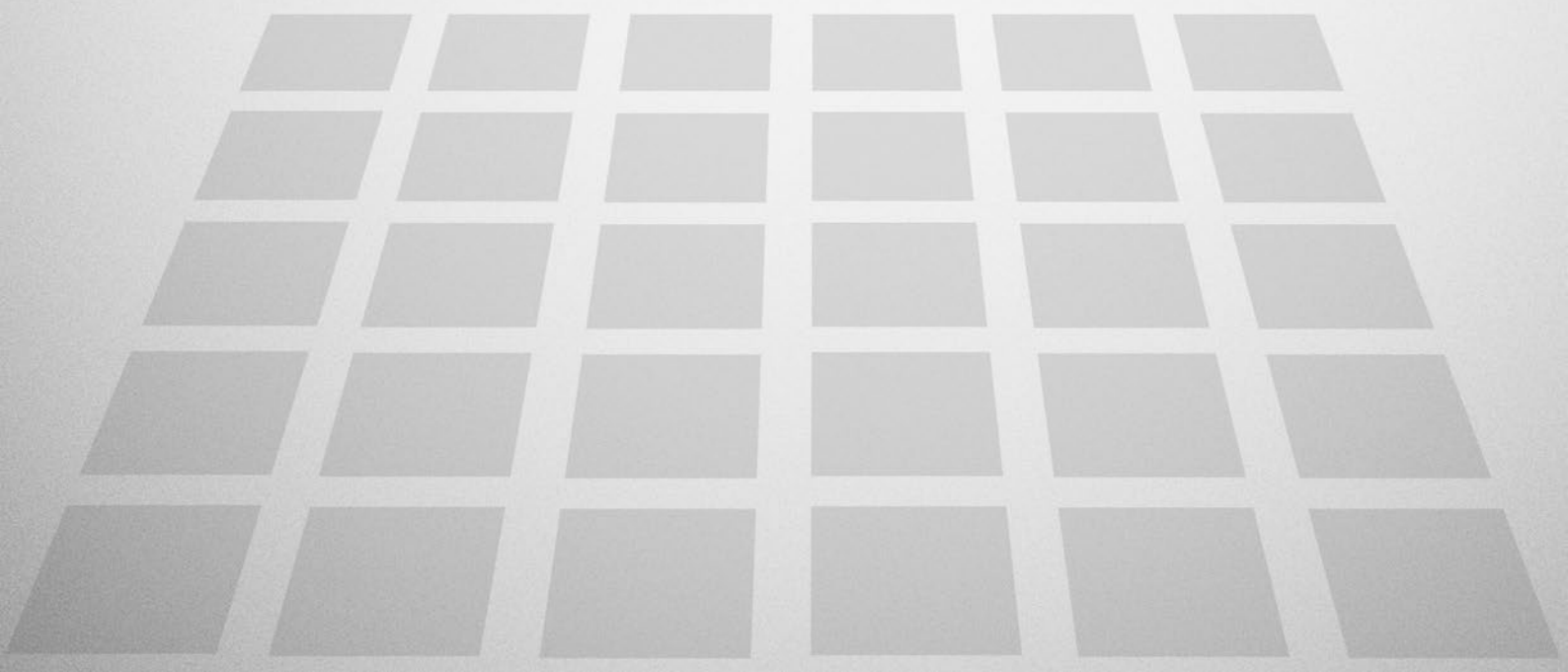


WORKOUT CARDS

© darebee.com



one & one

DAREBEE WORKOUT © darebee.com

1 minute each exercise | 1 minute rest between each



2-minute abs

DAREBEE WORKOUT © darebee.com

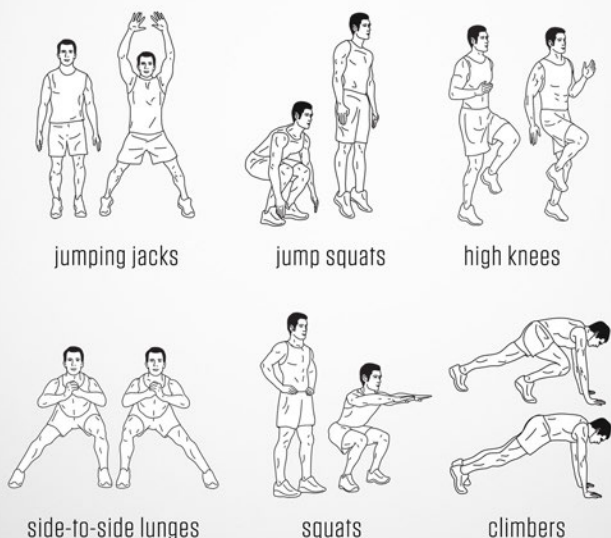
20 seconds each exercise | no rest between exercises



2-minute WORKOUT

DAREBEE © darebee.com

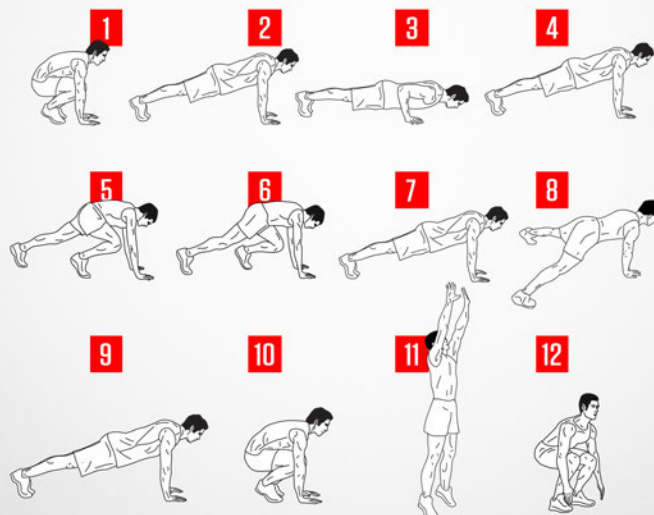
20 seconds each exercise | no rest between exercises



12-count burpee

DAREBEE WORKOUT © darebee.com

LEVEL I 20 reps LEVEL II 40 reps LEVEL III 60 reps



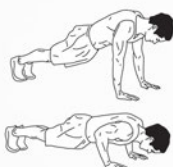
JACK BAUER

DAREBEE WORKOUT © darebee.com

**YOU HAVE 24HRS
TO COMPLETE YOUR MISSION**



HIGH KNEES
120



PUSH-UPS
60



CLIMBERS
120



SIT-UPS
60



SITTING TWISTS
120



SQUATS
120

180° action

DAREBEE WORKOUT © darebee.com

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



40 high knees

floor tap

40 high knees

floor tap

40 high knees

floor tap

40 high knees

floor tap

40 high knees

floor tap

rest

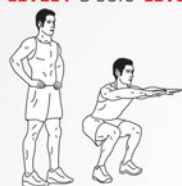


change direction after every floor tap
hop up and reverse at 180° facing the other way

300

DAREBEE WORKOUT © darebee.com

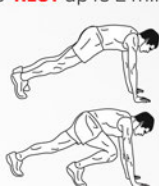
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



5 jump knee tucks



20 slow climbers



10 push-ups



20sec elbow plank



20 lunges



10 sit-ups



10 leg raises



10 windshield wipers

1000 POINTS

DAREBEE WORKOUT © darebee.com

throughout the day workout **each rep = 1 point**



squats



half jacks



jump knee tucks



plank jump-ins



push-ups



crunches

ab crunch

DAREBEE WORKOUT @ darebee.com

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



20 crunches



10 cross crunches



10 long arm crunches



20 air bike crunches



10 knee crunches



10 reverse crunches

abs of steel

DAREBEE WORKOUT @ darebee.com

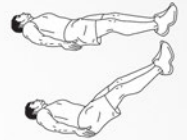
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 sit-ups



12 flutter kicks



10 leg raises



10 air bike crunches



10 knee crunches



10 leg pull-ins



10 plank arm raises



30sec elbow plank



10 body saw

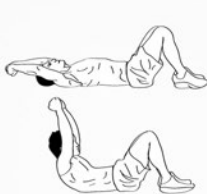
abs on fire

DAREBEE WORKOUT @ darebee.com

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



10 windshield wipers



12 long arm crunches



10 reverse crunches



12 knee-to-elbow crunches



10 modified V-sits



12 heel taps

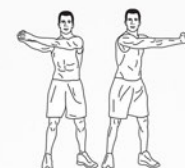
ADVENTURE TIME

DAREBEE WORKOUT @ darebee.com

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



10 sprinter lunges



20 side-to-side chops



10 squats



20 overhead punches



20 high knees



10 jump squats



20 climbers



10 plank side crunches



10 inch worms

I aim to misbehave

DAREBEE WORKOUT @ darebee.com

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



20 steps duck walk



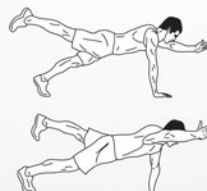
10 donkey kicks



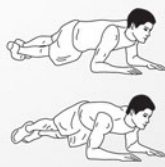
10 frog hops



10 inchworms



10 alt arm/leg raises



10 plank rolls

AIRBORNE

DAREBEE WORKOUT @ darebee.com

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

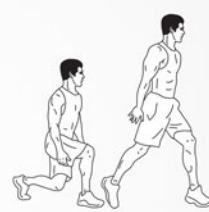
The floor is lava.



20 high knees



10 jump squats



10 jumping lunges



5 power push-ups



20 half jacks



20 butt kicks

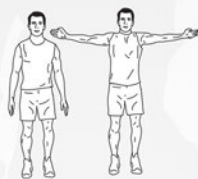
ALTAIR

DAREBEE WORKOUT @ darebee.com

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



to failure pull-ups



20 arm raises



5 tricep push-ups



30sec elbow plank



20 plank arm raises



20 side plank rotations



20 knee-to-elbow crunches



10 leg raises



10 windshield wipers

AMAZON

DAREBEE WORKOUT @ darebee.com

10 sets or as many as you can do **rest between sets** up to 2 minutes



10 jump squats



10 jumping lunges



10 hop heel clicks



6 push-ups



4 close grip push-ups



40 punches



20sec elbow plank



20sec raised leg plank



20sec side plank

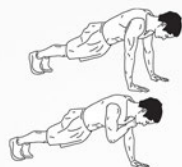
AQUAMAN

DAREBEE WORKOUT @ darebee.com

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



10 squats



10 shoulder taps



30sec elbow plank



10 leg raises



10 windshield wipers



10 get-ups



10 diver push-ups

ARCHER

DAREBEE WORKOUT @ darebee.com

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



40 jumping jacks



20 floor taps



20 plank punches



20 plank leg raises



10 alligator drag



10 backward pike drag



10 sit-ups



10 sitting twists



40 flutter kicks

armor abs

DAREBEE WORKOUT @ darebee.com

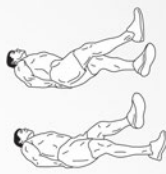
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 leg raises



10 raised leg circles



10 scissors



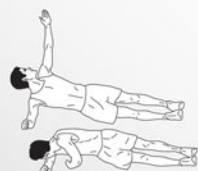
20 flutter kicks



5 long arm crunches



5 knee crunches



10 side plank rotations



10 side bridges



10 plank arm raises

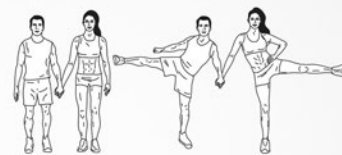
ARMY OF TWO

DAREBEE WORKOUT @ darebee.com

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



40 back-to-back punches



40 hand holding side leg raises



10 plank high fives



10 elbow plank high fives



10 sit-ups



10 back-to-back sitting twists

ARROW

DAREBEE WORKOUT @ darebee.com

10 sets or as many as you can do
up to 2 minutes rest between sets



20 box jumps



to failure tricep push-ups



20 leg raises



20 squats



to failure shoulder taps



20 sitting twists



20 lunges



to failure pull-ups



20 sit-ups

ASSASSIN'S WORKOUT

DAREBEE WORKOUT @ darebee.com

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



40 jumping Ts



10 box jumps



40 high knees



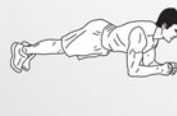
30sec wall-sit



10 push-ups



10 floor tap



30sec elbow plank



20 climbers



10 plank jump-ins

AVATAR

DAREBEE WORKOUT @ darebee.com

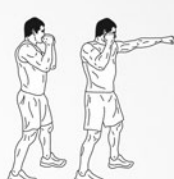
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



20 turning kicks



10 jump knee-tucks



20 punches



20 elbow strikes



10 squat front snap kicks



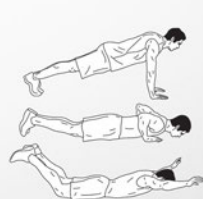
20 raised arm circles



10 chest squeezes



10 jumping jacks



10 diver push-ups

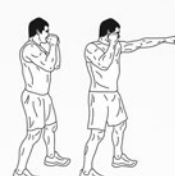
AVENGER

DAREBEE WORKOUT @ darebee.com

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



20 squats



40 punches



20 flow steps



10 push-ups



20 shoulder taps



20 slow climbers



10 flutter kicks



10 sit-up punches



10 side planks rotations

back in action

DAREBEE WORKOUT © darebee.com

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



10 back turns



10 chest expansions



10 shoulder stretch



to failure shoulder presses



10 back rotations

BACKUP

DAREBEE WORKOUT © darebee.com

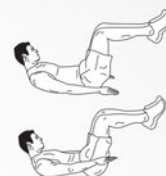
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



6 groin stretches



6 bridges



12 hundreds



12 reverse flutter kicks



6 lower back curls



6 side planks



6 plank leg raises



6 plank arm raises



6 body saw

YOU HAD ME AT bacon

DAREBEE WORKOUT © darebee.com

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



20 high knees



20 jumping jacks



20 knee-to-elbows



40 side leg raises



10 jump knee tucks



10 reverse lunge kicks

& HURRY UP BAG IT

DAREBEE WORKOUT © darebee.com

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



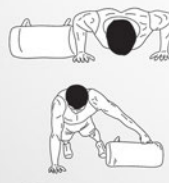
12 bag throws



12 squats



12 lifts



12 push-up & drag



24 shoulder clean



24 lunges

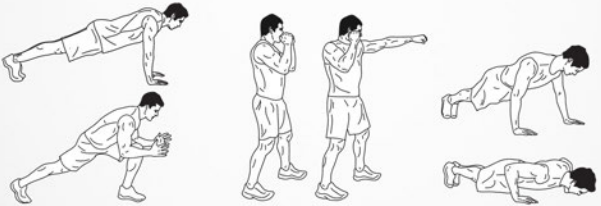
BANSHEE

DAREBEE WORKOUT @ darebee.com

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



10 combos push-up + climber toe tap (both feet)



10 plank into lunges 40 punches 10 wide grip push-ups



5 up and down planks

BATMAN

10 sets
or as many as
you can do

WORKOUT

@ darebee.com
rest between sets
up to 2 minutes



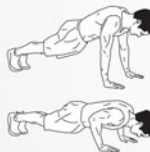
20 squats



40 punches



10 jumping lunges



10 push-ups



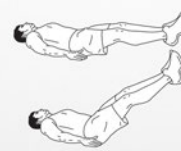
20 shoulder taps



20 slow climbers



10 sit-up punches



10 leg raises



10 sitting twists

BATGIRL

10 sets
or as many as
you can do

WORKOUT

@ darebee.com
rest between sets
up to 2 minutes



10 jumping lunges



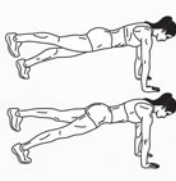
40 punches



20 high knees



10 squat front kicks



10 plank leg raises



10 climbers



10 sit-up punches



10 reverse crunches



10 knee-to-elbow crunches

BATMAN

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

[Bane edition]

DAREBEE
WORKOUT
@ darebee.com



10 heel taps



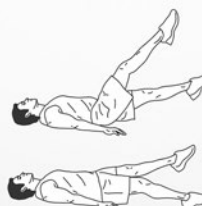
10 raised leg circles



12 scissors



10 knee pull-ins



20 flutter kicks



10 reverse crunches

HOLD MY BEER

DAREBEE
WORKOUT
© darebee.com

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



10 half jack squats



10-count squat hold



10 basic burpees



10-count plank hold



10 flutter kicks



10-count raised legs hold



BERSEK

DAREBEE WORKOUT © darebee.com

100 reps in total each exercise | split into manageable sets
Level I throughout the day **Level II** repeat once **Level III** twice in one day



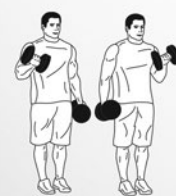
push-ups



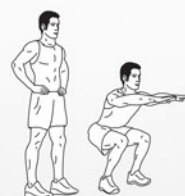
shoulder taps



sit-ups



bicep curls



squats



lunges

BLACK Canary

DAREBEE
WORKOUT
© darebee.com

10 sets or as many
as you can do
up to 2 minutes rest
between sets



10 combos double punch + push-up



20 combos double punch + turning kick + duck



20 combos double punch + backfist + front snap kick



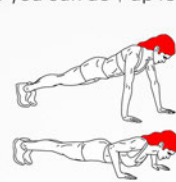
BLACK WIDOW

DAREBEE WORKOUT © darebee.com

10 sets or as many as you can do | up to 2 min rest between sets



60 punches



10 push-ups



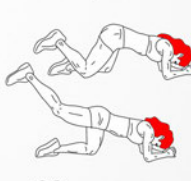
20 squats



10 plank jump-ins



20 climbers



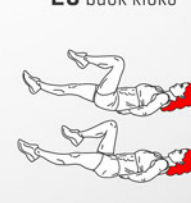
20 back kicks



20 triangle crunches



20 bridge taps



20 air bike crunches

BLADE RUNNER

DAREBEE WORKOUT @ darebee.com

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



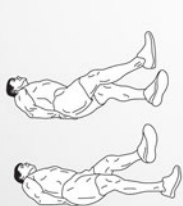
60 high knees



20 calf raises



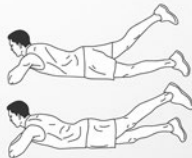
10 jump knee tucks



20 scissors



10 flutter kicks



10 reverse flutter kicks

BLASTER

DAREBEE **HIT** WORKOUT @ darebee.com

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



20sec jumping jacks



10sec side leg raises



20sec high knees



10sec climbers

bookmark

DAREBEE WORKOUT @ darebee.com

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



1. 20 groiners
step forward - pick book up,
step back; step forward
- place book back

2. 10 plank side walk
over 5 books + push up
one trip - one rep



3. 20 infinite book unders
pass the book under your
legs while doing sprinters



4. 10 plank book passes
move the stack of books
from side to side one at a time
minimum 10 books in a stack



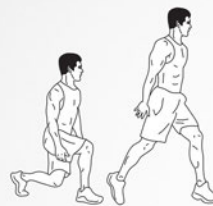
5. 10 squats
hold the book
in front
of you



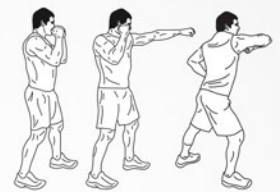
BOURNE

DAREBEE WORKOUT @ darebee.com

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



20 jumping lunges



20 combos double punch + elbow strike



10 combos plank jump-in + shoulder taps



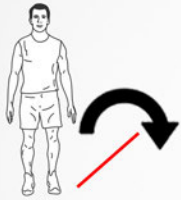
10 combos reverse crunch + push-up

BORDERLINE

DAREBEE WORKOUT @ darebee.com

draw a line on the floor 20 seconds each exercise | no rest

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



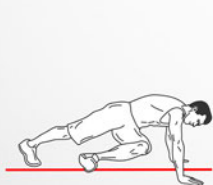
side-to-side
over the line jumps



hop and turn
over the line



double hop, squat and
turning jump



over the line
cross climbers



hop and heel
click over the line



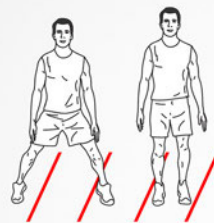
knee to elbow
over the line

BORDERLINE 2.0

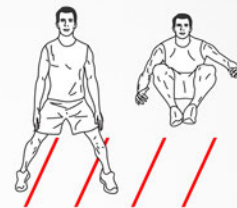
DAREBEE WORKOUT @ darebee.com

draw two lines shoulder length apart 20 seconds each exercise | no rest

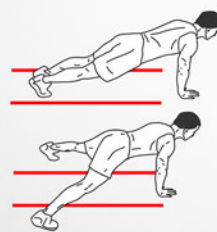
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



half jacks
jump-inside the lines



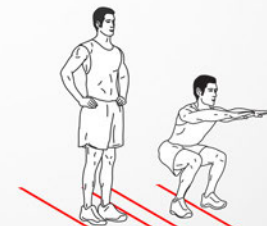
high jumps
with heel click in the air



plank half jacks
jump inside the lines



knee to elbow
across the lines

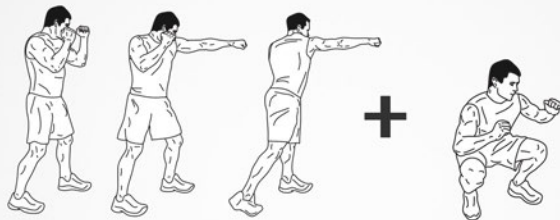


over the line
side-to-side squats

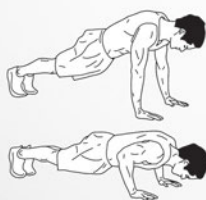
BOXER

5 SETS

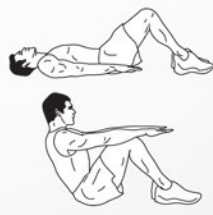
DAREBEE WORKOUT @ darebee.com
up to 2 minutes rest between rounds



5 minute shadow boxing every 30 seconds double squat



push-ups
level I 5 reps
level II 10 reps
level III 15 reps

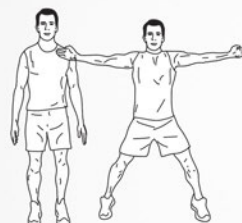


sit-ups
level I 10 reps
level II 20 reps
level III 30 reps

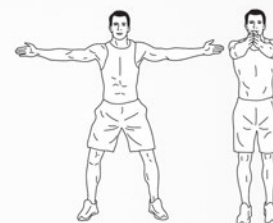
COME AT ME BRO

DAREBEE WORKOUT @ darebee.com

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



40 jumping Ts



40 seal jumps



20 steps duck walk



20 sit-ups



20 sitting twists

Bruce Lee **abs**

DAREBEE WORKOUT @ darebee.com

3 sets up to 2 minutes rest between sets

LEVEL I 10 reps **LEVEL II** 20 reps **LEVEL III** 30 reps **BRUCE LEE** 40 reps



crunches



leg raises



sitting twists



heel taps



air bike crunches



hundreds

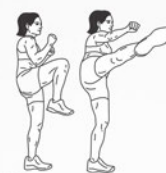
Buffy

DAREBEE WORKOUT @ darebee.com

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



20 high knees



20 turning kicks



20 side leg raises



40 punches



20 lunge punches



40 backfists



10 crunch kicks



10 bridges

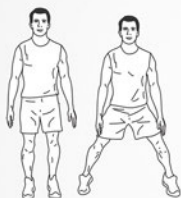


10 sit-up punches

THE **CAKE** IS A LIE

DAREBEE WORKOUT @ darebee.com

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



40 half jacks



20 squats



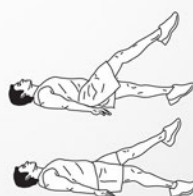
40 climbers



20 sit-ups



20 sitting twists



40 flutter kicks

cardio **Hop** Workout

Repeat 3 times | up to 2min rest between sets

DAREBEE WORKOUT @ darebee.com



10 hop on the spot



10 wide leg hops



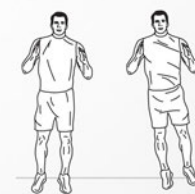
10 half jack hops



10 toe tap hops



10 side-to-side
single leg jumps



10 side-to-side hops

IN COLLABORATION WITH **NHS** choices

cardio **rock**

DAREBEE WORKOUT @ darebee.com

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



20 kneeling skiers



10 plank with lateral thrusts



20 half squat skiers



10 wide leg plank with lateral thrusts



20 reverse lunge skiers

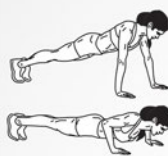


10 side plank thrusts

CATWOMAN

DAREBEE WORKOUT @ darebee.com

10 sets or as many as you can do | up to 2 min rest between sets



10 push-ups



20 punches



10 donkey kicks



10 clamshells



10 side planks rotations



10 bridges



10 toe taps



10 sit-ups



10 sitting twists

code of **abs**

DAREBEE WORKOUT @ darebee.com

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



10 sit-ups



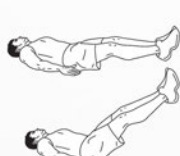
10 reverse crunches



10 sitting twists



8 scissors



8 leg raises



20 flutter kicks



30sec plank



30sec elbow plank



8 body saw

CODEX

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes
hands never off the ground



10 plank leg raises



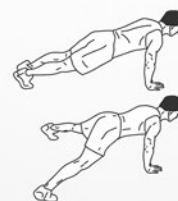
10 push-ups



30sec plank



10 climbers



20 plank jacks



20 plank jump-ins

CONAN

DAREBEE WORKOUT @ darebee.com

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



20 split squats



to failure push-ups



20sec elbow plank



40sec raised leg plank



20sec wide leg plank



to failure pull-ups



to failure chin-ups



20 punches

CONFESSOR

DAREBEE **HIT** WORKOUT @ darebee.com

Level I 3 rounds Level II 6 rounds Level III 9 rounds
20 seconds each | 90 seconds rest between rounds



high knees



side leg raises



lunge step-ups



half jacks



floor taps



plank into lunges

COWBOY

DAREBEE WORKOUT ★★★★★ @ darebee.com

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



30 jumping jacks



5 jump knee tucks



10 lunges



20 climbers



10 planks with rotations



30sec elbow plank



10 basic burpees

CROSSFIRE

DAREBEE **HIT** WORKOUT @ darebee.com

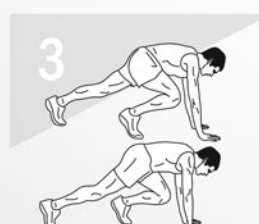
Level I 5 rounds Level II 10 rounds Level III 15 rounds
1 minute rest between rounds



20sec climbers



10sec high knees



10sec climbers



20sec high knees

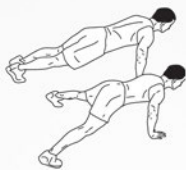
daily burn

DAREBEE WORKOUT @ darebee.com

3 sets | up to 2 minutes rest between sets



10 half jacks



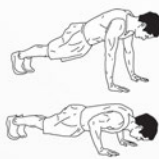
8 plank jacks



8 plank arm raises



10 reverse lunges



6 push-ups



10 squats



16 climbers



8 plank jump-ins



30sec plank

daily workout

DAREBEE WORKOUT @ darebee.com

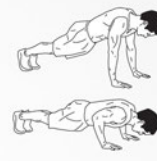
3 sets | up to 2 minutes rest between sets



10 jumping jacks



5 squats



5 push-ups



10 climbers



10 plank jump-ins



10 high knees



5 knee pull-ins



10 cross crunches



10 leg raises



DAUNTLESS

DAREBEE WORKOUT @ darebee.com

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

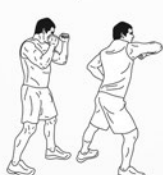
REST up to 2 minutes



10 burpees



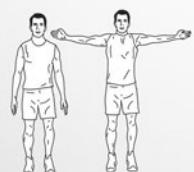
10 squat + front snap kicks



20 elbow strikes



5 jump knee tucks



20 arm raises



10 high knees



10 lunge step-ups

DEATHSTROKE

DAREBEE WORKOUT @ darebee.com

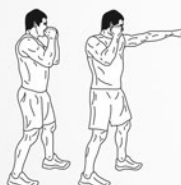
10 sets or as many as you can do | up to 2 min rest between sets



to failure pull-ups



10 split lunges



40 punches



20 knee strikes



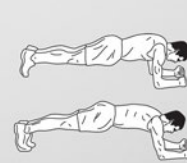
20 turning kicks



10 push-ups



10 raised leg push-ups

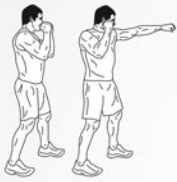


10 body saw

DEXTER

DAREBEE WORKOUT @ darebee.com

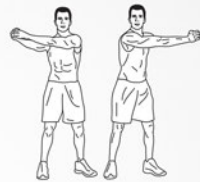
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



40 punches



20 cross chops



20 side-to-side chops



10 lunges



10 climber taps



10 push-ups



10 elbow strike sit-ups



10 reverse crunches



20 flutter kicks

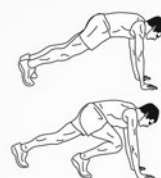
IT'S A GOOD DAY TO DIE HARD

DAREBEE WORKOUT @ darebee.com

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



20 squats



60 slow climbers



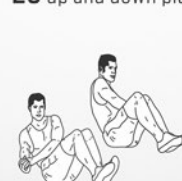
20 planks with rotations



20 up and down planks



20 hundreds



20 sitting twists



20 high crunches

Diesel

DAREBEE WORKOUT @ darebee.com

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



to failure pull-ups



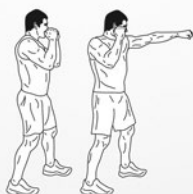
20 squats



20 lunges



10 cross body push-up



40 punches



20 knee-to-elbow crunches

DRAGONBORN

DAREBEE WORKOUT @ darebee.com

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



20 squats



20 slow climbers



20 shoulder taps



10 tricep extensions



10 planks into lunges



20 cross chops



10 sit-ups



10 leg raises



20 flutter kicks

dynamic pyramid

DAREBEE WORKOUT
© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST BETWEEN SETS
up to 2 minutes

50
jacks

40
high
knees

40

30
climbers

30

20
squats

20

10
plank jump-ins

10

X ELIMINATOR

DAREBEE WORKOUT © darebee.com

5 sets – after every set take the last exercise off the following set

rest between sets up to 45 seconds

1



20 side leg raises

2



20 squats

3



20 climbers

4



20 lunges

5



10 plank arm raises

6



40 high knees



ENERGIZER

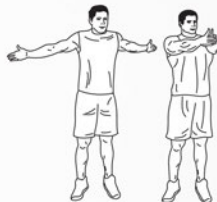
ENERGY BOOSTING WORKOUT © darebee.com

12 reps each exercise

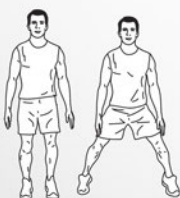
repeat once whenever your energy levels are low



arm raises



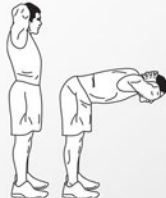
chest expansions



half jacks



side bends



forward bends

EPIC

DAREBEE WORKOUT © darebee.com

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



20 squats
20 knee-to-elbow crunches



10 push-ups
10 knee-to-elbow crunches



20 squats
20 knee-to-elbow crunches



10 push-ups
10 knee-to-elbow crunches



20 squats
20 knee-to-elbow crunches

10 push-ups
10 knee-to-elbow crunches

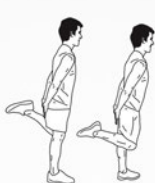
EXPENDABLE

DAREBEE WORKOUT © darebee.com

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



20 jumping Ts



20 butt kicks



20 floor taps



20 lunges



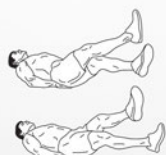
20 donkey kicks



20 shoulder taps



10 lowering drills



10 scissors



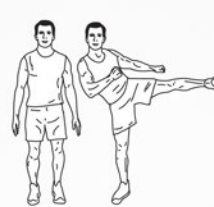
10 side scissors

EXPRESS

DAREBEE WORKOUT © darebee.com



20 lunges



20 side leg raises



20 floor taps



20 cross climber taps



20 donkey kicks



20sec elbow plank

Fast & Furious

DAREBEE WORKOUT © darebee.com

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



20 jumping jacks



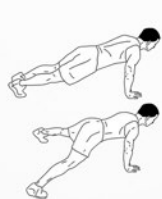
10 jump squats



40 high knees



10 jumping lunges



10 plank jacks



10 plank leg raises



10 basic burpees



pre-workout
30min
run

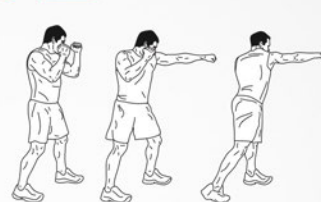
FIGHT CLUB

5 sets
up to 2 minutes
rest between sets

DAREBEE WORKOUT
© darebee.com



to failure pull-ups



100 punches



10 wide grip push-ups



6 raised leg push-ups



60 speed bag punches



20 sit-ups



20 knee-to-elbow crunches



20 reverse crunches

FIGHTER'S STRETCHING

20 SECONDS EACH @ darebee.com



shoulder stretch #1



shoulder stretch #2



shoulder stretch #3



side-to-side lunges



side splits



forward bends



hamstring stretch #1



hamstring stretch #2



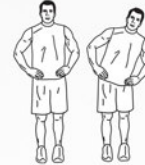
butterfly stretch

FIGHTER'S WARMUP

10 REPS EACH @ darebee.com



neck rotations



side bends



mid back turns



chest expansions



wide arm circles



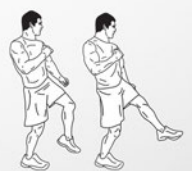
raised arm circles



side leg raises



hip rotations



light low front snap kicks

FIREFIGHTER

DAREBEE WORKOUT @ darebee.com

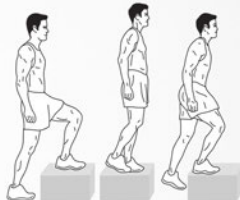
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jumping jack



10 wide grip push-ups



20 box step-ups



20 box jumps



20 box lifts



40 high knees

FIVE MINUTE PLANK

DAREBEE WORKOUT @ darebee.com



60sec full plank



30sec elbow plank



60sec raised leg plank
30 seconds - each leg



60sec side plank
30 seconds - each side



30sec full plank



60sec elbow plank

THE FLASH

DAREBEE WORKOUT © darebee.com

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



40 fast high knees



20 squats



20 climbers



40 fast high knees



10 push-ups



20 plank leg raises



40 fast high knees



20 flutter kicks

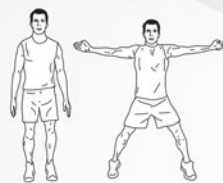


20 scissors

FOOTBALLER

DAREBEE WORKOUT © darebee.com

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



20 jumping Ts



10 split squats



10 body saw



20 side planks



10 supermen



10sec star plank



20sec elbow plank



10 push-ups

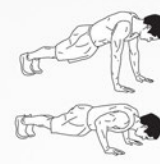
FREMEN

DAREBEE WORKOUT © darebee.com

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



10 squats



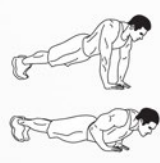
5 push-ups



10 shoulder taps



10 squats



5 close grip push-ups



10 plank arm raises



10 squats



5 wide grip push-ups

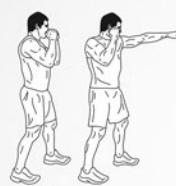


10 planks with rotations

FULL METAL

DAREBEE WORKOUT © darebee.com

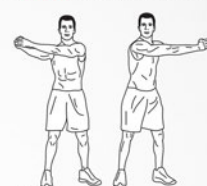
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 punches



10 chest squeezes



20 side-to-side chops



20 squats



20 plank leg raises



4 raised leg push-ups



10 air bike crunches



10 sitting twists

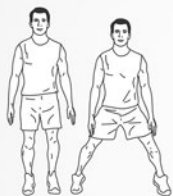


10 long arm crunches

GAMER



DAREBEE WORKOUT @ darebee.com
every respawn, construction or cinematic trailer



20 half jacks



10 squats



10 plank jump-ins



20 climbers



10 lunges



10 flutter kicks

G.I. JANE

DAREBEE WORKOUT @ darebee.com

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



20 high knees (sprint)



10 lunges



10 reverse lunges



to failure push-ups



5 upward dogs



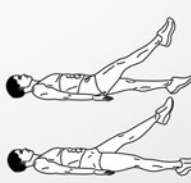
5 army crawl



10 sit-ups



10 reverse crunches



20 flutter kicks

GLADIATOR

DAREBEE WORKOUT @ darebee.com

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



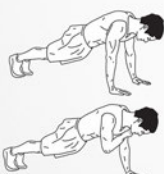
40 lunges



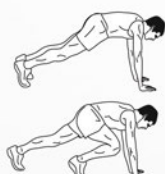
20 jumping lunges



20 squats



20 shoulder taps



40 slow climbers



10 push-ups



10 up & down planks

WHAT'S YOUR CODE?

GODMODE

Y, A, Y, A, X, X, B, X, B, X, Y, Y, A, A, B, X

DAREBEE
WORKOUT
@ darebee.com

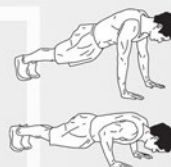


Y
high
knees

LEVEL I 10 REPS
LEVEL II 20 REPS
LEVEL III 30 REPS



X
squats



B
push-ups



A
climbers

Gravity

DAREBEE WORKOUT @ darebee.com

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



4 push-ups



4 wide grip



2 close grip



4 push-ups



4 shoulder taps



2 staggered



4 push-ups



4 raised leg



2 stacked feet

GRIMM

DAREBEE WORKOUT @ darebee.com

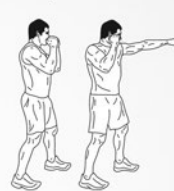
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



40 squats



40 cross chops



40 punches



40 leg raises



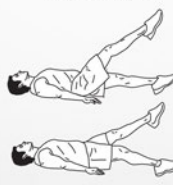
10 push-ups



10 lunges



10 hundreds



40 flutter kicks



10 knee-to-elbow crunches

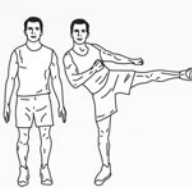
GUARDIAN

DAREBEE WORKOUT @ darebee.com

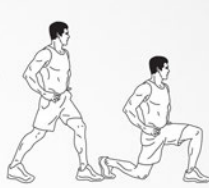
10 sets or as many as you can do rest between sets up to 2 minutes



10 one legged squats



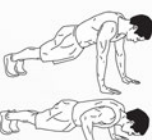
20 side leg raises



10 split lunges



5 close grip push-ups



10 push-ups



10-count elbow plank



10 sit-ups



10 butt-ups



10 tables

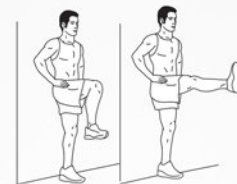
GUARDSMAN

DAREBEE WORKOUT @ darebee.com

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



20 half squats



20 slow front kicks



20 calf raises



to failure push-ups



20 side plank raises



40 flutter kicks



20 lowering drills



10 single leg bridges

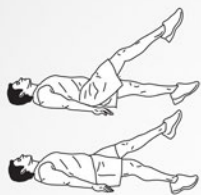


10 raised leg circles

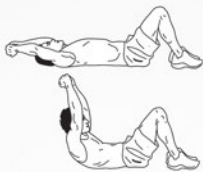
HARD CORE

DAREBEE WORKOUT © darebee.com

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



20 flutter kicks



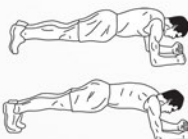
12 long arm crunches



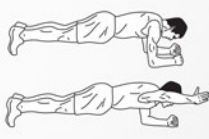
14 sitting twists



10 side bridges



10 body saw



20 plank arm raises



10 push-up into lunges

HERCULES

DAREBEE WORKOUT © darebee.com

3 sets up to 2 minutes rest between sets

LEVEL I 10 seconds LEVEL II 20 seconds LEVEL III 30 seconds each



wall sit



plank



plank push-up



static V



static raised legs



superman

HIGHLANDER

DAREBEE WORKOUT © darebee.com

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



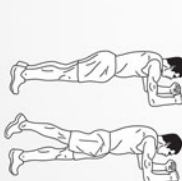
10 jump knee-tucks



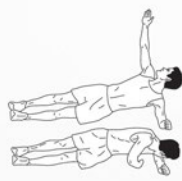
10 wide grip push-ups



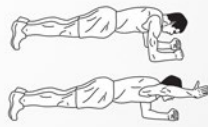
10 plank into lunges



20 plank leg raises



20 side plank rotations



10 plank arm raises



10 up & down planks

hitter

DAREBEE **HIT** WORKOUT © darebee.com

Level I 5 rounds Level II 10 rounds Level III 15 rounds

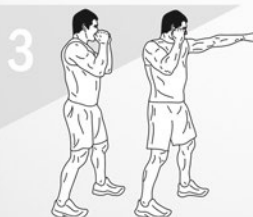
1 minute rest between rounds



20sec turning kicks



10sec cross climber taps



20sec fast punches



10sec side leg raises

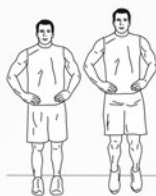
HOPPER

DAREBEE WORKOUT @ darebee.com

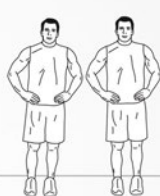
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes
20 seconds each exercise | no rest between exercises



hop on one leg



hop on both legs



hop from side to side on both legs



double hop & squat



hop from side to side on one leg



hop back & forward on both legs

HUNGERGAMES

TRIBUTE WORKOUT @ darebee.com

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



10 plank jacks



10 plank leg raises



10 plank jump-ins



10 climbers



5 jump knee tucks



10 lunges



5 push-ups



10 knee-to-elbows



10 half jacks



10 leg raises



10 squats



10 high knees

inFAMOUS

DAREBEE WORKOUT @ darebee.com

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



20 fly steps



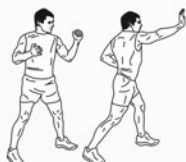
20 climbers



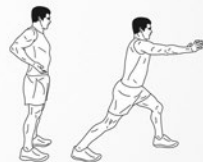
10 bear crawl



to failure push-ups



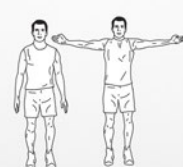
60 palm strikes



20 lunge push strikes



10 jumping Ts



20 arm raises



20 raised arm circles

INNER WARRIOR

DAREBEE WORKOUT @ darebee.com

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



1. warrior I



2. warrior II



3. lunge



4. lunge with twist



5. pigeon pose



6. downward dog



7. bow pose



8. child pose



9. reclining hero

ITHILIEN RANGER

DAREBEE WORKOUT @ darebee.com

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



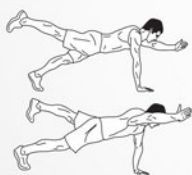
40 high knees



20 climbers



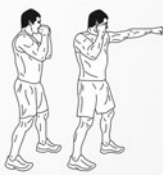
10 wide grip push-ups



10 alt arm/leg raises



20 squats



40 punches



10 sit-ups



10 air bike crunches



20 sitting twists

JACKS

DAREBEE WORKOUT @ darebee.com

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

LEVEL I 10 reps LEVEL II 20 reps LEVEL III 24 reps each



jumping jacks



cross-jacks



high knee jacks



split jacks



squat jacks



plank jumping jack

JEDI

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

REST up to 2 minutes



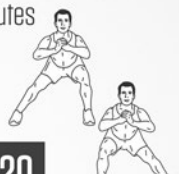
10

high jumps



20

cross chops



20

side-to-side lunges



40 sec

one leg stand



20

plank leg raises



20

elbow plank twists



10

planks with rotations



20 sec

plank



20

knee-to-elbow crunches

Joker



DAREBEE WORKOUT @ darebee.com

10 sets or as many as you can do | up to 2 min rest between sets



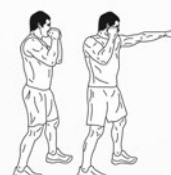
20 side-to-side hops



10 speed skater slides



20 high knees



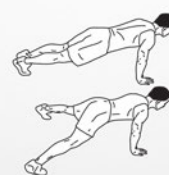
20 punches



20 rotating jacks



10 plank jump-ins



10 plank jacks

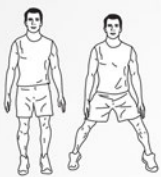


10 climbers

JURASSIC

DAREBEE WORKOUT @ darebee.com

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



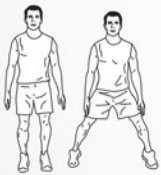
10 half jacks



60 high knees



6 plank leg raises



10 half jacks



60 high knees



6 climbers



10 half jacks



60 high knees



6 plank jacks

KICKER



DAREBEE WORKOUT @ darebee.com

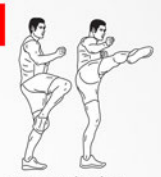
1 minute each | 1 minute rest between exercises



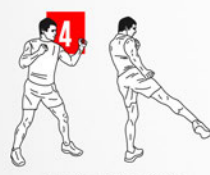
side kicks



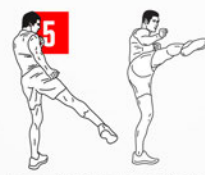
low + high side kicks



turning kicks



low turning kicks



low + high turning kicks



double turning kicks



front snap kicks



hook kicks



drop back kicks

knee workout

KNEE STRENGTH AND RECOVERY @ darebee.com

Repeat 3 times | up to 2 minute rest between sets



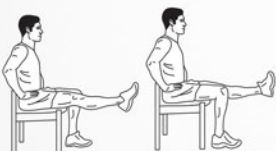
10 wall half squats



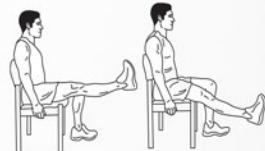
10 wide single leg squats



15sec cross leg side tilts



10 leg raises



20 raised leg swings



15sec hamstring stretch



10 split squats

KORRA

DAREBEE WORKOUT @ darebee.com

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



20 high knees



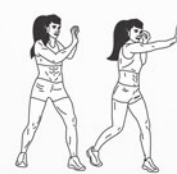
10 jumping lunges



10 lunge push strikes



20 squat side kicks



20 palm strikes



10 heel click jumps



20 climbers



10 plank jacks



10 push-ups

IN COLLABORATION WITH **NHS** choices

KRATOS

DAREBEE WORKOUT © darebee.com

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



LANNISTER

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

DAREBEE
WORKOUT
© darebee.com



LARACROFT

DAREBEE WORKOUT © darebee.com

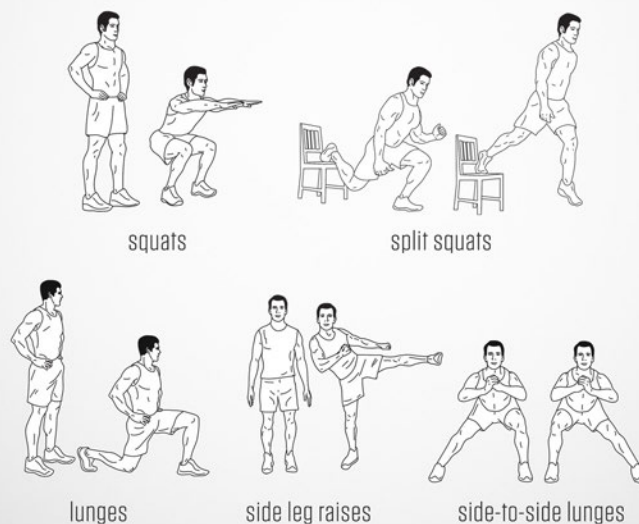
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



LEG DAY

DAREBEE WORKOUT © darebee.com

5 sets | up to 2 minutes rest between sets
LEVEL I 10 reps LEVEL II 20 reps LEVEL III 30 reps each



LINK

DAREBEE WORKOUT
© darebee.com

— LIFE —



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



20 lunges



10 wide grip push-ups



4 tricep push-ups



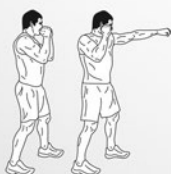
20 squats



10 sit-ups



20 sitting twists



40 punches



40 flutter kicks



10 get-ups

LOOP

DAREBEE WORKOUT © darebee.com

set the timer for **10 minutes** repeat the circuit until the time is up

LEVEL I 10 reps **LEVEL II** 20 reps **LEVEL III** 24 reps each



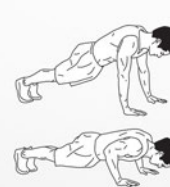
lunges



squats



climbers



push-ups



knee-to-elbow crunches

LOST GIRL

DAREBEE WORKOUT © darebee.com

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



40 half jacks



40 side leg raises



40 kick backs



10 hop heel clicks



10 knee strikes



10 lunge step-ups



10 sit-outs



10 toe taps



10 bridge taps

lower back

DAREBEE WORKOUT © darebee.com

Repeat 3 times | up to 2 minute rest between sets
Helps reduce lower back pain, tension and soreness



10 bottom to heels stretch



10 opposite arm / leg raises



10 back extensions



10 bridges



10 knee rolls

IN COLLABORATION WITH **NHS** choices

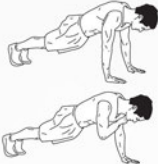
MAD MAX

DAREBEE WORKOUT @ darebee.com

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



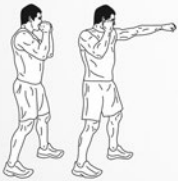
10 push-ups



10 shoulder taps



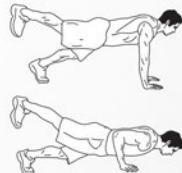
10 staggered push-ups



80 punches



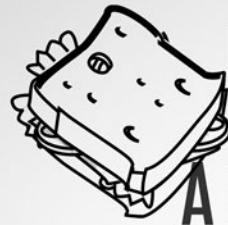
80 speed bag punches



8 raised leg push-ups



10 up and down planks



MAKE ME A SANDWICH

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

REST up to 2 minutes



20 toe tap jumps



20 plank jump-ins



5 jump squats



20 climbers



20 knee-to-elbow crunches



20 flutter kicks

MASS BLAST

DAREBEE **HIT** WORKOUT @ darebee.com

Level I 5 rounds Level II 10 rounds Level III 15 rounds

1 minute rest between rounds



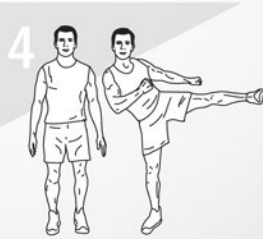
15sec high knees



15sec toe tap hops



15sec jumping jacks



15sec side leg raises

John-117

MASTER CHIEF

DAREBEE WORKOUT @ darebee.com

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



20 lunges



20 squats



10-count squat hold



2 x 10-count push-ups



10 body saw



10 wide grip push-ups



20 cross climber taps



10 elbow strike sit-ups

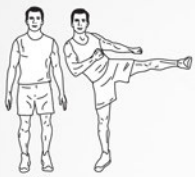


20 slow air bike crunches

MATRIX

DAREBEE WORKOUT @ darebee.com

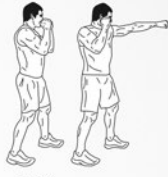
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



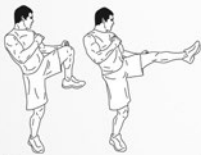
20 side leg raises



20 high knees



80 punches



20 front snap kicks



20 side-to-side lunges



40sec one leg stand



10 alt arm / leg raises



20 climbers

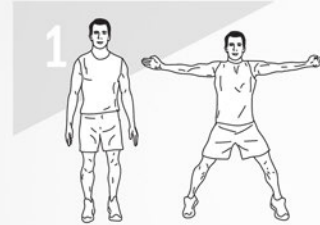


10 planks with rotations

MAX IMPACT

DAREBEE **HIT** WORKOUT @ darebee.com

Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds
1 minute rest between rounds



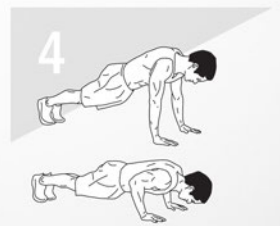
20sec jumping Ts



20sec high knees



10sec squats



10sec push-ups

STRENGTH WORKOUT MINE CRAFTER

DAREBEE WORKOUT @ darebee.com

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



40 squat, lift, walk and repeat



20 box jumps



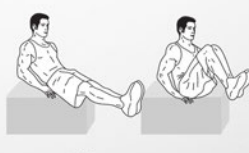
20 lunges



40 cross chops



20 tricep dips



10 leg pull-ins

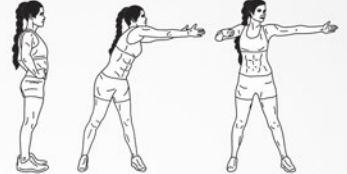
MOCKINGJAY

DAREBEE WORKOUT @ darebee.com

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



to failure push-ups



20 archers



to failure close grip push-ups



20 archer lunges



to failure wide grip push-ups



10 sit-up punches



10 sitting twists



10 sets
or as many as you can do
rest between sets
up to 2 minutes

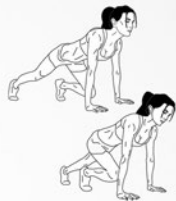
DAREBEE
WORKOUT
© darebee.com



40 knee-to-elbow



20 squats



20 climbers



10 planks with rotations



20sec elbow plank



20 deep lunges



10 push-ups



10 sit-ups



20 sit-up punches

movie night

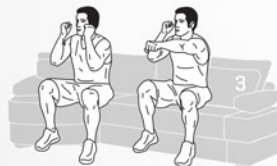
DAREBEE WORKOUT © darebee.com
Repeat 3 times | up to 2 minutes rest between sets
or **every 20 minutes during a movie**



20 leg swings



20 front snap kicks



40 punches



40 overhead punches



20 knee taps



20 air bike crunches

MULAN

DAREBEE WORKOUT © darebee.com

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



10 cross chops



10 deep cross chops



20 punches



10 lunge punches



10 side kicks



20 archers



10 donkey kicks



10 shoulder taps

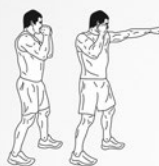


10 climbers

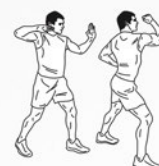
NARUTO

DAREBEE WORKOUT © darebee.com

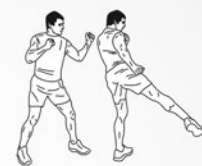
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



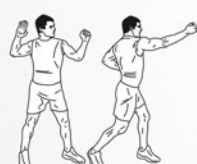
20 punches



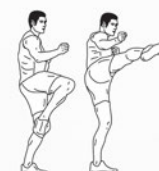
20 upward elbow strike



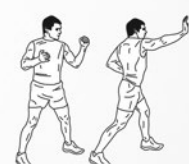
40 low turning kicks



20 knife hand strikes



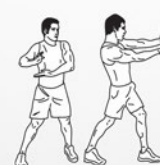
40 turning kicks



20 palm strikes



10 drop back kicks



10 push strikes



10 upward palm strikes

NAVY SEAL

DAREBEE WORKOUT @ darebee.com

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



to failure
pull-ups



40 high knees
run on a spot
or 60 second run



to failure
push-ups



40 high knees
run on a spot
or 60 second run



to failure
sit-ups



40 high knees
run on a spot
or 60 second run

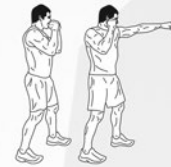
NEO

DAREBEE WORKOUT @ darebee.com

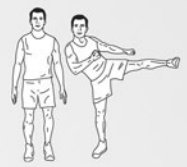
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



40 half jacks



80 punches



40 side leg raises



20 squats



20 plank jump-ins



20 climbers



10 knee-to-elbow crunches



10 flutter kicks



10 raised leg circles

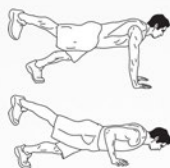
NIGHTWING

DAREBEE WORKOUT @ darebee.com

10 sets or as many as you can do | up to 2 min rest between sets



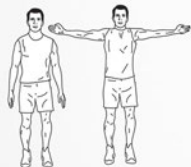
10 lunge step-ups



10 raised leg push-ups



4 frog hops



20 arm raises



40 raised arm circles



10 jump squats



10 leg raises



10 bridges



10 sitting twists

NINJA SILENT WORKOUT

@ darebee.com

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



20 ninja squats



20 chest expansions



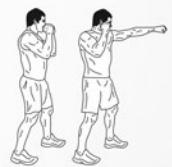
20sec wall sit



40 side leg raises



20 turning kicks



20 punches



10 push-ups



20sec elbow plank



10 plank arm raises

the office

DAREBEE WORKOUT © darebee.com

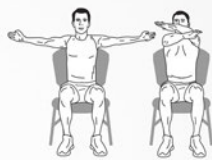
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 chair squats



20 chest squeezes



40 criss-cross arms



40 leg extensions



10 chair body lifts



10 knee pull-ins



20 oblique bends

origami

DAREBEE WORKOUT © darebee.com

3 sets up to 2 minutes rest between sets

20 seconds each side / no rest between exercises



40sec raised knee



40sec one leg stand



40sec airplane balance



20sec tippy-toe balance



40sec lunge balance



40sec alt arm/leg plank

basics parkour

DAREBEE WORKOUT © darebee.com

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



10 lunges



10-count bear crawl



10 push-ups



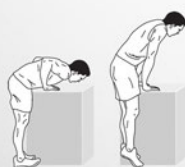
10 broad jumps



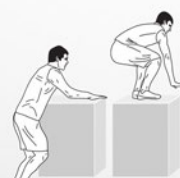
20 squats



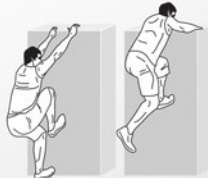
10 jump knee-tucks



10 wall dips



10 plant plyos



10 wall climbers

PHOENIX BURN

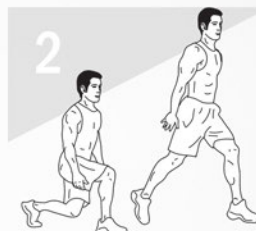
DAREBEE **HIT** WORKOUT © darebee.com

Level I 5 rounds Level II 10 rounds Level III 15 rounds

1 minute rest between rounds



20sec jumping jacks



10sec jumping lunges



10sec leg pull-ins



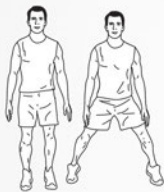
20sec knee-to-elbow crunches

BRING ME SOME **PIE**



DAREBEE WORKOUT @ darebee.com

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



40 half jacks



20 squats



20 high knees



20 climbers



10 planks with rotations



10 push-up into lunges

pillow fight

DAREBEE WORKOUT @ darebee.com

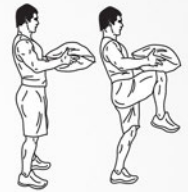
repeat 5 times | up to 2 minute rest between sets



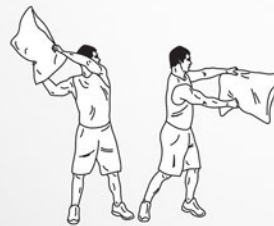
20 pillow presses



10 pillow squats



10 pillow high knees



20 pillow strikes



20 pillow lunges

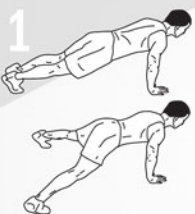
IN COLLABORATION WITH **NHS** choices

PINNER

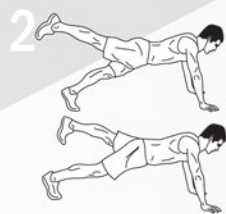
DAREBEE **HIT** WORKOUT @ darebee.com

Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds

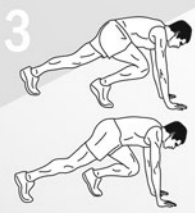
1 minute rest between rounds



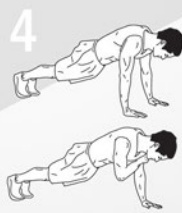
20sec plank jacks



10sec plank leg raises



20sec climbers



10sec shoulder taps

PIRATE'S WORKOUT

DAREBEE WORKOUT @ darebee.com

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



20 fly steps



20 cross chops



20 climbers



20 high knees



20 butt kicks



40 half jacks



20 lunges



40 punches

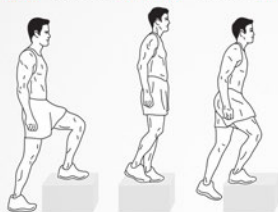


40 side leg raises

pixel

DAREBEE WORKOUT @ darebee.com

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



20 box step-ups



20 box jumps



10 split squats



10 decline push-ups



10 leg pull-ins



20 flutter kicks

Power 10

DAREBEE WORKOUT @ darebee.com

3 sets | 60 seconds rest between sets



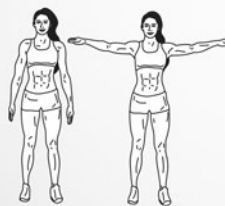
20 tricep dips



20 bicep curls



20 punches



20 arm raises



20 raised arm circles



20sec raised arm hold

TIPS

Don't have dumbbells? Use water bottles or cans of beans instead. Keep your arms up between raised arm circles and raised arm hold.

power abs

DAREBEE WORKOUT @ darebee.com

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



20 windshield wipers



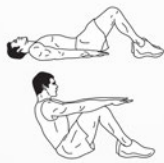
10 butt-ups



20 side bridges



10 knee crunches



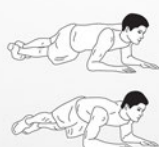
10 sit-ups



20 sitting twists



10 knee-to-elbow crunches



10 plank rolls



20 climbers

POWER SPRINTER

DAREBEE WORKOUT @ darebee.com

3 sets | up to 2 minutes rest between sets

40 seconds each | 20 second rest after each exercise



lateral wall run



wall sit



plank



sprinter lunges



plank leg raises



plank jump-ins

POWER UP

DAREBEE WORKOUT @ darebee.com

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



20 high knees



20 lunge push-offs



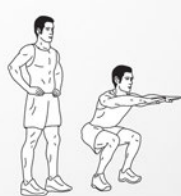
20 lunge kicks



10 jump knee tucks



10 side-to-side lunges



10 squats

PREDATOR

DAREBEE WORKOUT @ darebee.com

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



10 wide grip push-ups



20 slow climbers



10 tricep extensions



40sec uneven plank



10 sit-up punches



20 sitting twists



20sec star plank



10 plank jump-ins

PREMIUM RUSH

DAREBEE WORKOUT @ darebee.com

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



20 split squats



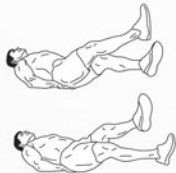
20 side-to-side lunges



10 push-ups



40 flutter kicks



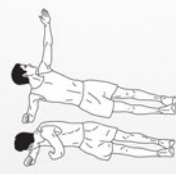
20 scissors



10 bridges



20 long-arm crunches



20 side plank rotations



20sec elbow plank

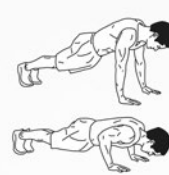
military

PT Pyramid

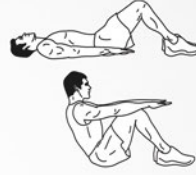
DAREBEE WORKOUT @ darebee.com



pull-ups x 1



push-ups x 2



sit-Ups x 5

Multiply each step by number for reps.
Continue up the pyramid with no rest
until muscle failure.
Repeat in reverse order
back to set #1

Example:
Set #2
2 pull-ups
4 push-ups
10 sit-ups

Set #4
4 pull-ups
8 push-ups
20 sit-ups



DAREBEE
WORKOUT
© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes

PUSH SQUAT REPEAT



4 reps push-ups
4 reps squats
10 reps push-ups
10 reps squats
4 reps push-ups
4 reps squats
10 reps push-ups
10 reps squats
rest

RAMBO

DAREBEE **HIT** WORKOUT © darebee.com

Level I 5 rounds Level II 10 rounds Level III 15 rounds

1 minute rest between rounds

1



20sec basic burpees

2



20sec climbers

3



20sec fast punches

RED WARRIOR

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

REST up to 2 minutes



to failure tricep dips



40 punches



20 lunge punches



20 plank back kicks



20 bridges



10 raised leg bridges



10 sit-up punches



10 clamshells



10 sitting twists

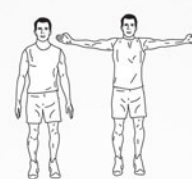
RED

DAREBEE WORKOUT © darebee.com

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



20 chest expansions



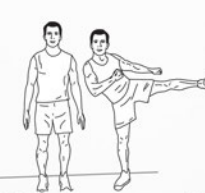
20 arm raises



20 front arm raises



20 overhead punches



20 side leg raises



40sec one-leg stand



10 half squats



10 slow front kicks



10 calf raises

REMAKER

DAREBEE WORKOUT © darebee.com



60
SECONDS

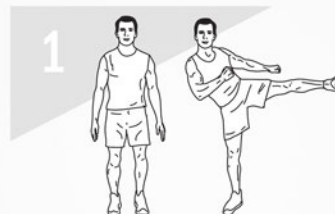
jump into a plank
tap left shoulder
tap right shoulder
get up & squat

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

RESPAWN

DAREBEE **HIT** WORKOUT © darebee.com

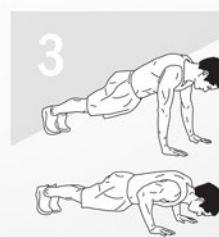
Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds
1 minute rest between rounds



30sec side leg raises



20sec squats



10sec push-ups



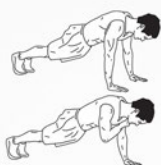
REX

DAREBEE WORKOUT © darebee.com

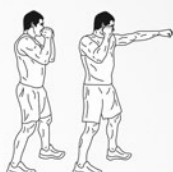
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



10 push-ups



10 shoulder taps



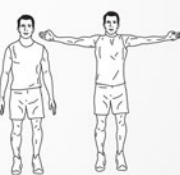
100 punches



10 planks with rotations



10 tricep dips



10 arm raises



to failure body rows
can be replaced with close grip pull-ups



RIDDICK

DAREBEE WORKOUT © darebee.com

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



2 tricep push-ups



4 push-ups



4 wide grip push-ups



4 spiderman push-ups



2 power push-ups



RIPLY

DAREBEE WORKOUT @ darebee.com

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



10 sit-ups



10 reverse crunches



20 sitting-twists



20 flutter kicks



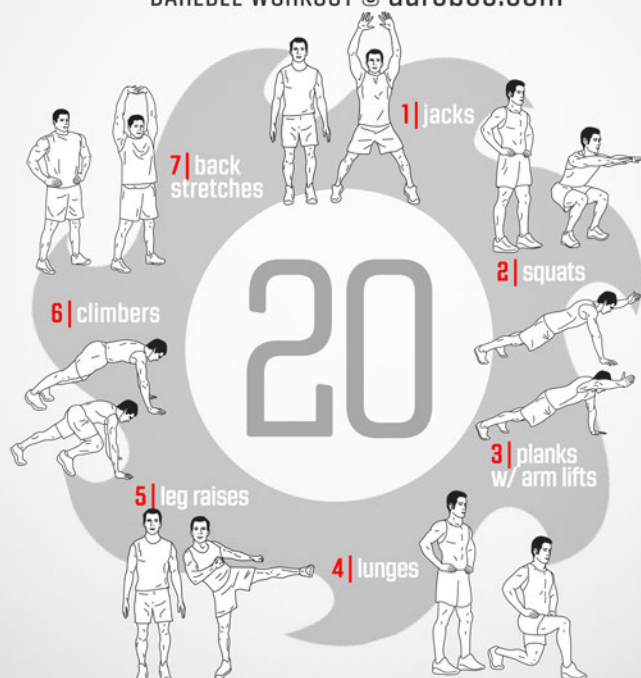
10 scissors



10 leg raises

RISE & SHINE

DAREBEE WORKOUT @ darebee.com



ROCKY

DAREBEE WORKOUT @ darebee.com

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



40 high knees



10 push-ups



10 "Rocky" butt-ups



JAB



CROSS



HOOK



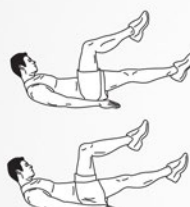
UPPERCUT

5 minutes shadow boxing

ROCKY abs

DAREBEE WORKOUT @ darebee.com

reps **level I** 10 reps **level II** 20 reps **level III** 30 reps **rocky** 40 reps each
3 sets up to 2 minutes rest between sets



air bike crunches



high crunches



sitting twists



"Rocky" butt-ups



raised leg circles



windshield wipers

Ronin

DAREBEE WORKOUT @ darebee.com

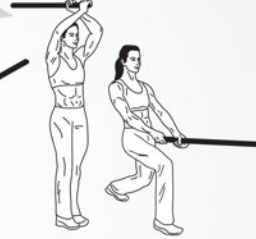
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



20 hops up and down
10 hops side to side
10 hops back and forth



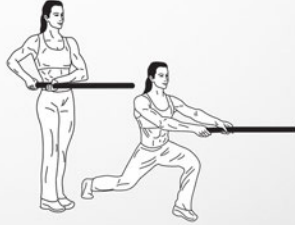
20 cuts



20 lunge cuts



20 horizontal cuts



20 thrust lunges

RUN, YOU CLEVER BOY; AND REMEMBER

DAREBEE WORKOUT @ darebee.com

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



20 high knees, then
drop down and push-up once



20 high knees, then
drop down and
plank jump-in once



20 high knees then
drop down and
plank with rotations once



20 high knees, then
drop down and plank jack once



20 high knees, then
squat once

SAO SURVIVOR WORKOUT

DAREBEE
@ darebee.com

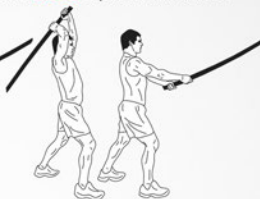
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes

WARMUP

20 hops up & down
20 hops side to side
20 hops back & forth



20 double half cut steps



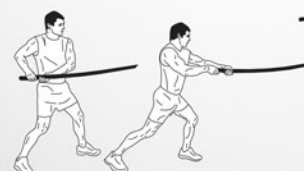
20 double full cut steps



20 cross cuts



20 full cut + cross cut



20 half cut + thrust cut



20 block + one arm cross cut

SARAH CONNOR

DAREBEE WORKOUT @ darebee.com

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



20 hop heel clicks



20 basic burpees



20 high knees



10 army crawl



10 plank arm raises



10 side plank rotations



10 push-ups



10 sit-ups



10 sitting twists

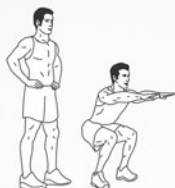
SHERLOCK

DAREBEE WORKOUT @ darebee.com

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



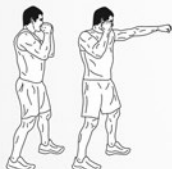
20 skater hops



20 squats



10 push-ups



40 punches



10 calf raises



20 lunges



20 climbers



20 sitting punches



10 leg raises

shieldmaiden

DAREBEE WORKOUT @ darebee.com

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



20 knee strikes



20 palm strikes



10 lunge push strikes



10 combos hop heel clicks + double punch



10 push-ups



20 cross chops



10 plank jump-ins



10 shoulder taps

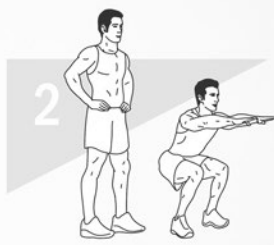
SHIFTER

DAREBEE **HIT** WORKOUT @ darebee.com

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



20sec high knees



20sec squats



20sec basic burpees

3



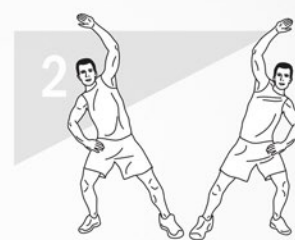
SILVER

LOW IMPACT **HIT** WORKOUT @ darebee.com

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



20sec step jacks



20sec step side jacks



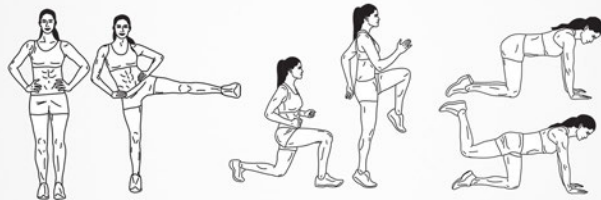
20sec raised arm rotations

3

six o'clock

DAREBEE WORKOUT @ darebee.com

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



20 side leg raises

20 lunge step-ups

20 donkey kicks



20 clamshells

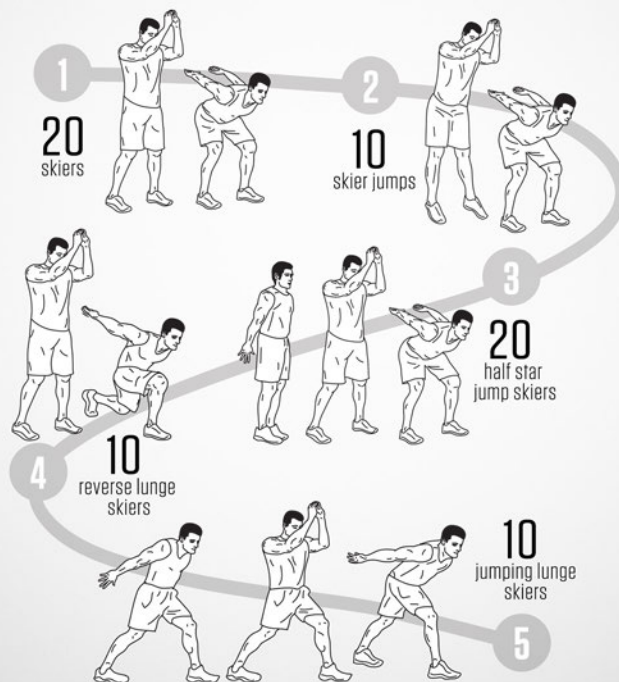
10 bridges

10 toe taps

skier

DAREBEE WORKOUT @ darebee.com

5 sets up to 2 minute rest between sets



SLAYER

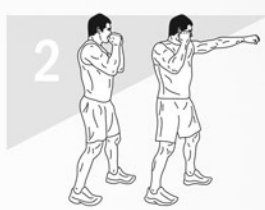
DAREBEE **HIT** WORKOUT @ darebee.com

Level I 5 rounds Level II 10 rounds Level III 15 rounds

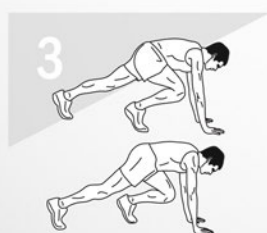
1 minute rest between rounds



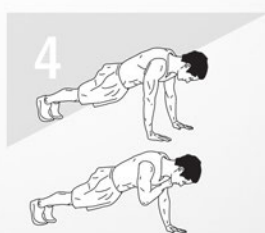
10sec high knees



20sec punches



20sec climbers

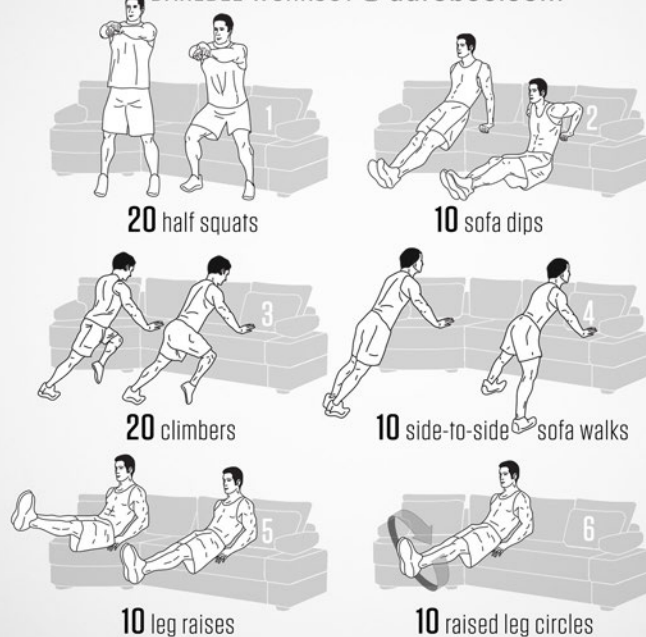


10sec shoulder taps

Sofa Workout

Repeat 3 times | up to 2min rest between sets

DAREBEE WORKOUT @ darebee.com



IN COLLABORATION WITH **NHS** choices

SOLID SNAKE

DAREBEE WORKOUT @ darebee.com

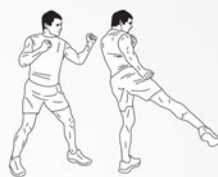
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 knee strikes



20 elbow strikes



20 low turning kicks



10 steps half squat walk



10 plank (army) crawl



to failure elbow plank



5 push-ups



10 push-up crawl



to failure push-up plank

SONIC

DAREBEE HIT WORKOUT @ darebee.com

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



20sec climbers



20sec high knees



20sec sit-up roll & jump

SPARTACUS

DAREBEE WORKOUT @ darebee.com

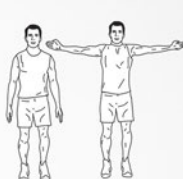
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



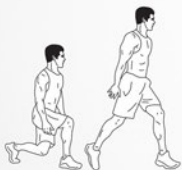
20 squats



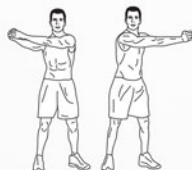
20 deep side lunges



20 arm raises



10 jumping lunges



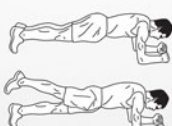
20 side-to-side chops



10 climber taps



10 plank arm raises



10 plank leg raises



10 plank rotations

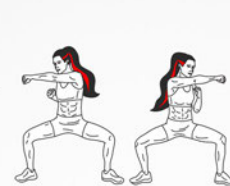
Valkyrie

DAREBEE WORKOUT @ darebee.com

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



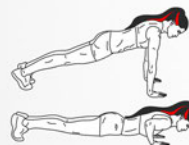
10 squats



10 squat punches



10 squat cross steps



10 push-ups



40sec balance stand



20 lunge step-ups



10 sit-up punches



10 crunch kicks



10 side Vs

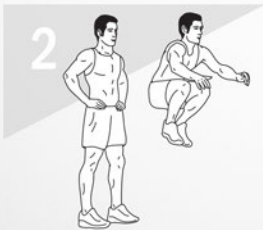
SQUATTER

DAREBEE **HIT** WORKOUT @ darebee.com

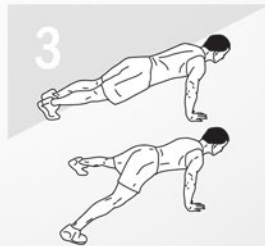
Level I 5 rounds Level II 10 rounds Level III 15 rounds
1 minute rest between rounds



30sec squats



10sec jump knee tuck



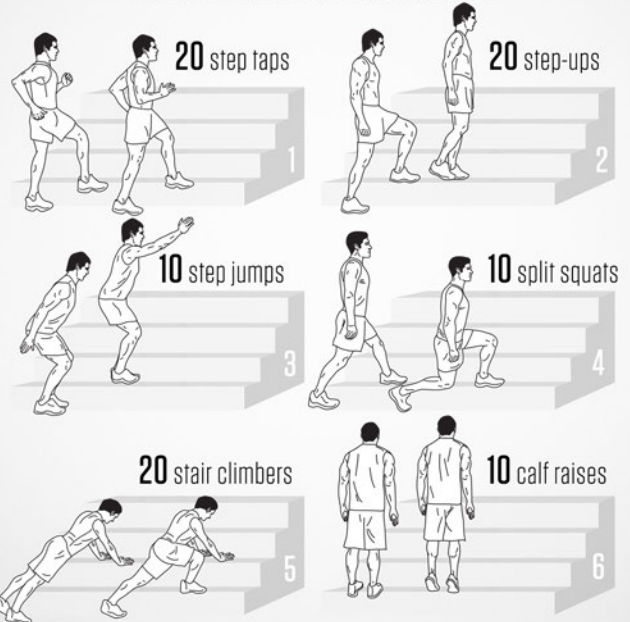
20sec plank jacks

Stairs Workout

Repeat 5 times | up to 2min rest between sets

Walk up the stairs 3 times before every circuit

DAREBEE WORKOUT @ darebee.com



IN COLLABORATION WITH **NHS** choices

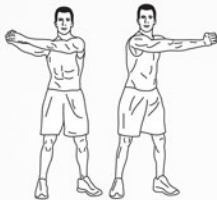
standing abs

repeat 3 times | up to 2 minute rest between sets

DAREBEE WORKOUT @ darebee.com



20 knee-to-elbows



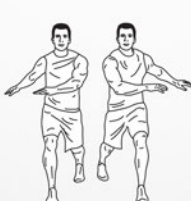
20 side-to-side chops



10 cross chops



20 high knees



20 twist jumps



10 side leg raises

STARBUCK

DAREBEE WORKOUT @ darebee.com

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



STAR TREK

DAREBEE WORKOUT © darebee.com

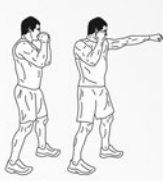
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 toe tap hops



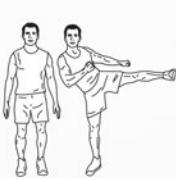
10 squats



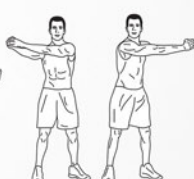
20 punches



20 lunges



20 side leg raises



20 side-to-side chops



10 plank rolls



10 plank jacks

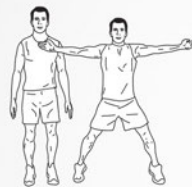


10 shoulder taps

STAY AWAKE!

repeat every
60 minutes

DAREBEE WORKOUT © darebee.com



24 jumping Ts



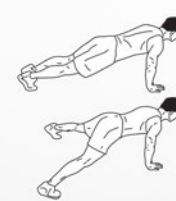
12 plank jump-ins



24 butt kicks



24 reverse lunges



12 plank jacks



24 squats



STORM TROOPER

DAREBEE WORKOUT © darebee.com

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



40 high knees



20 half jacks



20 side leg raises



20 squats



10 push-ups



20 lunges



10 plank jump-ins



20 climbers



10 plank leg raises

STREET FIGHTER

DAREBEE WORKOUT
© darebee.com

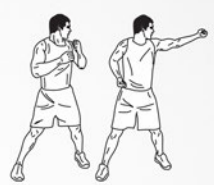
LEVEL I 3 sets
LEVEL II 5 sets
LEVEL III 7 sets
REST up to 2 minutes



20 high knees



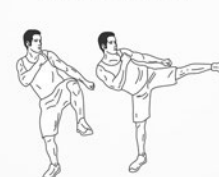
20 turning kicks



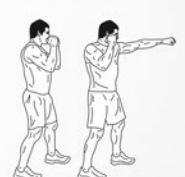
40 backfists



20 knee strikes



20 side kicks



40 punches



20 front snap kicks



20 punch + squat



20 hook + uppercut

stretching

DAREBEE WORKOUT @ darebee.com

10-20 seconds each



dynamic chest



triceps



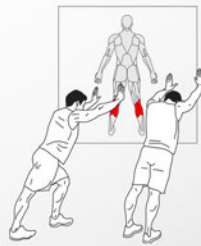
shoulders



groin and back



standing toe

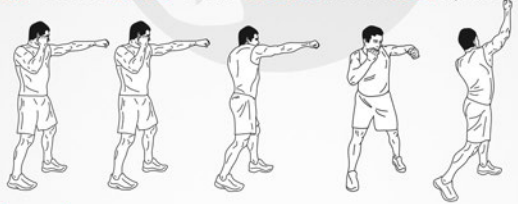


calves

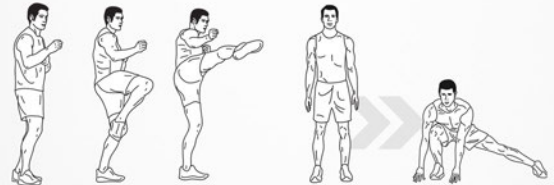
SUB-ZERO

DAREBEE WORKOUT @ darebee.com

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



20 combos 3 punches (jab-jab-cross) + 1 hook + 1 uppercut



20 combos 2 turning kicks + 1 side lunge slide



10 combos 1 push strike + 1 jump knee tuck + 1 back fist

supernova

DAREBEE WORKOUT @ darebee.com

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



MOVE 1
20 second plank



MOVE 2
10 alt arm/leg planks



MOVE 3
4 moving plank 90°



MOVE 4
20 climbers



MOVE 5
10 push-ups

SUPER MARIO

DAREBEE WORKOUT @ darebee.com

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



40 steps run on the spot



2 jumping knee tucks



40 overhead punches



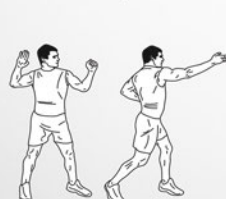
20 front snap kicks



2 bounces



40 overhead punches



20 knife hand strikes



2 jump squats



40 overhead punches

10 sets
or as many
as you can do
rest between sets
up to 2 minutes



DAREBEE
WORKOUT
© darebee.com



40 high knees



20 fly steps



20 squats



10 push-ups



30sec elbow plank



20 plank arm raises



40 climbers



10sec star plank



10 superman



10 sets
or as many
as you can do

DAREBEE
WORKOUT
© darebee.com



20 squats



20 knee tap reverse lunges



40 punches



10 one-arm plank jump-ins



10 alt arm/leg plank



10 Supergirl stretch



10 reverse crunches



10 raised leg crunches



10 scissors

SUPERPLANK

DAREBEE WORKOUT © darebee.com



30sec plank



30sec wide leg plank



30sec elbow plank



30sec superman plank



60sec raised arm elbow plank
30 seconds - each arm



60sec side plank
30 seconds - each side

SUPER SAIYAN

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **SUPER SAIYAN** 10 sets

rest between sets up to 2 minutes



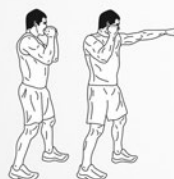
6 push-ups



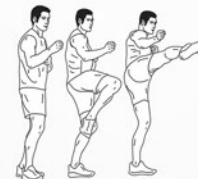
4 raised leg push-ups



4 wide grip push-ups



60 punches



40 turning kicks



30 high knees (sprint)



10 sit-ups



10 leg raises



10 sitting twists

SURVEY

DAREBEE WORKOUT

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



CORPS

@ darebee.com



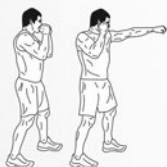
10 jumping lunges



4 jump knee tucks



4 high jumps



40 punches



10 lunge kicks



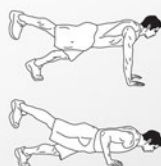
10 turning kicks



10 climber taps



10 plank leg raises



4 raised leg push-ups



TERMINATOR

DAREBEE WORKOUT @ darebee.com

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



20 squats



4 jump knee tucks



20 plank jump-ins



20 lunges



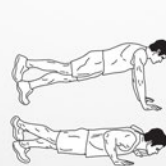
4 jumping lunges



20 deep side lunges



20 push-ups



4 stacked feet push-ups



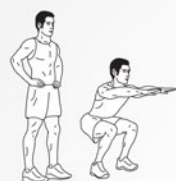
20 shoulder taps

THE STRENGTH OF ASGARD

THOR

DAREBEE WORKOUT @ darebee.com

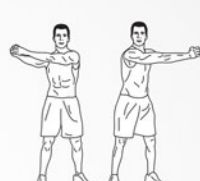
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



20 lunges



40 side-to-side chops



20 climber taps



10 push-ups



20 shoulder taps



20 sit-ups



20 sitting twists

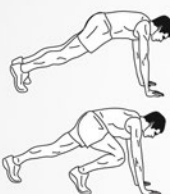


20 get-ups

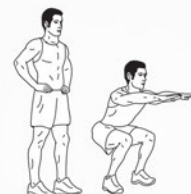
TIGER, TIGER

DAREBEE WORKOUT @ darebee.com

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



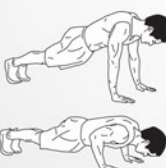
40 slow climbers



40 squats



20 plank arm raises



10 push-ups



20 bridges



20 lunges

TIME LORD

DAREBEE WORKOUT @ darebee.com

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



20 jumping seal jacks



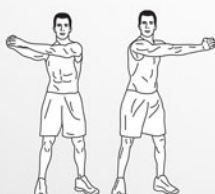
20 sprinter lunges



20 twist jacks



20 side-to-side jumps



40 side-to-side chops



20 toe tap hops

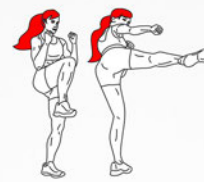
TITANIA

DAREBEE WORKOUT @ darebee.com

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



10 jumping lunges



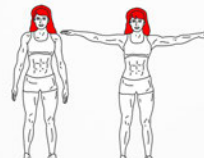
20 side kicks



10 push-ups



40 punches



20 arm raises



20 raised arm circles



10 punch sit-ups



10 air bike crunches



10 raised leg circles

TITAN

DAREBEE WORKOUT @ darebee.com

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



10 lunges



10 one legged squats



10 slow punches



10 push-ups



4 power push-ups



4 raised leg push-ups



10 high crunches



10 raised leg circles



10 windshield wipers

toaster

DAREBEE WORKOUT @ darebee.com

10 burpees

40 sec rest

5 burpees

30 sec rest

2 burpees

30 sec rest

10 burpees

40 sec rest

5 burpees

30 sec rest

3 burpees

20 sec rest

10 burpees

40 sec rest

5 burpees

20 sec rest

4 burpees

20 sec rest

10 burpees

40 sec rest

5 burpees

10 sec rest

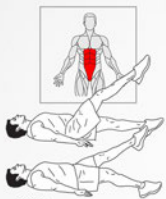
5 burpees



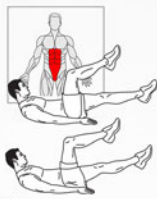
total abs

DAREBEE WORKOUT @ darebee.com

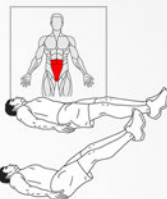
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



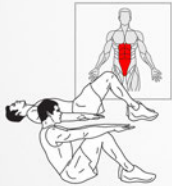
20 flutter kicks



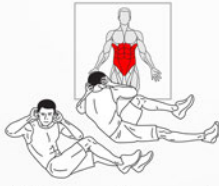
20 air bike crunches



10 leg raises



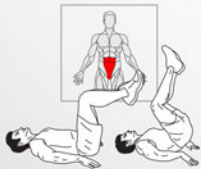
10 sit-ups



20 knee-to-elbow crunches



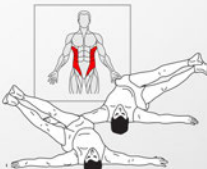
10 sitting twists



10 reverse crunches



10 raised leg circles



10 windshield wipers

DON'T PANIC & CARRY A TOWEL

DAREBEE WORKOUT @ darebee.com

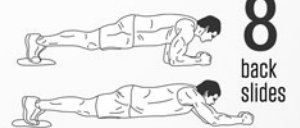
LEVEL I 3 sets
LEVEL II 5 sets
LEVEL III 7 sets
REST up to 2 minutes



10 reverse lunge slides



8 towel climbers



8 back slides



8 wide arm slides



8 arm slides

UNPLUGGED

DAREBEE WORKOUT @ darebee.com

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



20 chest expansions



20 shoulder stretches



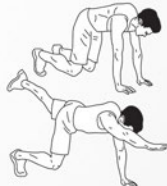
40 side leg raises



20 back rotations



20 back arches



20 cat stretches



10 superman



10 body folds



10 bridges



DAREBEE WORKOUT

@ darebee.com

THE WITCHER

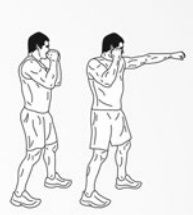
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



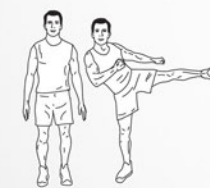
40 cross chops



10 squats



40 punches



40 side leg raises



10 lunges



10 push-ups



10 up & down planks