches



8 jump squats



8 knee crunch push-ups



20 punches

DAY 3

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

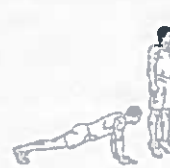
RECALIBRATOR

DAREBEE **HIT** WORKOUT @ darebee.com

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



20sec jumping jacks



20sec b/ burpees w/jump



20sec jumping jacks



20sec one-arm plank



20sec jumping jacks



20sec one-arm plank



20sec jumping jacks



20sec b/ 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

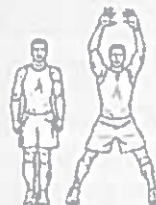


10 bent over rows

REVENGE BODY

DAREBEE WORKOUT @ darebee.com

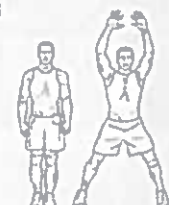
Repeat the circuit 5 times
2 minutes rest between sets



20 jumping jacks



20 push-ups



20 jumping jacks



20 sit-ups



20 sitting twists



20 flutter kicks

DAY 4

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 alt arm / leg raises



10 climbers



6 back kicks



10 climbers



6 leg swings



10 climbers



6 knee-to-elbow extensions



10 climbers

the Purge

HIT WORKOUT

BY DAREBEE

darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



20sec high knees



20sec b/burpees w/jump



20sec high knees



20sec shoulder taps



20sec punches



20sec shoulder taps



20sec high knees



20sec b/burpees w/jump



20sec high knees

THE PULSE

DAREBEE WORKOUT darebee.com



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



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



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



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



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



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

PUSH & PULL

DAREBEE WORKOUT

darebee.com

3 sets | 2 minutes rest



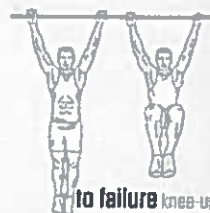
10 stacked push-ups



to failure pull-ups



10 side crunch push-ups



to failure knee-ups



10 raised leg push-ups



to failure chin-ups

DAY 5

1000

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



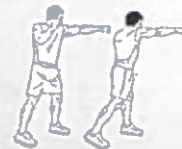
5 push-ups



20 shoulder taps



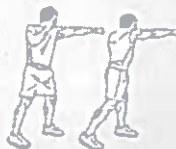
5 push-ups



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 siting twists



20 flutter kicks



20 knee-to-elbow crunches

ab builder

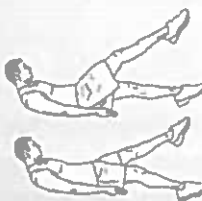
DAREBEE WORKOUT darebee.com



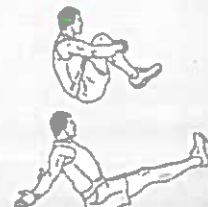
20 crunches x 3 sets
20 seconds rest between sets



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

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



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

GUT BUSTER

DAREBEE WORKOUT

darebee.com

5 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)

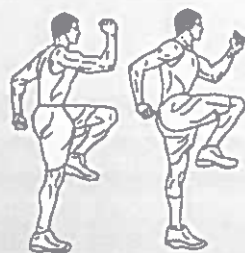
20 high knees

10 march steps (walk)

20 high knees

10 march steps (walk)

done



Hades

DAREBEE **HIT** WORKOUT darebee.com

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



20sec push-ups



40sec punches



20sec upper cuts



20sec push-ups



40sec punches



20sec hooks



20sec push-ups



40sec punches



20sec speed bag punches

DAY 7

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



40 punches
4 sets
20 seconds rest
between sets



2 minutes elbow plank



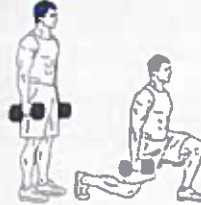
2 minutes side elbow plank
60 seconds per side

GLUTES

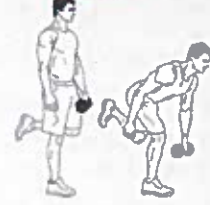
WORKOUT BY darebee.com

2 minutes rest between exercises

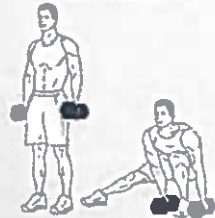
SCULPT



forward lunges
12, 10, 8, 6 (both legs)
30 seconds rest



single leg deadlifts
12, 10, 8, 6 (both legs)
30 seconds rest



deep side lunges
12, 10, 8, 6 (both legs)
30 seconds rest



goblet squats
10, 8, 6, 4
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



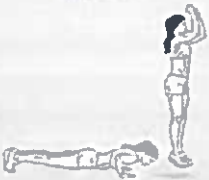
10 burpees



30 climbers



30 high knees



10 burpees

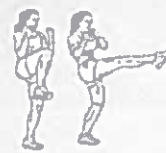


30 high knees

GODKILLER

DAREBEE WORKOUT darebee.com

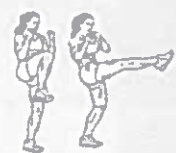
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 front kicks



20 high knees



20 front kicks



5 push-ups



20 high knees



5 push-ups



20 punches



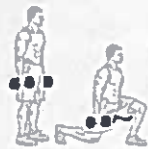
20 high knees



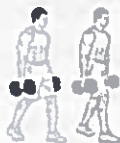
20 punches

THE GAINER

DAREBEE WORKOUT  darebee.com
2 minutes rest between exercises



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



10 steps farmer's walk
x 3 sets in total
20 seconds rest
between sets



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



10 Arnold's press
x 3 sets in total
20 seconds rest
between sets



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



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

Game Changer

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



15sec basic burpees



30sec high knees



15sec basic burpees



15sec push-ups



30sec high knees



15sec push-ups



15sec punches



30sec high knees



15sec punches

GERONIMO!

DAREBEE WORKOUT  darebee.com

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



20 high knees



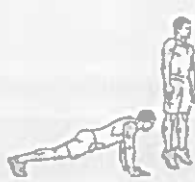
10 jumping lunges



20 high knees



20 jumping jacks



10 basic burpees w/ jump



20 jumping jacks

GLADIATOR

GLADIUS EDITION

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



20 inner cross cuts



20 outward cross cuts



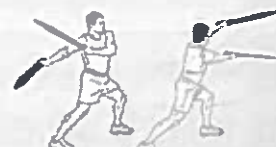
20 combo block & horizontal cuts



20 combo block & forward cut



20 double forward thrusts



20 full double horizontal cuts

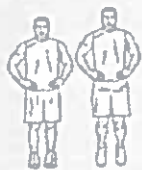
DAY 9

the floor is

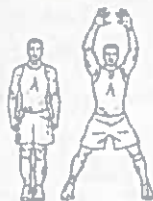
LAVA

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



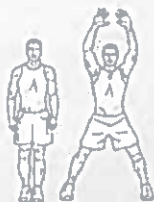
20 half jacks



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



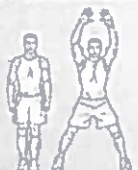
20sec jumping jacks



20sec plank



20sec raised leg plank



20sec jumping jacks



20sec squats



20sec jump squats

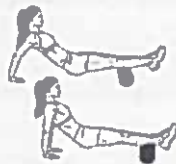
FOAM ROLLER

RECOVERY WORKOUT by DAREBEE darebee.com

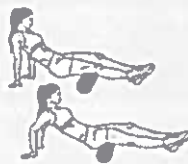
Repeat each one 10 times



glutes



calves



hamstrings



lower back



thighs



quads

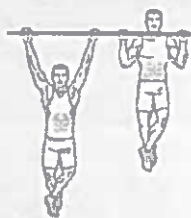
FRONT LEVER PREP

attempt when ready



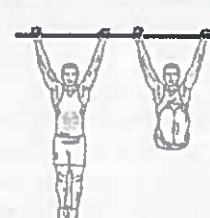
DAREBEE WORKOUT

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
60sec 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 EMPRESS

DAREBEE WORKOUT darebee.com
LEVEL I 3 sets LEVEL II 5 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

THE EXECUTIONER

DAREBEE WORKOUT darebee.com
LEVEL I 3 sets LEVEL II 5 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

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.



deep lunge with twist



downward dog



upward dog



cat pose



cow pose



pigeon pose

EXTREME BURN

3 combos



10sec high knees



10sec push-ups

3 combos



10sec basic burpees



10sec push-ups

3 combos



10sec jumping lunges



10sec push-ups

Fat-Fryer

DAREBEE WORKOUT @ darebee.com

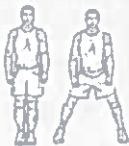
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 half jacks



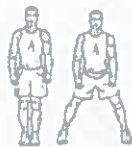
4 jump squats



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



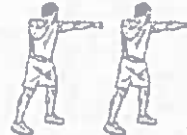
20 side kicks



20 combos backflist + 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 backflists



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



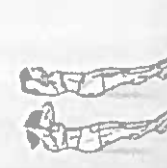
40 plank leg raises



40 high knees



20 knee-to-elbow crunches



40 raised leg crunches

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

Muay Thai

the Clinch

DAREBEE WORKOUT darebee.com

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



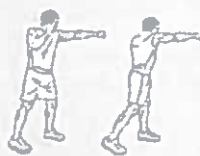
20 lunge step-ups



20 push-ups



20 jab-cross



20 combos jab-cross • upward elbow strike • elbow strike • knee strike



20 knee-to-elbows



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



10 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

DAY 13

concrete core

DAREBEE WORKOUT  darebee.com

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

REST up to 2 minutes



20 raised leg circles



20 knee-to-elbows



20 side leg lifts



10 sit-up wheats



10 dead bug



10 windshield wipers

core builder

DAREBEE WORKOUT  darebee.com

Switch sides on the fly, halfway through the exercise.



20sec elbow plank



40sec raised leg plank



40sec side plank



20sec raised leg hold



20sec leg raises



20sec slow kicks



20sec raised leg circles



20sec side-to-side tilts



40sec side leg raises

Core Burn

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 elbow plank



20sec high knees



20sec side plank (left)



20sec basic burpees



20sec side plank (right)



20sec high knees



20sec elbow plank



20sec high knees

CORE CRUSHER

DAREBEE WORKOUT  darebee.com

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

REST up to 2 minutes



20 plank side crunches



20 body saw



20 side bridges



20 knee-to-elbow crunches



20 half wipers



20 side jackknives

DAY 14

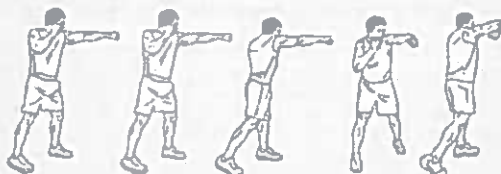
CHALLENGER

DAREBEE WORKOUT @ darebee.com

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



20combos shoulder taps (left + right) + push-ups



20combos jab + jab + cross + hook (left) + hook (right)



20combos double side kick + front kick + step back + turning kick

CHEST & BACK

DAREBEE WORKOUT

@ darebee.com

60 seconds rest between exercises



push-ups
12/10/8/6 reps
30 seconds rest between sets



renegade rows
6/5/4/3 reps per arm
30 seconds rest between sets



chest press
12/10/8/6 reps
30 seconds rest between sets



reverse angels
12/10/8/6 reps
30 seconds rest between sets



W-extensions
12/10/8/6 reps
30 seconds rest between sets



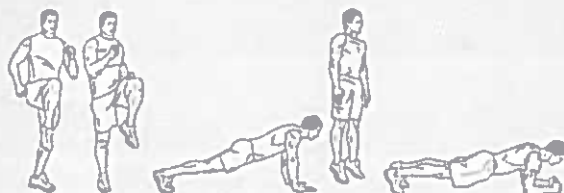
back extensions
12/10/8/6 reps
30 seconds rest between sets

CHISEL

EXPRESS

DAREBEE HIIT WORKOUT @ darebee.com

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



20sec high knees

10sec basic burpees

20sec high knees

10sec basic burpees

20sec high knees

10sec basic burpees

30sec elbow plank

done

THE CLASH

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 side kick + backlist



20 backlists



20 knee strikes



20 knee strike + elbow strike



20 upward elbow strikes



20 squats



20 squat + hook



20 hooks

DAY 15

BURN MODE

HIT 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



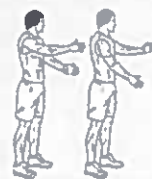
30sec side plank

BURN OFF

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



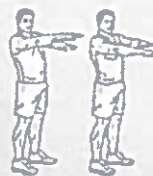
30 high knees



30 scissor chops



30 high knees



30 arm scissors



30 high knees



30 raised arm circles

Burn Zone

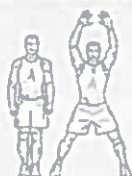
DAREBEE **HIT** WORKOUT darebee.com
Level I 3 sets Level II 5 sets Level III 7 sets 2 minutes rest



30sec jumping jacks



10sec push-ups



30sec jumping jacks



10sec burpees w/tuck



30sec jumping jacks



10sec push-ups



30sec elbow plank

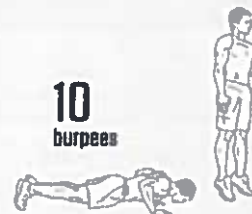
Busy Day

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

30
high knees



10
burpees



30
high knees



30sec
elbow plank



DAY 16

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
30 seconds rest between sets



10 back extensions x 5 sets in total
30 seconds rest between sets



10 combos roll out + push-up x 5 sets in total
30 seconds rest between sets

abs fold

DAREBEE WORKOUT darebee.com

Repeat 3 times | 2 minutes rest between sets



20sec hold
raised leg hold
just off the floor



20sec hold
bring your knees in
and hold



20sec hold
extend your legs
at 45 degrees and hold



20sec folds
fold in & out
as fast as you can



20sec leg raises
do leg raises
keep legs off the floor



20sec 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 bridges



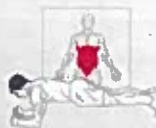
20 leg raises



20 flutter kicks



20sec hollow hold



20sec elbow plank



20sec raised leg plank



20sec side plank