

1000

NO-EQUIPMENT **WORKOUTS**

visual easy-to-follow routines
for all fitness levels

Volume 1

N. Rey | DAREBEE

Introduction

Bodyweight training may look easy, but if you are not used to it, it's very far from that. It is just as intense as running and it is just as challenging so if you struggle with it at the very beginning, it's perfectly ok – you will get better at it once you start doing it regularly. Do it at your own pace and take longer breaks if you need to.

You can start with a single individual workout from the collection and see how you feel. If you are new to bodyweight training always start any workout on Level I (level of difficulty).

You can pick any number of workouts per week, usually between 3 and 5 and rotate them for maximum results.

Some workouts are more suitable for weight loss and toning up and others are more strength oriented, some do both. To make it easier for you to choose, they have all been labelled according to FOCUS, use it to design a training regimen based on your goal.

High Burn and Strength oriented workouts will help you with your weight, aerobic capacity and muscle tone, some are just more specialized, but it doesn't mean you should exclusively focus on one or the other. Whatever your goal with bodyweight training you'll benefit from doing exercises that produce results in both areas.

This collection has been designed to be completely no-equipment for maximum accessibility so several bodyweight exercises like pull-ups have been excluded. If you want to work on your biceps and back more and you have access to a pull-up bar, have one at home or can use it somewhere else like the nearest playground (monkey bars), you can do wide and close grip pull-ups, 3 sets to failure 2-3 times a week with up to 2 minutes rest in between sets in addition to your training. Alternatively, you can add pull-ups at the beginning or at the end of every set of a Strength Oriented workout.

All of the routines in this collection are suitable for both men and women, no age restrictions apply.

The Manual

Workout posters are read from left to right and contain the following information: grid with exercises (images), number of reps (repetitions) next to each, number of sets for your fitness level (I, II or III) and rest time.

SAMPLE WORKOUT

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

1 set

- 10 jumping jacks
- 20 high knees (10 each leg)
- 40 side-to-side chops (20 each side)
- 10 squats
- 20 lunges (10 each leg)
- 10-count plank (hold while counting to 10)
- 20 climbers (10 each leg)
- 10 plank jump-ins
- to failure push-ups (your maximum)

Up to 2 minutes rest between sets

30 seconds, 60 seconds or 2 minutes - it's up to you.

Difficulty Levels:

Level I: normal

Level II: hard

Level III: advanced

1 set

10 jumping jacks

20 high knees (10 each leg)

40 side-to-side chops (20 each side)

10 squats

20 lunges (10 each leg)

10-count plank (hold while counting to 10)

20 climbers (10 each leg)

10 plank jump-ins

to failure push-ups (your maximum)

Up to 2 minutes rest between sets

30 seconds, 60 seconds or 2 minutes - it's up to you.

“Reps” stands for repetitions, how many times an exercise is performed. Reps are usually located next to each exercise’s name. Number of reps is always a total number for both legs / arms / sides. It’s easier to count this way: e.g. if it says 20 climbers, it means that both legs are already counted in - it is 10 reps each leg.

Reps to failure means to muscle failure = your personal maximum, you repeat the move until you can't. It can be anything from one rep to twenty, normally applies to more challenging exercises. The goal is to do as many as you possibly can.

The transition from exercise to exercise is an important part of each circuit (set) - it is often what makes a particular workout more effective. Transitions are carefully worked out to hyperload specific muscle groups more for better results. For example if you see a plank followed by push-ups it means that you start performing push-ups right after you've finished with the plank avoiding dropping your body on the floor in between.

There is no rest between exercises - only after sets, unless specified otherwise. You have to complete the entire set going from one exercise to the next as fast as you can before you can rest.

What does "up to 2 minutes rest" mean: it means you can rest for up to 2 minutes but the sooner you can go again the better. Eventually your recovery time will improve naturally, you won't need all two minutes to recover - and that will also be an indication of your improving fitness.

Recommended rest time:

Level I: 2 minutes or less

Level II: 60 seconds or less

Level III: 30 seconds or less

If you can't do all out push-ups yet on Level I it is perfectly acceptable to do knee push-ups instead. The modification works the same muscles as a full push-up but lowers the load significantly helping you build up on it first. It is also ok to switch to knee push-ups at any point if you can no longer do full push-ups in the following sets.

Video Exercise Library

<http://darebee.com/exercises>

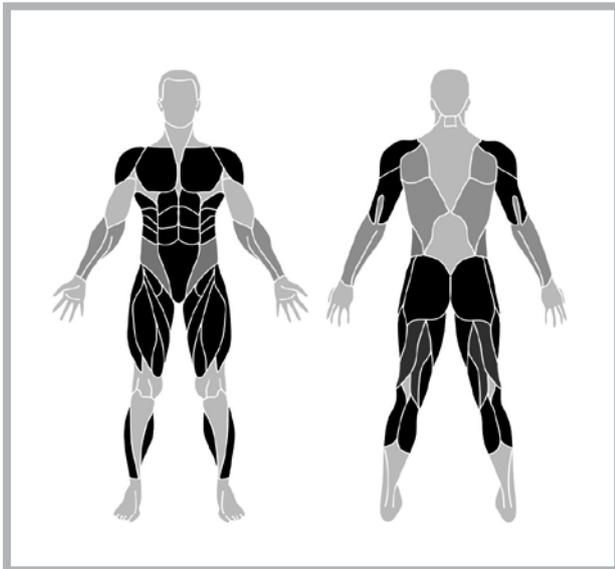
The workouts are organized in alphabetical order so you can find the workouts you favor easier and faster.

1

One & One

Get up close and personal with your inner being with minute-long workout routines followed by minute-long breaks in between. This is interval training. It primes up your system, helps you burn fat. It will challenge you irrespective of your fitness level as you can simply up the intensity of each rep, in each set, for that special burn.

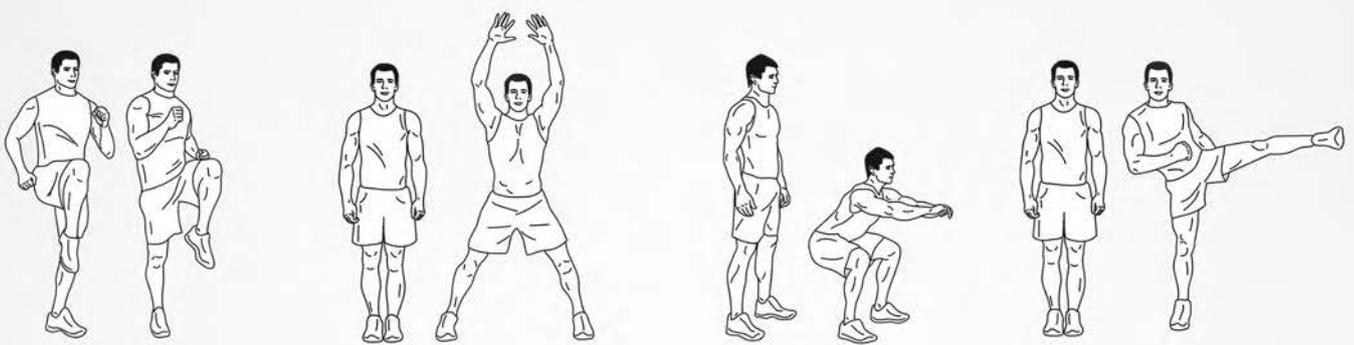
Focus: High Burn



one & one

DAREBEE WORKOUT @ darebee.com

1 minute each exercise | 1 minute rest between each



high knees

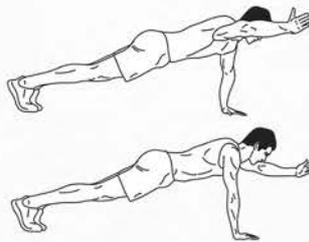
jumping jacks

squats

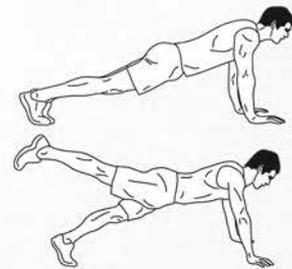
side leg raises



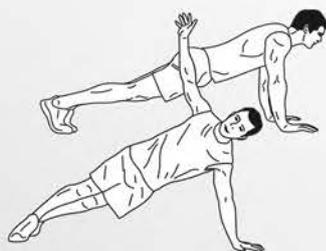
lunges



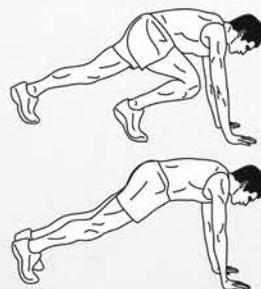
plank arm raises



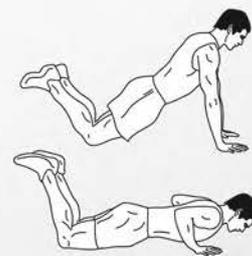
plank leg raises



planks with rotations



climbers



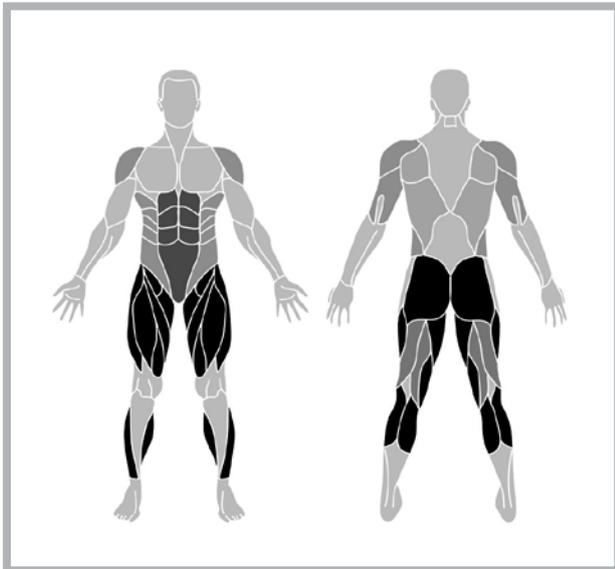
knee push-ups

2

2-Minute Workout

No rest for the wicked and this is a truly wicked set of exercises. This is a high intensity workout for the lower body designed to help you achieve explosiveness. Start off at any level you feel comfortable with but do it flat-out each time to reap the benefits.

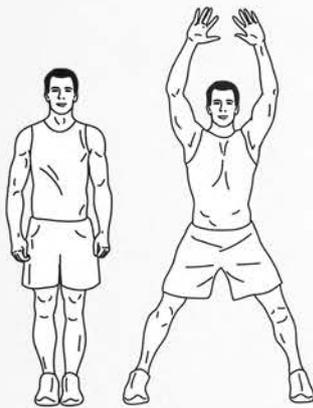
Focus: High Burn



2-minute WORKOUT

by DAREBEE @ darebee.com

20 seconds each exercise | no rest between exercises



jumping jacks



jump squats



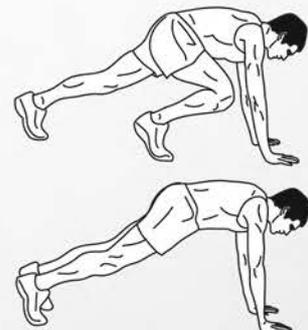
high knees



side-to-side lunges



squats



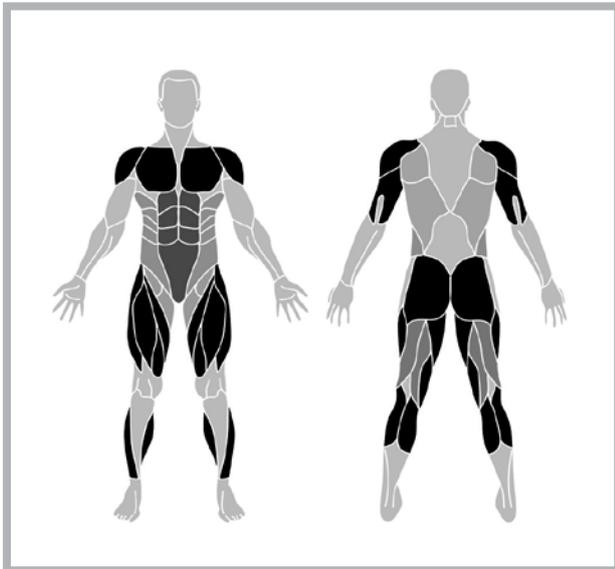
climbers

3

12-Count Burpee

One burpee to beat them all. This is a super-set of the classic burpee exercise. The twelve-step program to the perfect burpee set can be practiced anywhere you have a little bit of floor space, making this the perfect exercise routine to have with you when you travel.

Focus: High Burn



12-COUNT

BURPEE

DAREBEE WORKOUT © darebee.com

LEVEL I 10 burpees LEVEL II 20 burpees LEVEL III 30 burpees

1



2



3



4



5



6



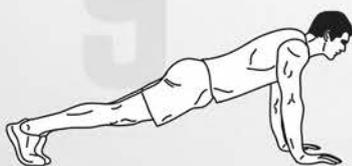
7



8



9



10



11



12

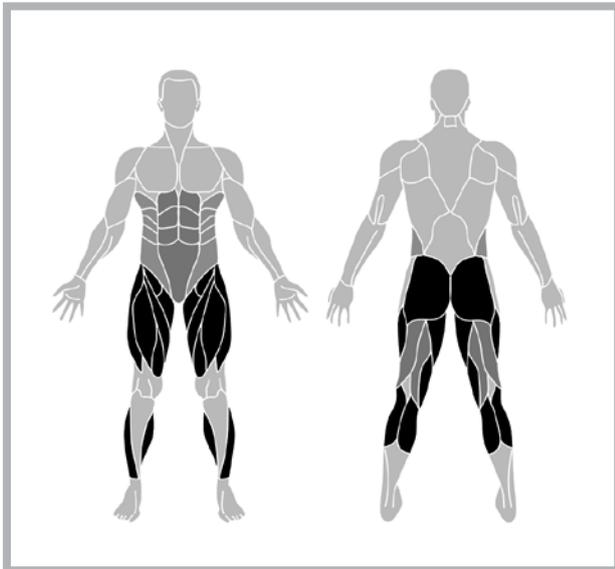


4

180 Action

With exercise small changes can produce surprisingly large results. A change of direction each time you floor tap not only provides some variation but it also challenges your body's tendency to fall into an optimized routine that minimizes the energy required to do anything. This makes the exercises physically challenging but there are other, hidden benefits to this: by changing direction each time the exercises become harder from a cognitive recognition perspective. In short they challenge your brain, forcing it to work harder to adapt. Exercise helps achieve significant gains in mental clarity, coordination and even raise IQ points.

Focus: High Burn



180° action

DAREBEE WORKOUT © darebee.com

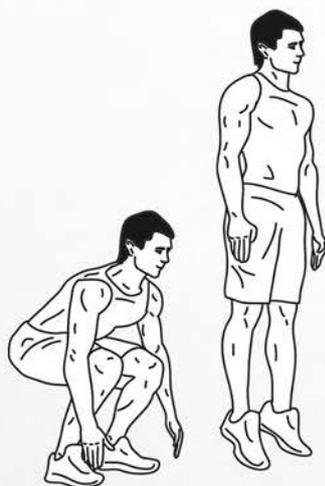
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees

jump squat

rest



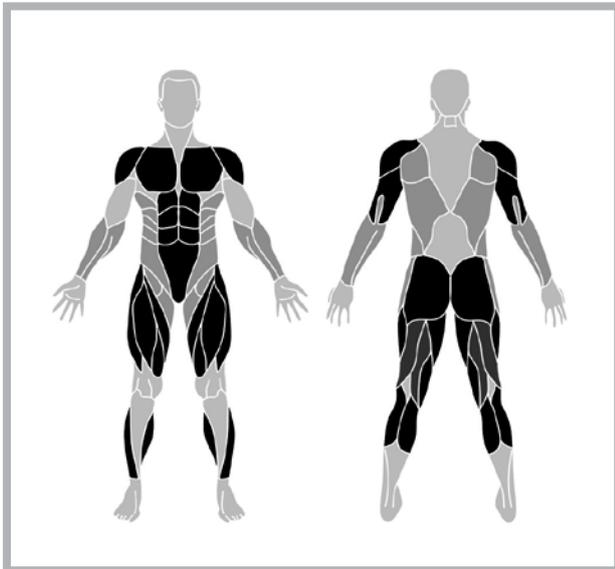
change direction after every jump squat
hop up and reverse at 180° facing the other way

5

1000 Points

Reward yourself with a point and feel good about what you do with a workout designed to supercharge your body. The 1000 point, total body workout will see you take to the air as well as command the ground.

Focus: High Burn



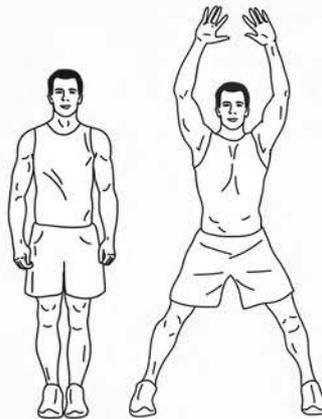
1000 POINTS

DAREBEE WORKOUT @ darebee.com

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



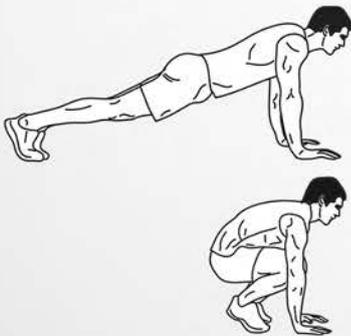
squats



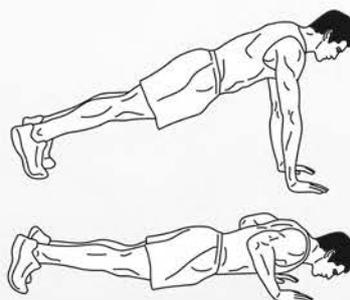
jumping jacks



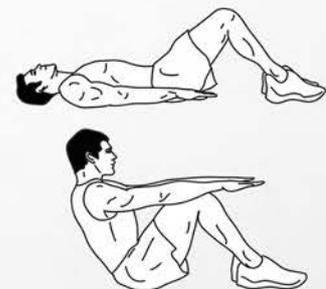
hop heel clicks



plank jump-ins



push-ups



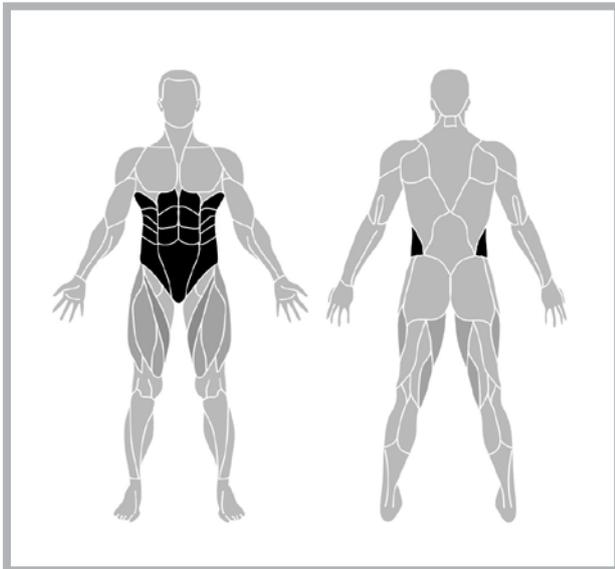
sit-ups

6

Abs Defined

Streamline your body, change your posture and add additional power to your every routine with the Abs Defined workout. Not only will you be able to feel the change in the way you walk but you will also see the difference every time you perform any exercise.

Focus: Abs



abs defined

DAREBEE WORKOUT @ darebee.com

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



10 reverse crunches



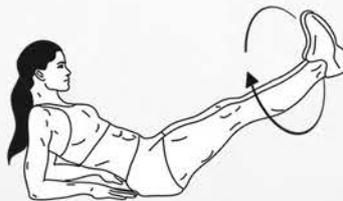
4 sitting twists



10 butterfly sit-ups



10 crunch kicks



4 raised leg circles



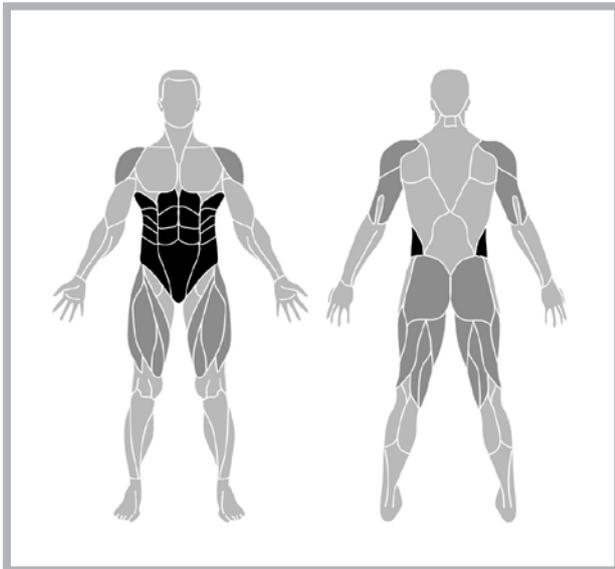
10-count raised leg hold

7

Abs of Steel

Abdominal muscles are body armour. They help protect your vital organs from damage. They keep your body performing at maximum and, when the clothes come off, they make you look terrific. This workout is the anvil where that armour is fashioned.

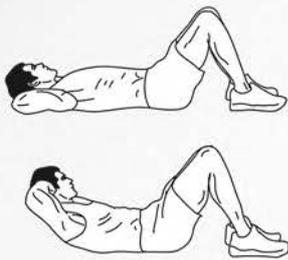
Focus: Abs



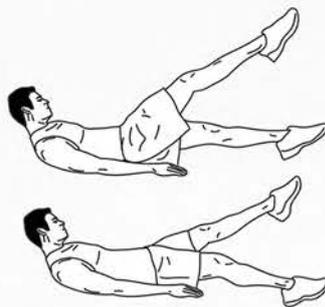
abs of steel

DAREBEE WORKOUT @ darebee.com

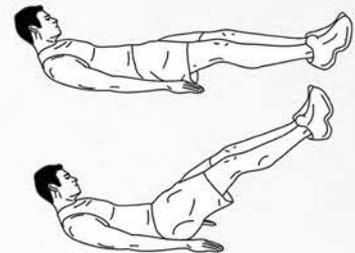
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 crunches



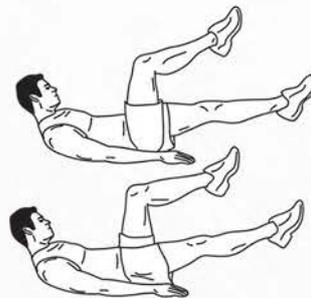
10 flutter kicks



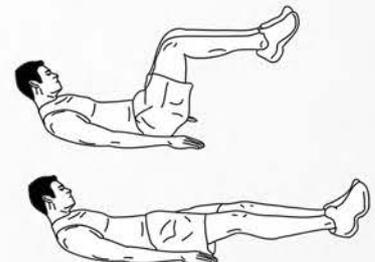
5 leg raises



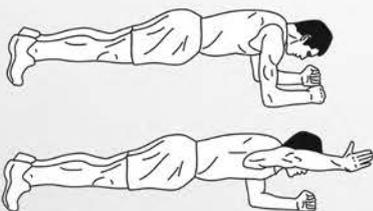
10 knee crunches



10 air bike crunches



5 crunch kicks



10 plank arm raises



10-count elbow plank



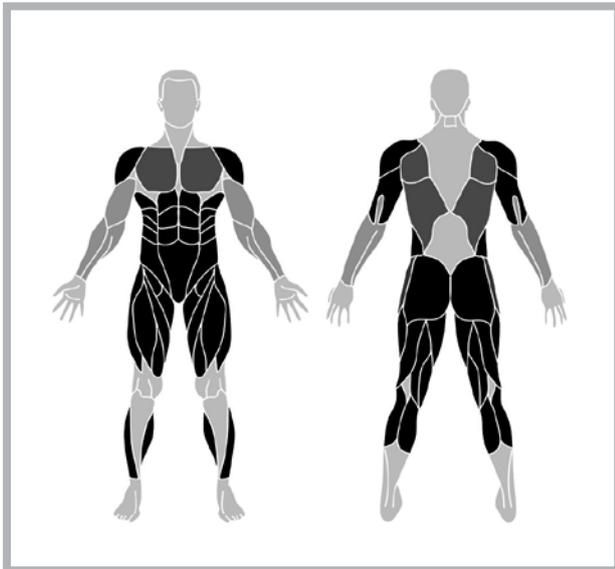
5 body saw

8

Achilles

The body is made up of two basic sections: upper body and lower body. Physical power emerges by forging a better synchronized connection of the two. The Achilles workout aims to help you do just that through a series of routines that will make you feel you're working hard.

Focus: High Burn



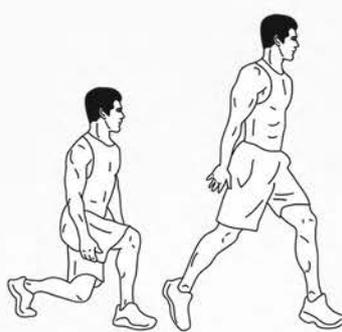
ACHILLES

DAREBEE WORKOUT @ darebee.com

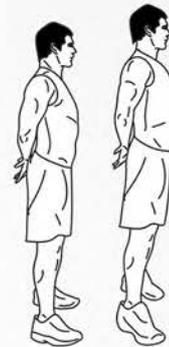
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



4 jumping lunges



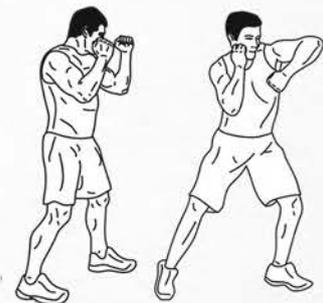
4 calf raises



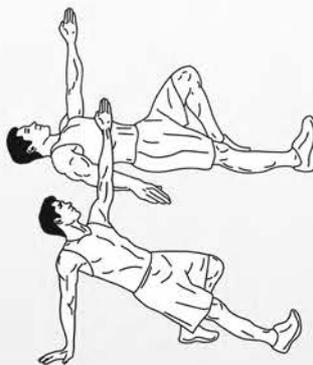
20-count calf raise hold



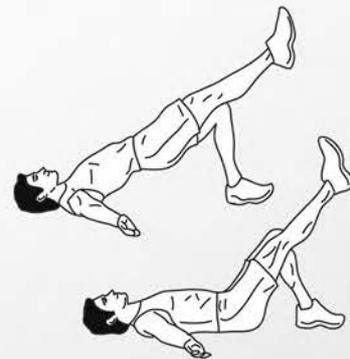
20 combos knee strike + elbow strike



10 knee-to-elbow crunches



10 get-ups



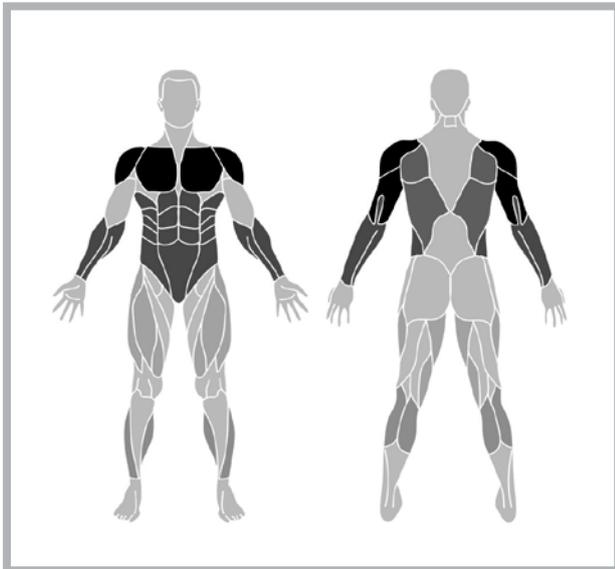
10 single leg bridges

9

Aim to Misbehave

“You all got on this boat for different reasons, but you all come to the same place. So now I’m asking more of you than I have before. Maybe all. Sure as I know anything I know this, they will try again. Maybe on another world, maybe on this very ground swept clean. A year from now, ten, they’ll swing back to the belief that they can make people...better. And I do not hold to that. So no more running. I aim to misbehave.” Mal, Serenity

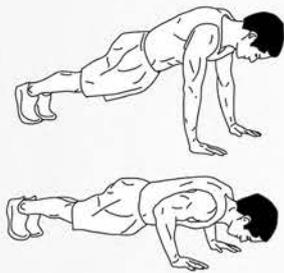
Focus: Strength & Tone, Upper Body



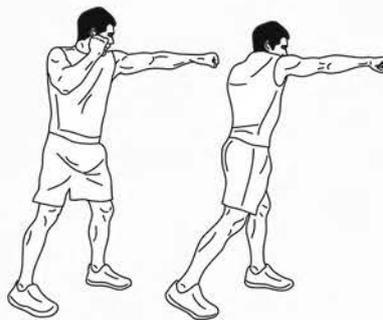
I aim to **misbehave**

DAREBEE WORKOUT @ darebee.com

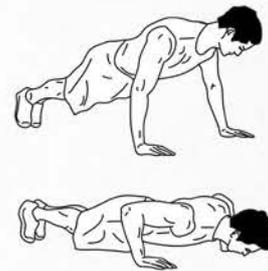
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



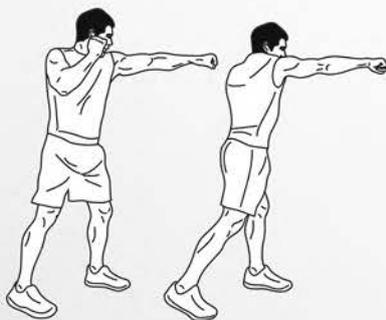
2 push-ups



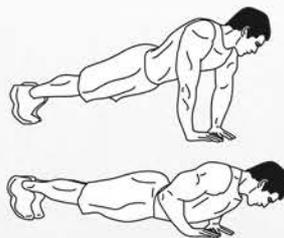
20 punches



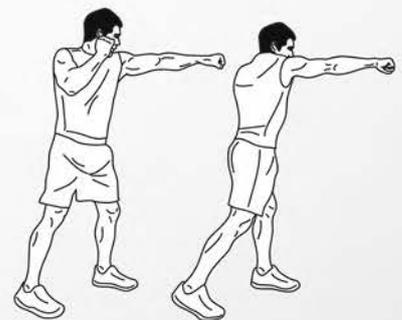
2 wide grip push-ups



20 punches



2 close grip push-ups



20 punches

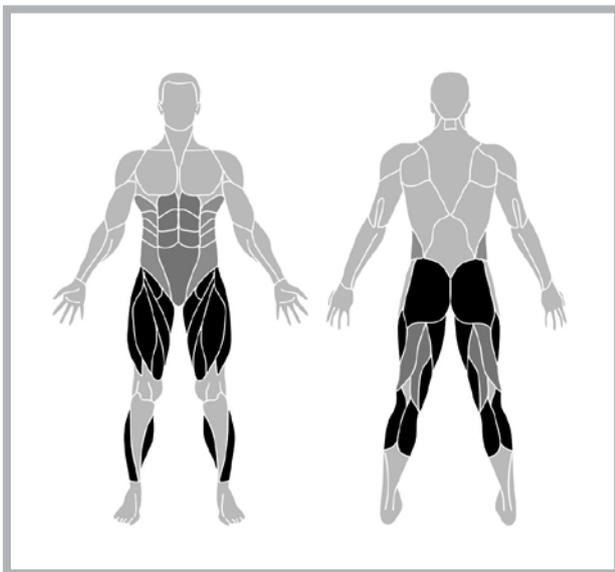
10

Airborne

The floor is lava! Whatever you do, don't stay grounded. The Airborne Workout is a non-stop action and an at-home cardio routine that will work your entire body and challenge your aerobic capacity.

Take to the air to give wings to your performance afterwards in any kind of sporting activity. This is a workout that uses your bodyweight against you, maximizing the impact on your muscles for some pretty spectacular results.

Focus: High Burn



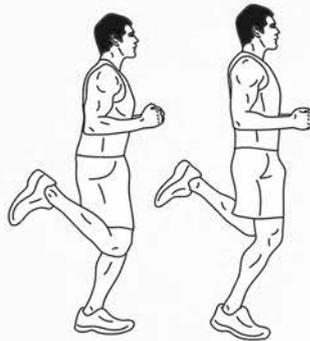
AIRBORNE

DAREBEE WORKOUT @ darebee.com

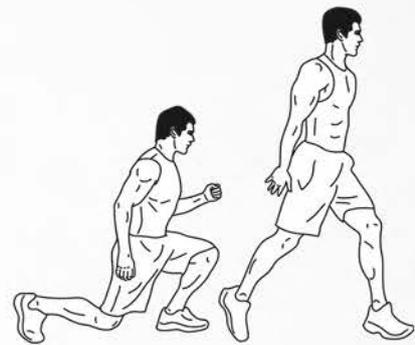
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



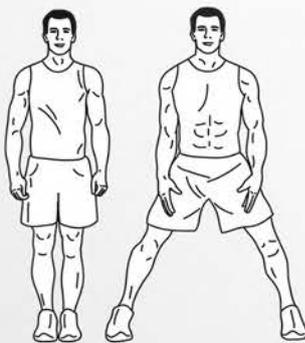
20 high knees



10 butt kicks



2 jumping lunges



20 half jacks



10 toe tap hops



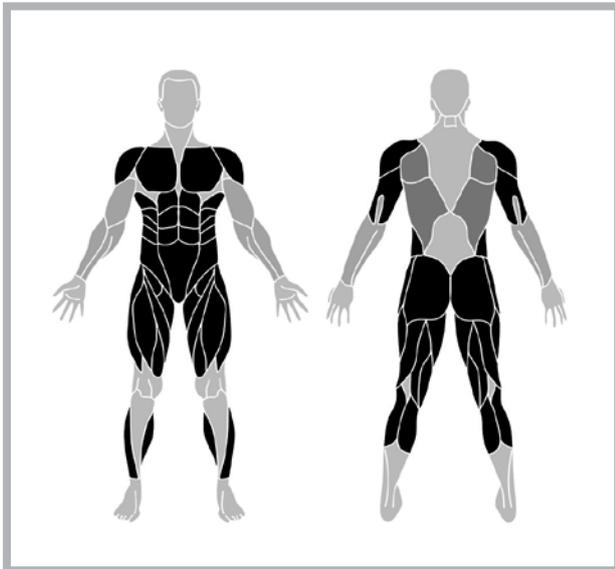
2 jump squats

11

Amazon

Lower body strength, explosive moves, agility and grace are all part of the Amazon's armory of skills. This is a workout that pushes you from one peak to the other as successive exercises target muscle groups, making different demands on each one. Learn to combine different fitness attributes and seize control of your body.

Focus: High Burn



AMAZON

DAREBEE WORKOUT @ darebee.com

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



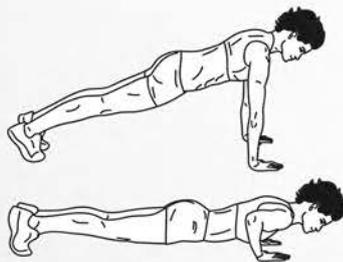
2 jump squats



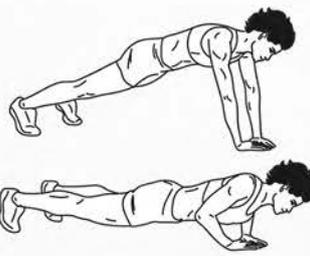
10 jumping lunges



2 hop heel clicks



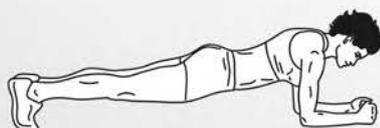
10 push-ups



2 close grip push-ups



20 punches



10-count elbow plank



20-count raised leg plank



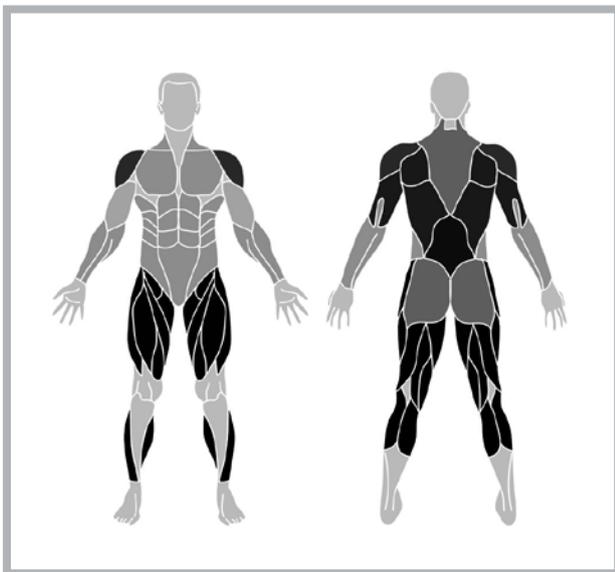
20-count side plank

12

Anchor'd

Active stretching demands you assume a position and then hold it using nothing but the strength of the agonist muscles. The results of active stretching are not just elongated muscles but also enhanced muscle growth, stronger tendons and a greater range of motion in the main muscle groups afterwards. The Anchor'd active stretching workout takes you through some of the key positions that affect the body's main muscle groups. You will feel the difference afterwards.

Focus: Stretching



ANCHOR'D

ACTIVE STRETCHING @ darebee.com
60 seconds each - 30 seconds each leg
3 sets | up to 2 minutes rest between sets



side kick
hold



front kick
hold



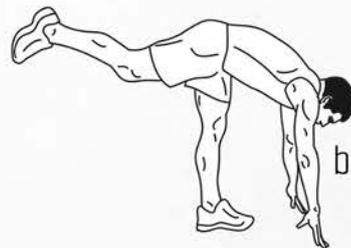
raised
knee
hold



arm grip
stretch
hold



overhead
arm lock
hold



bent
over
balance
hold



bent over
hold



deep lunge
hold



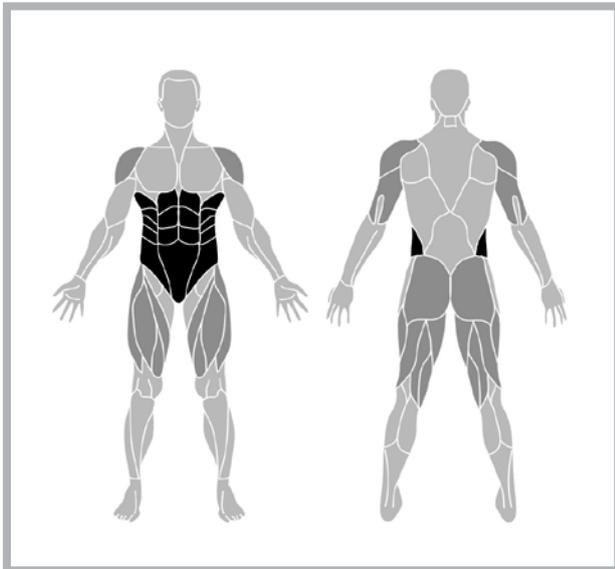
deep lunge
hold (toes up)

13

Armor Abs

A strong abdominal wall affects everything. The way you sit. How you walk. Your performance in every kind of sport. How quickly you get tired and how smoothly you move. This is a workout that presses all the right buttons, helping you tone up and build your abs, plus come summer you're going to be thankful you did it.

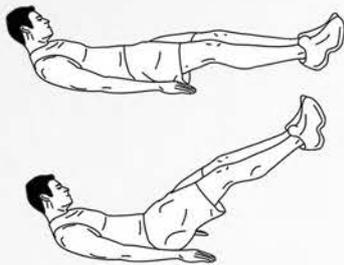
Focus: Abs



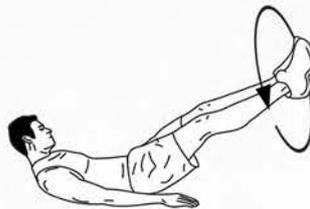
armor abs

DAREBEE WORKOUT @ darebee.com

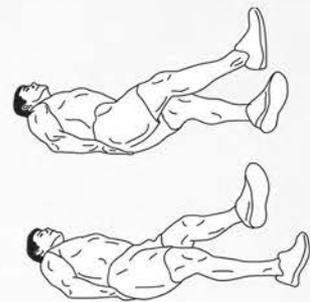
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



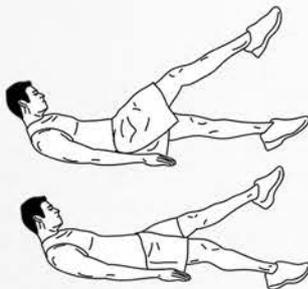
5 leg raises



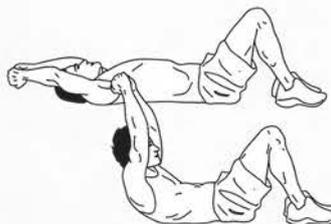
5 raised leg circles



10 scissors



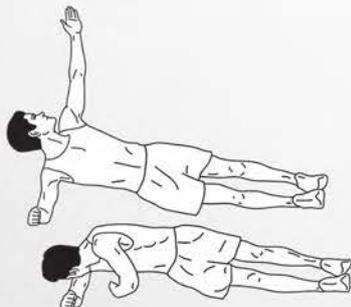
10 flutter kicks



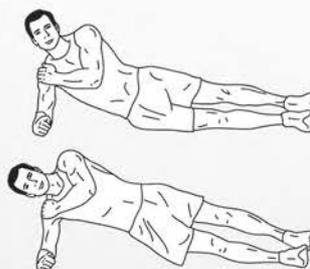
5 long arm crunches



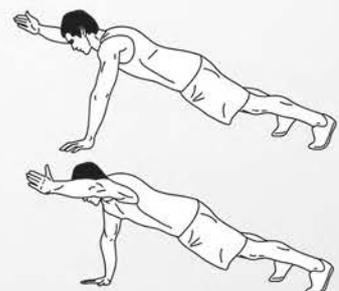
5 knee crunches



10 side planks rotations



10 side bridges



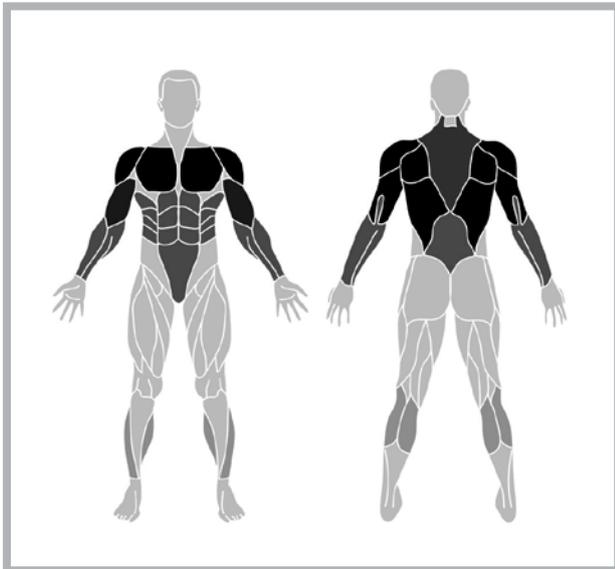
10 plank arm raises

14

Arms of Steel

Whatever sport you may be doing, your arms are a critical component of it and the stronger they are, the better you get. Getting them strong however is not an easy job. This is where the Arms of Steel workout comes in. Not only does it tackle your arms from practically every angle but it also gives you no rest time, forcing your muscles to recover on the fly. Afterwards not only will you have arms of steel, you will also have the kind of arms that can power, manned, winged flight, almost.

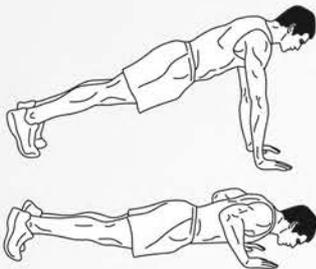
Focus: Strength & Tone, Upper Body



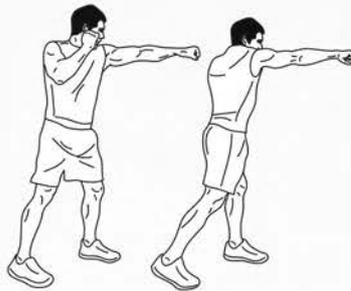
Arms of Steel

DAREBEE WORKOUT @ darebee.com

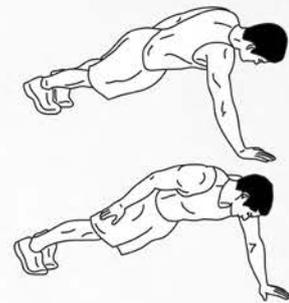
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



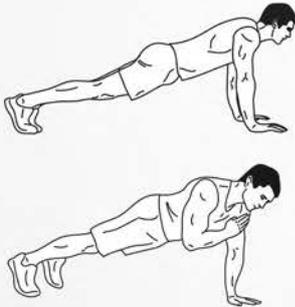
2 push-ups



20 punches



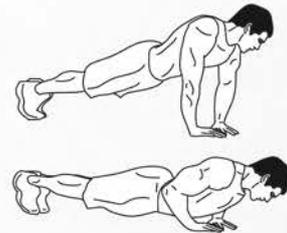
10 thigh taps



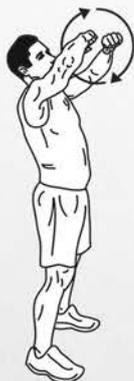
10 shoulder taps



20 overhead punches



2 tricep push-ups



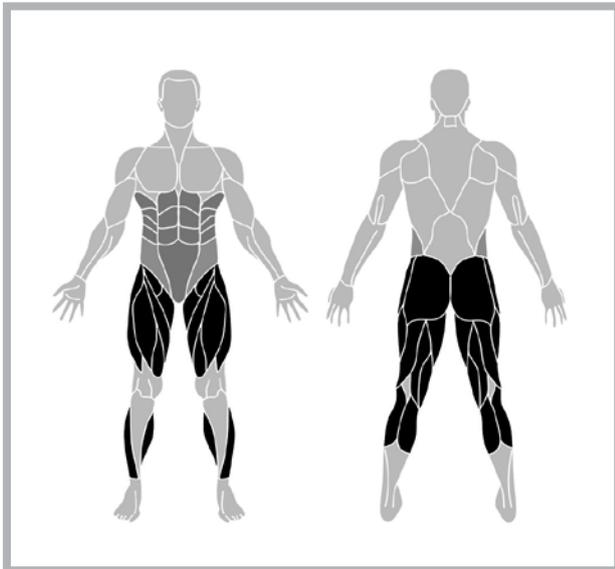
2 minutes speed bag punches

15

Bacon

Also known as “The Belly Burner” workout this is designed to make you lean and mean. You will work up a sweat doing it. Your body will feel numb, your lungs will feel on fire and you will feel like you’re being put through your paces. But ... you know it’s worth it, and you’re doing it for bacon. How cool is that?

Focus: High Burn



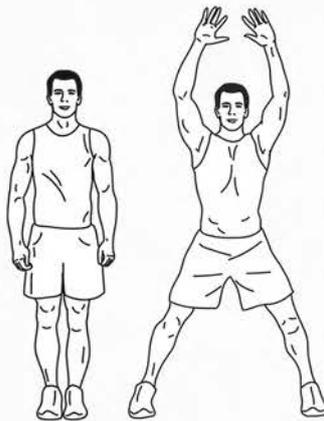
YOU HAD ME AT
bacon

DAREBEE WORKOUT @ darebee.com

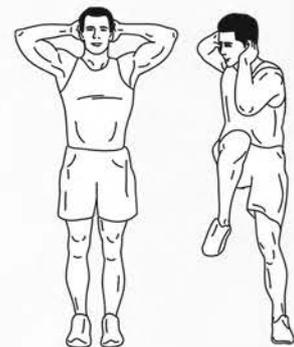
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



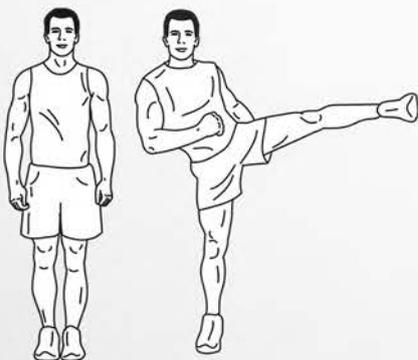
20 high knees



10 jumping jacks



10 knee-to-elbows



20 side leg raises



2 jump squats



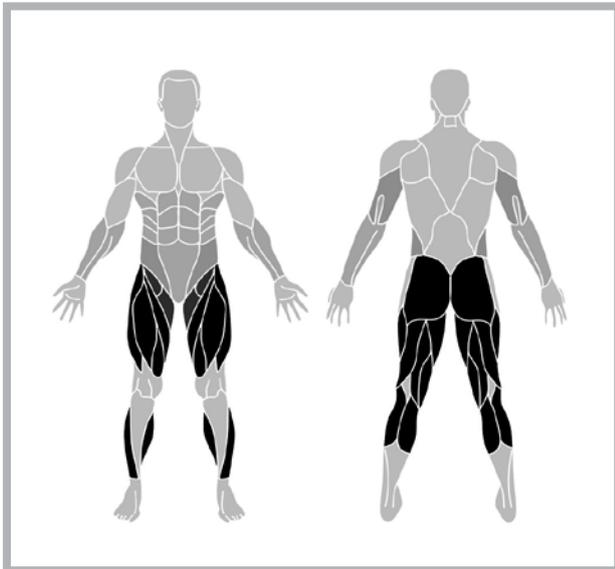
10 lunge step-ups

16

Balance & Coordination

A good balance is the result of a strong core, stable tendons and powerful support muscle groups. Balance exercises help develop the muscle groups and tendons needed for developing muscular control, great physical prowess and the kind of body strength that marks true athletes.

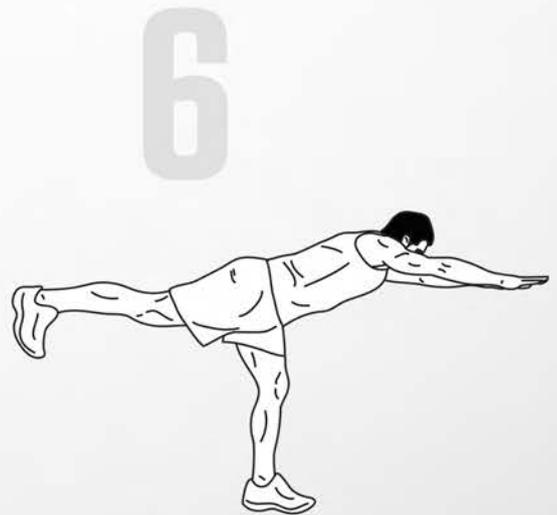
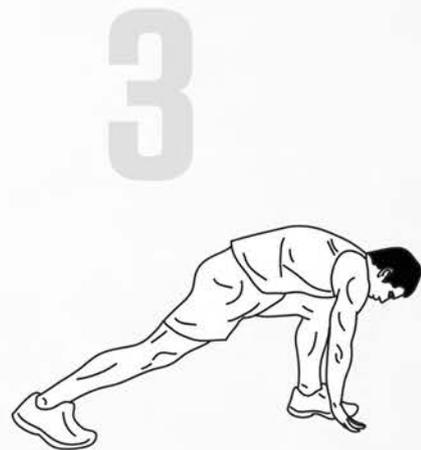
Focus: Strength / Balance



BALANCE & COORDINATION

DAREBEE WORKOUT @ darebee.com

Hold each pose for 20 seconds then move on to the next one.
Repeat the sequence again on the other side.

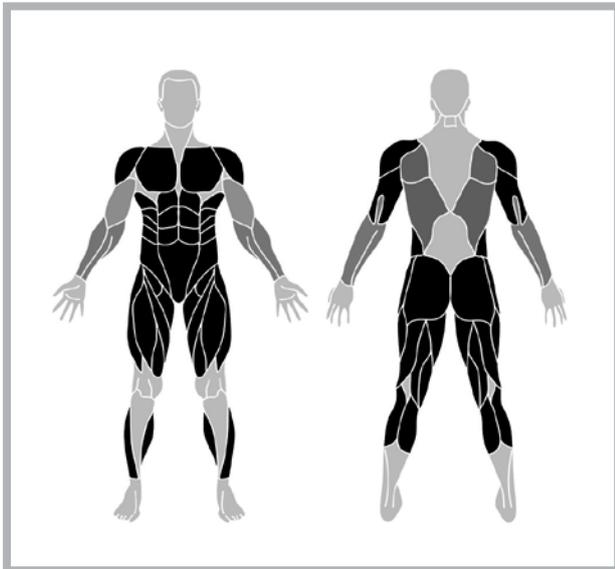


17

Beast

You know the times when you need to contemplate life and need to get in touch with your spirit guide and discover your totem animal? This is just one of them. You get ready for action, look deep inside yourself and unleash your inner beast to help you get through the workout. In the process you discover a new you. Fresh capabilities are unlocked and muscles you probably haven't used before in quite the same way come into play and ... you transform.

Focus: Strength & Tone



the Beast

DAREBEE WORKOUT

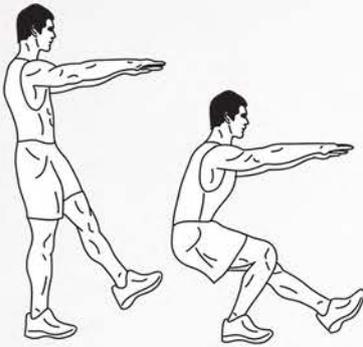
@ darebee.com

LEVEL I 3 sets

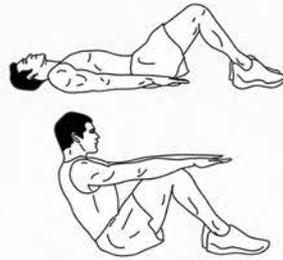
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



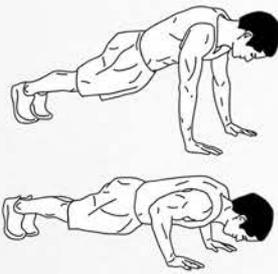
10 pistol squats



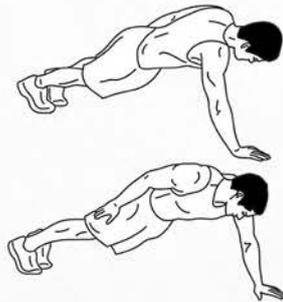
10 sit-ups



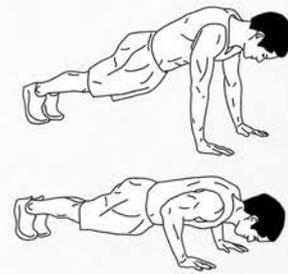
10 reverse crunches



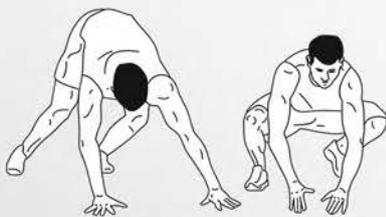
5 push-ups



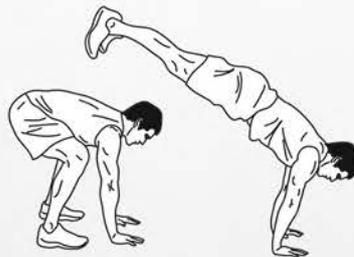
10 high taps



5 push-ups



10 side-to-side hops



5 back kicks



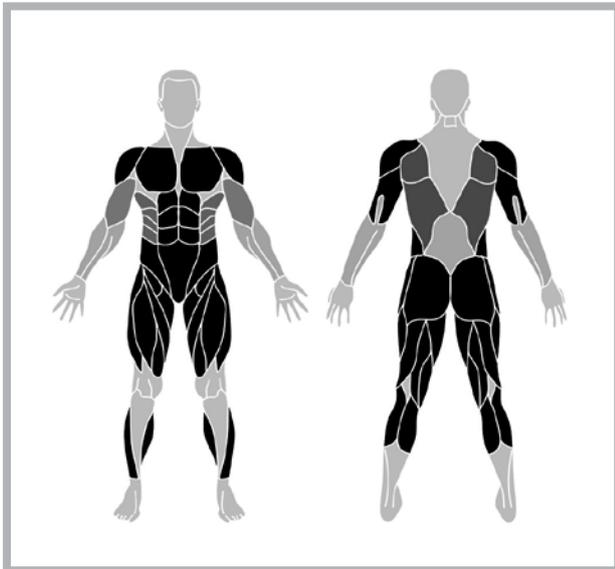
60sec plank

18

Bodyguard

Endurance is the capability of muscles to work long as well as hard. Like any athletic skill it can be developed. The Bodyguard workout helps you develop the ability to do sustained, high-energy work, long after everyone else around you has dropped to the ground with exhaustion.

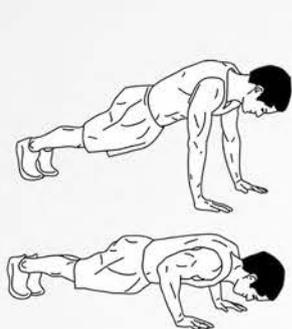
Focus: Strength & Tone



BODYGUARD

DAREBEE WORKOUT © darebee.com

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



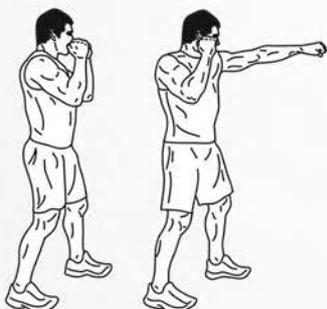
10 push-ups



10 squats



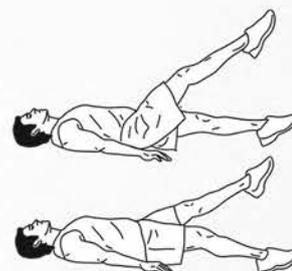
10 sit-ups



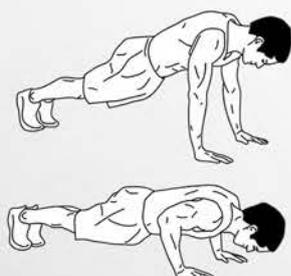
20 punches



10 lunges



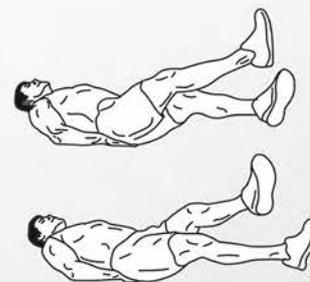
20 flutter kicks



10 push-ups



20 front kicks



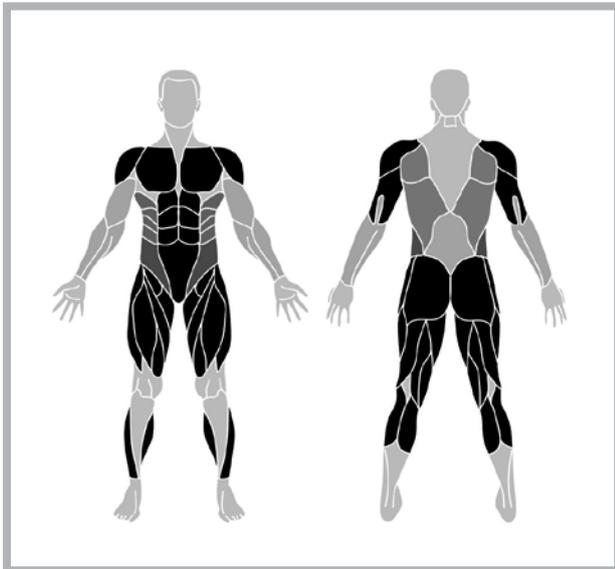
10 scissors

19

Body Hack

We train because what we really want to do is hack our bodies. Control them. make them vehicles that do our bidding. That's never easy. It takes time, effort, hard work. The Body Hack workout is a step towards that direction: controlling the body you live in. If there ever was a rinse, apply, repeat formula that produced the desirable outcome, this would come pretty close to being it.

Focus: Strength & Tone



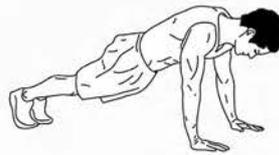
BODY HACK

DAREBEE WORKOUT @ darebee.com

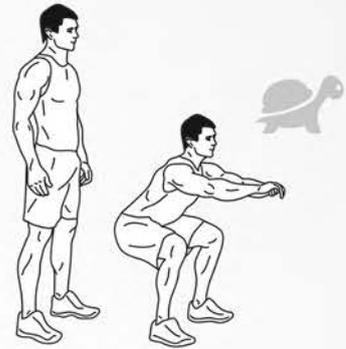
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



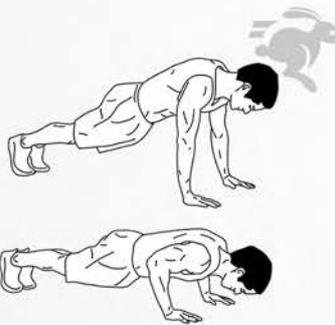
10 fast squats



10-count plank



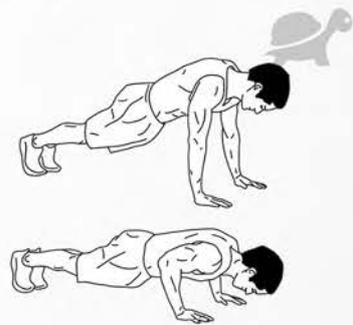
10 slow squats



5 fast push-ups



10-count plank



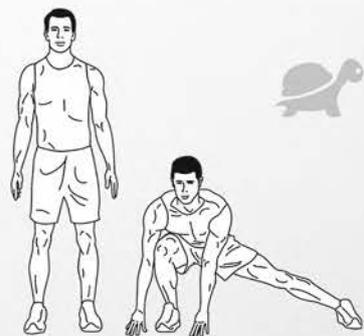
5 slow push-ups



10 fast side-to-side lunges



10-count plank



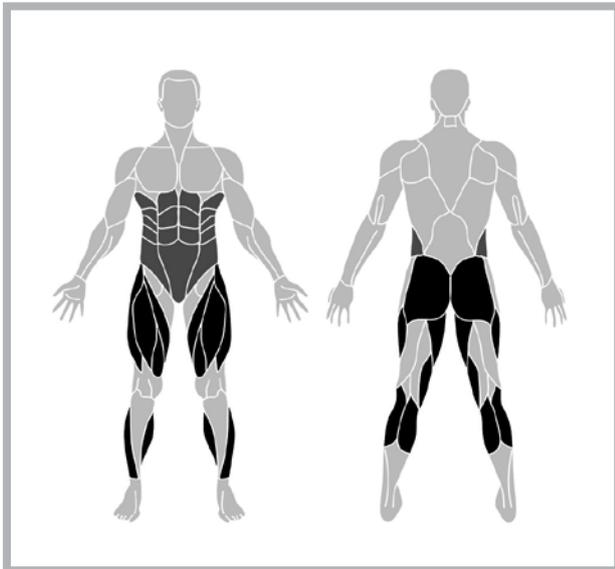
10 slow side lunges

20

Borderline

The only time a borderline workout can be improved is when it involves two lines, instead of just one. Now I know you think things cannot get any better but trust me, the moment you have two lines on the floor to deal with, the intensity of the workout changes completely.

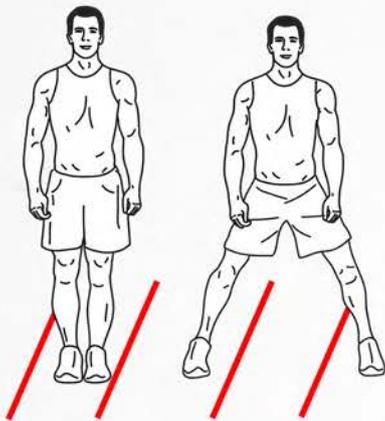
Focus: High Burn



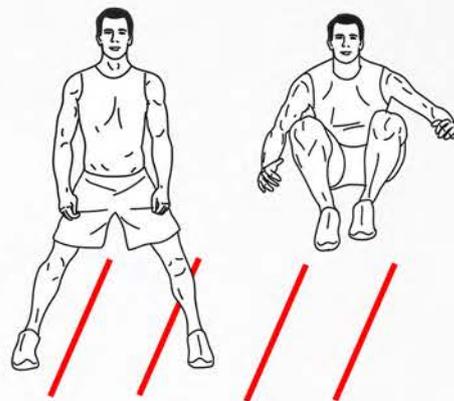
BORDERLINE 2.0

DAREBEE WORKOUT @ darebee.com

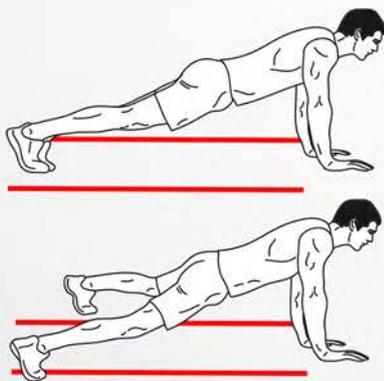
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes
draw two lines shoulder length apart



20 half jacks
jump-inside the lines



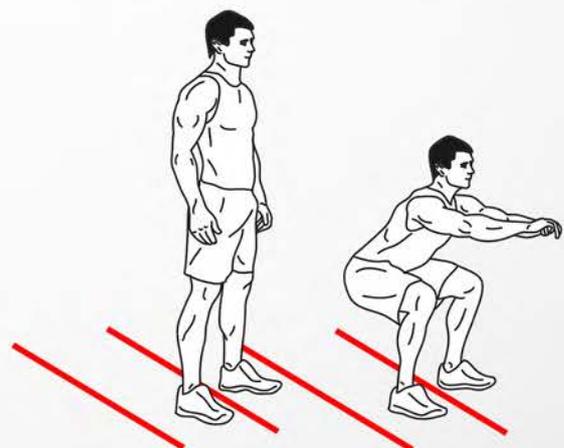
10 high jumps
with heel click in the air



10 plank half jacks
jump inside the lines



10 knee to elbow
across the lines



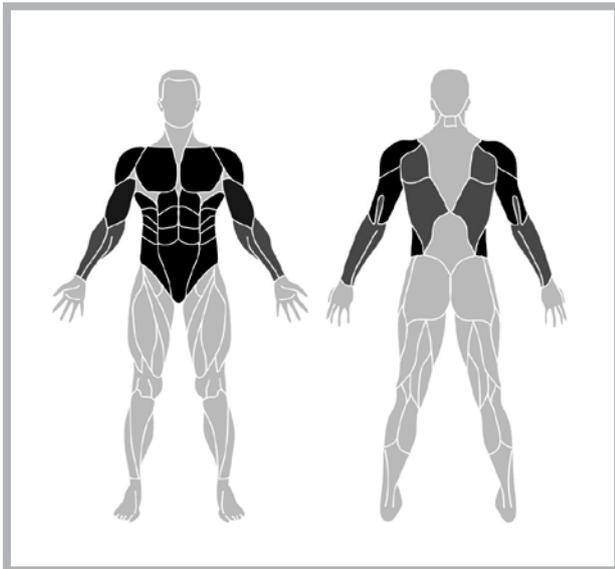
20 over the line step
side-to-side squats

21

Boulder

Strength is not just about muscle size. It depends on muscle density, the type of muscle fiber you have. The composition of each bundle of muscle and its ability to perform under physical stress. The Boulder workout definitely creates some physical stress to challenge the muscles so you get to feel like a rock.

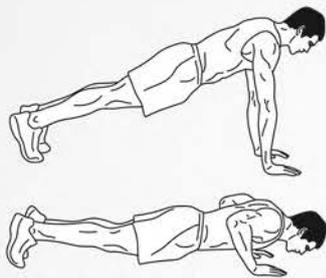
Focus: Strength & Tone



THE BOULDER

DAREBEE WORKOUT @ darebee.com

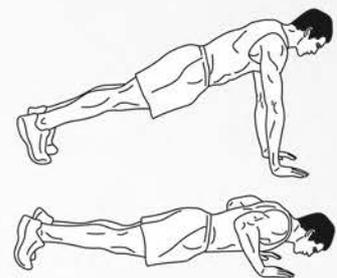
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



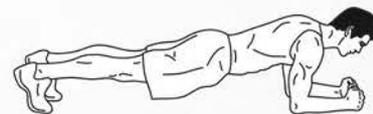
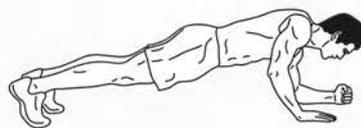
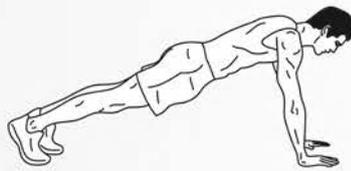
4 push-ups



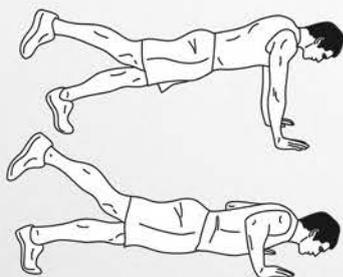
10-count plank



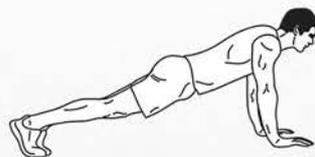
4 push-ups



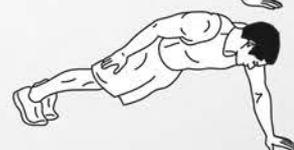
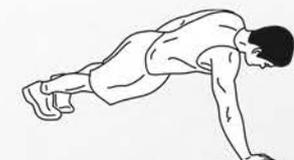
4 up and down planks



4 raised leg push-ups



10 shoulder taps



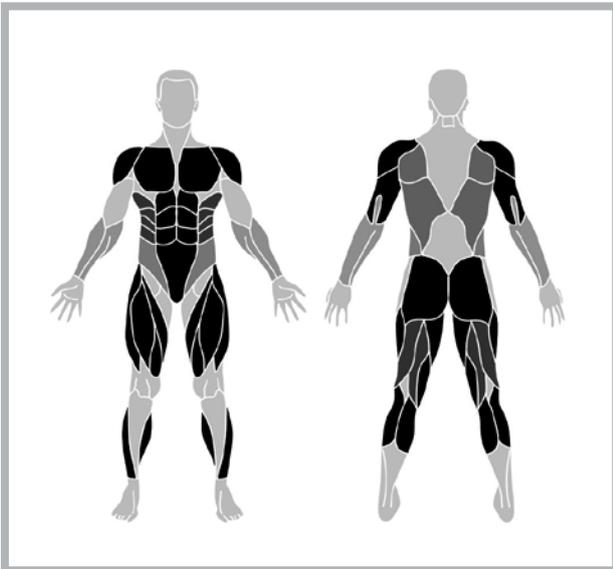
10 thigh taps

22

Boxer

Boxers have blazingly-fast hands, incredible stamina, focus, strength, perseverance, the ability to compartmentalize pain and great spatial awareness. All of which can now be yours provided you use this workout to remake your body and transform your spirit. Plus, when you next hear the Rocky soundtrack you'll be able to deservedly throw your arms up towards the sky and jog on the spot (com'on, you know you want to).

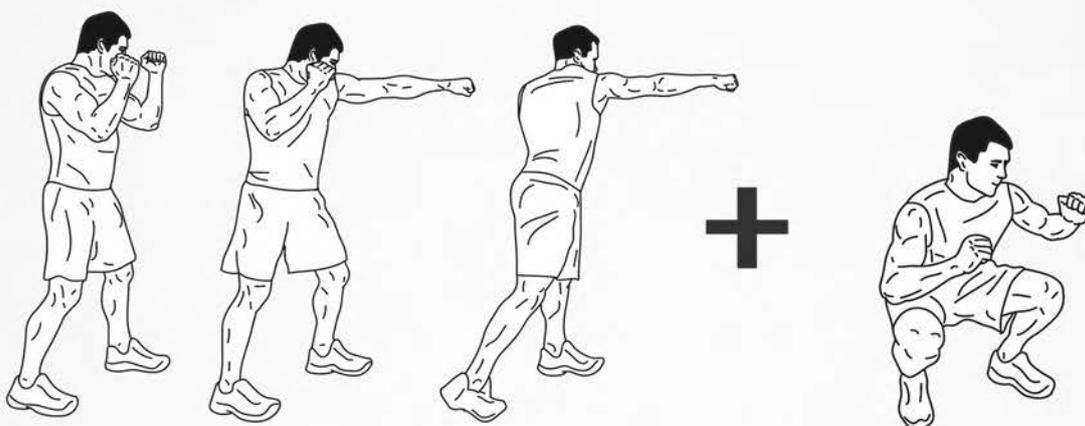
Focus: Strength & Tone



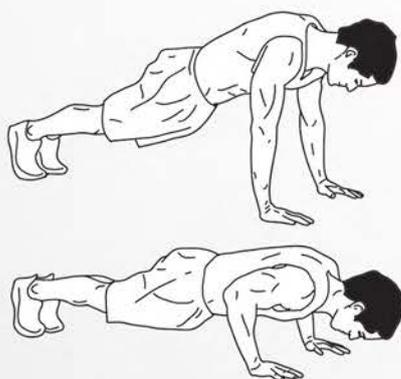
BOXER

5 SETS

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



5 minute shadow boxing **every 30 seconds** double squat

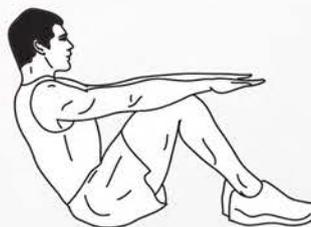


push-ups

level I 5 reps

level II 10 reps

level III 15 reps



sit-ups

level I 5 reps

level II 10 reps

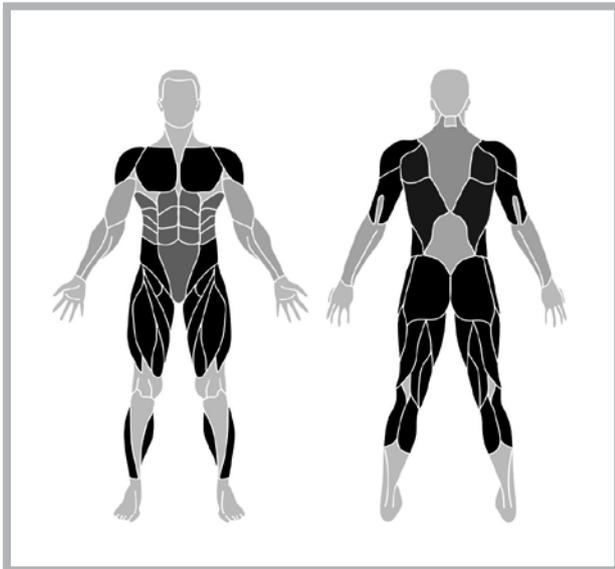
level III 15 reps

23

Boxer HIIT

Boxers have phenomenal limb speed, arm strength and stamina. They can generate tremendous forces on the areas they strike and are easily amongst the most fearsome unarmed fighters anyone can hope to face. The Boxer HIIT workout combines some of the favourite moves of boxing with a high intensity interval training plan that will push your body to its limits.

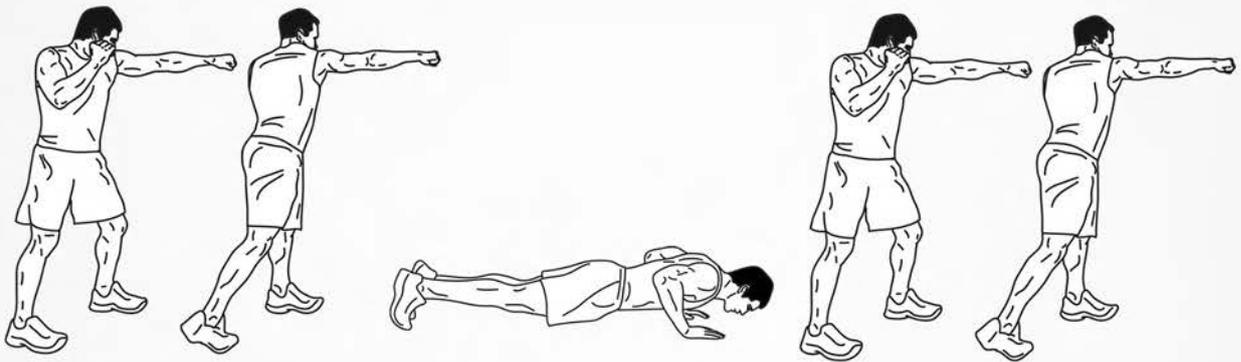
Focus: High Burn, HIIT



BOXER

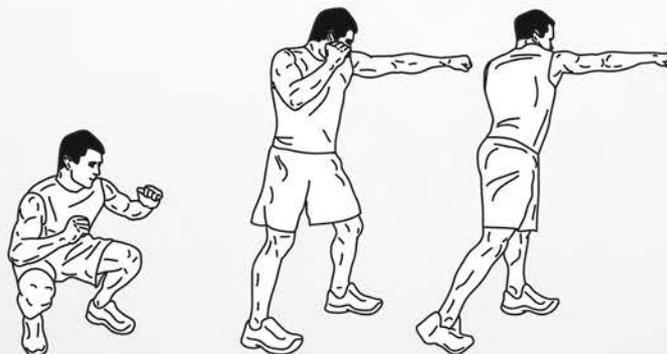
DAREBEE **HIIT** WORKOUT © darebee.com

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



20sec jab + cross

20sec push-up + jab + cross



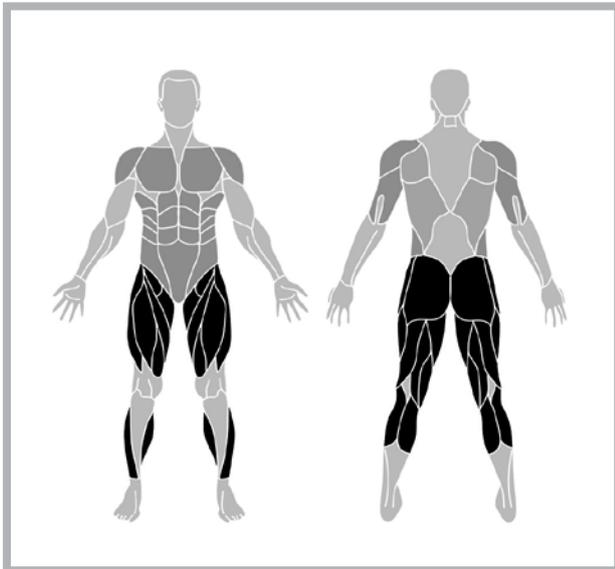
20sec squat + jab + cross

24

Boy, that escalated

There are days when all you want to do is empty your mind and then 'empty' your body into an activity that simply works you physically until you're done. Well, look no further than this workout for that. It may not appear very challenging at first glance but you will find that it presses all the right buttons.

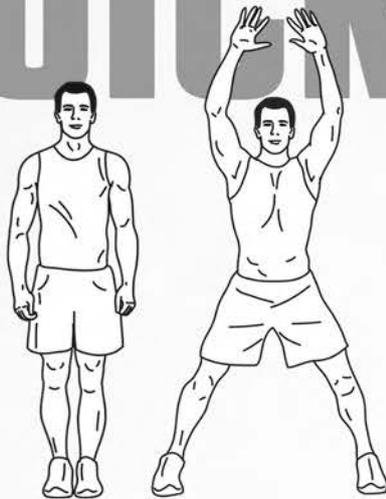
Focus: High Burn



BOY, THAT ESCALATED QUICKLY

DAREBEE
WORKOUT

@ darebee.com



LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

up to 2 minutes rest
between sets



4 jumping jacks

4 high knees

2 side-to-side jumps

8 jumping jacks

8 high knees

2 side-to-side jumps



10 jumping jacks

10 high knees

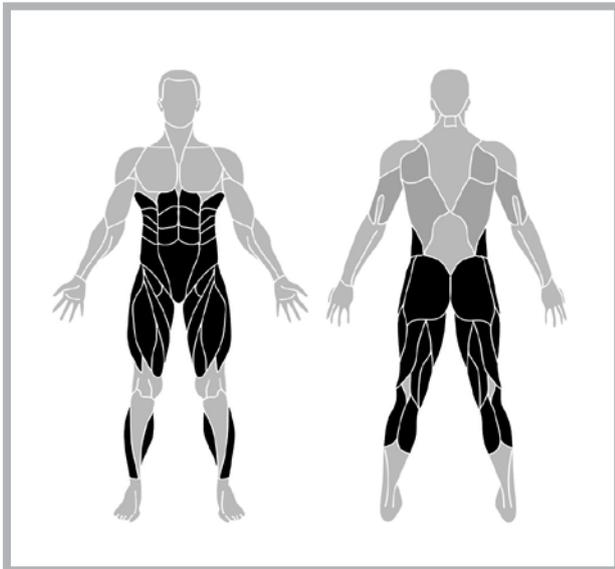
2 side-to-side jumps

25

Cardio & Core

At the core of every great athletic performance lies a strong core (pun unintended) and great cardiovascular conditioning. While aerobic performance determines just how much oxygen in each breath you take is really absorbed by the lungs and transferred into the bloodstream to be taken to the organs that need it, cardiovascular fitness is the ability of the heart and lungs to get all the blood circulating quickly enough through the body to supply oxygen to the organs and tissues that need it most. The Cardio & Core workout puts your body through its paces testing your core and challenging your cardiovascular fitness. All you have to do now is supply the great athletic performance.

Focus: High Burn



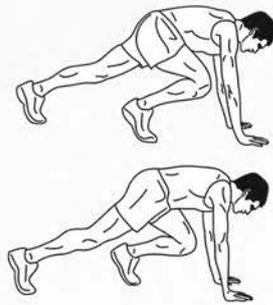
Cardio & Core

DAREBEE WORKOUT @ darebee.com

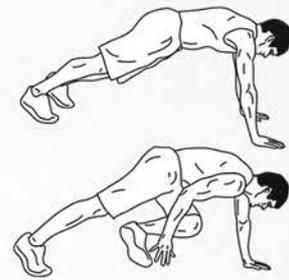
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



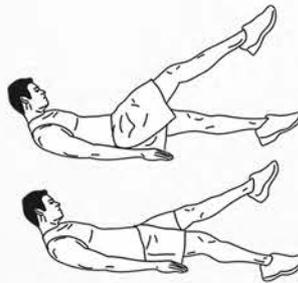
10 climbers



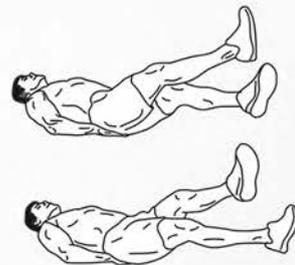
2 climber taps



20 high knees



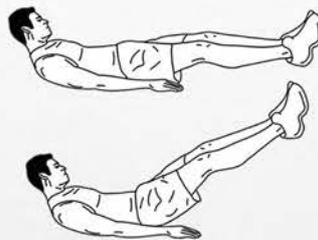
10 flutter kicks



2 scissors



20 high knees



10 leg raises



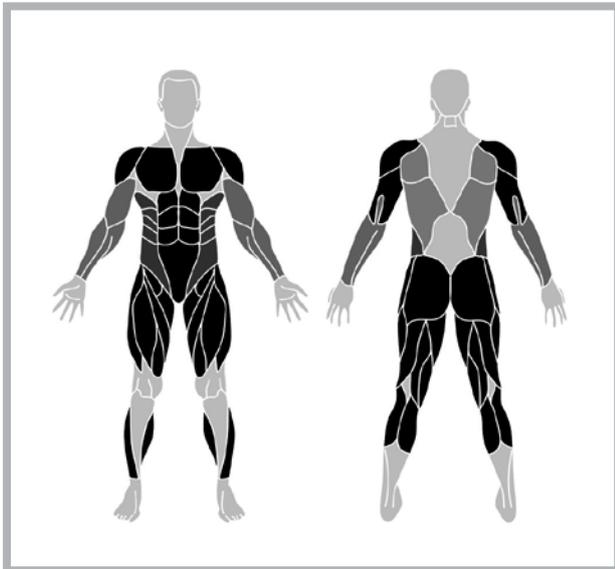
2 raised leg circles

26

Chisel

Getting that chiseled physique requires patience, perseverance and the ability to put in the time one day after another. Chisel, of course, is the workout that'll help you do all this. A combination of aerobic and strength exercises it works all the major muscle groups so that your body keeps on changing the way you want it to.

Focus: High Burn



CHISEL

DAREBEE WORKOUT @ darebee.com

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



20 high knees



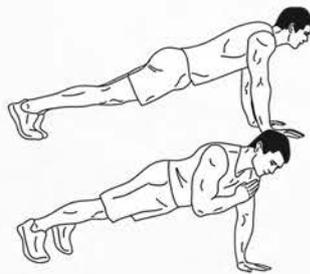
10 squats



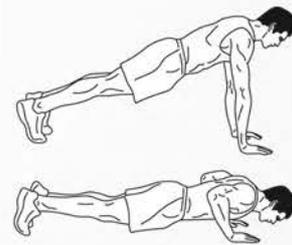
2 jump squats



20 high knees



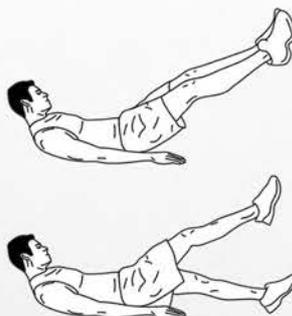
10 shoulder taps



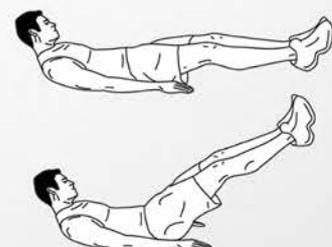
2 push-ups



20 high knees



10 flutter kicks



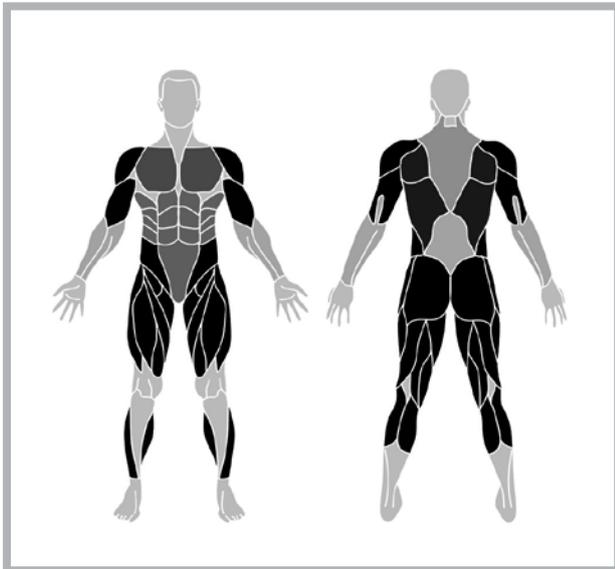
2 leg raises

27

Close Contact

When things get up close and personal your body is the only thing that keeps you alive. The Close Contact workout transforms you into a living, breathing fighting machine. The moves are biomechanically optimized. The results are a workout that pushes strength, speed, power, agility, coordination and control. Not quite the perfect workout but darned close.

Focus: High Burn



CLOSE CONTACT

DAREBEE WORKOUT @ darebee.com

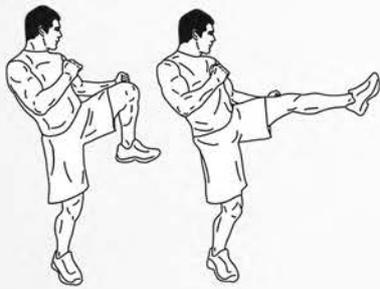
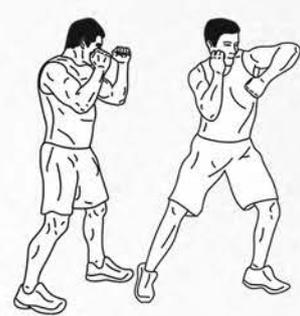
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



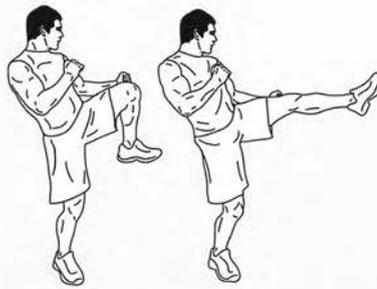
20 knee strikes



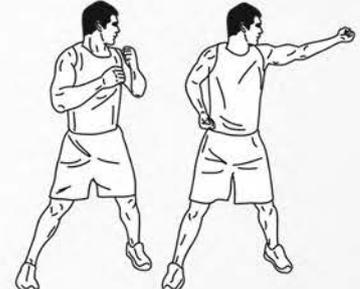
20combo knee strike + elbow strike



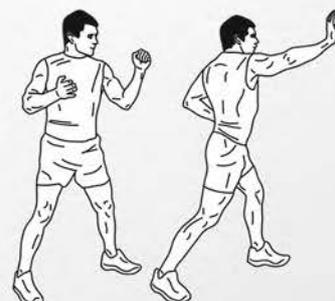
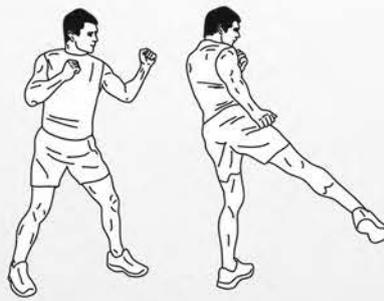
20 front kicks



20combos front kick + backfist



20combos bounce + squat + back leg low turning kick + palm strike

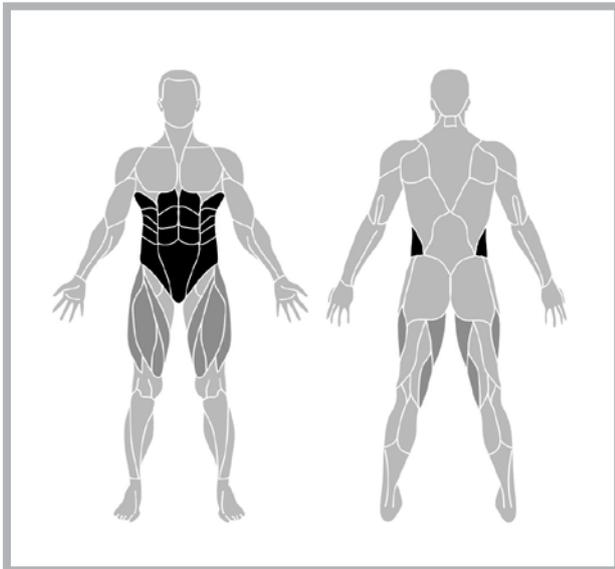


28

Code of Abs

The code, the source code. Strong abs are not just the engine that powers your every move nor are they just the armour that protects some of your vital organs. They're also the scaffolding that supports your spine. In short they're really important. That's why you need them. Plus they make you look cool when you take your shirt off.

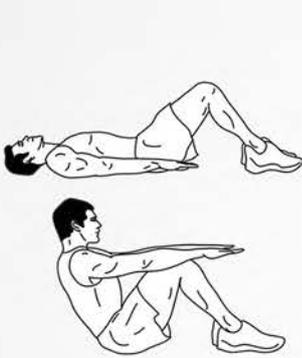
Focus: Abs



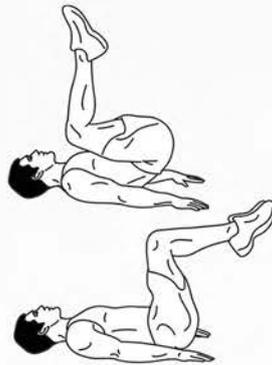
code of abs

DAREBEE WORKOUT @ darebee.com

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



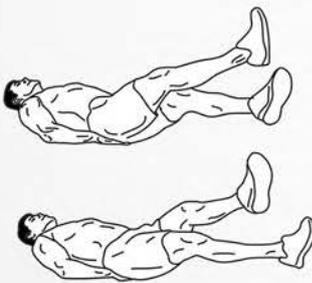
10 sit-ups



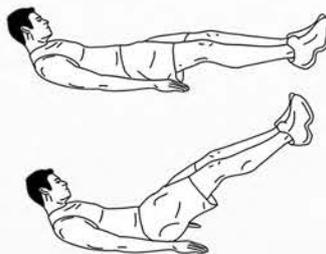
10 reverse crunches



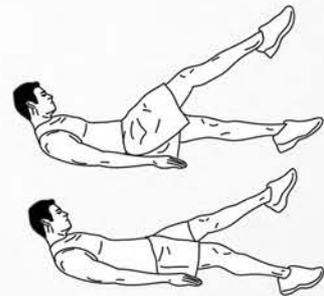
10 sitting twists



8 scissors



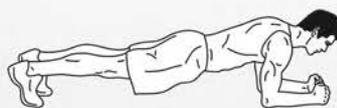
8 leg raises



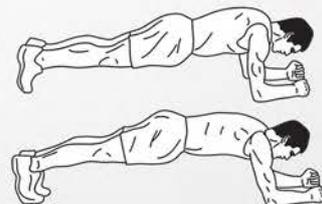
10 flutter kicks



10-count plank hold



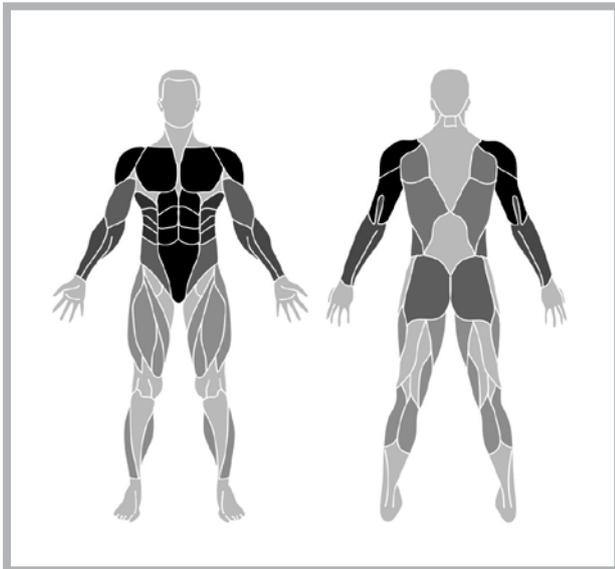
10-count elbow plank hold



8 body saw

Stay glued to the ground and see just how much you can challenge your body. This is a set of exercises that takes a traditional routine and gives it an extra spin with a real challenge. Because of that it forces your muscles to work in unfamiliar ways that make it totally challenging.

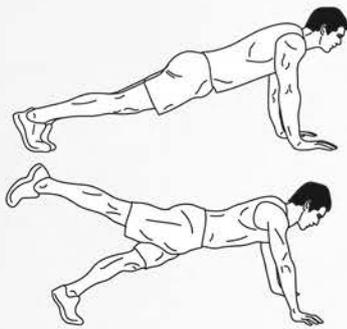
Focus: High Burn



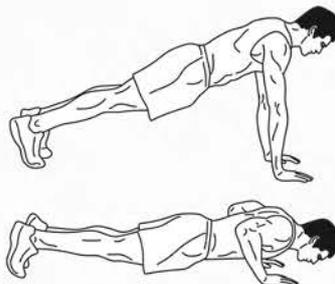
CODEx

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** up to 2 minutes
hands never off the ground



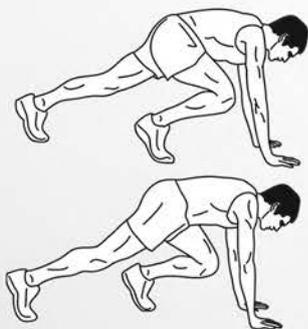
10 plank leg raises



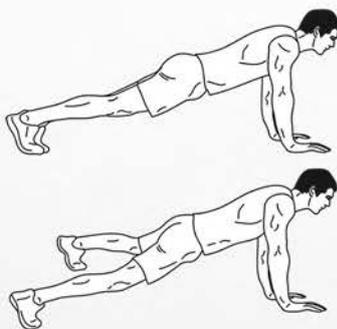
4 push-ups



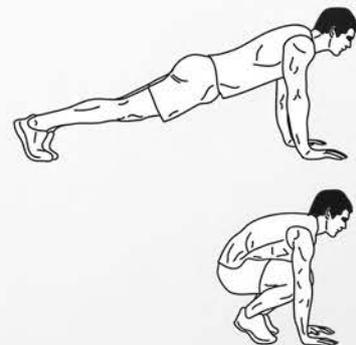
10-count plank



10 climbers



4 plank jacks



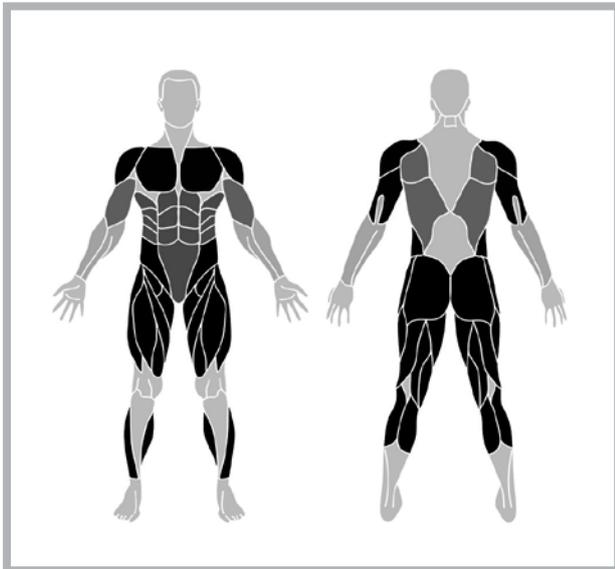
4 plank jump-ins

30

Coffee Break

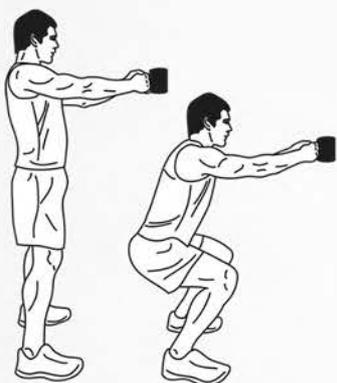
A coffee break is always great, especially if your day starts with one, which then doesn't quite make it a break but there is certainly coffee involved. Add some movement, throw in a little need for balance and you've got yourself the kind of workout Kung Fu legends are made of. Fill your cup almost to the brim and you're beginning to get into the Jedi zone. The Coffee Break workout may not look that challenging at first glance but try it out with a cup that's filled almost to the brim and you will find it takes incredible and muscle control to prevent it from spilling. Exactly the kind of balance and muscle control that allow you to move with the sureness of a panther and the speed of a snake. Now go get that cup of coffee.

Focus: High Burn

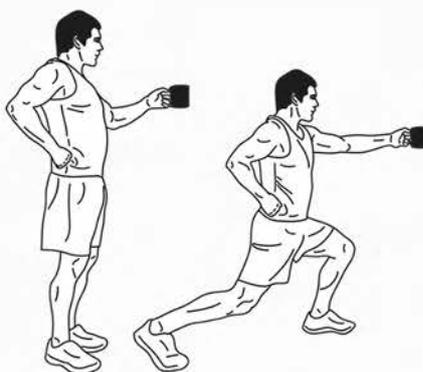


Coffee **BREAK**

DAREBEE WORKOUT @ darebee.com
3 sets | up to 2 minutes rest between sets



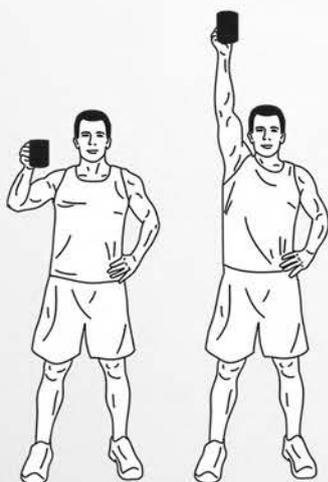
4 squats



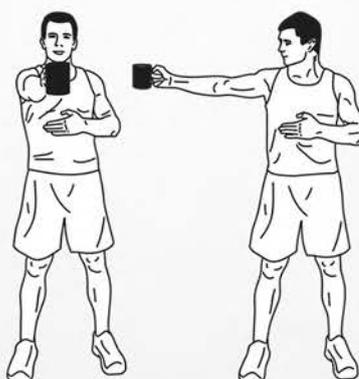
4 lunges



10 side leg swings



10 mug raises



10 arm extensions



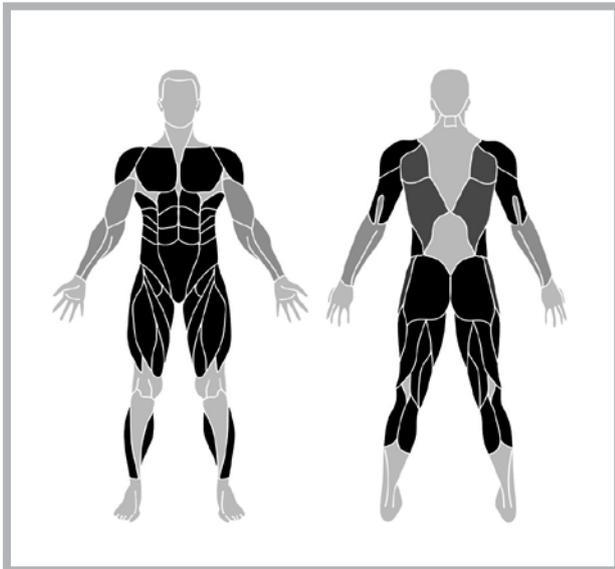
10-count hold

31

Combat Strength

Turn your body into a pillar of strength, capable of almost anything with the Combat Strength workout. As the name suggests the aim is to challenge major muscle groups building up the strength and speed you'd need in a hypothetical combat scenario where all you have is your body and the razor-sharp mind that guides it.

Focus: Strength & Tone



Combat Strength

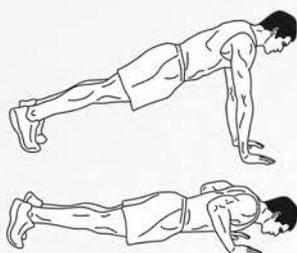
DAREBEE WORKOUT
@ darebee.com

Level I 3 sets

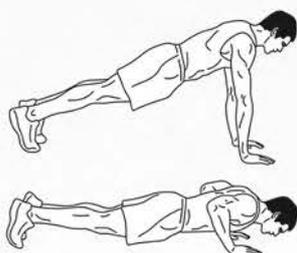
Level II 5 sets

Level III 7 sets

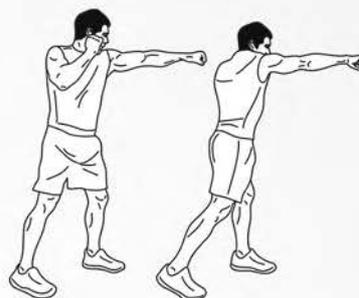
2 minutes rest



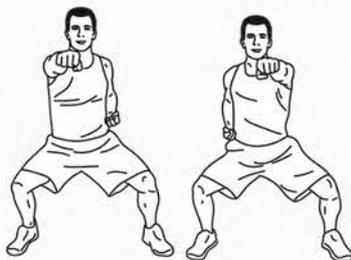
10 push-ups



10 combos push-up + jab + cross



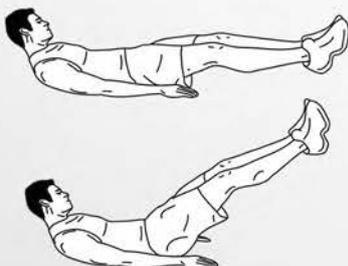
10 squats



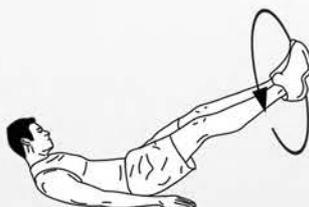
20 squat hold punches



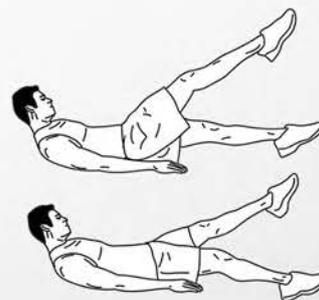
2 jump squats



2 leg raises



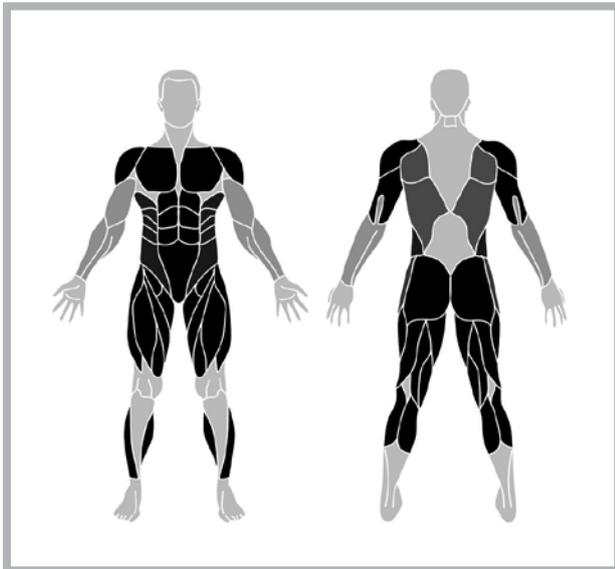
10 raised leg circles



10 flutter kicks

One of the hardest things you can do is get into a ring and go a few rounds. Beyond the fact that there is the inevitable exchange of blows you are pushing your entire body to the limit with no room to ease off, no matter how much your muscles ache or your lungs burn. As a physical test the Contender takes you through one exercise after another, slowly loading each muscle group and then asking you to exercise even as fatigue tags at you. Well, there is no exchange of blows taking place, so dig deep and feel the burn.

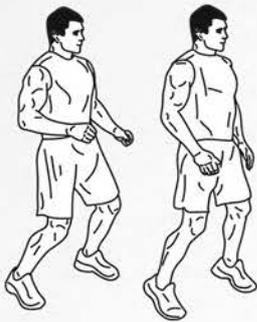
Focus: Strength & Tone



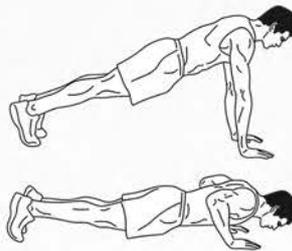
CONTENDER

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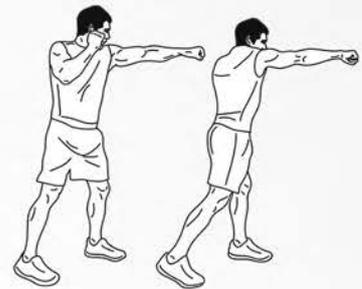
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



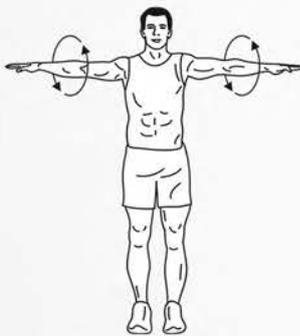
20 bounces



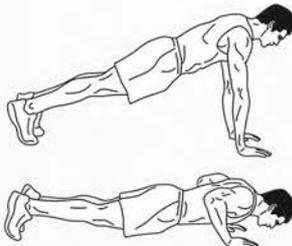
2 push-ups



20 punches



20 arm circles



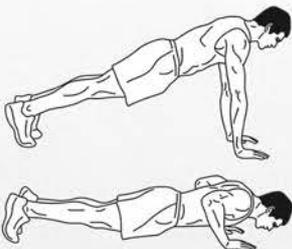
2 push-ups



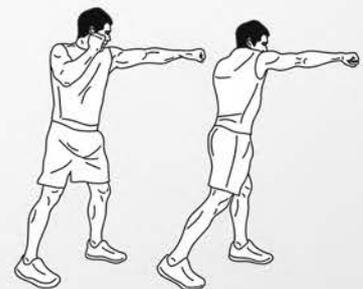
2 squats



20 high knees



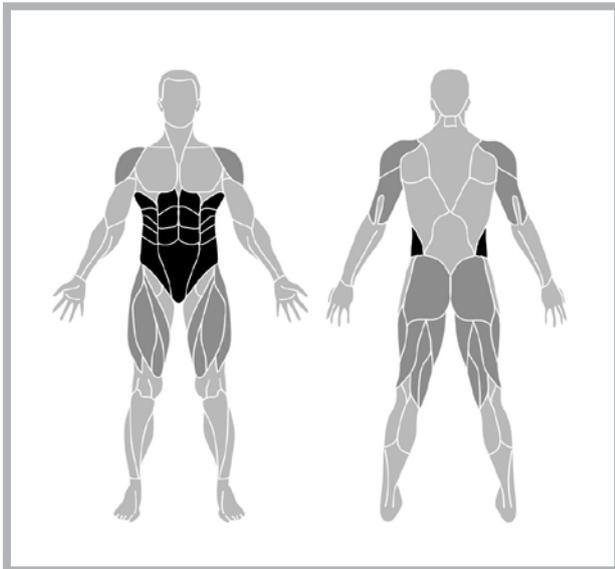
2 push-ups



20 punches

A strong core is not easy to come by. The muscles associated with it (transversus abdominis) help develop better functional movements and prevent injury. The core is active in both static and dynamic movements as it brings the skeletal structure into play and allows it to align itself so that it can better absorb and direct specific forces. The Core Connect workout helps strengthen your core and change the way you do, everything.

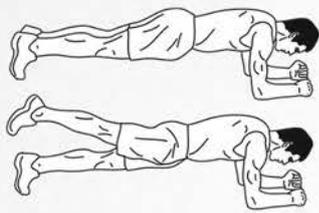
Focus: Abs & Core



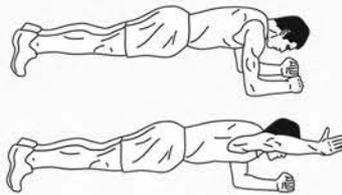
core connect

DAREBEE WORKOUT @ darebee.com

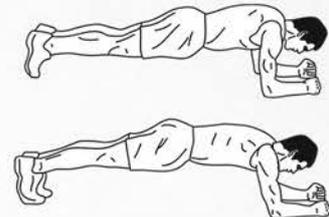
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



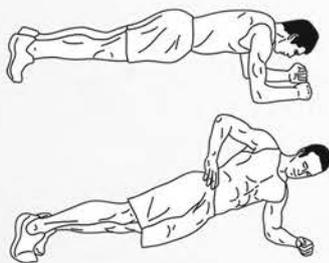
4 plank leg raises



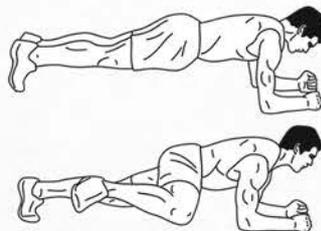
10 plank arm raises



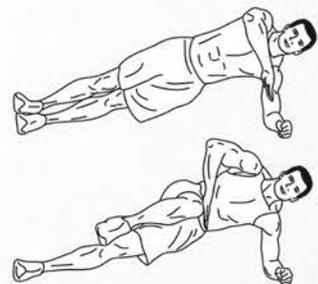
4 body saw



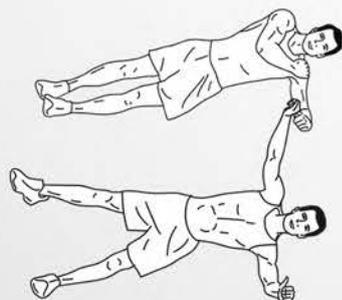
4 plank rotations



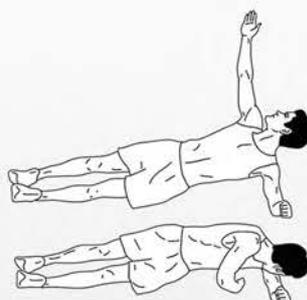
10 plank crunches



4 side plank knee taps



4 side star plank



10 side plank rotations



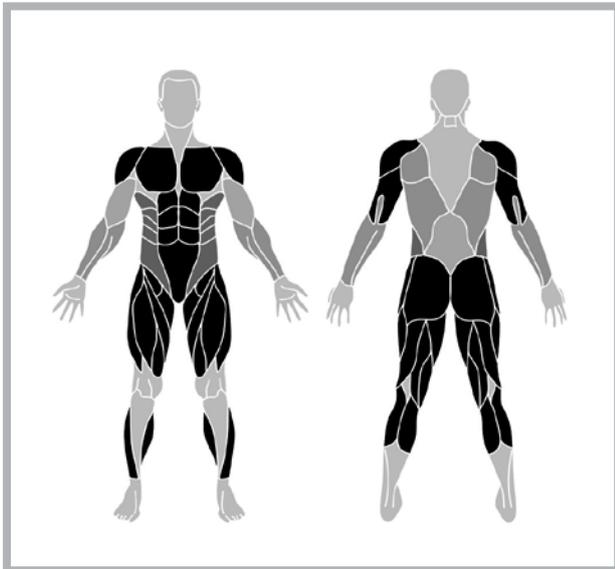
to fatigue elbow plank

34

Crucible

For those who have played Destiny once or twice, the Crucible is a place where Guardians go to test their skills and cement their reputations. This Crucible is a little different, no skills or armor will be gained by doing the workout but your reputation might well be cemented.

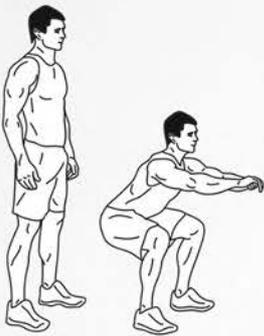
Focus: Strength & Tone



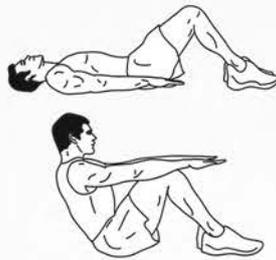
CRUCIBLE

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



5 squats



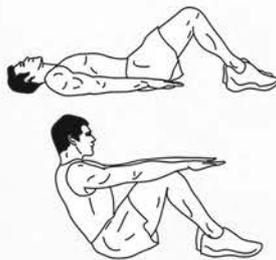
5 sit-ups



5 squats



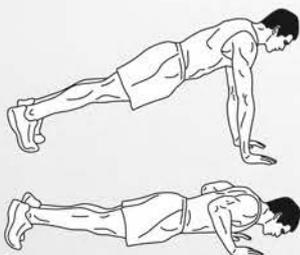
5 lunges (left leg)



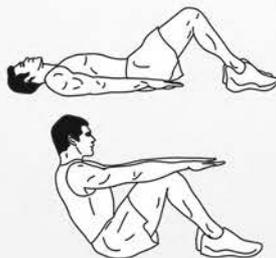
5 sit-ups



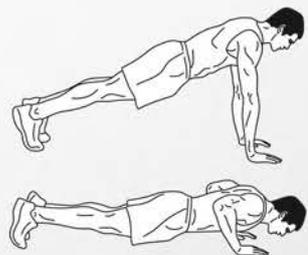
5 lunges (right leg)



5 push-ups



5 sit-ups



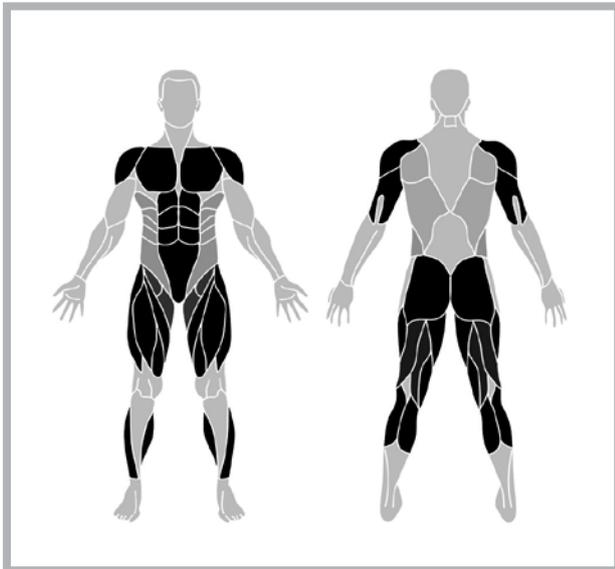
5 push-ups

35

Daily Burn

On those great, exceptional days when you leap out of bed with a fire in your belly and a song in your heart you know that through physical training you “forge your body to the fire of your will”. Every other day you just need to purse your lips and get on with it in a workout that’ll work for you. Well this is the one for those unexceptional days.

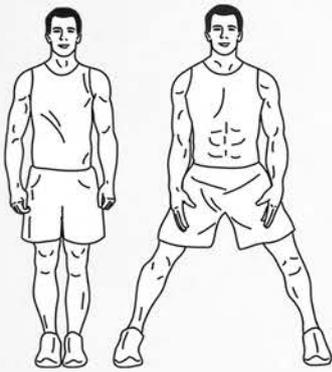
Focus: High Burn



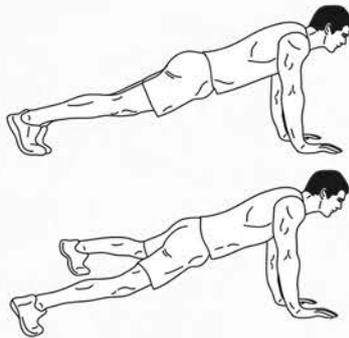
Daily Burn

DAREBEE WORKOUT @ darebee.com

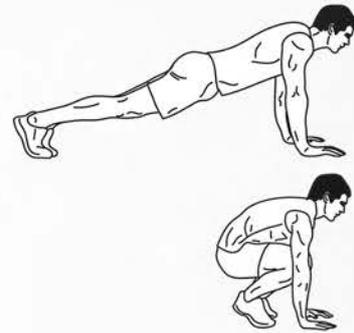
3 sets | up to 2 minutes rest between sets



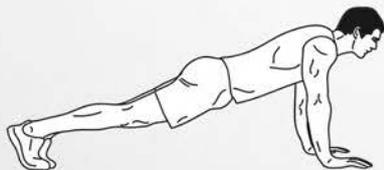
10 half jacks



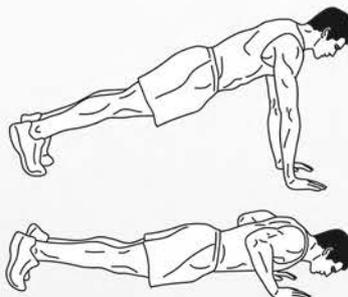
4 plank jacks



4 plank jump-ins



10-count plank



4 push-ups



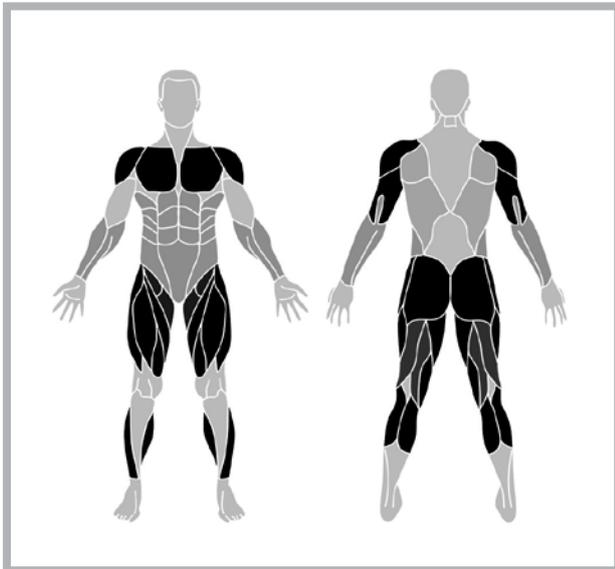
10 squats

36

Daily Workout

This is the perfect workout for those days when you're not sure what to do and know you really need to do something to workout. Use it as a filler, a routine, the go-to work out when you have nothing else to fire you up. At ten reps per exercise there really is no excuse not to do them.

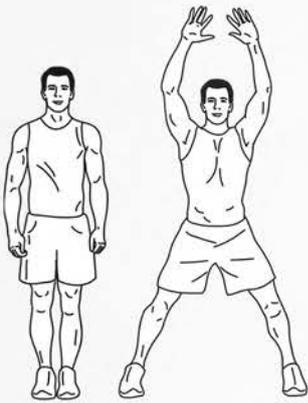
Focus: High Burn



DAILY **WORKOUT**

BY DAREBEE © darebee.com

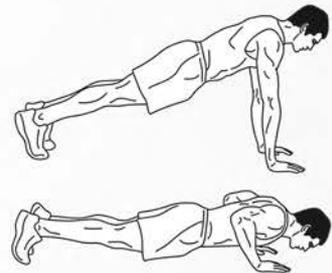
3 sets | up to 2 minutes rest between sets



10 jumping jacks



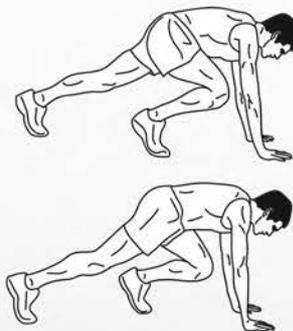
2 squats



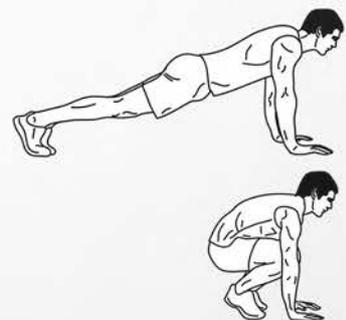
2 push-ups



10 high knees



10 climbers



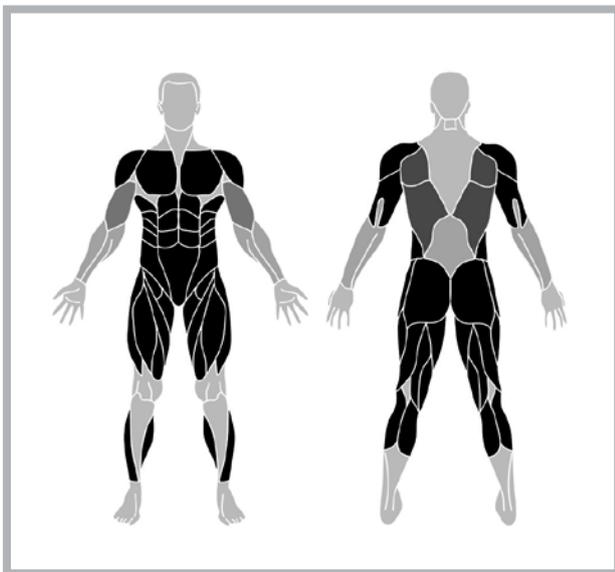
2 plank jump-ins

37

Dash

Building up speed relies on forcing muscles to undergo a few adaptive changes. There are two parts to becoming lightning-fast, the first part requires developing the muscle structure itself, increasing the number of neurons and developing fast-twitch action fiber. The second part requires strengthening of all the supporting muscle groups and tendons that help major muscle groups perform. The DASH workout is designed to help you develop both. Each exercise is performed at full speed.

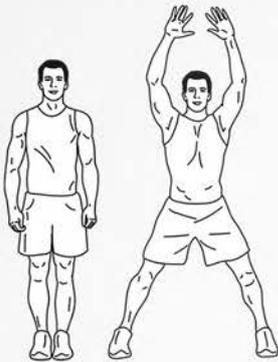
Focus: High Burn



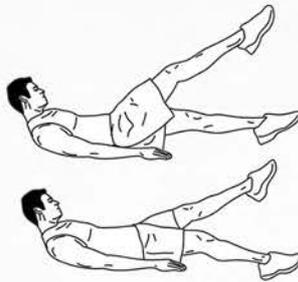
DASH

DAREBEE WORKOUT @ darebee.com

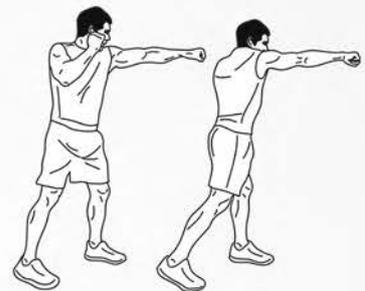
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



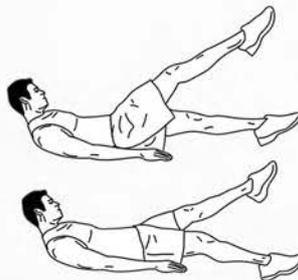
10 flutter kicks



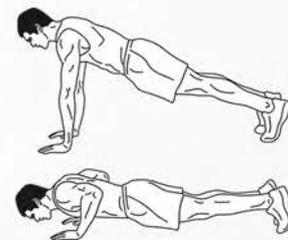
20 punches



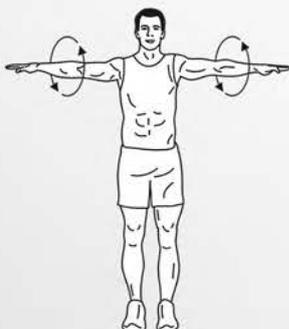
10 squats



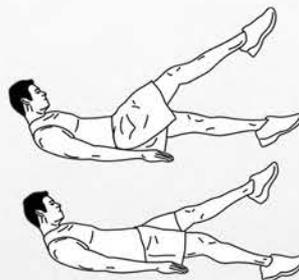
10 flutter kicks



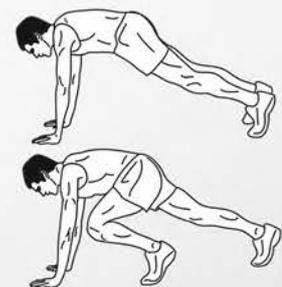
5 push-ups



20 raised arm circles



10 flutter kicks



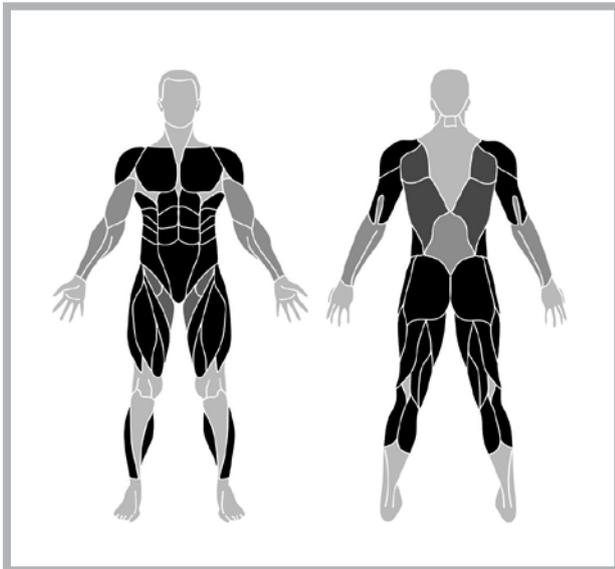
20 climbers

38

DNA: rewrite

What if you could transform yourself into the kind of physically capable person you want to be? How would you rewrite your DNA? This is a workout that helps you explore the possibilities lying at the boundaries of your capabilities.

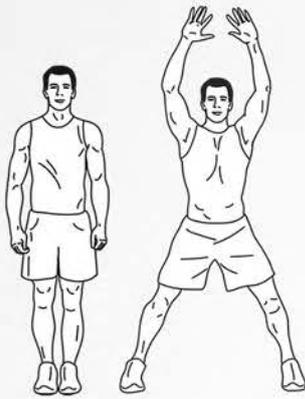
Focus: High Burn



DNA:REWRITE

DAREBEE WORKOUT @ darebee.com

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



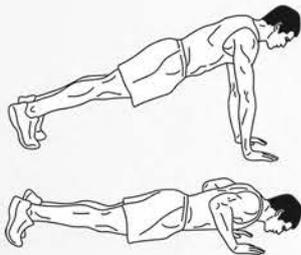
10 jumping jacks



10 lunge step-ups



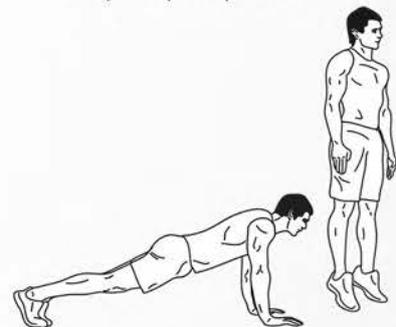
2 jump squats



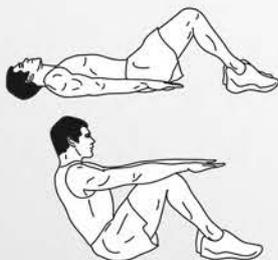
2 push-ups



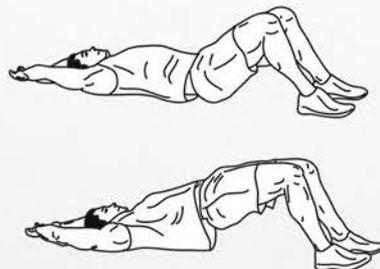
10-count plank



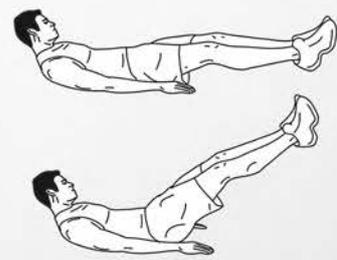
2 basic burpees w/ jump



10 sit-ups



10 bridges



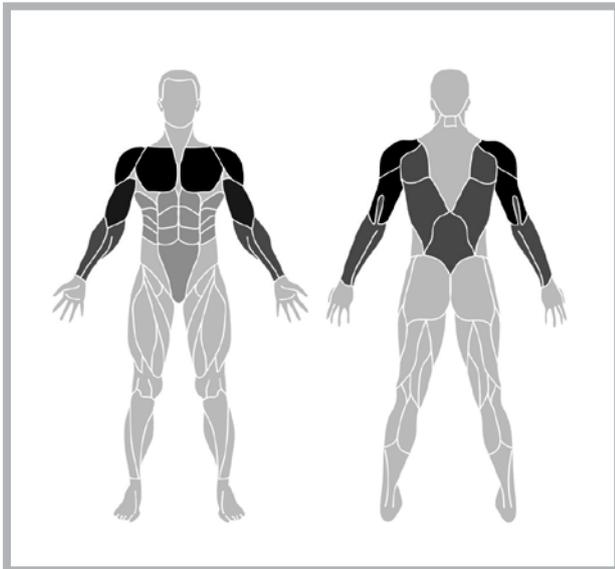
2 leg raises

39

Double Up

You have two arms which means you will be experiencing twice the joy as the Double Up workout uses the rapid motion of the arms to also challenge the core and abs and even your glutes and quads and hamstrings. The amazing thing about the connected body is that the upper body powers the lower body so strong arms help you run faster, longer and the lower body powers the upper one so that strong legs help you punch harder.

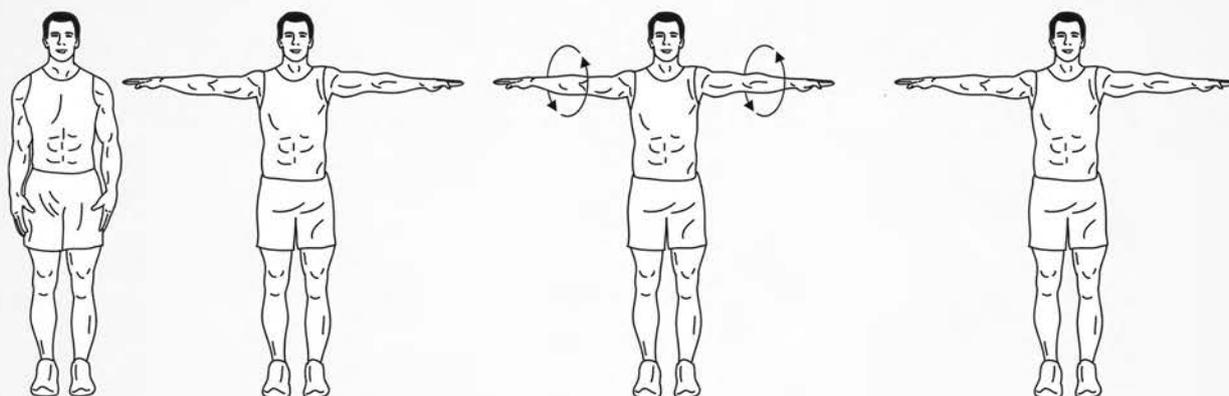
Focus: High Burn



DOUBLE UP

DAREBEE WORKOUT @ darebee.com

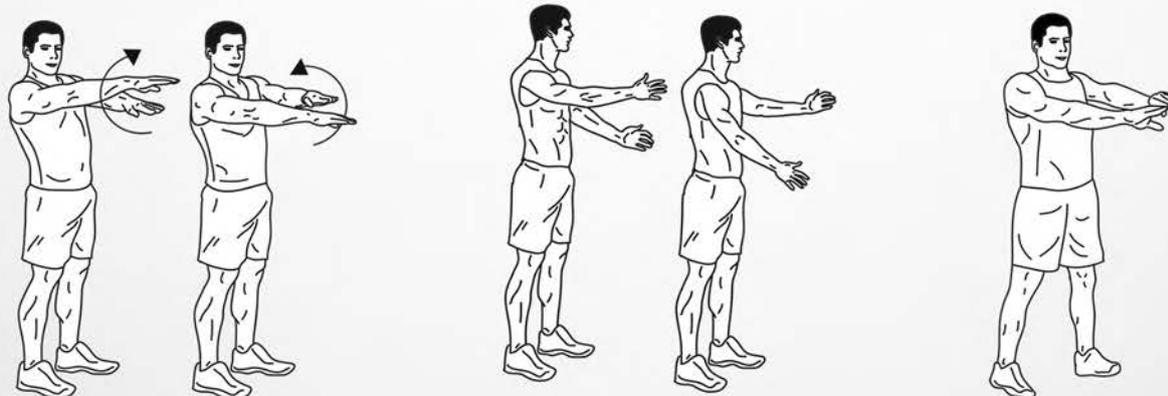
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 side arm raises

20 arm circles

20-count arm hold



20 arm scissors

20 scissor chops

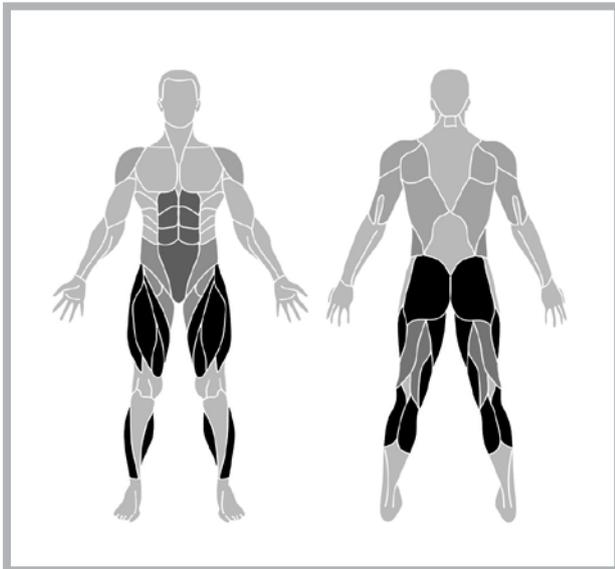
20-count arm hold

40

Dynamic Pyramid

Pyramid workouts are great because they work overlapping but separate systems in your body. Your cardiovascular, anaerobic and aerobic systems are worked here which means that you also get to build up some serious endurance.

Focus: High Burn

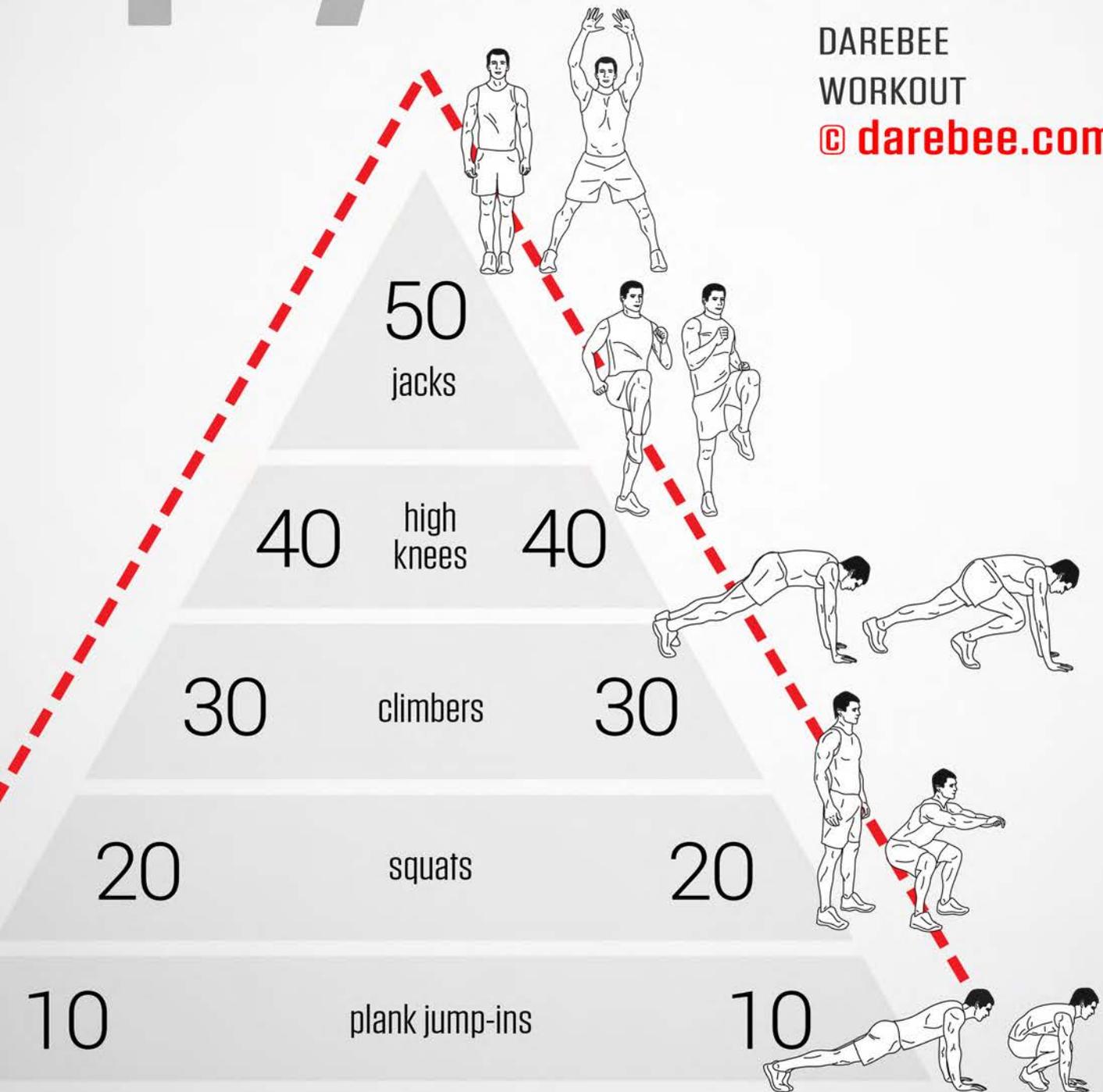


dynamic

pyramid

DAREBEE
WORKOUT

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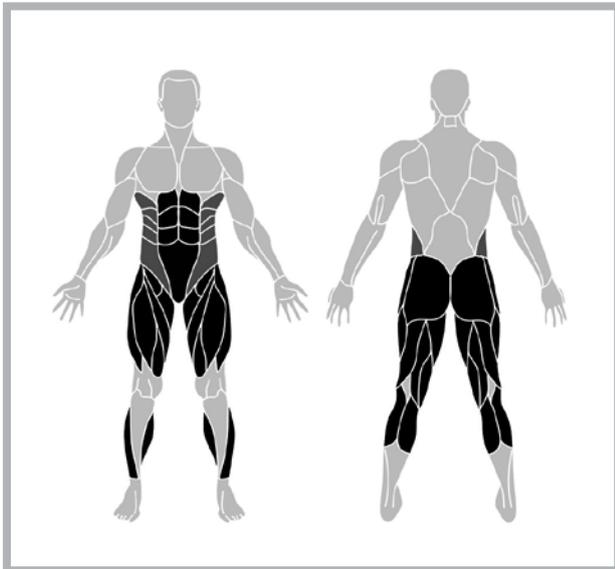


41

Eliminator

Instructions: After each set you eliminate the last exercise off the following set, the goal is to do enough sets to get to doing nothing. Yay!

Focus: High Burn



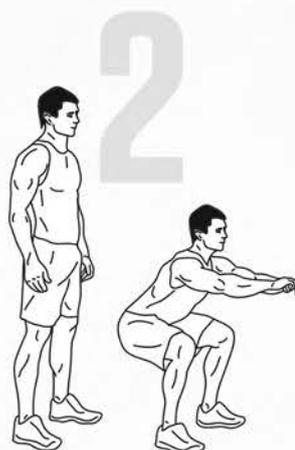
XELIMINATOR

DAREBEE WORKOUT @ darebee.com

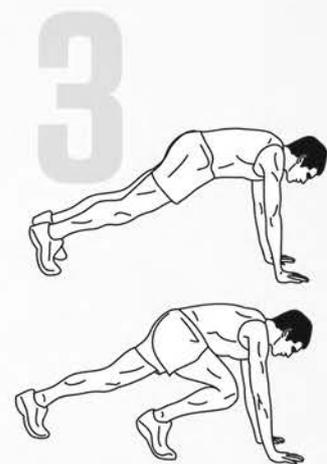
5 sets – after every set take the last exercise off the following set
2 minutes rest between sets



20 side leg raises



10 squats



20 climbers



20 lunges



10 plank arm raises



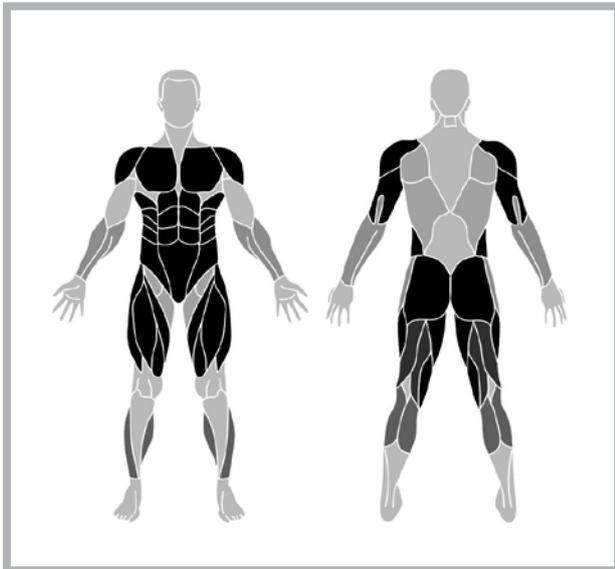
20 high knees

42

Epic

This is a simple, alternating, high-burn workout that will leave you out of breath and feeling like you're worthy of the title of "Epic". Do each rep to the max and just enjoy the journey.

Focus: Strength & Tone



EPIC QUEST

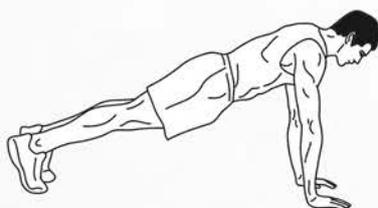
DAREBEE WORKOUT @ darebee.com

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



5 squats
5 sit-ups

5 push-ups
5 sit-ups



5 squats
5 sit-ups



5 push-ups
5 sit-ups



5 squats
5 sit-ups



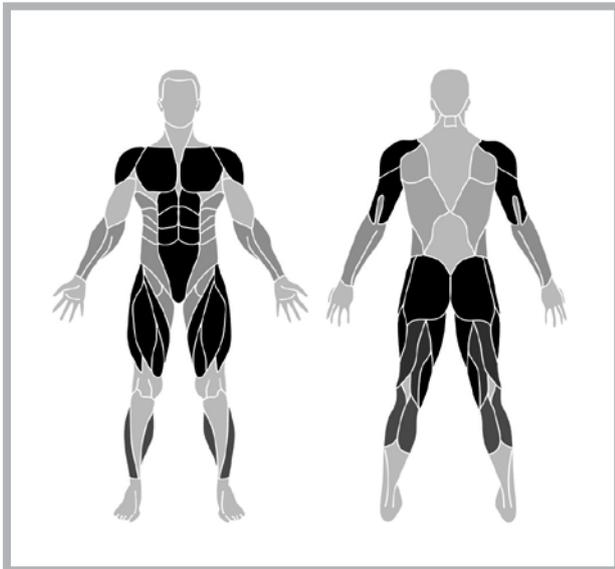
5 push-ups
5 sit-ups

43

Express

This is the workout for when you want something fast, are pressed for time but don't want to skimp on quality. Up the intensity just a little on each rep and you can both have your cake and eat it.

Focus: Strength & Tone



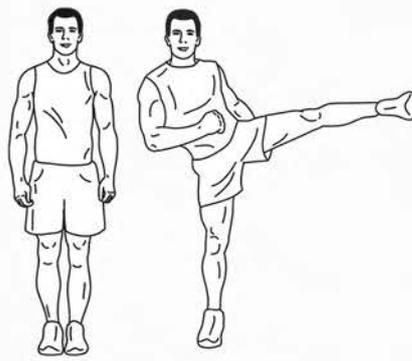
EXPRESS

WORKOUT

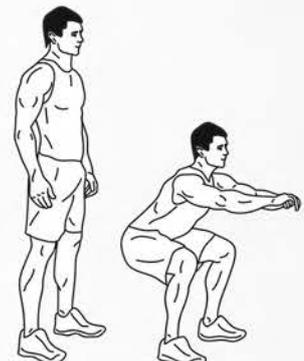
BY DAREBEE © darebee.com



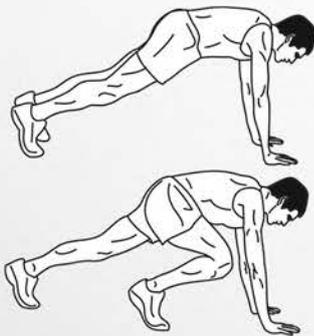
10 lunges



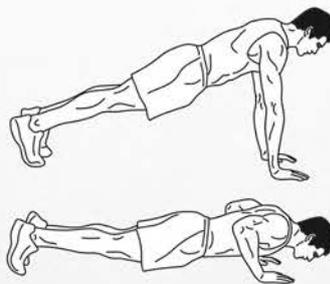
20 side leg raises



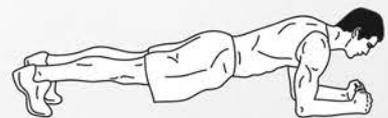
10 squats



10 slow climbers



10 push-ups



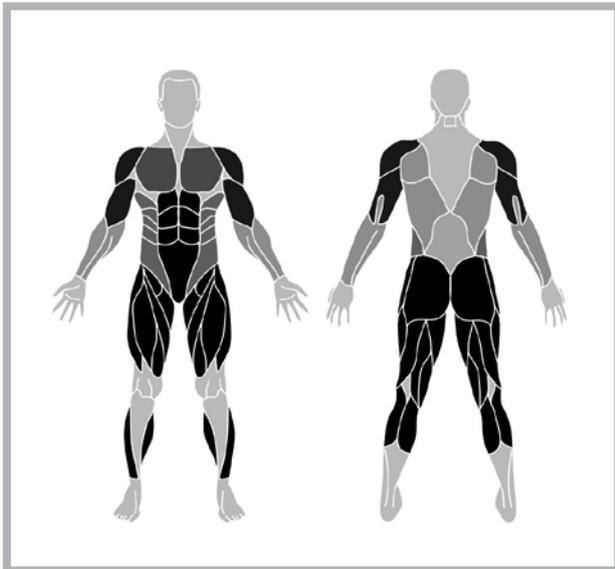
10-count elbow plank

44

Extractor

There are some days when all you want to do is go through a workout where you do not have to think much, or concentrate hard. You take yourself out of the picture and let your body do its thing. The Extractor workout is just the thing that will do that for you.

Focus: High Burn



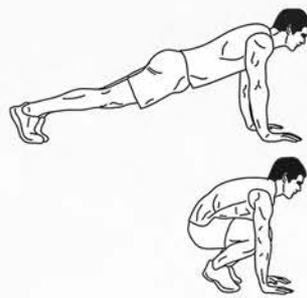
EXTRACTOR

DAREBEE WORKOUT @ darebee.com

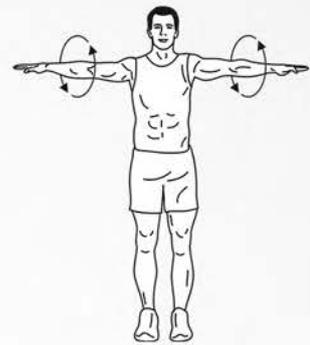
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



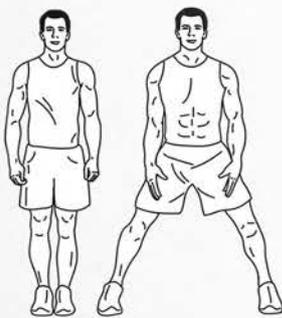
20 high knees



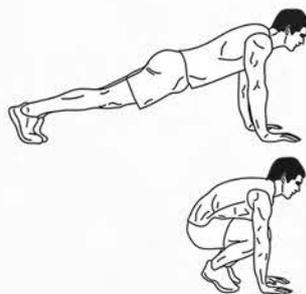
2 plank jump-ins



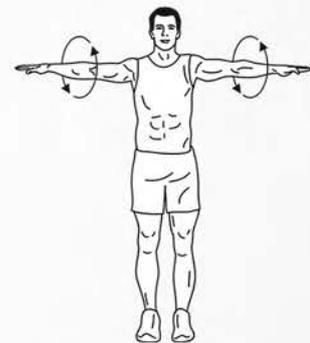
20 arm circles



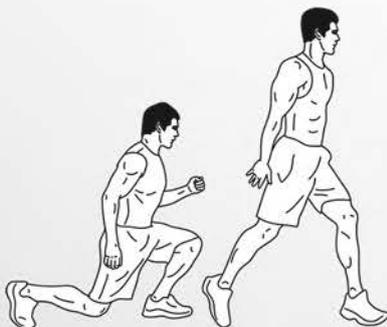
20 half jacks



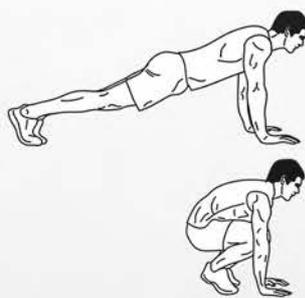
2 plank jump-ins



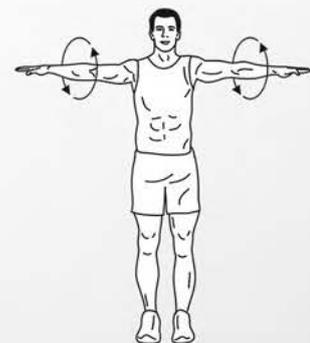
20 arm circles



2 jumping lunges



2 plank jump-ins



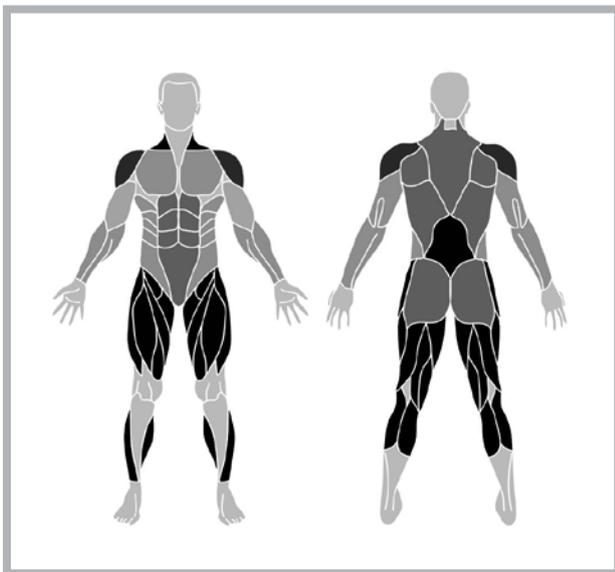
20 arm circles

45

Far Point

Passive stretching is an ideal form of stretching to perform with a partner. It requires the body to remain completely passive while an outside force is exerted upon it (by a partner). When used without a partner bodyweight and the force of gravity are allowed to do their thing. Passive stretching is also called relaxed stretching, for that reason. To make it work for you, extend to a position that is at the very edge of your comfort zone and hold it, allowing gravity and your bodyweight to do the rest. There is no 'bounce' of any kind with passive stretching, nor is there any push/pull motion. Find out more about Stretching for Strength and Flexibility.

Focus: Stretching



FAR POINT

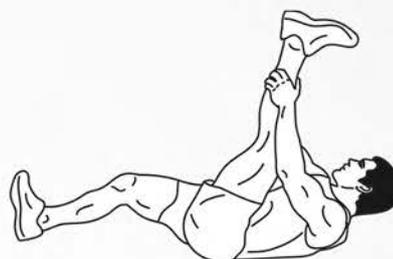
PASSIVE STRETCHING @ darebee.com
60 seconds each - 30 seconds each side / leg



hamstring stretch



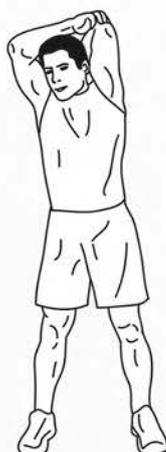
groin stretch



leg to chest stretch



quad stretch



elbow stretch



cross neck elbow stretch



gravity toe touches



sumo squat hold



side splits

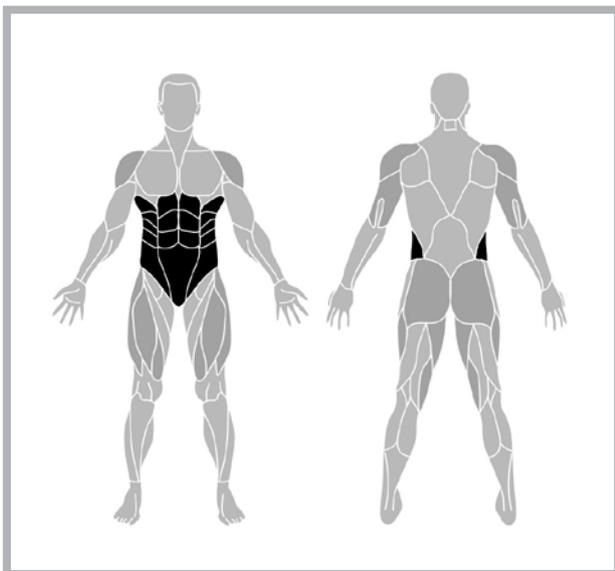
46

Five Minute Plank

Training the abdominal muscle group is no easy task. The muscles do not all respond to training at the same rate and there is a core group of abdominal s, running beneath the external ones with muscle fibres pointing the opposite way. This makes for a core picture which no single exercise can adequately address which helps explain why strong abs are hard to attain, which makes them an aim to strive for.

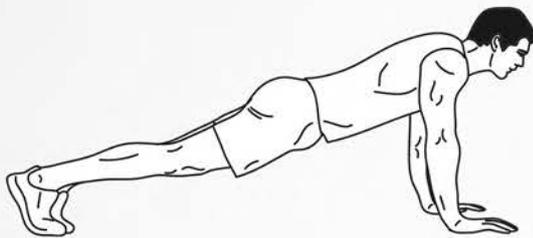
The five minute plank is a paradox of sorts. It uses relative inactivity to challenge the abdominal muscles and strengthen them. In five minutes you get to exercise as many parts as possible of the muscle wall. The result: strong abs, a strong core, more power, better coordination plus you get to look good on the beach.

Focus: Abs

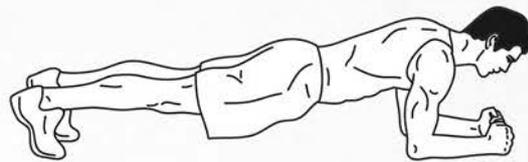


FIVE MINUTE **PLANK**

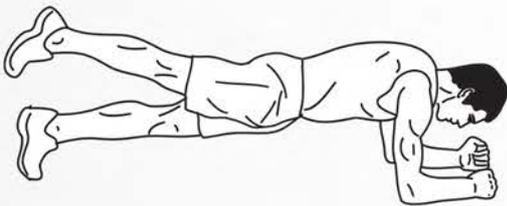
DAREBEE WORKOUT @ darebee.com



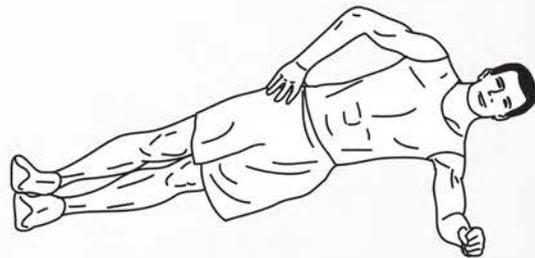
60sec full plank



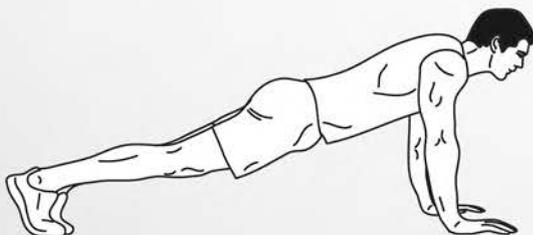
30sec elbow plank



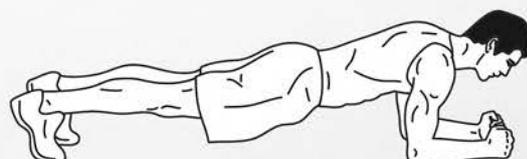
60sec raised leg plank
30 seconds - each leg



60sec side plank
30 seconds - each side



30sec full plank



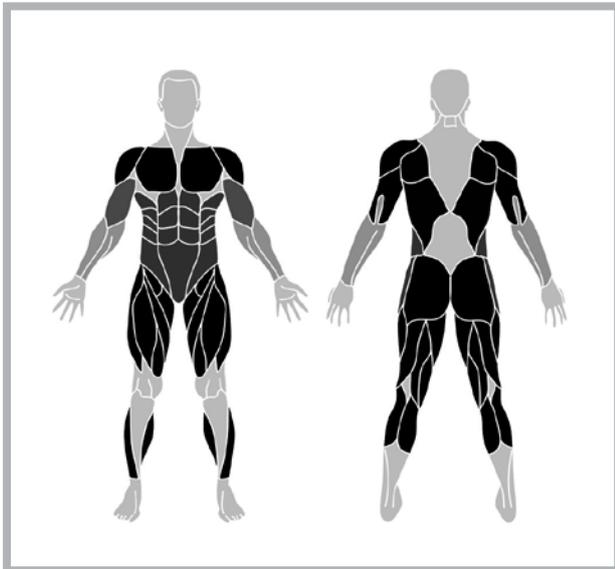
60sec elbow plank

47

Flash Point

Everyone wants to get their body to the point where the muscles just 'catch on fire' and they become a smooth blur of movement. The Flashpoint workout helps you do just this. Based on martial arts combinations it activates all the important muscle groups plus supporting muscle structures for a truly holistic workout.

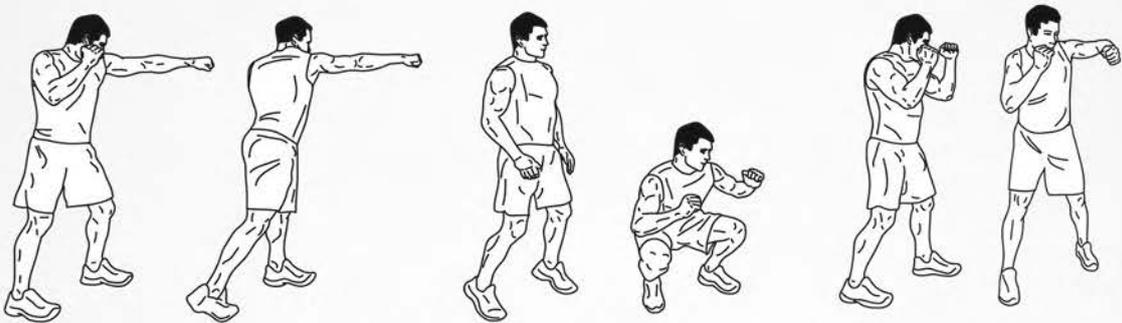
Focus: High Burn



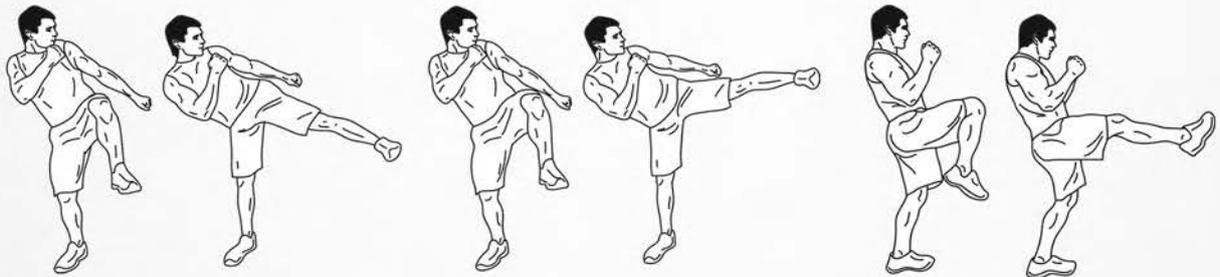
Flash Point

DAREBEE WORKOUT @ darebee.com

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

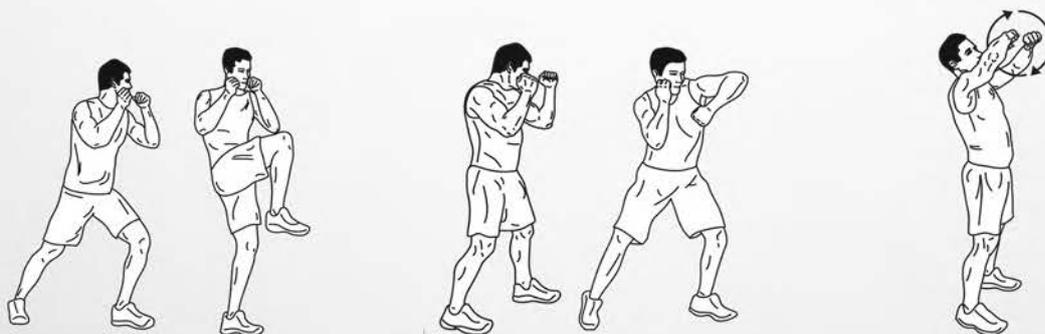


20combos jab + cross + squat + hook



20 double side kicks / low and high

20 front kicks

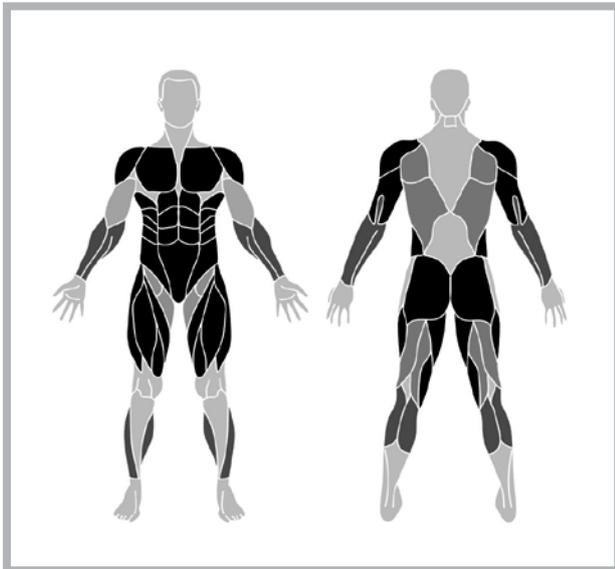


20combos knee strike + elbow strike

20 speed bag punches

When you're destined to be amongst the best fighters in the Universe from birth, physical fitness is a way of life. The Spice will make that life long but just how awesome it will be is entirely down to you. Life on the desert planet is naturally harsh. The environment demands strength, endurance and the ability to survive and succeed on relatively few resources. Muscles have to justify every gram of their existence so there is no point having bulk when what you really need is strength. This is a workout worthy of a Sandworm Rider. Designed to build up core strength and dense muscle it's just the ticket for those whom Shai Hulud favors.

Focus: Strength & Tone



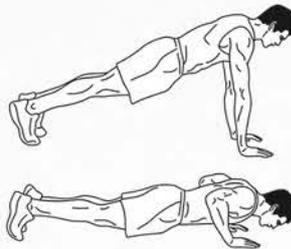
FREMEN

DAREBEE WORKOUT @ darebee.com

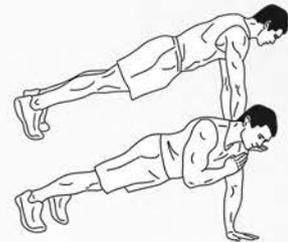
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



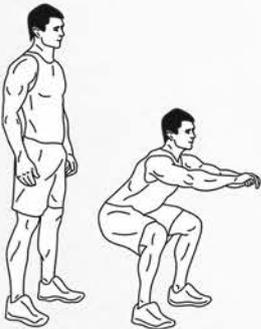
10 squats



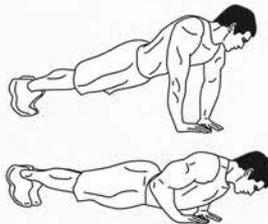
2 push-ups



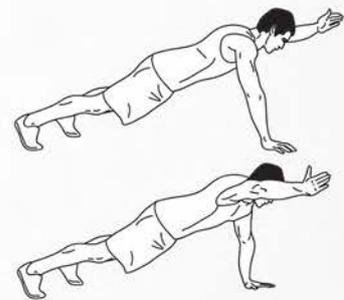
10 shoulder taps



10 squats



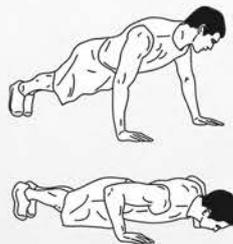
2 close grip push-ups



10 plank arm raises



10 squats



2 wide grip push-ups



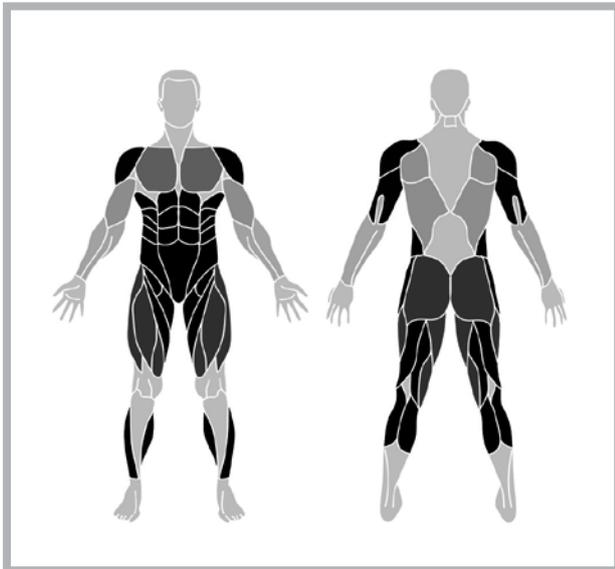
10 planks w/ rotations

49

Frost

Even bad girls need to work out and our Frost routine, true to form, is a little bit of a killer. It's there to make sure that every part of your body can be called upon to play its role when needed. Now, stay frosty.

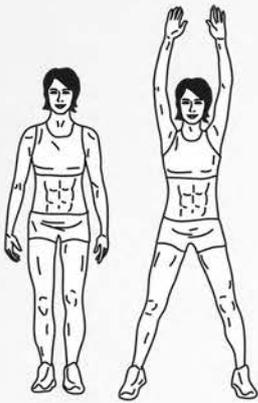
Focus: High Burn



FROST

DAREBEE WORKOUT @ darebee.com

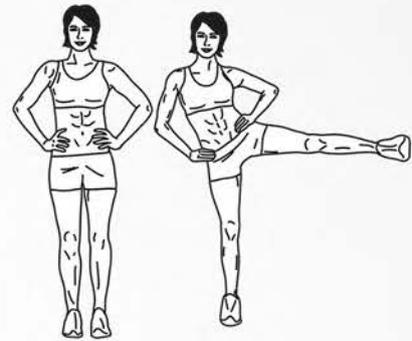
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



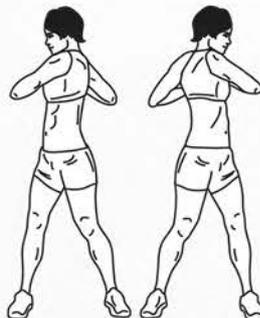
20 arm circles



20 side leg raises



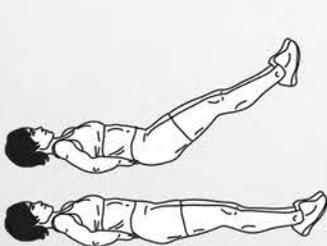
20 backward leg raises



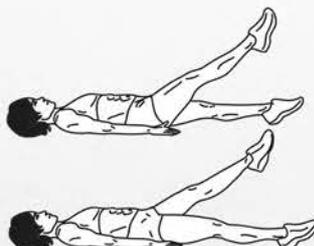
10 twists



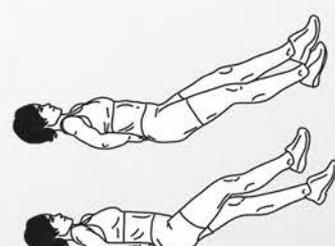
20 back kick + side leg raise



10 leg raises



10 flutter kicks



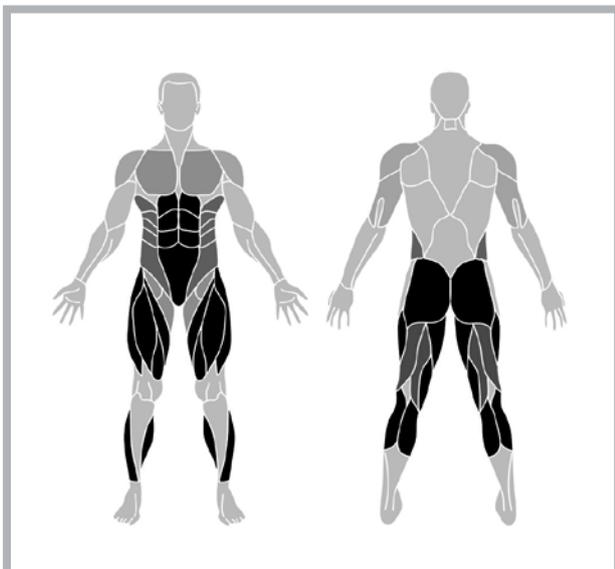
10 scissors

50

Gamer

Whether on-screen or off it a Gamer needs to have some sound core stability and strength and the ability to control his body to the max. This workout is a pretty good place to start for those qualities.

Focus: High Burn

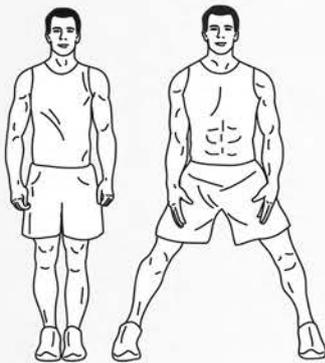


GAMER



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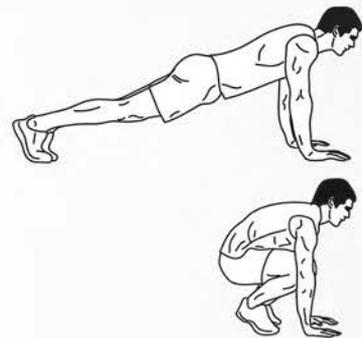
every respawn, construction or cinematic trailer



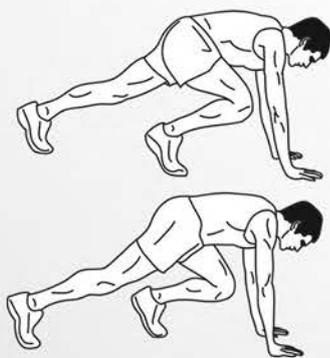
10 half jacks



10 squats



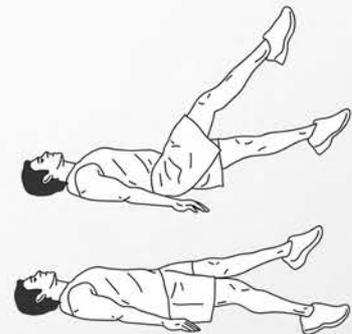
2 plank jump-ins



10 climbers



10 lunges



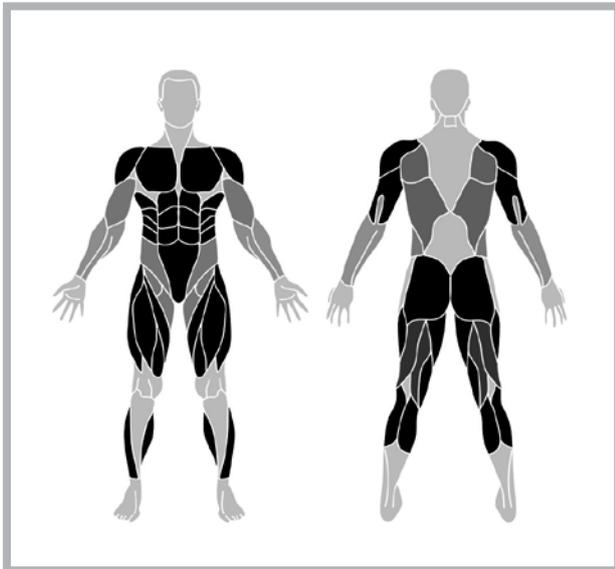
10 flutter kicks

51

Gladiator

Gladiators were fierce people. To survive they required good core stability and strength followed by excellent ballistic movement capability. If you're ready to leap into the arena and battle to the death, for the glory of combat, then this workout is a good way to prepare.

Focus: Strength & Tone



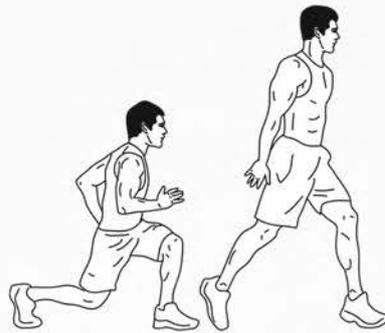
GLADIATOR

DAREBEE WORKOUT @ darebee.com

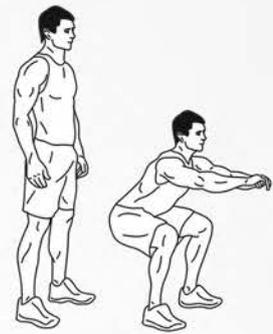
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



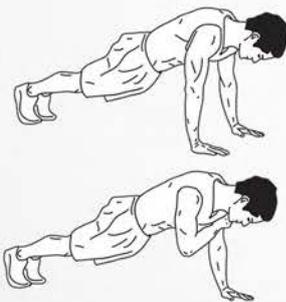
10 lunges



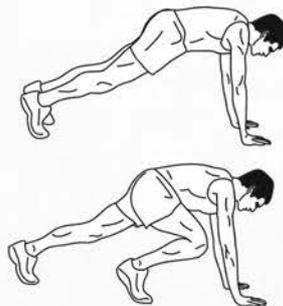
4 jumping lunges



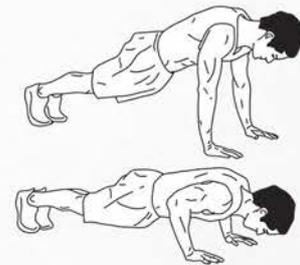
10 squats



10 shoulder taps



10 slow climbers



4 push-ups



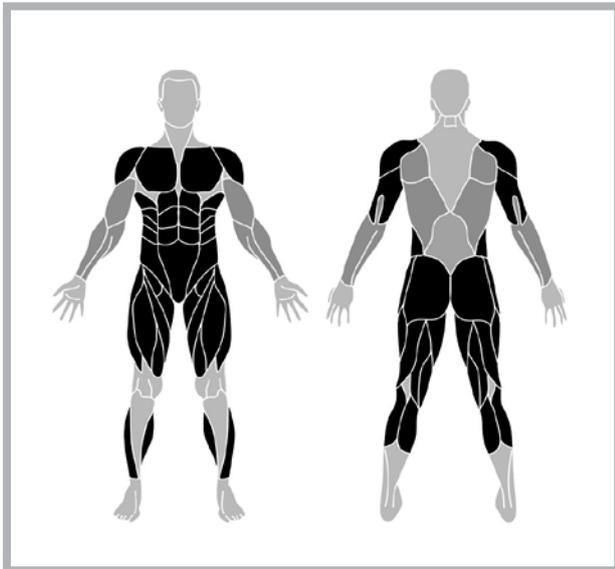
4 up & down planks

52

Golem

If you're a mythical creature that's unstoppable you need the kind of basic strength and core power that renders you a force of nature. The Golem workout takes you back to basics for a reason. It really helps you take your core fitness to the level you need.

Focus: Strength & Tone



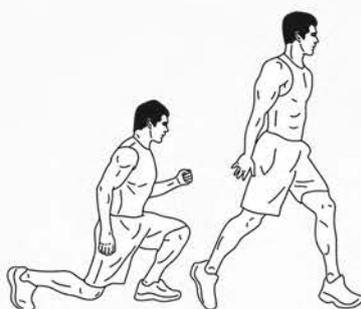
GOLEM

DAREBEE WORKOUT @ darebee.com

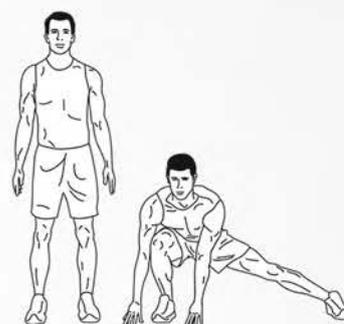
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



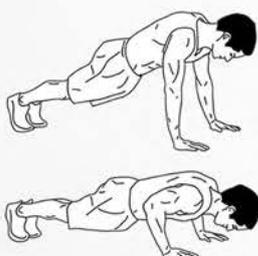
10 lunges



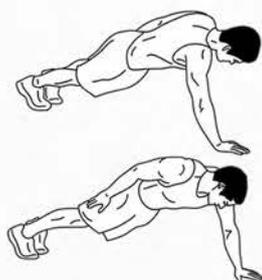
4 jumping lunges



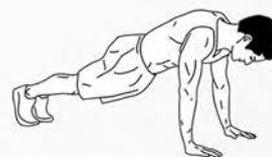
4 side lunges



4 push-ups



10 thigh taps



10-count plank



10 squats



10-count squat hold



4 jump squats

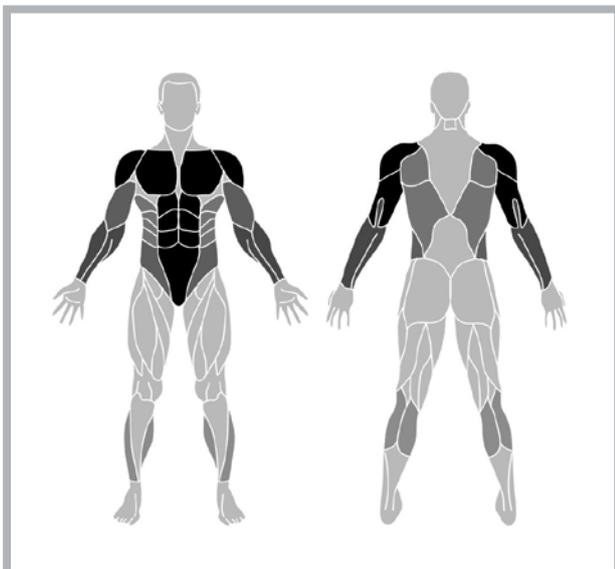
53

Gravity

To escape gravity you need dense muscles and strong bones and nothing gets muscles denser or bones stronger than a hyper-loaded floor workout.

Tips: There is little recovery time for each muscle group here so you need to make sure that your muscles get as much oxygen as possible by breathing in as deeply as possible at the recovery phase of each rep.

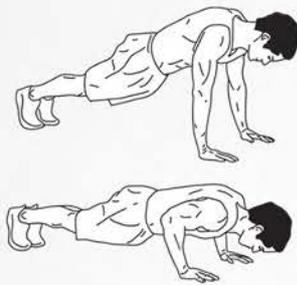
Focus: Strength & Tone



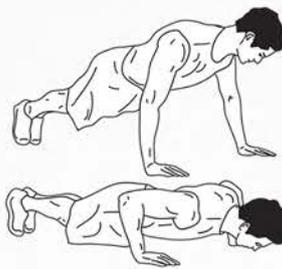
GRAVITY

DAREBEE WORKOUT @ darebee.com

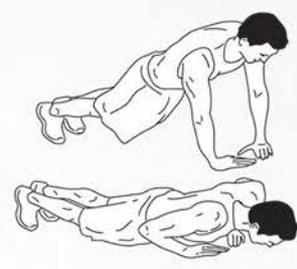
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST 2 minutes



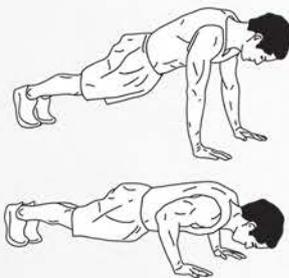
4 push-ups



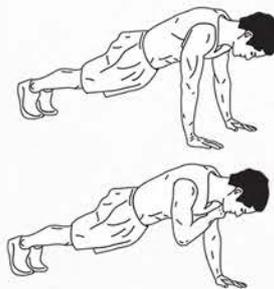
4 wide grip



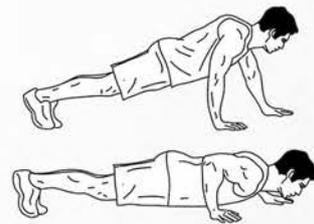
2 close grip



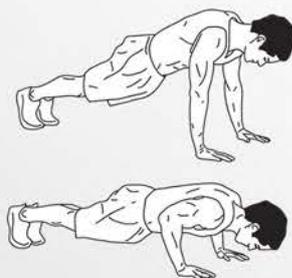
4 push-ups



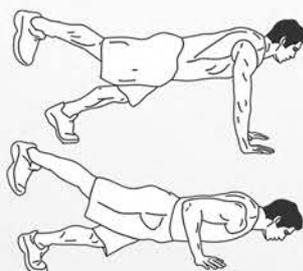
4 shoulder taps



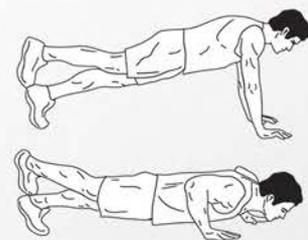
2 staggered



4 push-ups



4 raised leg

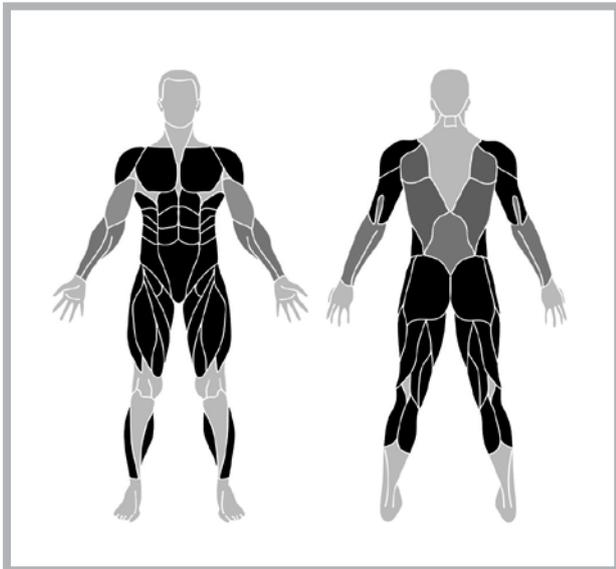


2 stacked feet

If you know your “The 100” genealogy you know a Grounder is naturally strong. A born survivor and a warrior by training. The Grounder workout is designed to help you develop the kind of solid strength you need to survive in a challenging environment. You just need to get through it, first.

Perfect for survivalists looking for that edgy training that’ll push them up a level so they can become clan leaders. Plus, this is a heck of a workout for those days when you really want to blow some steam.

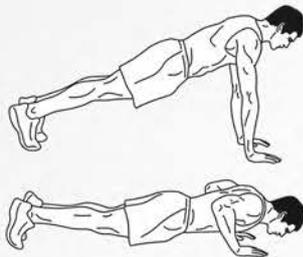
Focus: Strength & Tone



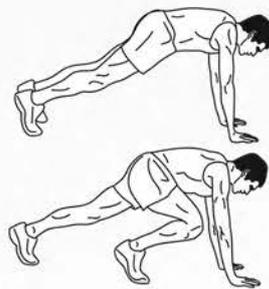
GROUNDER

DAREBEE WORKOUT @ darebee.com

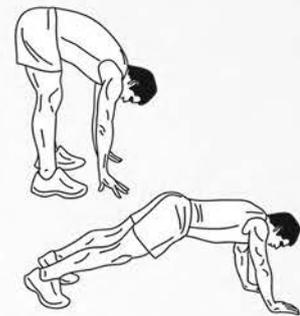
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



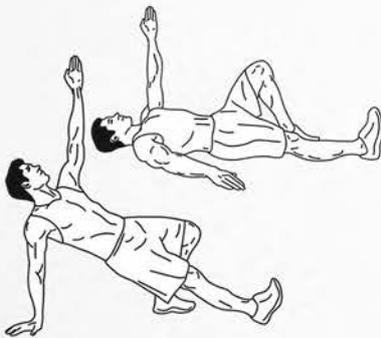
2 push-ups



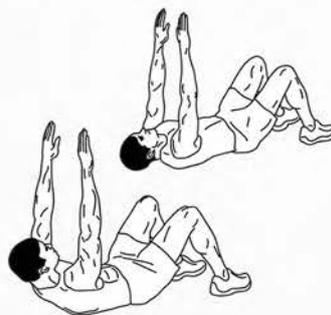
10 slow climbers



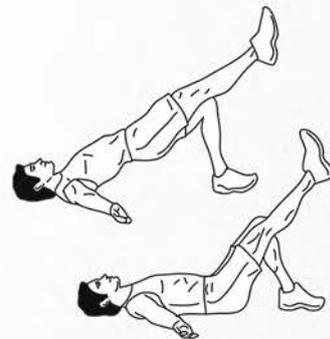
2 plank walk-outs



10 get-ups



10 high crunches



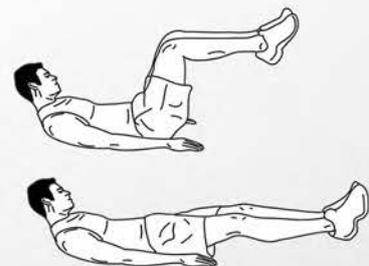
10 single leg bridges



10 sit-up punches



10 sitting punches



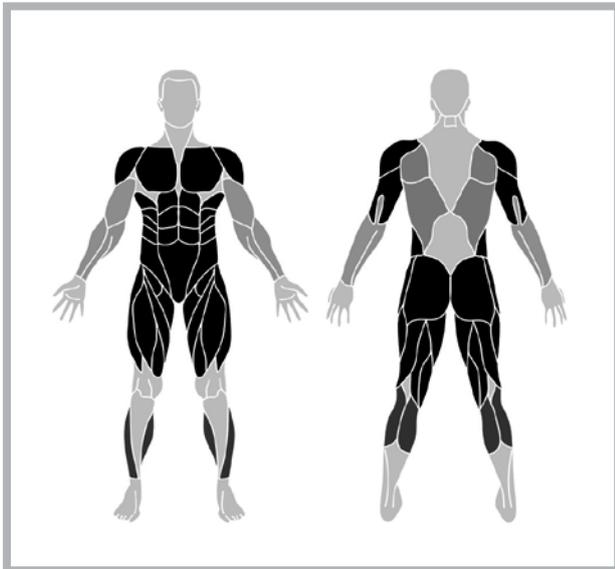
10 crunch kicks

55

Guardian

You know just by the name of the workout that it's going to be a little challenging. A guardian is never needed unless there is something to 'guard' which means it is worth fighting over for, which means that you'd better shape up if you want to play this role. The Guardian workout will test every aspect of your fitness.

Focus: Strength & Tone



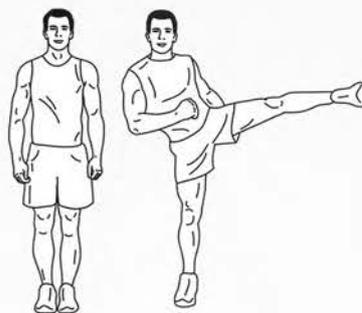
GUARDIAN

DAREBEE WORKOUT @ darebee.com

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



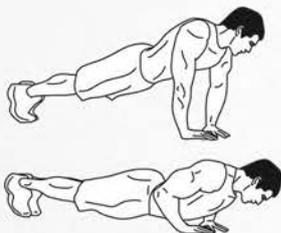
8 squats



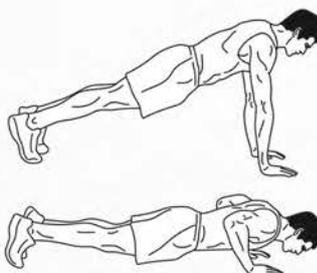
20 side leg raises



8 lunges



2 close grip push-ups



8 push-ups



10-count elbow plank



8 sit-ups



8 butt-ups



8 full bridges

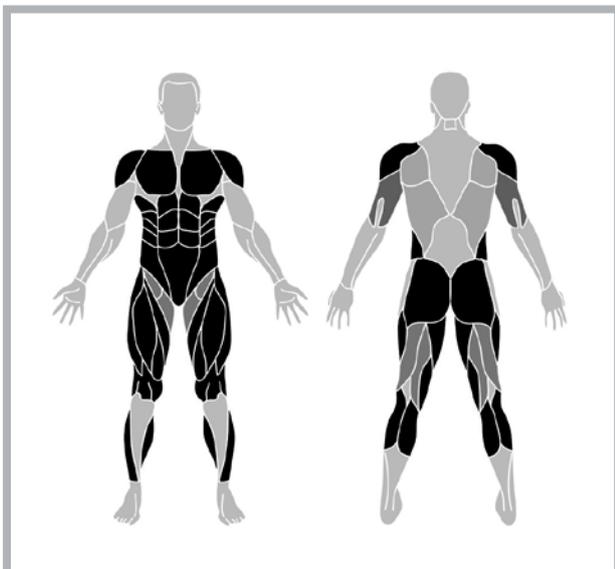
56

Guardzman

“I used to be an adventurer like you, but then I took an arrow in the knee” -
The Guardsman, Skyrim

Just because you had a little bad luck and took that arrow to the knee doesn't mean your life has to be over. This is a workout for all those suffering from knee problems, looking to change jobs from guarding the city gates.

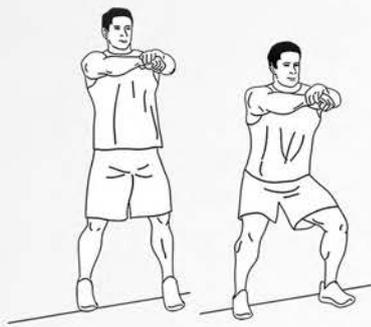
Focus: Strength & Tone



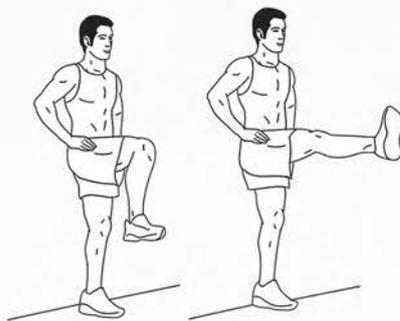
GUARDSMAN

DAREBEE WORKOUT @ darebee.com

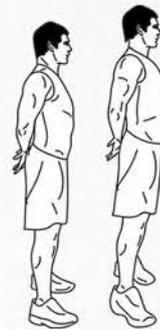
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



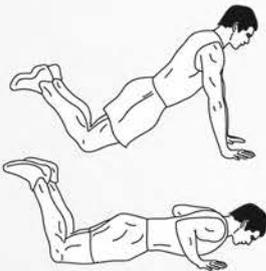
8 wall half squats



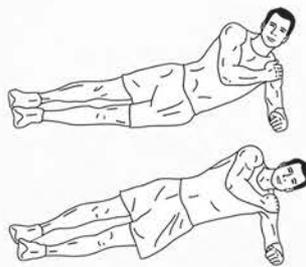
20 slow front kicks



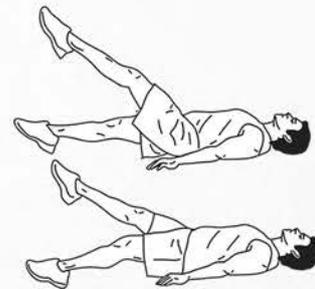
8 calf raises



4 knee push-ups



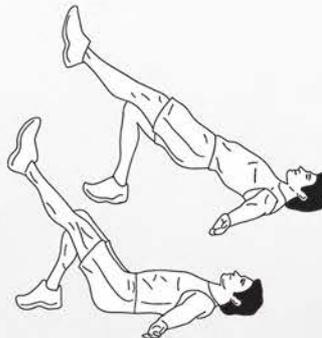
8 side plank raises



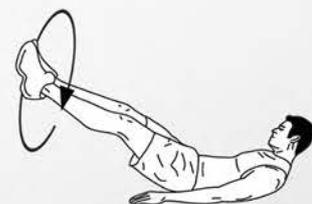
8 flutter kicks



8 lowering drills



8 single leg bridges



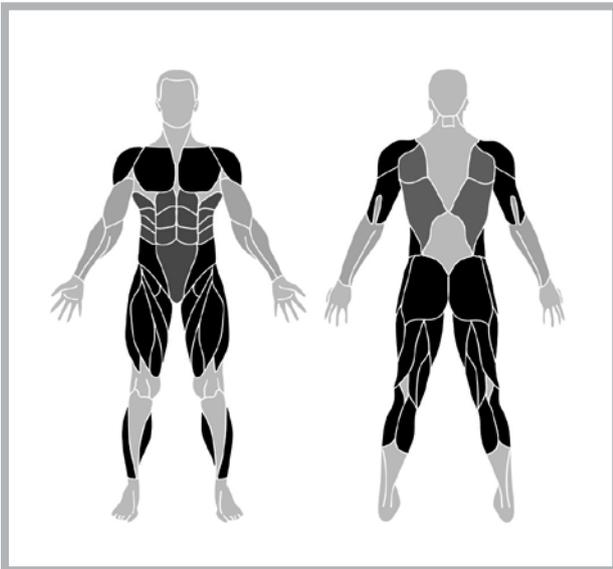
8 raised leg circles

57

Hell's Circuit

Once in a while the moon turns red, the sky turns dark and there's a green glowing mist rising from the ground and that's exactly how you begin to perceive the world as you get past the 4-minute mark of the first set of Hell's Circuit. Designed to test the mettle of mortals, this a workout that transforms everyone who does it, even at Level I. The exercises appear deceptively easy but don't be fooled. Those who embark upon this little workout without feeling at least a little trepidation are destined for greatness.

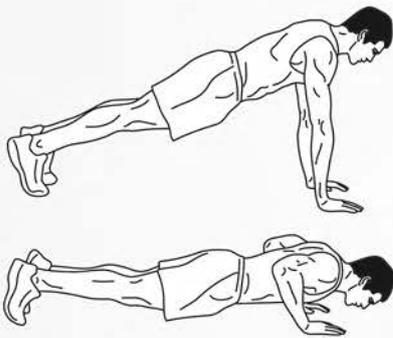
Focus: High Burn, HIIT



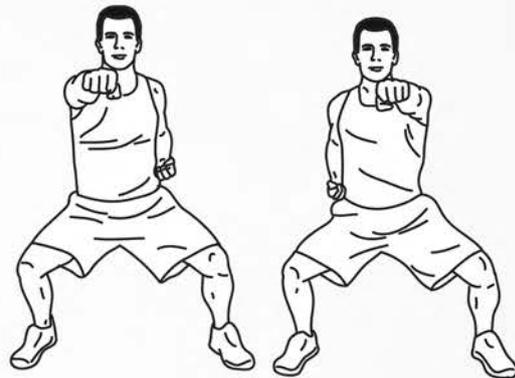
Hell's Circuit

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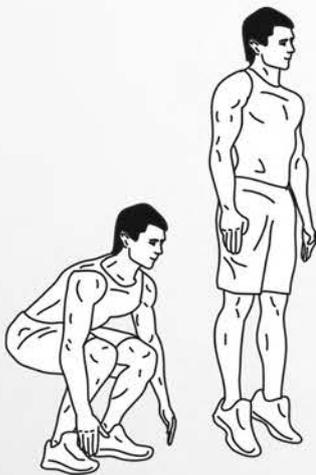
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



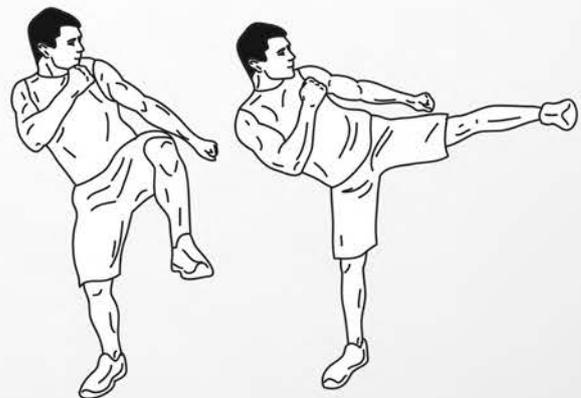
1min push-ups



1min squat hold punches



1min jump squats



1min side kicks

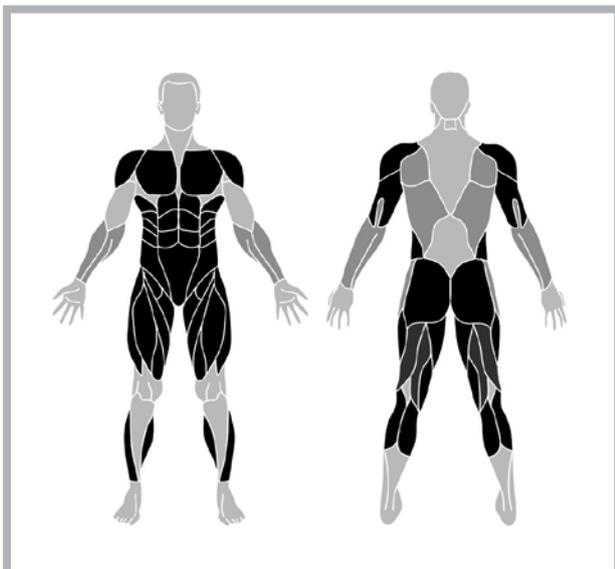
58

Hercules

Even a demigod needs to do something to maintain his strength. This is the workout for those who are readying themselves to join the ranks of the Olympian pantheon and have to perform a few labours beforehand.

Tips: These are isometric exercise designed to pit one muscle group against another. When you perform them key to your success is having perfect form.

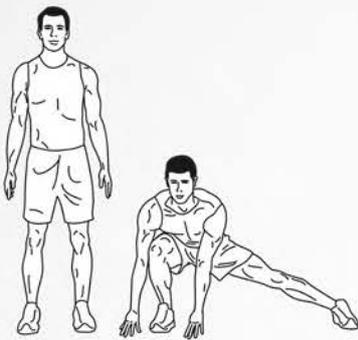
Focus: Strength & Tone



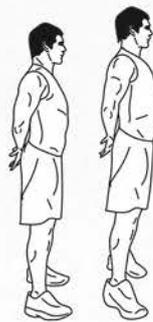
HERCULES

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



10 side lunges



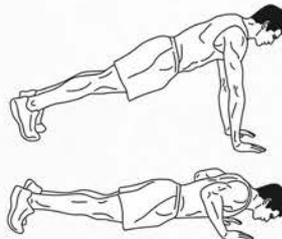
4 calf raises



10-count star hold



10 squats



4 push-ups



10-count plank hold



10 sit-ups



4 sitting twists

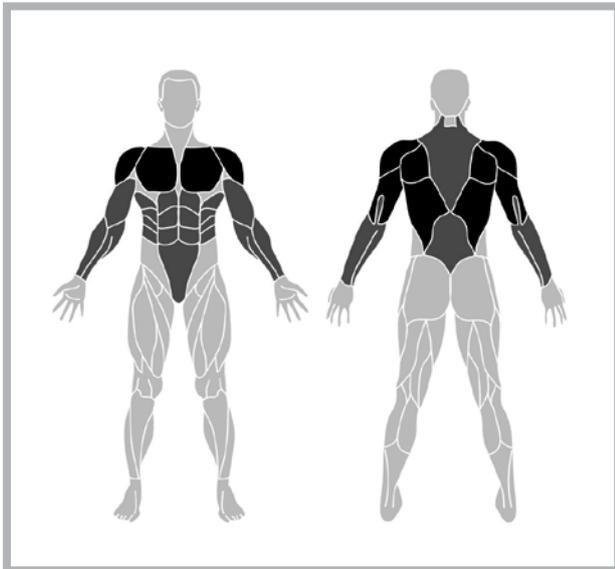


10-count raised legs hold

Homemade Back

Your back muscles are important not just because you need something sturdy to rest upon when you get to bed at night but also because they power all sorts of subtle body movements, from the power of punches thrown from the hip to how well you perform at pull ups and how strong your overhead throw is. The Homemade Back workout targets all the major muscle groups of your back without forgetting some other, equally important parts of your body.

Focus: Strength & Tone



HOMEMADE BACK

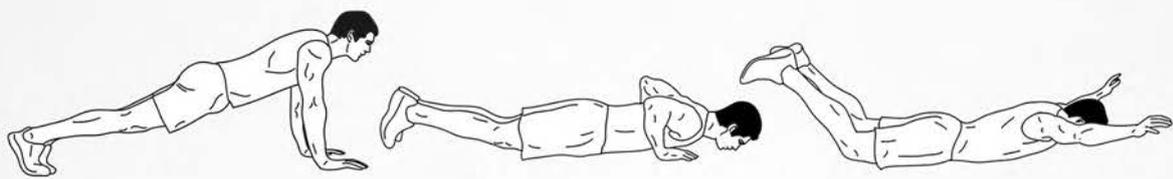
DAREBEE WORKOUT
© darebee.com

LEVEL I 3 sets

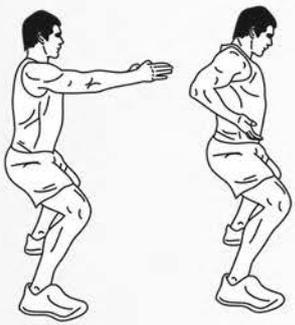
LEVEL II 5 sets

LEVEL III 7 sets

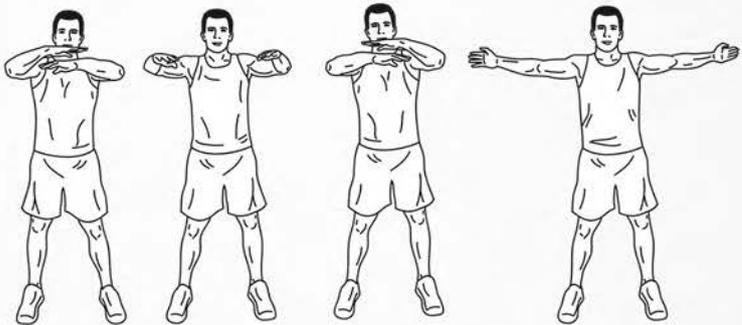
REST up to 2 minutes



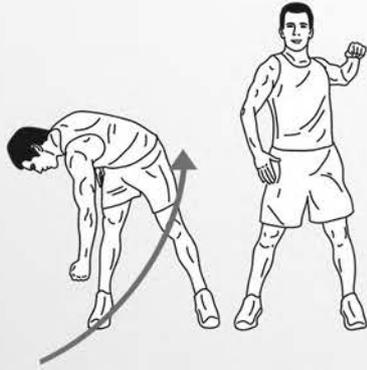
5 diver push-ups



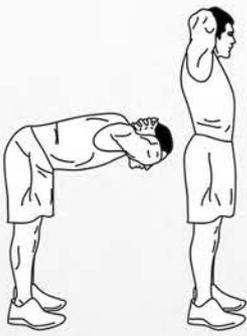
10 half squat rows



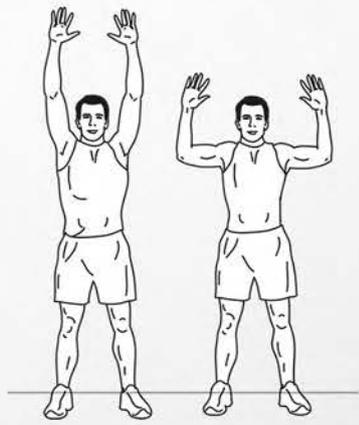
10 double chest expansions



10 lawnmowers



10 forward bends



10 wall arm slides

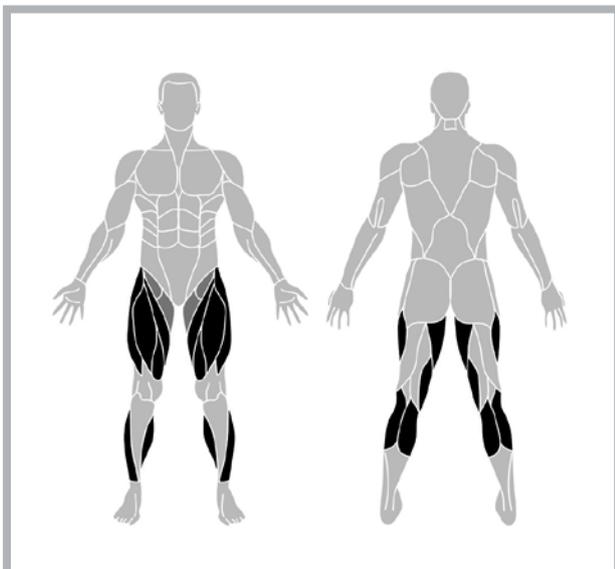
60

Hopper

Strong legs play a pivotal role to releasing the power of the upper body. This is a workout for those who really want to have legs of steel.

Tips: For maximum gains keep your body upright and centered over your feet during all hopping exercises.

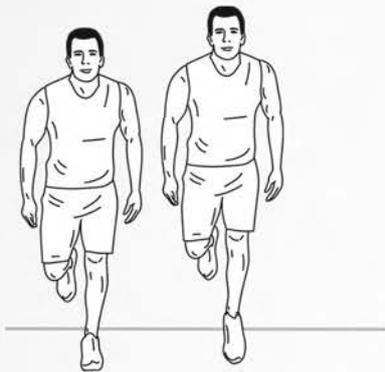
Focus: High Burn



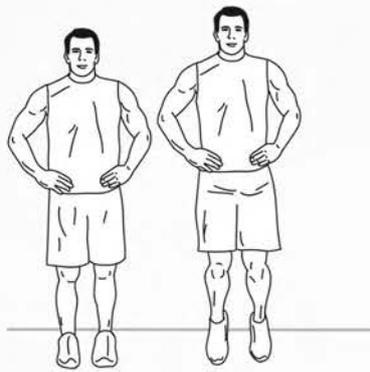
HOPPER

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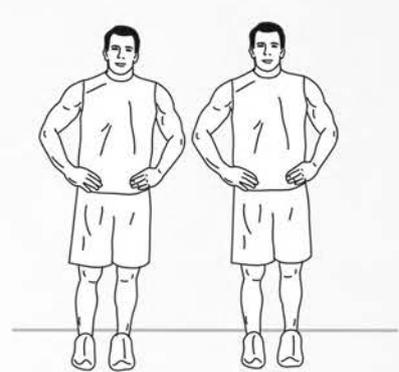
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 hop on one leg



10 hop on both legs



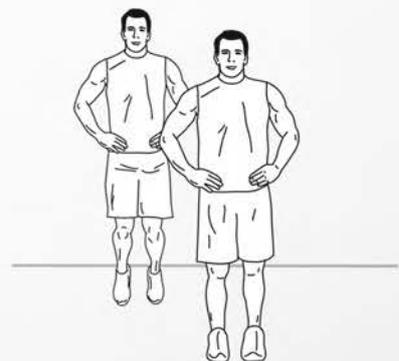
10 hop from side to side on both legs



10 double hop & squat



10 hop from side to side on one leg



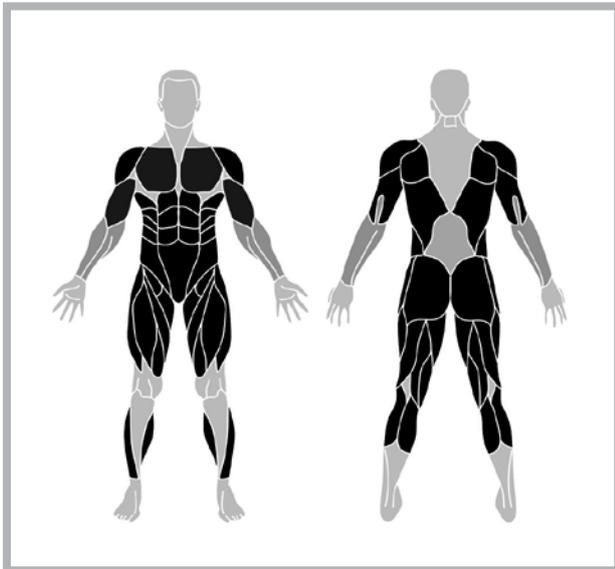
10 hop back & forward on both legs

61

Huntress

In ancient Greek mythology, Diana was the goddess of the hunt and she was fit enough to run with her hounds and take down stags. The Huntress workout may not quite put you in the same league but you will definitely notice a change if you keep it up for a while. It is a whole body challenge that also pushes against the limits of your circulatory and breathing systems.

Focus: High Burn



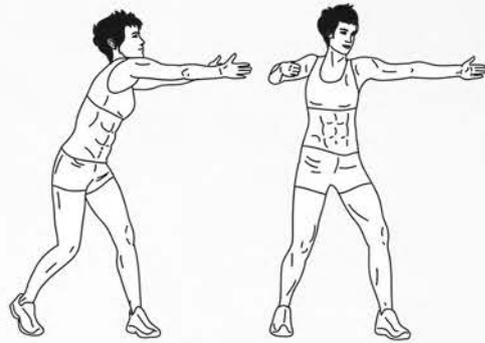
HUNTRESS

DAREBEE WORKOUT @ darebee.com

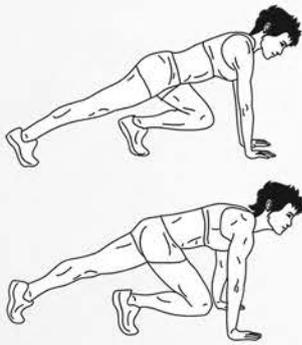
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



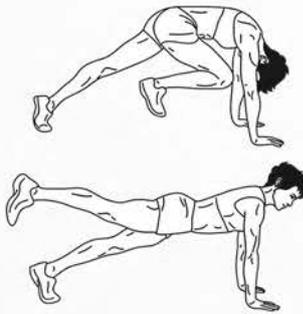
20 high knees



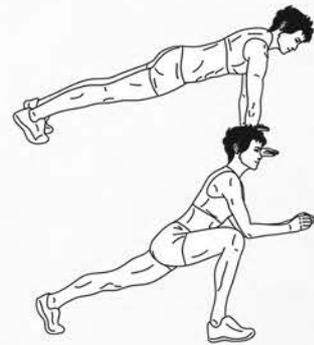
20 archers



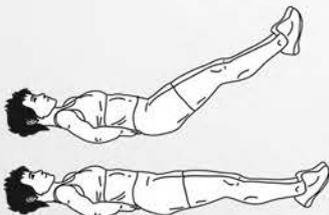
10 climbers



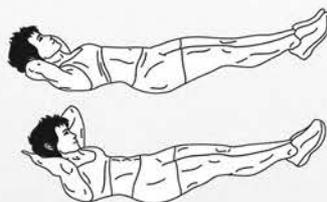
10 knee-in kick backs



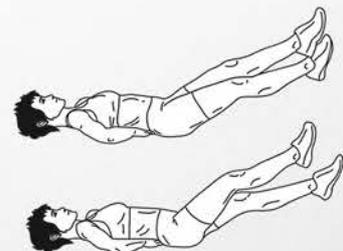
10 plank into lunges



10 leg raises



10 raised legs crunches



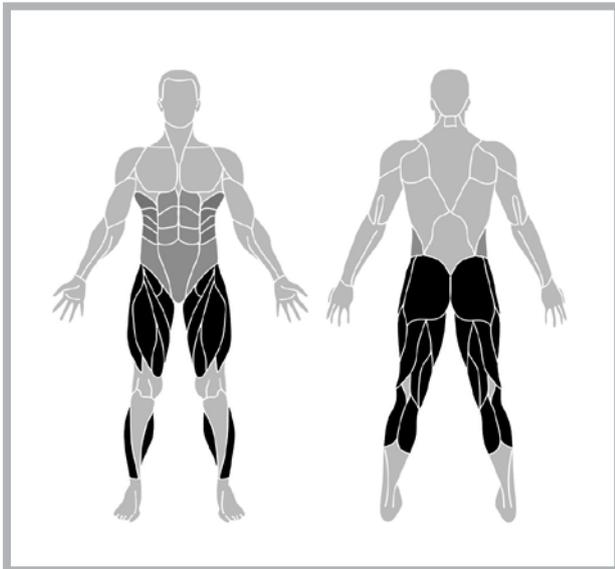
10 scissors

62

Infinity

While you may never, ever be able to go beyond infinity you will be able to feel the journey as you put your body through its paces. The Infinity workout is designed to help you free your body as you strengthen all the muscles you need to help your movements flow.

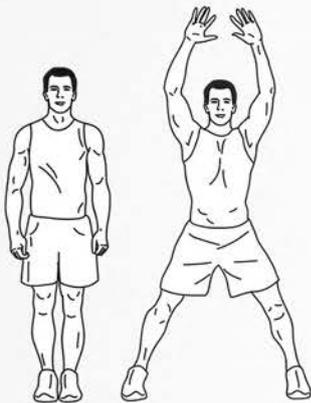
Focus: High Burn



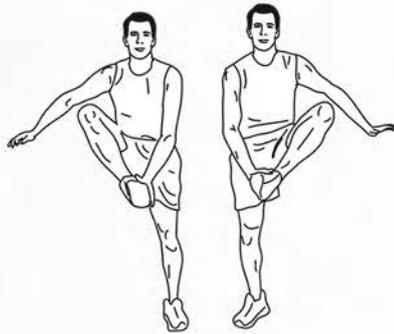
INFINITY

DAREBEE WORKOUT @ darebee.com

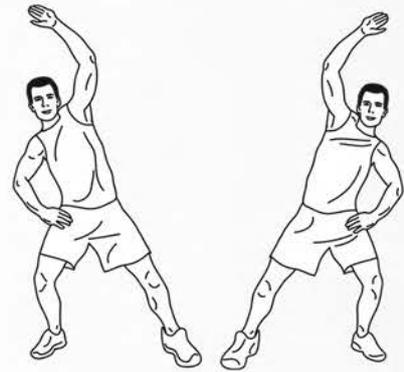
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



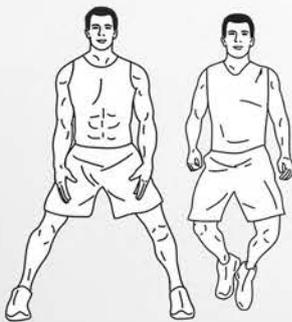
10 jumping jacks



10 toe tap hops



4 side jacks



4 hop heel clicks



10 twist jacks



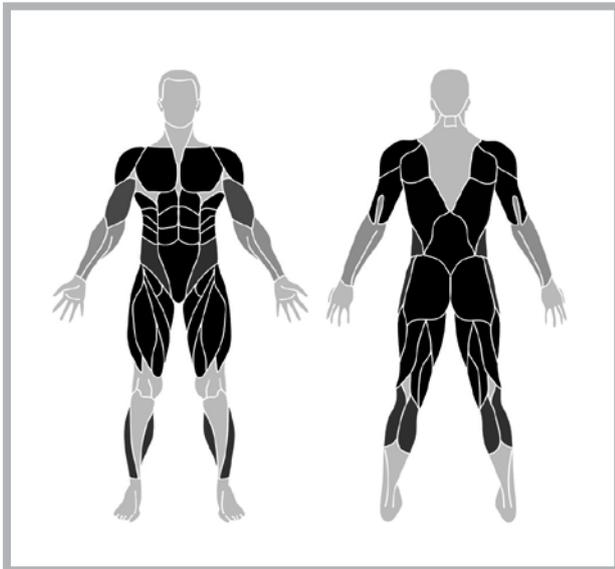
4 side-to-side jumps

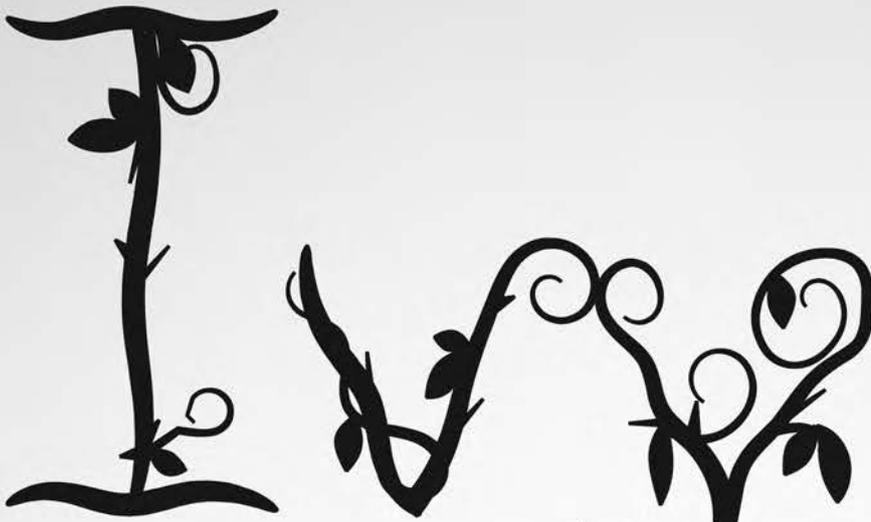
63

Ivy

A body does not get strong and lithe without work. It takes sustained work that targets many muscle groups to get the kind of results that turn heads and the Ivy workout is designed to make a lot of muscle groups work together for faster results. Not that time is the issue here. Effectiveness is and the results speak for themselves. This is a workout that simply asks you to develop power and strength with grace.

Focus: Strength & Tone





DAREBEE WORKOUT
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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

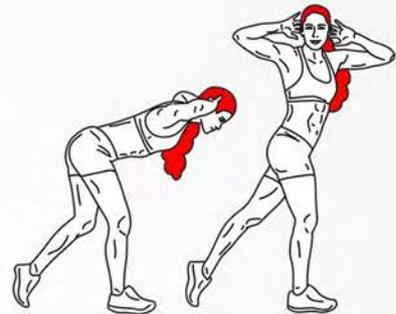
REST up to 2 minutes



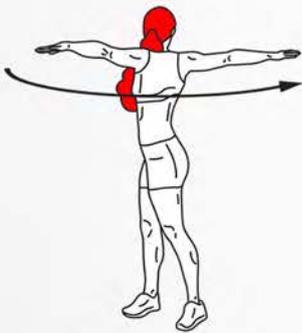
10 high lunges



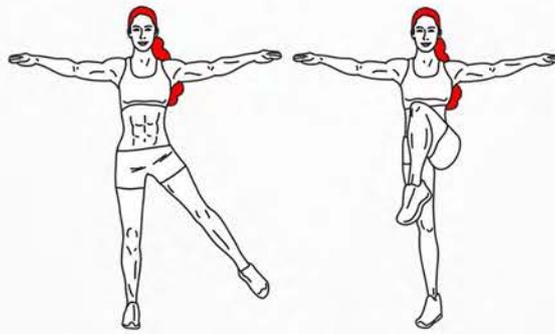
5 high squats



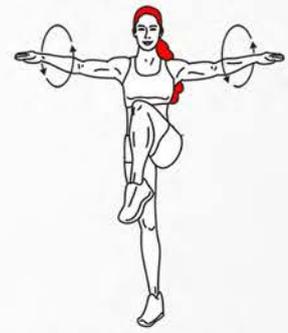
10 deadlift twists



10 rotations



10 leg swing + knee up



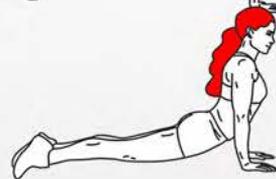
10 balance arm circles



10 plank knee-ins



5 upward dog



5 superwoman stretches



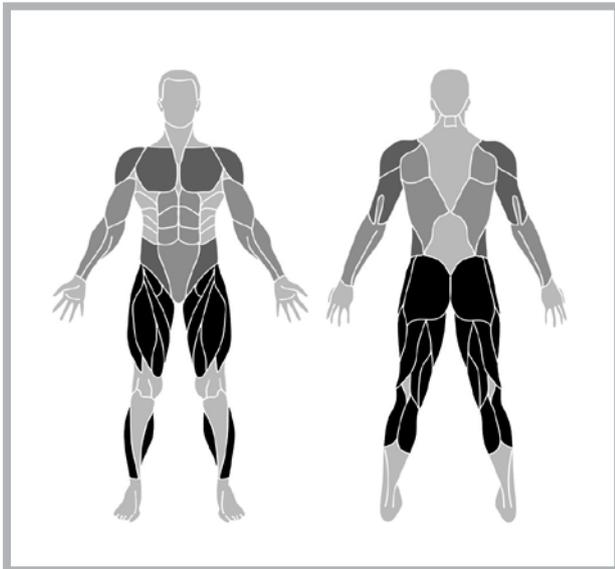
64

Jacks Pyramid

Some workouts are just designed to put emphasis on “work”. Without work there can be no change. Without change there can be no improvement. And improvement there shall be with the Jacks Pyramid workout. ‘Nuff said.

Make it harder. Reduce rest time between sets to just 60 seconds it will challenge your aerobic performance and muscle recovery times.

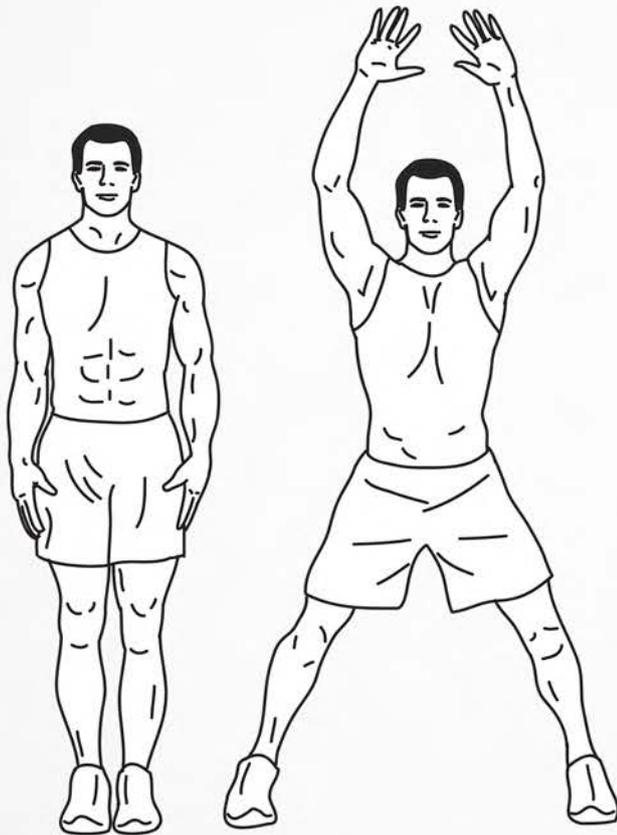
Focus: High Burn



JACKS PYRAMID

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



10 jumping jacks

10-count rest

15 jumping jacks

10-count rest

20 jumping jacks

10-count rest

25 jumping jacks

10-count rest

20 jumping jacks

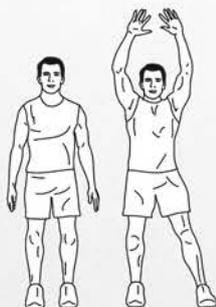
10-count rest

15 jumping jacks

10-count rest

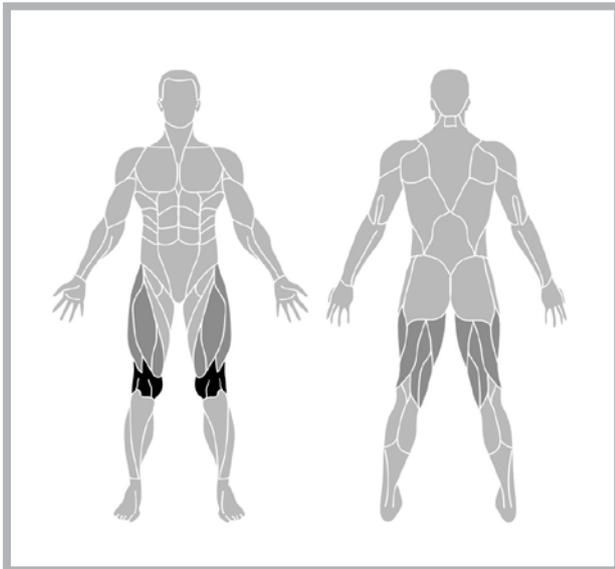
10 jumping jacks

**LOW IMPACT
ALTERNATIVE
STEP JACKS**



Knees take a pounding even before an arrow happens to find them. Because the knee is a hinge type synovial joint it presents a level of complexity not seen in other joints. Conditioning of the surrounding muscles is crucial in achieving joint stability and preventing injury. If you have been unlucky enough to have been injured here, the exercises will help add to the speed of rehabilitation of the knee joint (as long as you are not at one of the stages of injury that require operational intervention). The exercises here are designed to help maintain the range of motion a healthy knee joint is capable of. They can also work as preventative measures, taken to avoid sustaining knee injuries.

Focus: Stretching



KNEE

REHAB WORKOUT
@ darebee.com

LEVEL I 3 sets

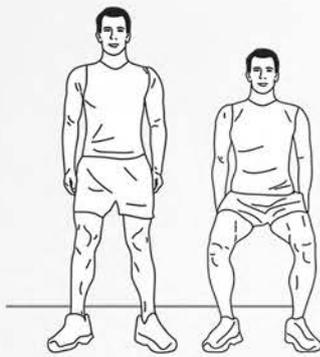
LEVEL II 5 sets

LEVEL III 7 sets

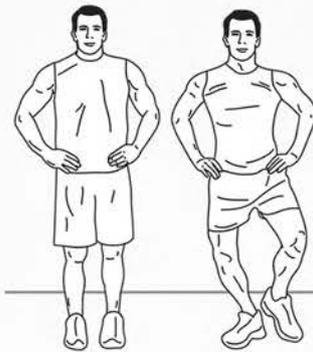
REST up to 2 minutes

IN COLLABORATION
WITH

NHS choices



10 wall half squats



10 wide single leg squats



30sec cross leg side tilts



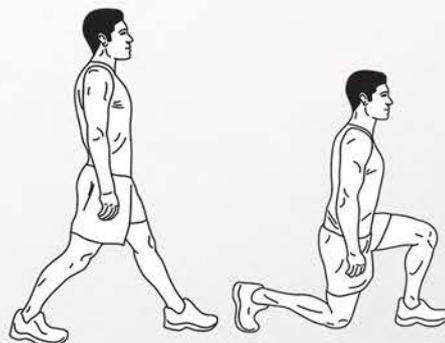
10 leg raises



20 raised leg swings



30sec hamstring stretch



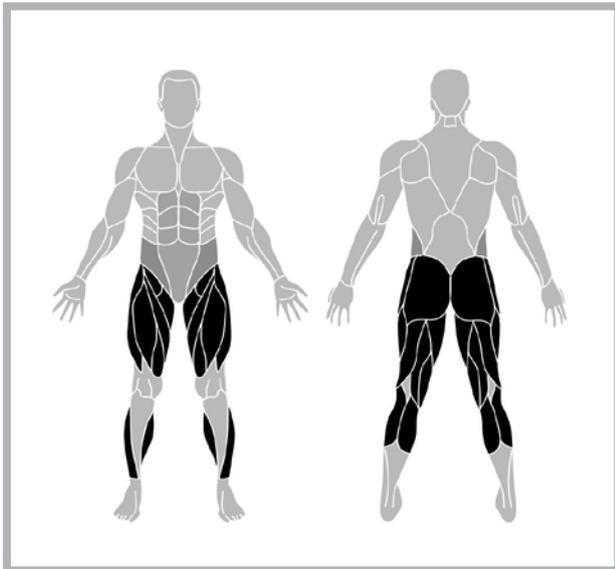
10 split squats

66

Leg Day

Legs are what you need to use when you want to run (from zombies, werewolves and vampires, for example) and they're also kinda useful in everyday life because we still walk to get to places. This is a workout to help you make them strong and capable of performing at will.

Focus: Strength & Tone



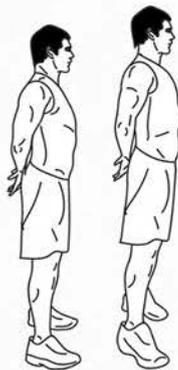
Leg Day

DAREBEE WORKOUT @ darebee.com

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



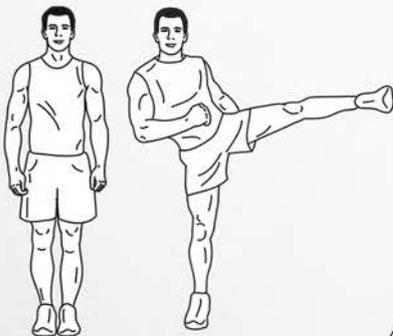
10 squats



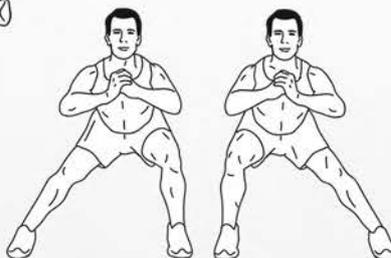
10 calf raises



10 lunges



20 side leg raises



10 side-to-side lunges



10-count squat hold

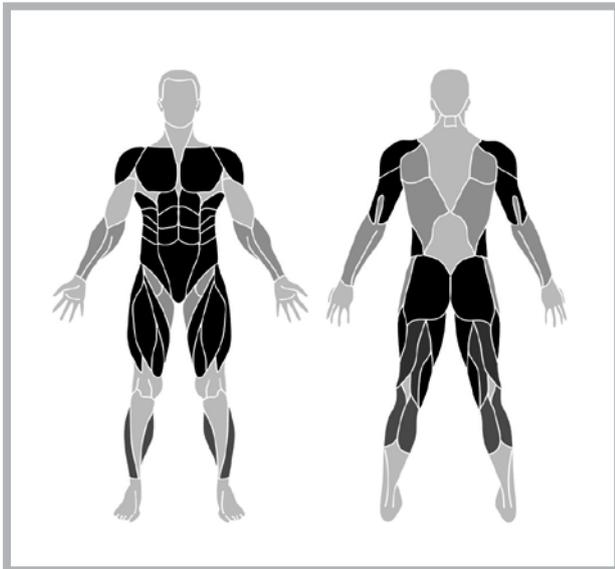
67

Loop

If you want to have the energy of the Energizer Bunny then this workout is going to give you the right kind of burn. Each exercise flows into the next one so you're working out non-stop at a steady pace until you, well ... drop or the allotted time runs out (whichever one comes first).

Tip: Pace is key here. Start too fast and you will burn out before the time is up. Go too slow and you will end up with more fuel in the tank than you really need. So find the pace you think you can maintain and ignore the burn. It's good for you.

Focus: Strength & Tone



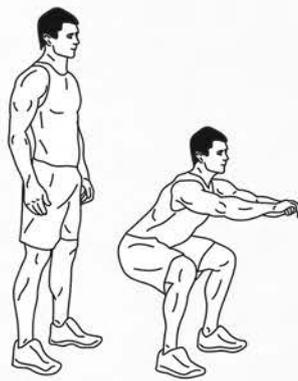
LOOP

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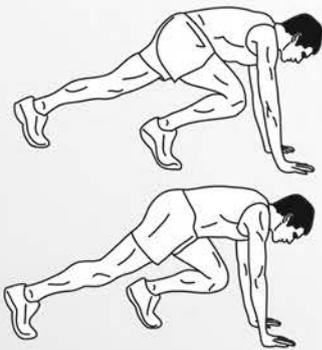
set the timer for **10 minutes** repeat the circuit until the time is up



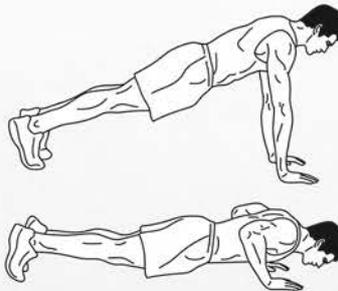
10 lunges



10 squats



10 climbers



2 push-ups



10 knee-to-elbow crunches

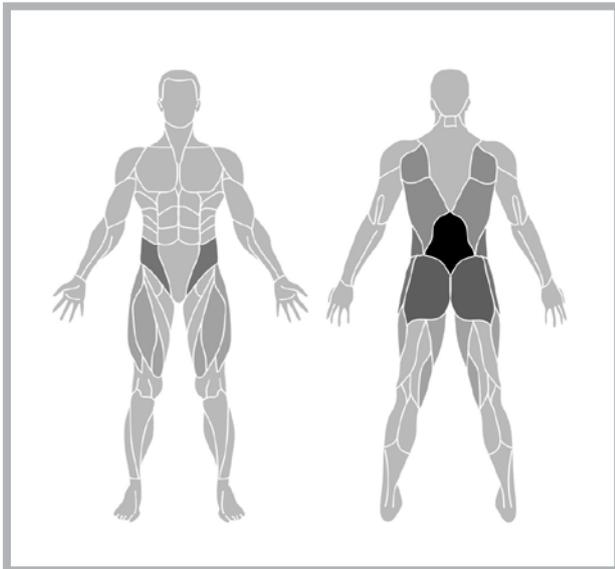
68

Lower Back

Instructions: Repeat each move one after the other with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again, 3 times in total.

Hold the stretch for one deep breath and return to the starting position. Repeat each move with no rest in between until the set is done.

Focus: Stretching



LOWER BACK

REHAB WORKOUT

@ darebee.com

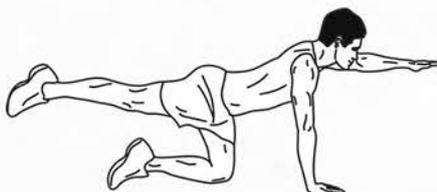
3 sets | 2 minutes rest

IN COLLABORATION WITH

NHS choices



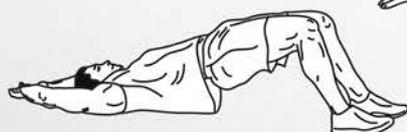
5 bottom to heels stretch



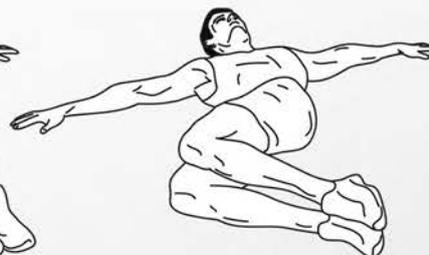
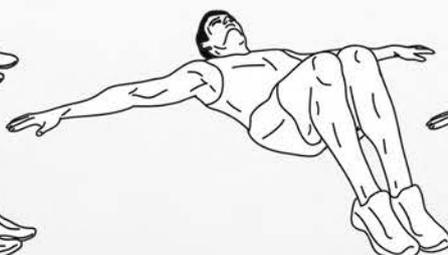
10 opposite arm / leg raises



5 back extensions



10 bridges



10 knee rolls

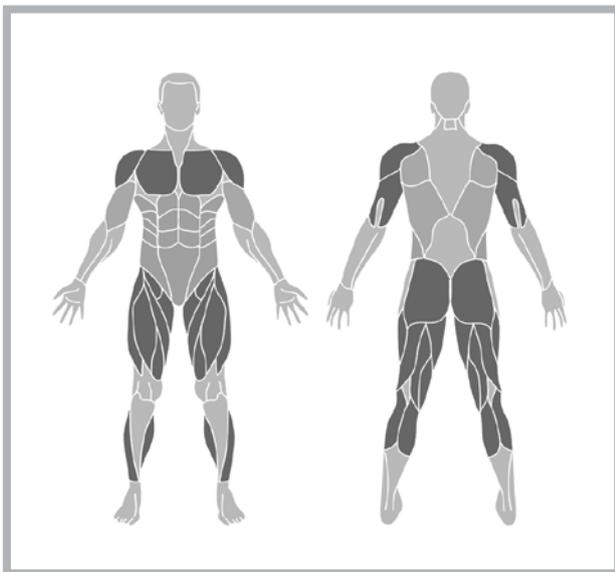
69

Make My Day

If you want to move fast, change directions quickly, fight with devastating effectiveness, then you need to either relocate to a planet with a lower gravity or reduce the mass of your body, effectively making yourself lighter. The Make My Day workout does just that, by making you feel lighter.

Successive exercise spit your bodyweight against gravity and you end up gasping for breath. This is not suitable for beginners. Then again if you got reading this far, you're most probably not a beginner.

Focus: High Burn



GO AHEAD

MAKE MY DAY

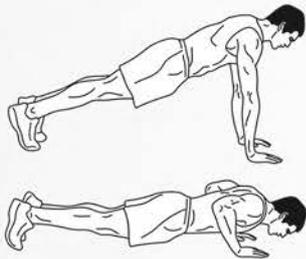
DAREBEE WORKOUT
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LEVEL I 3 sets

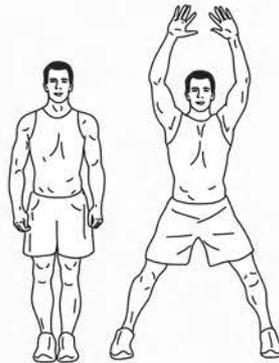
LEVEL II 5 sets

LEVEL III 7 sets

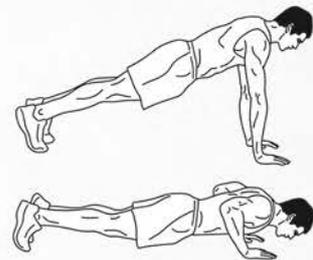
up to 2 minutes
rest between sets



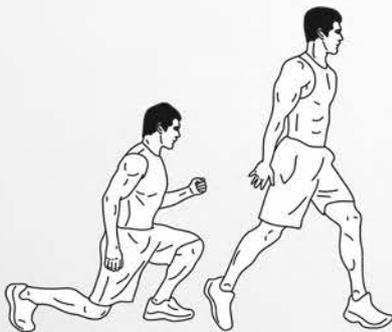
2 push-ups



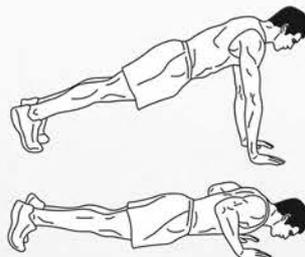
10 jumping jacks



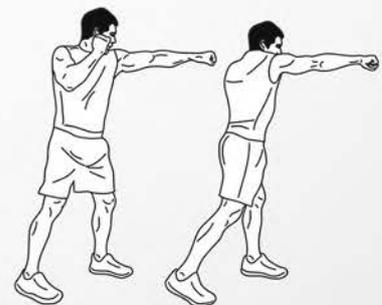
2 push-ups



10 jumping lunges



2 push-ups



10 punches

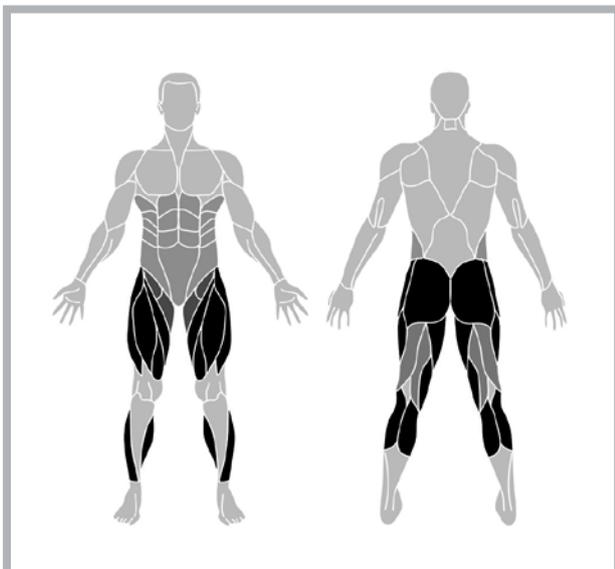
70

Mass Blast

Developed to help you storm hills and race up mountains this is the workout for those looking to unlock all the power of their lower body.

Tips: Strength requires repetition and getting through the set. So irrespective of speed and irrespective of burn, bite the bullet and get this baby done.

Focus: High Burn, HIIT



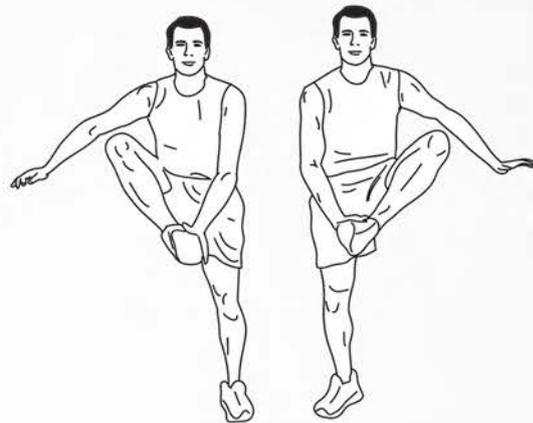
MASS BLAST

DAREBEE **HIIT** WORKOUT @ darebee.com

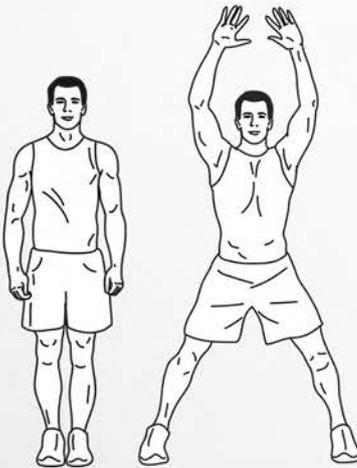
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



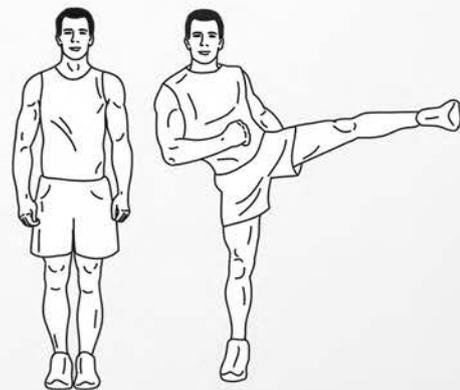
15sec high knees



15sec toe tap hops



15sec jumping jacks



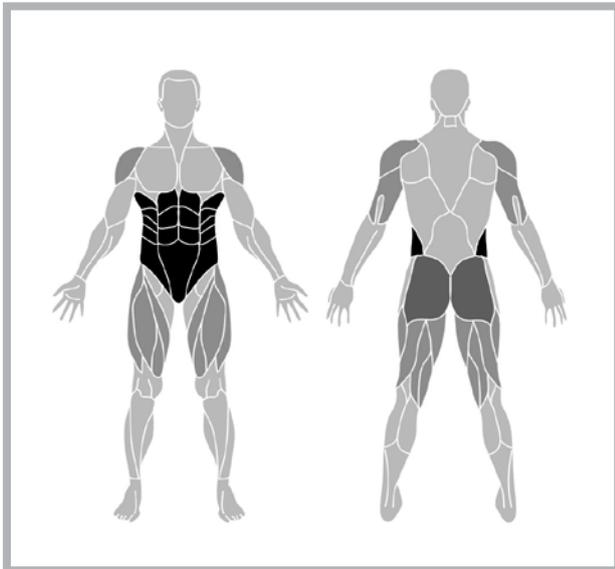
15sec side leg raises

71

Master Pack

When you're talking six-pack you're really talking about more muscle groups than one. The abdominals are made up of four distinct muscle groups: the Transverse Abdominis (also called core), the External Abdominal Obliques, the Internal Abdominal Obliques, the Rectus Abdominis (which also happen to be handily divided into upper and lower abdominals). The Master Pack workout takes care of them all.

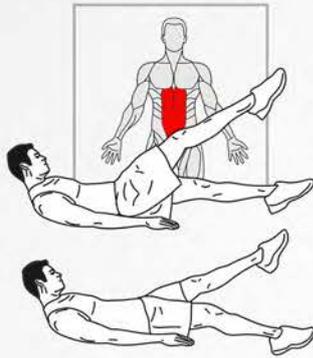
Focus: Abs



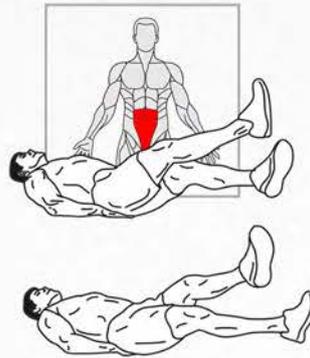
Master Pack

DAREBEE WORKOUT © darebee.com

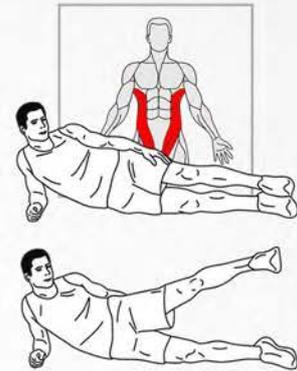
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



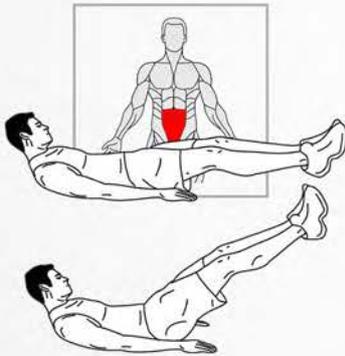
10 flutter kicks



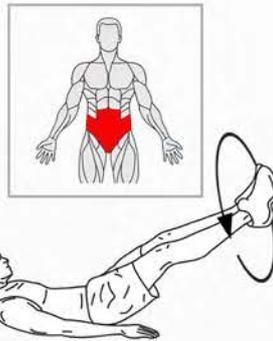
4 scissors



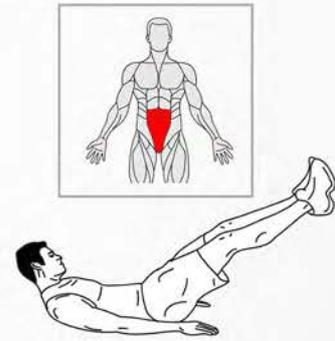
20 side leg raises



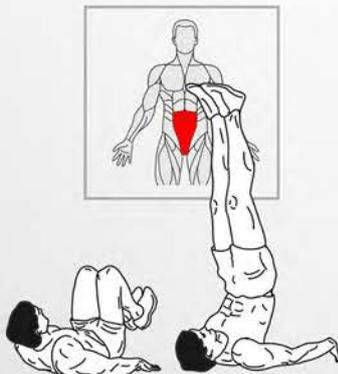
10 leg raises



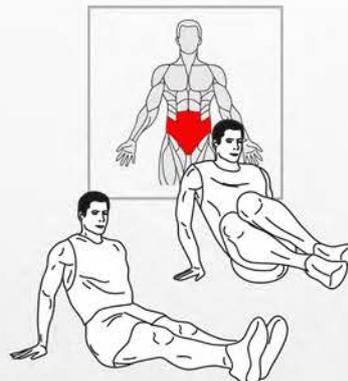
4 raised leg circles



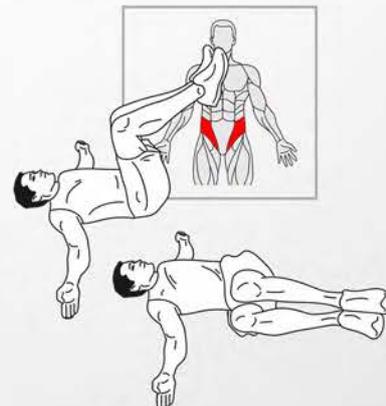
10-count raised leg hold



10 butt-ups



4 knee-in & twist



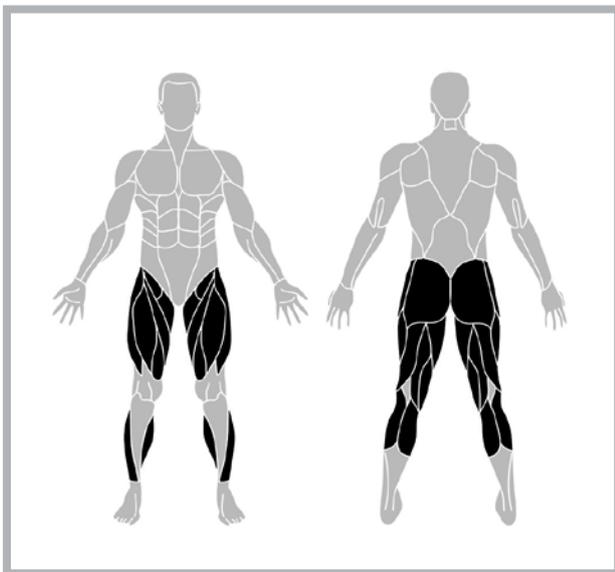
10 half wipers

72

Maximus

Get ready to command the Legions of the North by prepping yourself with the Maximus workout. Not only will your body feel ready for combat but should you find yourself in a field of dust, with the crowd around you, a gladius in one hand, do not be troubled, for you are now a Gladiator.

Focus: Strength & Tone



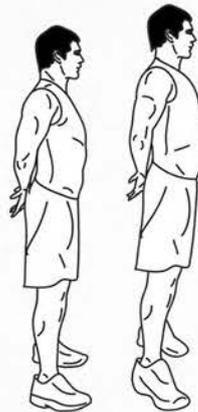
MAXIMUS

DAREBEE WORKOUT @ darebee.com

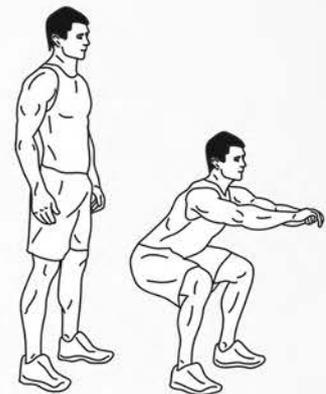
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



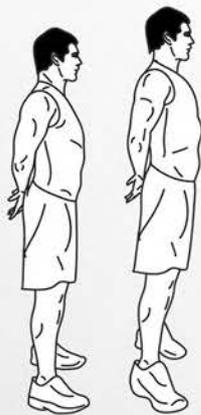
10 squats



5 calf raises



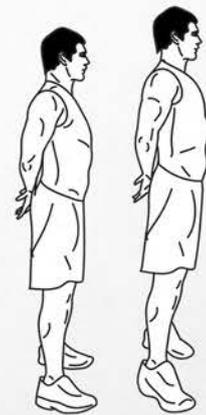
10 squats



5 calf raises



10 lunges

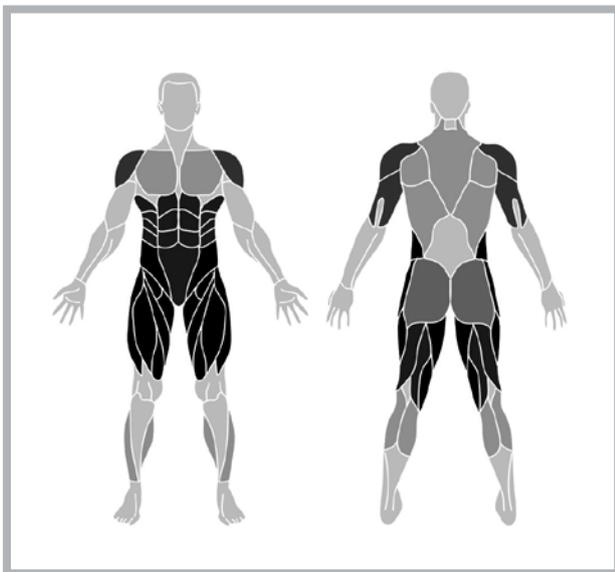


5 calf raises

You know that feeling when all you want to do is sit at home watching something on TV? The world outside has ceased to exist but that doesn't mean that your drive for fitness needs to go bye-bye. Quite the opposite in fact. Here's a chance to turn that sofa into your playground making the night-in movie your fitness aid. If you want to have your cake and eat it, this is the perfect way to start. So indulge, watch that film and chill at home and don't forget to make your reps count.

Tips: This is a great tendon-strengthening, low-key workout. If you really want to test yourself cut down the rest time between sets to 30 seconds and get ready to feel some serious burn in your tendons.

Focus: High Burn



movie night

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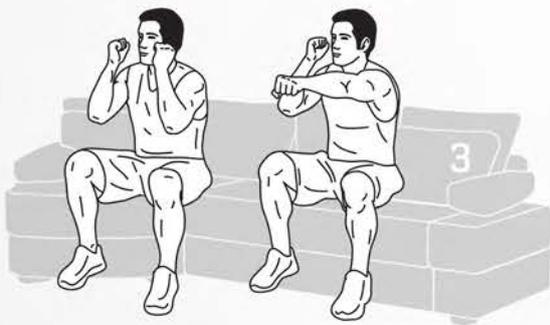
Repeat 3 times | up to 2 minutes rest between sets
or every 20 minutes during a movie



10 leg swings



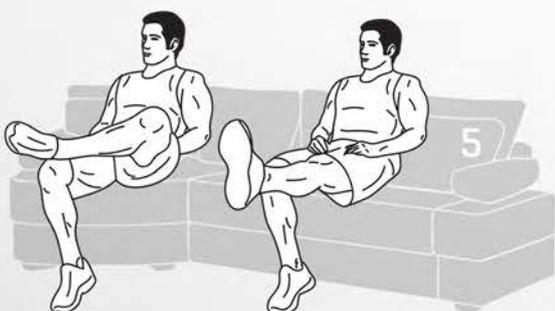
10 front snap kicks



20 punches



20 overhead punches



10 knee taps

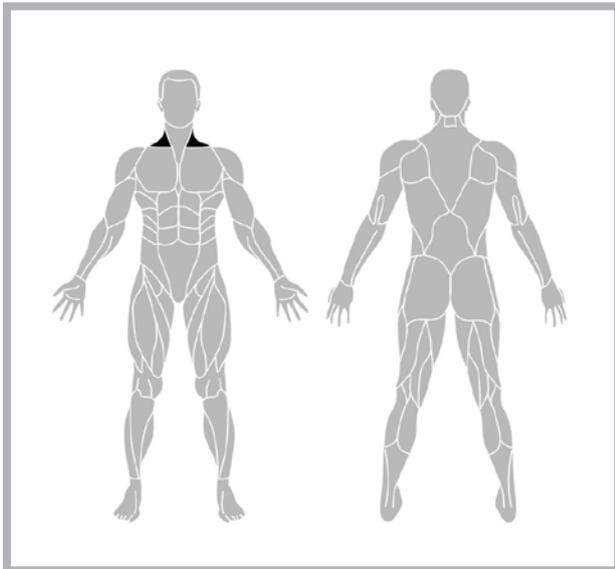


10 air bike crunches

Neck Workout

Neck pain is one of the most common complaints of our digitally-enhanced society. Time spent in front of screens or looking at our devices, insufficient focus on neck muscles during our workouts and too little time to spend on this muscle group in general contribute to frequent complaints. The Neck Pain and Tension Relief workout remedies all those problems. It can be performed as a warm-up, before exercise or as a total stress reliever at the end of the day.

Focus: Stretching



NECK

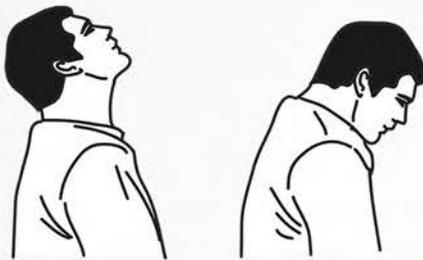
DAREBEE WORKOUT

© darebee.com

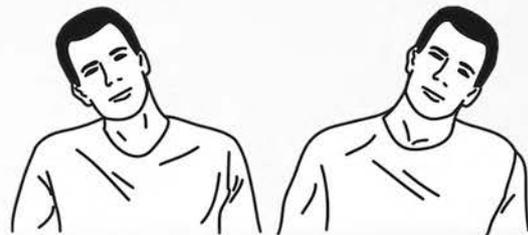
3 sets | 2 minutes rest

IN COLLABORATION WITH

NHS choices



10 back and forth tilts



10 side-to-side tilts



10 neck rotations



10-count press



10-count press



10-count alternating side press



10-count alternating chin press



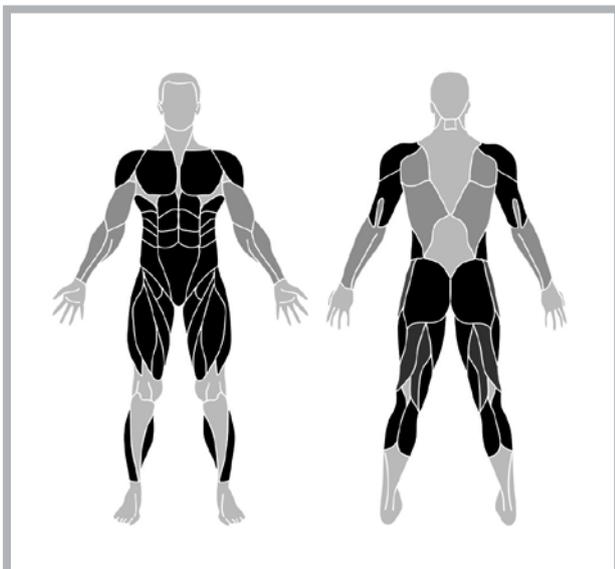
75

Ninja

The ninja, legendary assassins of the night were possessed of great lower body strength and agility. This is a workout that aims at the muscle groups that give you both these qualities.

Tips: When performing side leg raises lean towards the leg you raise rather than leaning away from it. This increases the tension on your lateral abdominals and promotes greater core strength and stability.

Focus: High Burn



NINJA

SILENT WORKOUT BY DAREBEE @ darebee.com

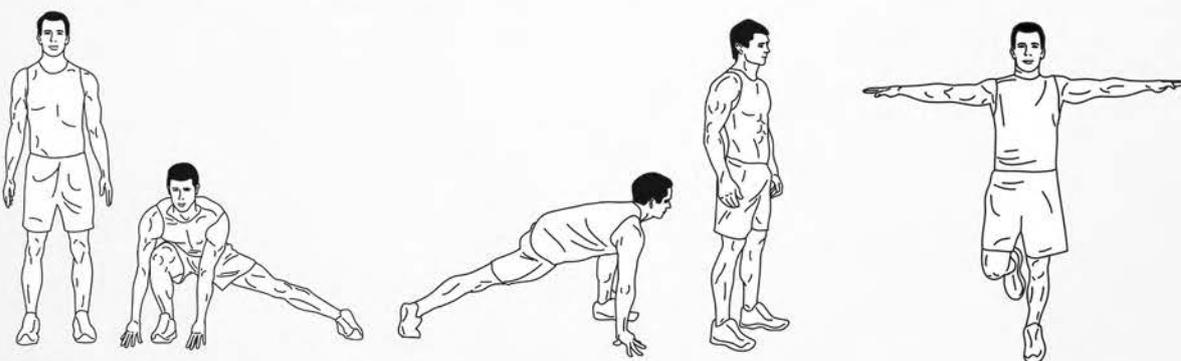
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 side kicks

10 combos squat + knife hand strike

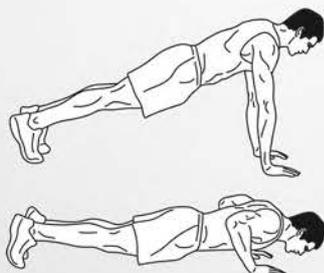
10-count squat hold



10 side lunges

10 reverse deep lunges

20-count one leg stand



10 push-ups



20-count side elbow plank



20-count elbow plank

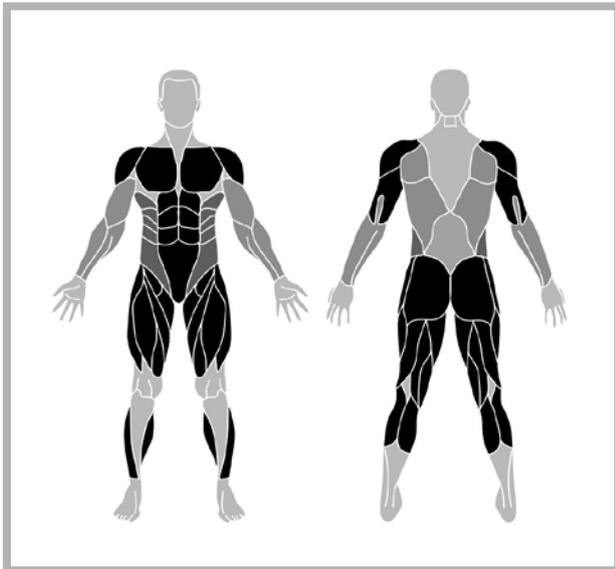
76

Odin

Valhalla is a place where the gods don't just drink and revel but also train and fight. The Wrath of Odin workout is for those ready to prepare for that kind of 'revel' by punishing their body. Good for the soul and probably the closest you get to feeling like a Norse god.

Make it harder: Clear the floor by at least a foot when performing jump squats.

Focus: High Burn



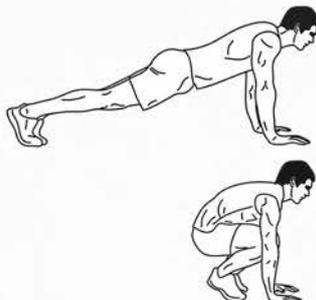
THE WRATH OF ODIN

DAREBEE WORKOUT @ darebee.com

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



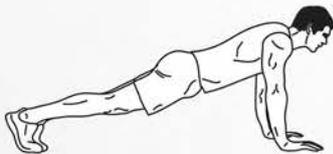
10 squats



2 plank jump-ins



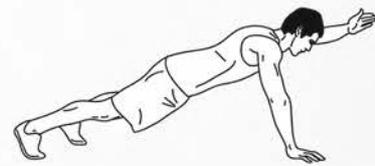
2 jump squats



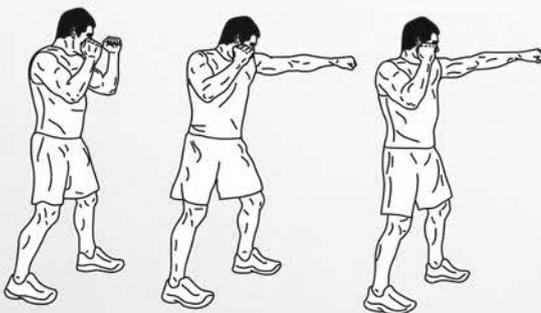
10-count hold



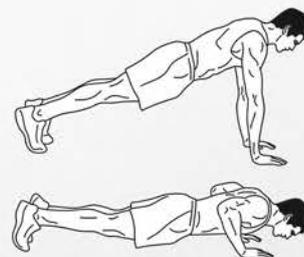
10-count hold



10-count hold



20 punches



10 push-ups

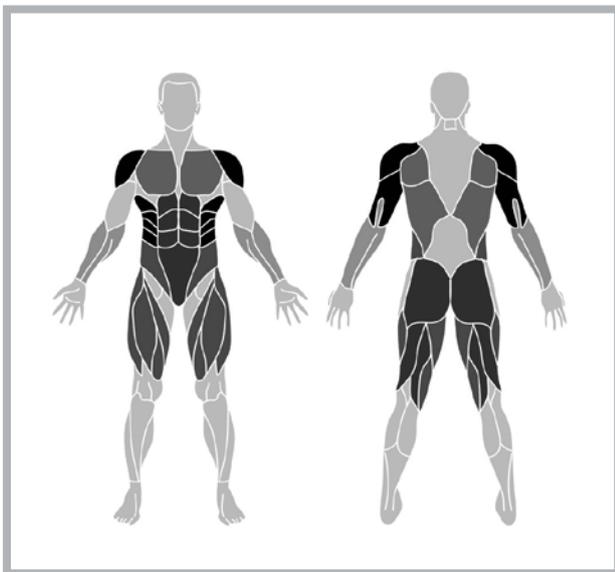
77

Office

Just because you're at the office does not mean you can't workout. This is the kind of exercise routine that can be carried out anywhere you have a little space and some privacy.

Tips: None of this need be done fast. You are, after all, at the office. But do them in a focused way and they help you work out every single muscle group of your body.

Focus: Strength & Tone

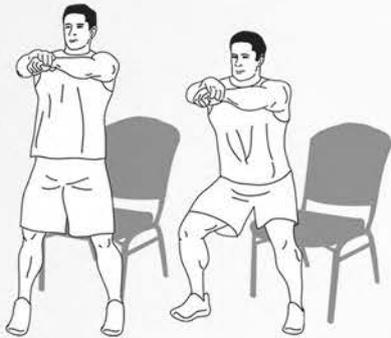


office



DAREBEE WORKOUT @ darebee.com

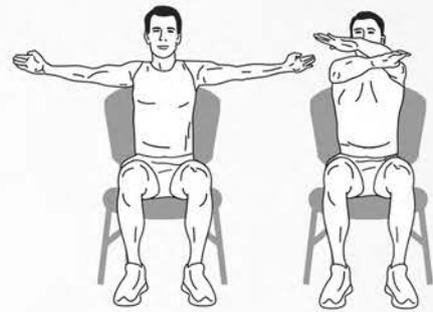
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



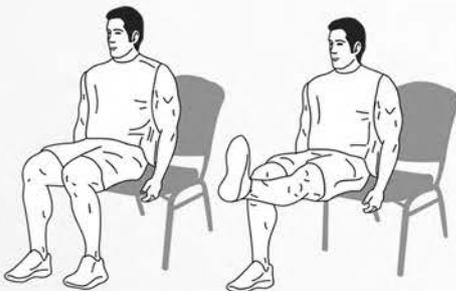
10 chair squats



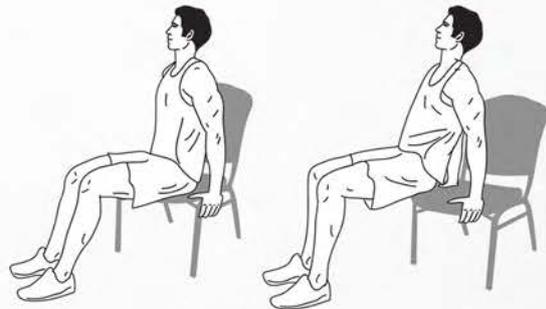
10-count chest squeezes



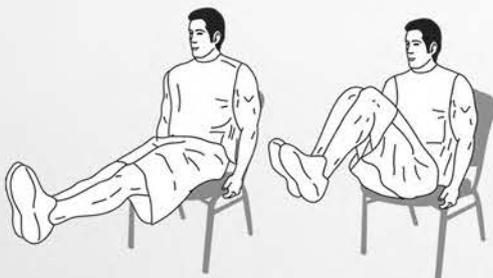
10 criss-cross arms



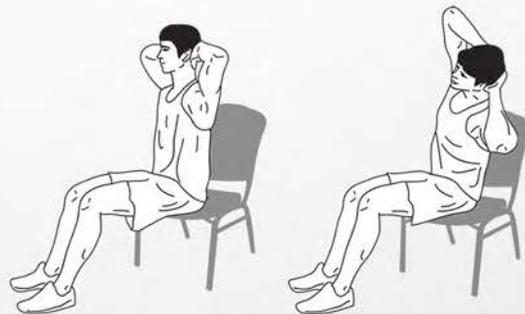
10 leg extensions



10 chair body lifts



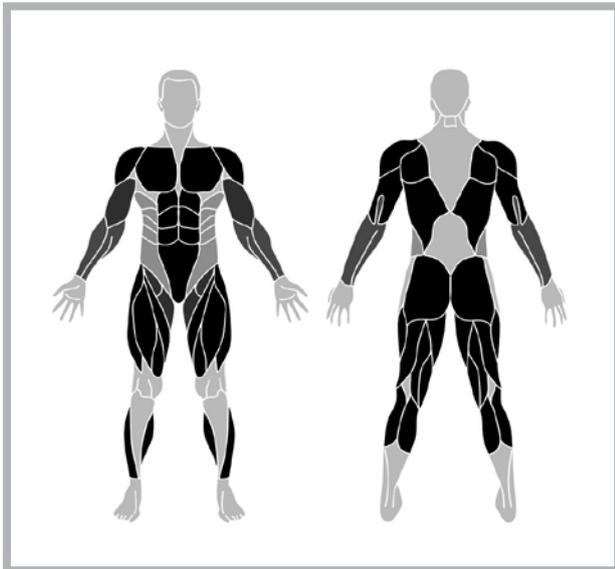
10 knee-ins



10 side bends

Your body is always the means through which you express your personal philosophy. Nowhere is this more evident perhaps than when it comes to Free Running or Parkour. Here mind meets body meets the physical world in the purest sense of the word. You need to let go of your fears, free your mind and embrace your environment in ways that are truly liberating. Even if you're not going to go and try this on your nearest rooftop, having a go at the park is enough to change the way you perceive the world you live in. It also totally changes the relationship you have with your body. In order to throw it around and have it do wild things you need to have total trust in your physical abilities. And trust, starts right here. Right now. With this.

Focus: Strength & Tone



basics

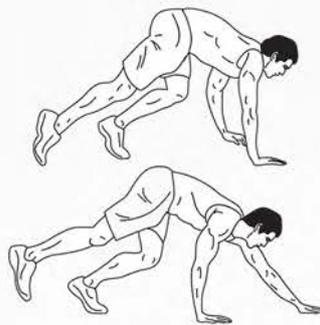
parkour

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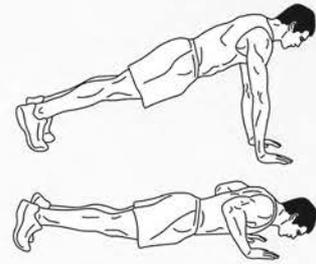
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 lunges



10-count bear crawl



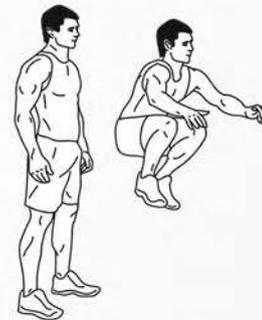
10 push-ups



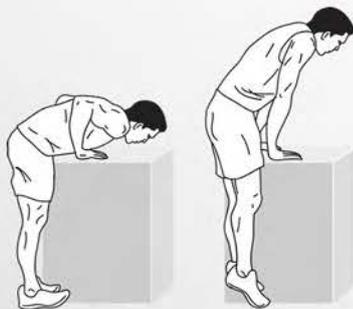
10 broad jumps



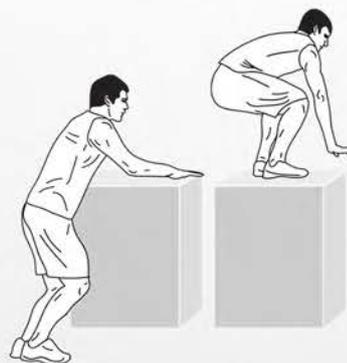
10 squats



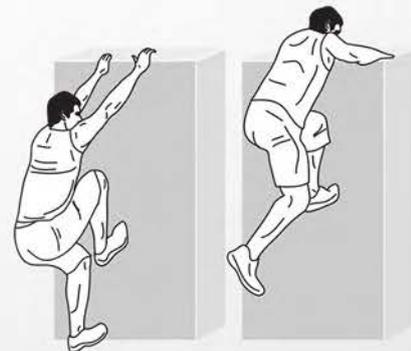
4 jump knee-tucks



10 wall dips



4 plant plyos



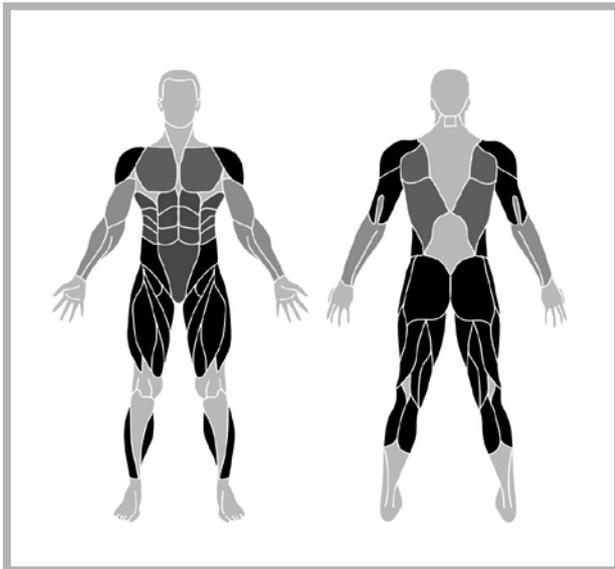
4 wall climbers

Park Workout

A walk in the park will never be better for you than when you also get some exercise along with your hefty dose of the sunshine and fresh air. The A Walk in a Park workout is perfect for productively filling in your Summer downtime, working up a little sweat and feeling like you've escaped to nature, at least for a while. The workout is light but then again you're walking, it's a park and it should be Summer, or at the very least a sunny day. Enjoy it.

Make it harder. Go faster. Try to beat your own time for each set. Be warned. You will get stares.

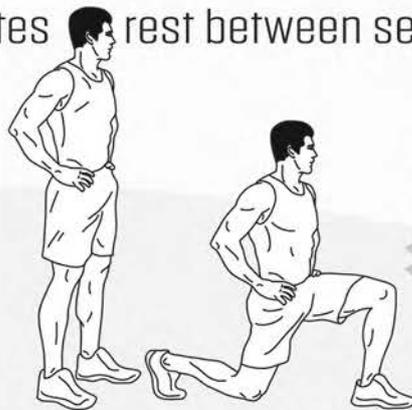
Focus: High Burn



a walk in a **Park**

DAREBEE WORKOUT @ darebee.com

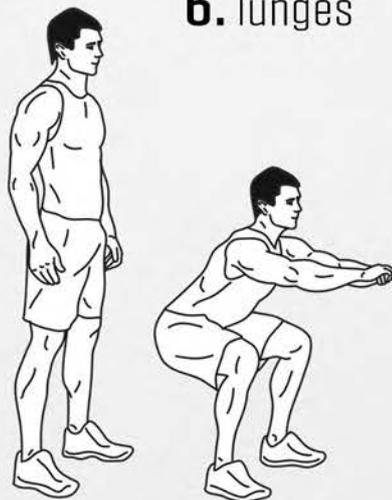
10 reps each | 5 sets in total
up to 2 minutes rest between sets



6. lunges



5. calf raises



4. squats



3. side leg raises



2. tricep dips

1. jumping jacks



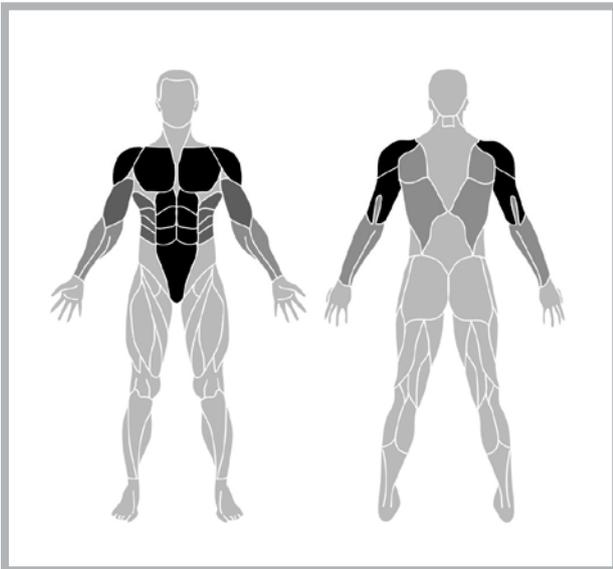
80

Power 15

Instructions: Repeat each move with no rest in between until the set is done, rest up to 60 seconds and repeat the whole set again, 3 times in total.

Make it better: Perform arm raises, raised arm circles and raised arm hold balancing on the balls of your feet for a challenge to your core.

Focus: Strength & Tone, Upper Body

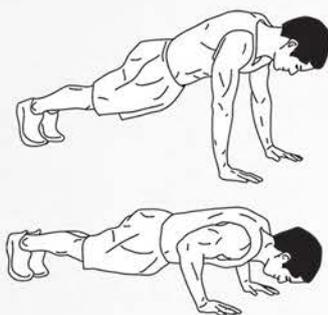


Power

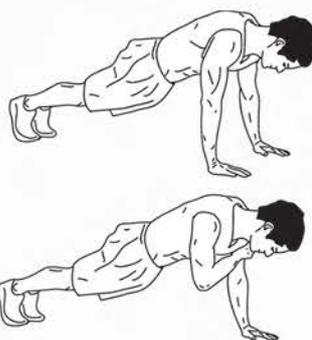
15

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3 sets | 60 seconds rest between sets



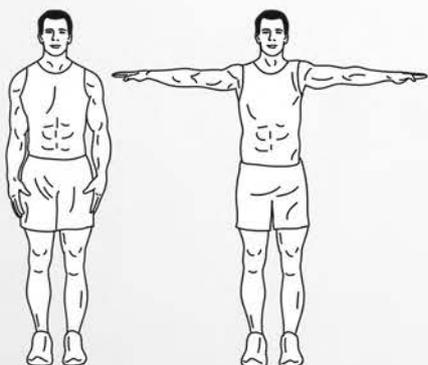
to fatigue push-ups



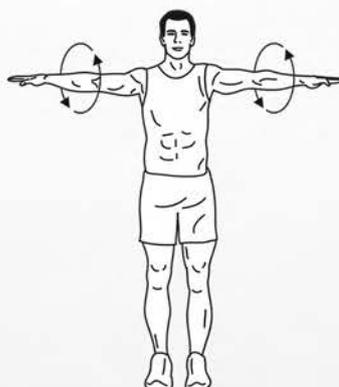
20 shoulder taps



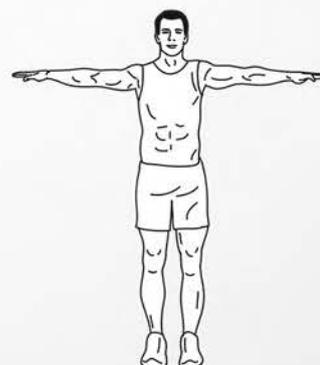
20-count elbow plank



20 arm raises



20 arm circles



20-count hold

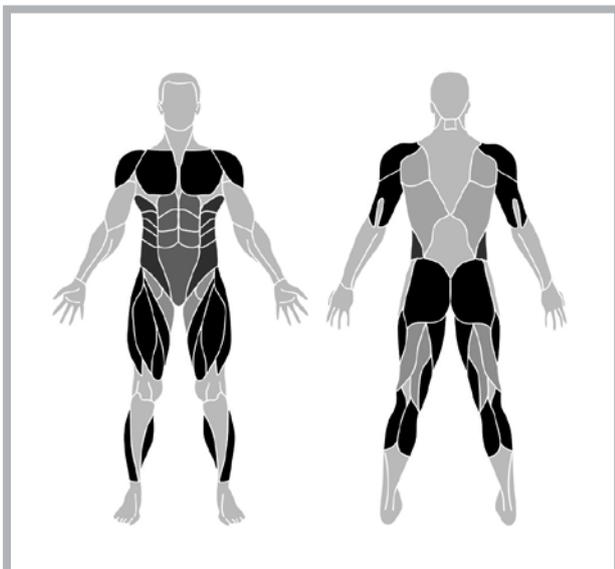
81

Pie

Nothing wrong with some pie as long as you get to earn it first. This is the workout that helps you do just that. Go and get ready to save the world, earn yourself some pie.

Tips: When you perform planks with rotations make sure that you turn your body completely sideways. Lightly tense your lower abs by exhaling to help stabilise the abdominal muscles and bring the lower abs into play.

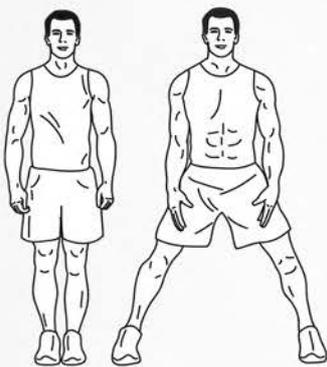
Focus: High Burn



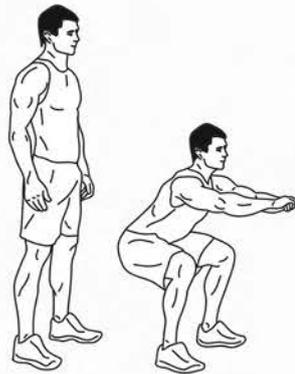
BRING ME SOME **PIE**

DAREBEE WORKOUT @ darebee.com

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



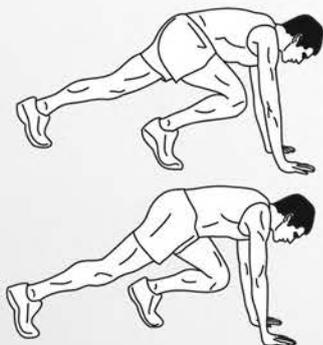
10 half jacks



10 squats



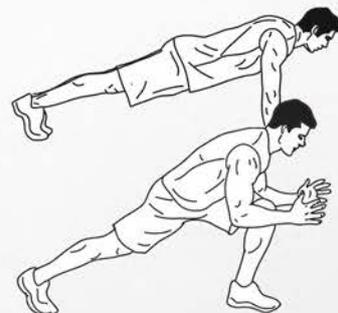
10 high knees



10 climbers



10 planks with rotations

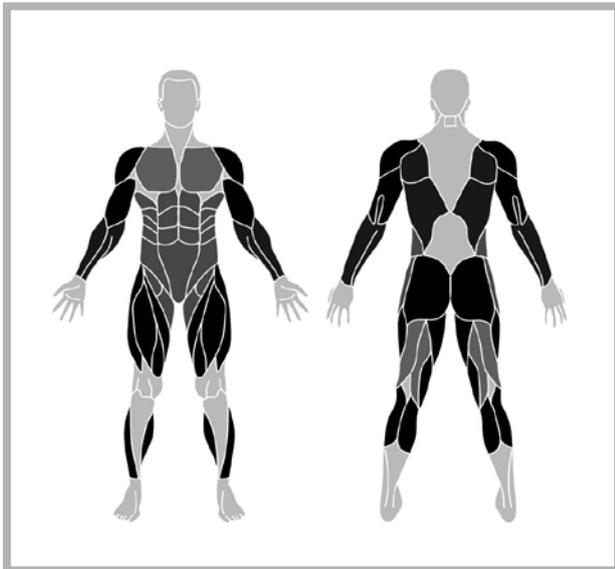


10 plank into lunges

Pillow Fight

You know when you used to have pillow fights when you were a kid because you thought they were cool and your parents used to step in and break them up and tell you they weren't? Well, guess what? You were right and your parents were wrong. A good ol' fashioned pillow fight is the coolest way we know to get the blood flowing through your body, work some great muscle groups and, even, work up some sweat. This workout should be taken straight to your parents with an "I told you so" note. One small note of caution, should you get over-enthusiastic you may want to rethink the decor of the room you're exercising in. We are speaking from experience when we say that vases and small porcelain figurines do not enjoy a natural lifespan with this exercise routine in action around them.

Focus: High Burn



pillow fight

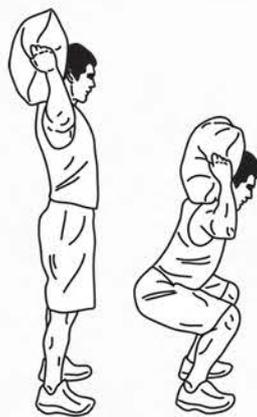
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repeat 5 times | up to 2 minute rest between sets

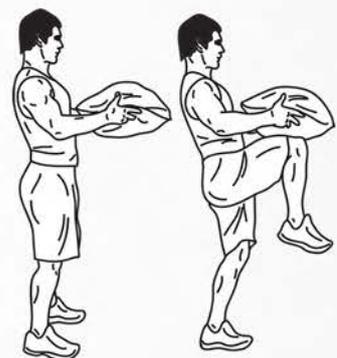
IN COLLABORATION WITH **NHS** choices



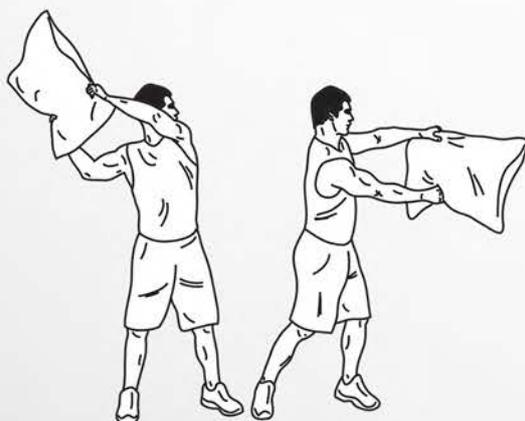
10 pillow presses



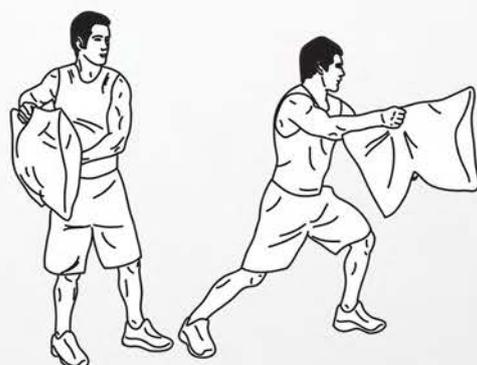
5 pillow squats



10 pillow high knees



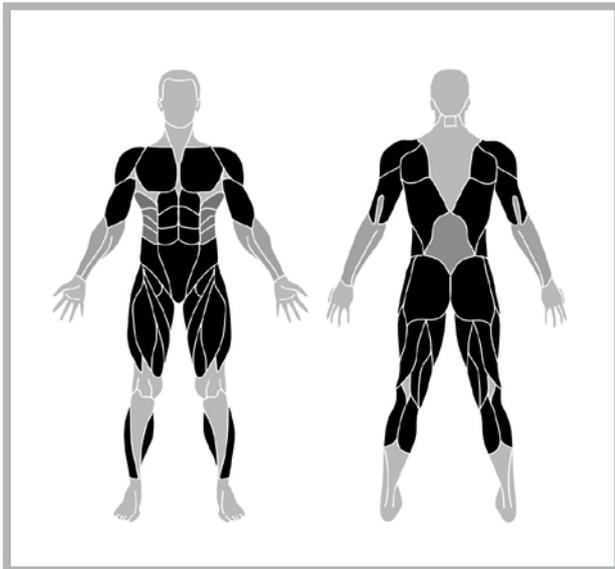
10 pillow strikes



10 pillow lunges

When you were a kid the playground was where you worked out your Spiderman and Tarzan fantasies. It was the place where your body encountered obstacles and met forces, like gravity. Being a kid is a state of mind. Rediscover the magic and get fitter in the process with the Playground workout. Commandeer the nearest one to you and get ready to feel the benefits of peeling back time. Just remember that this time round there are no excuses for not sharing your space. You really do know better.

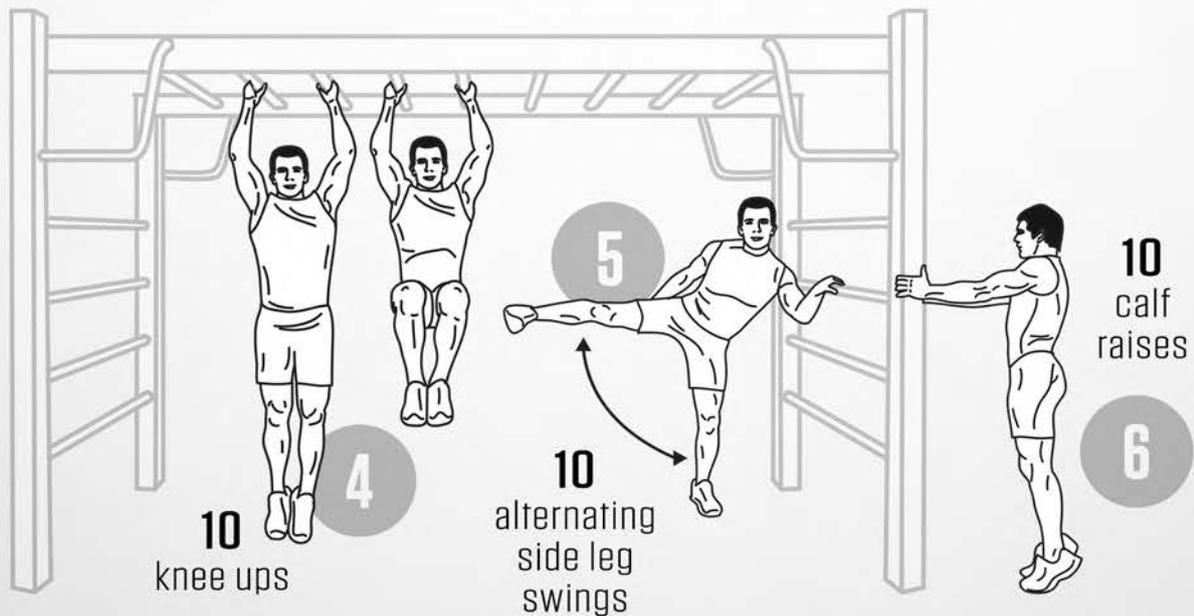
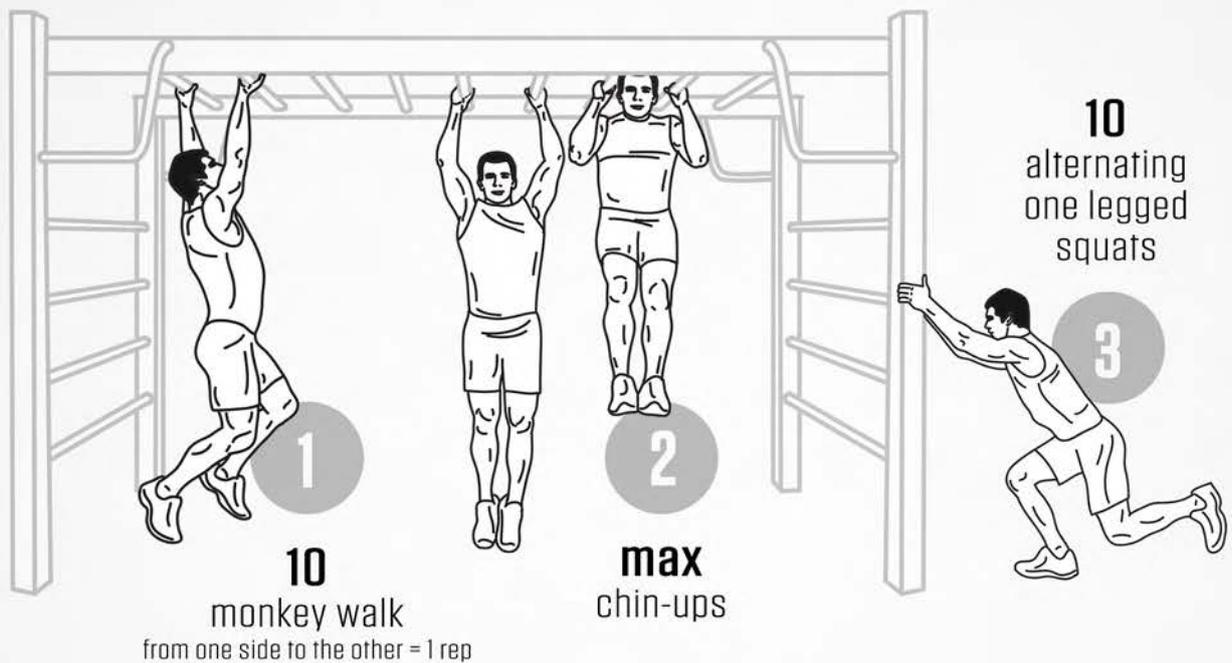
Focus: Strength & Tone



PlayGround

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



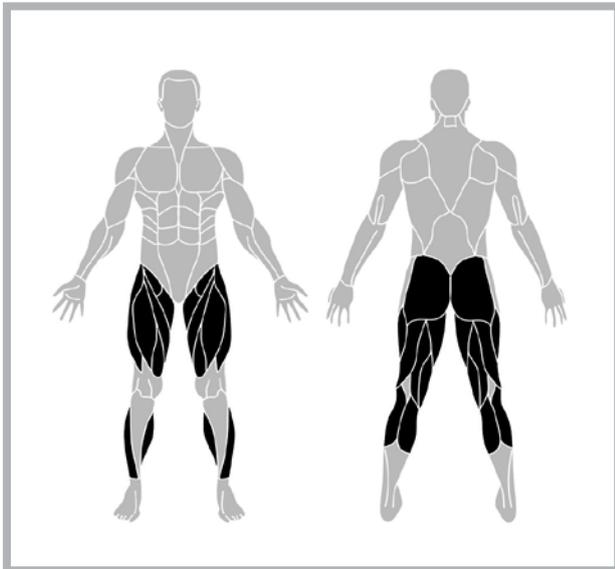
84

Power Up

This is an aerobic workout that develops strength, flexibility and balance. Do it every time you want to top up your abilities in these three areas.

Tips: When performing lunge kicks keep your body as straight as possible and bring your foot up to your hand, not your hand to your foot.

Focus: High Burn



POWER UP

DAREBEE WORKOUT @ darebee.com

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



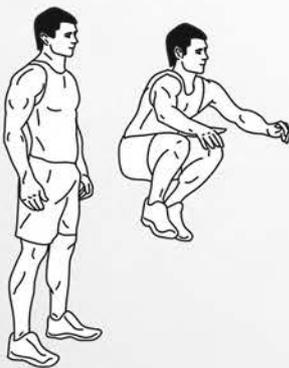
20 high knees



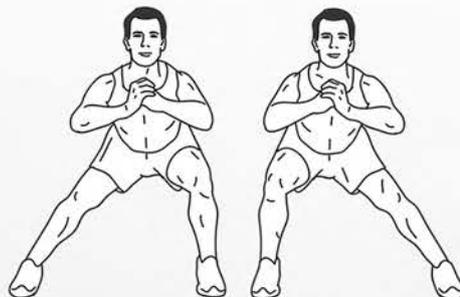
10 lunge ste-ups



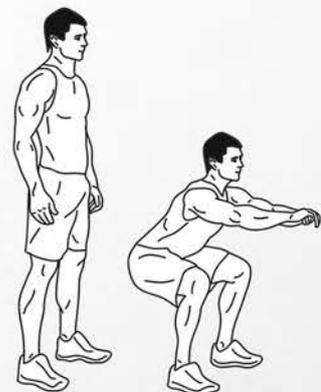
10 lunge kicks



2 jump knee tucks



10 side-to-side lunges



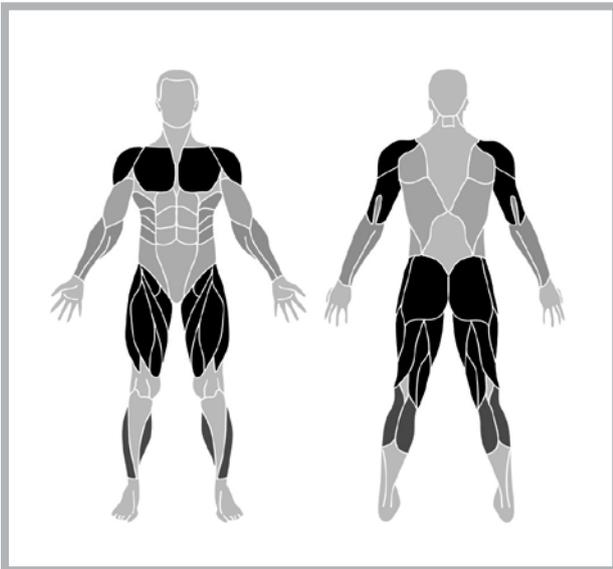
10 squats

85

Push, squat, repeat

Sometimes what you want is to be able to simply do something simple. No overthinking the part, no role-play in your head. Nothing that will constantly challenge your coordination and force you to be mindful of your body every single moment of the workout. This is where this “Wash, Rinse and Repeat” cycle is perfect. You can set it up and let your body do its thing while your mind takes a figurative break for a while. So, choose your level and get ready to rock it.

Focus: Strength & Tone



DAREBEE WORKOUT
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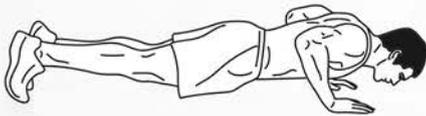
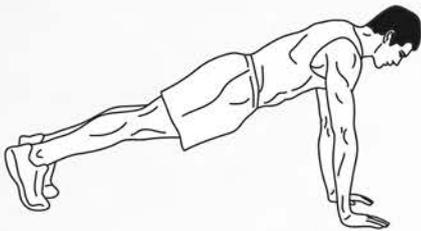
LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes

PUSH SQUAT REPEAT



4 push-ups

4 squats

10 push-ups

10 squats

4 push-ups

4 squats

10 push-ups

10 squats

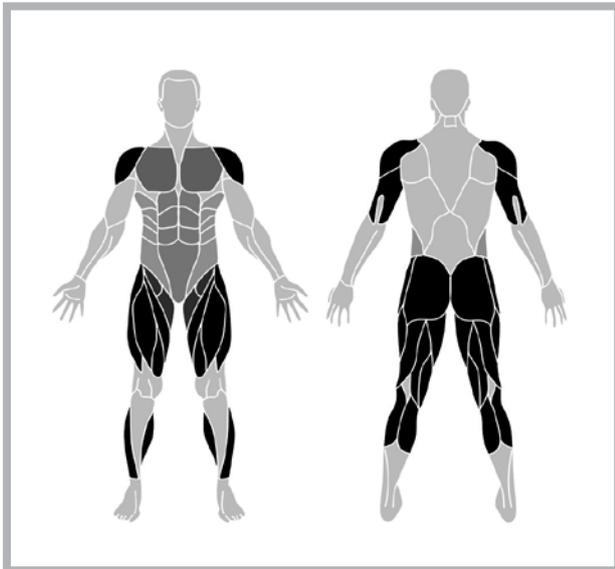
86

Quicksilver

Move faster without stressing your joints with the Quicksilver workout. It helps you develop muscle stability and mobility almost by stealth, its exercises are perfect for that indoor workout on days when you have a sofa handy.

Make it harder. When marching breathe out every time you raise your knees and slightly tense your lower abs, activating them.

Focus: High Burn



QUICK SILVER

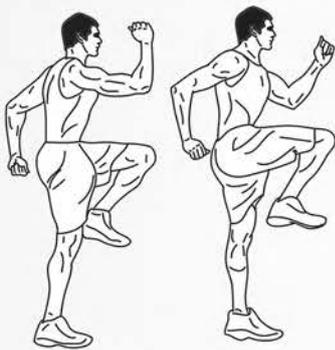
DAREBEE WORKOUT
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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



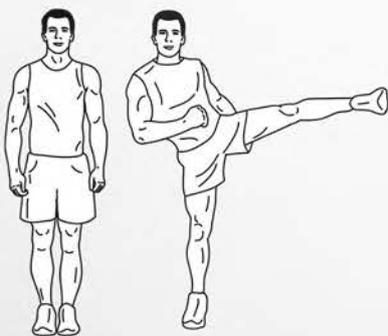
10 march steps



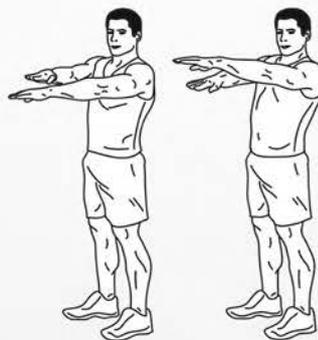
10 lunge step-ups



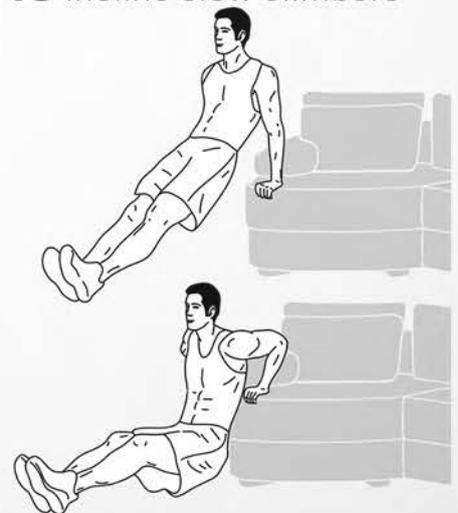
10 incline slow climbers



10 side leg raises



10 arm scissors



10 tricep dips

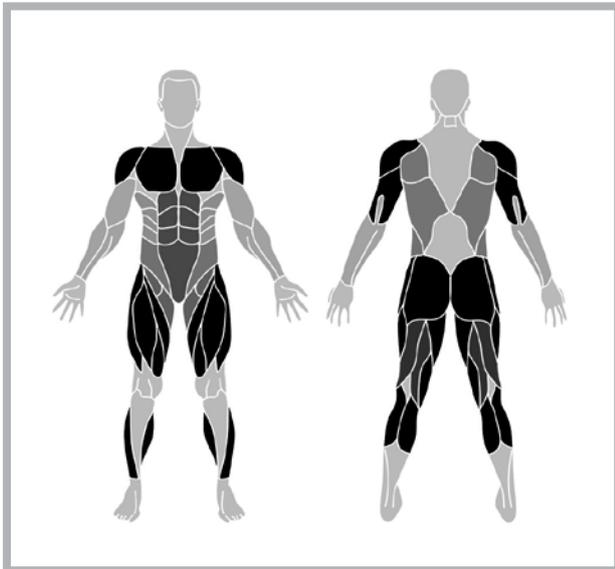
87

Ranger

Rangers are known for stamina, strength, speed and agility and the Ranger workout takes you through each component in turn. You get to feel the heat building up under your skin and sense your muscles working, so you know that you are making gains. Rangers, of course, simply do not quit which is why you're doing this workout. We get it.

Make it harder. Bring your knees to waist height as you perform High Knees.

Focus: High Burn, HIIT



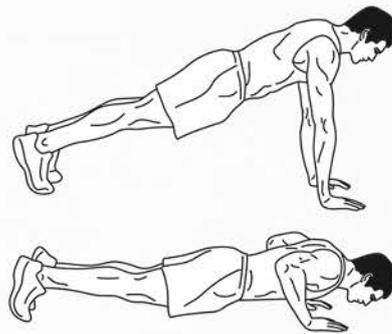
RANGER

DAREBEE **HIIT** WORKOUT © darebee.com

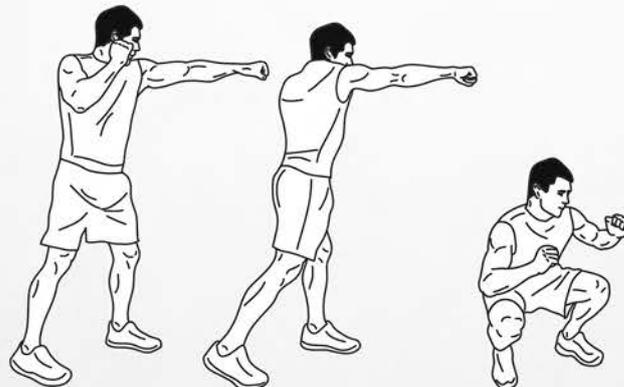
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec high knees



20sec push-ups



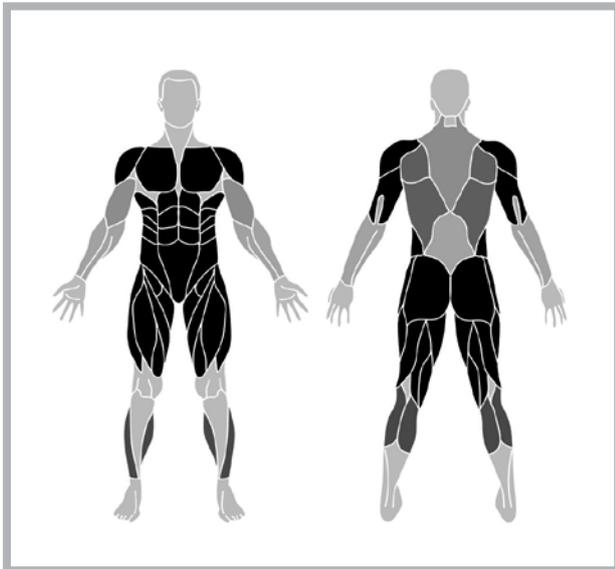
20sec jab + jab + cross + squat

88

Rebel

Rebels acknowledge no rules which means they have to be ready for anything. Our Rebel workout prepares you for almost anything. Its combination of static and ballistic exercises puts your body through its paces in a way that says “I am really preparing to break the rules”.

Focus: High Burn



REBEL

DAREBEE WORKOUT

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LEVEL I 3 sets

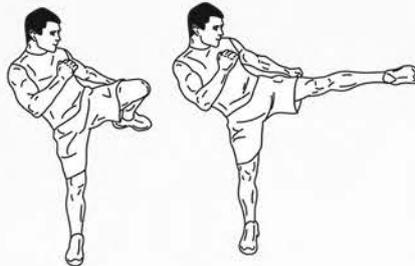
LEVEL II 5 sets

LEVEL III 7 sets

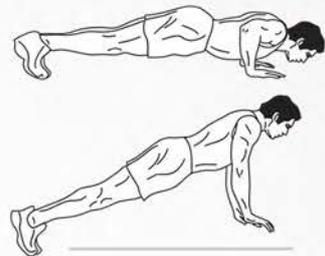
REST up to 2 minutes



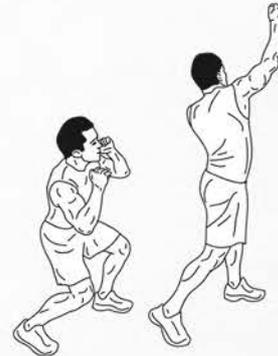
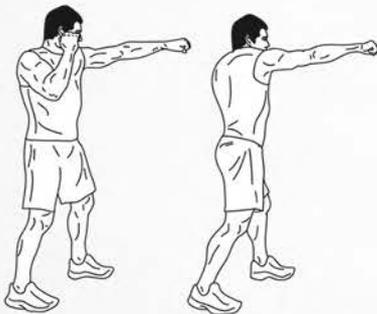
20 knee strikes



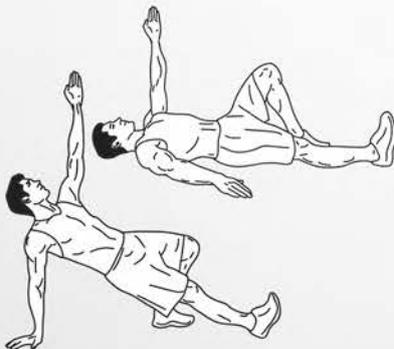
20 turning kicks



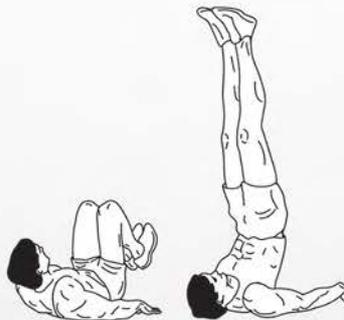
4 power push-ups



20 combos jab + jab + cross + hook + upper cut



10 get-ups



5 butt-ups



10 elbow strike sit-ups

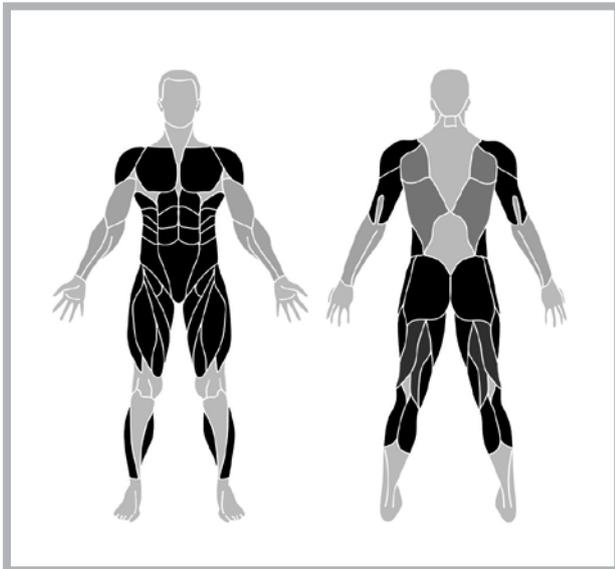
89

Red Warrior

All warriors have the same things in common. Grit, perseverance. A high tolerance to failure. The willingness to keep on going whatever the odds and simply not give up. The Red Warrior workout is designed to help you find that warrior core within that allows you to overcome anything.

Tips When performing plank back kicks tense your lower abs, keeping your trunk immobile and working your glutes, hamstring and quads.

Focus: Strength & Tone

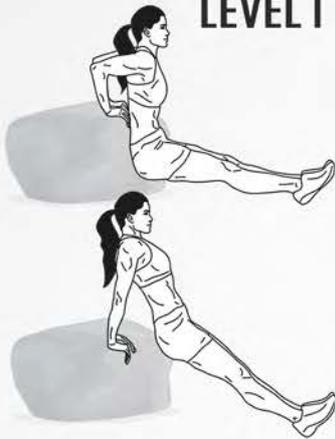


RED WARRIOR

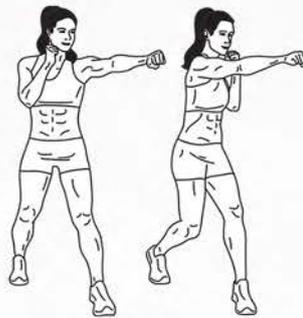
DAREBEE WORKOUT @ darebee.com

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

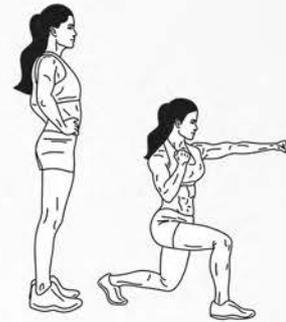
REST up to 2 minutes



10 tricep dips



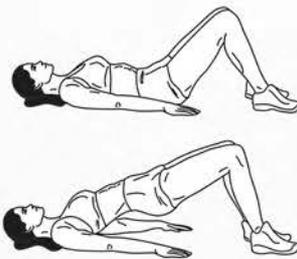
20 punches



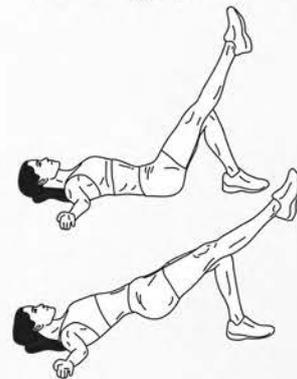
10 lunge punches



10 plank back kicks



10 bridges



10 raised leg bridges



10 clamshells



10 sit-up punches



10 sitting punches

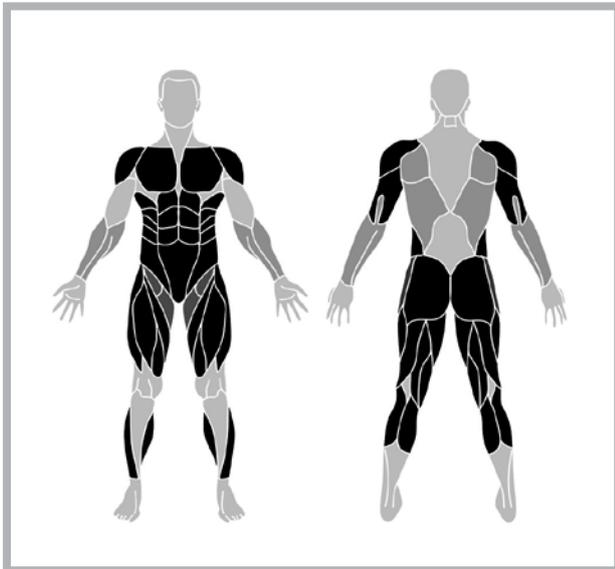


90

Roaster

Getting your muscles to the point where you can practically feel the heat coming off them gives the sentence “going for the burn” an entirely new meaning altogether. The Roaster workout helps you attack some major muscle groups again and again from one exercise to another, varying the load, movement and intensity while still engaging the muscles. You will feel your body’s temperature rise and you will feel the burn and after it’s all over you should feel positively roasted.

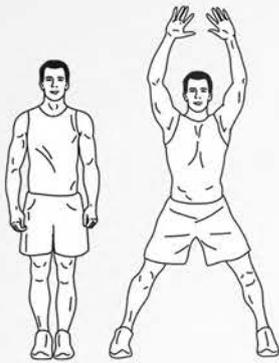
Focus: High Burn



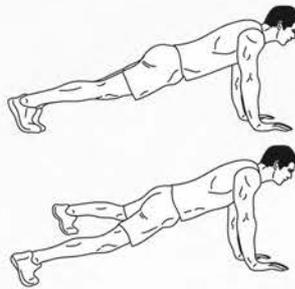
THE ROASTER

DAREBEE WORKOUT @ darebee.com

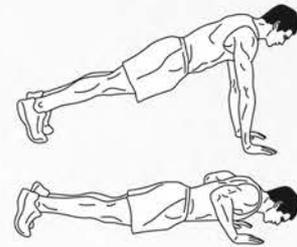
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



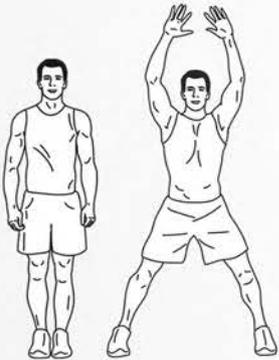
10 jumping jacks



one plank jack



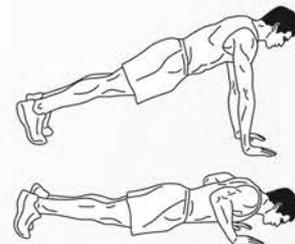
one push-up



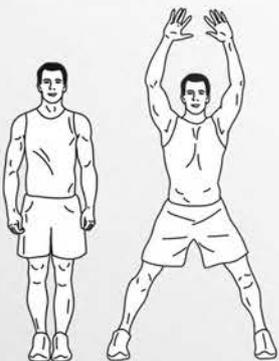
10 jumping jacks



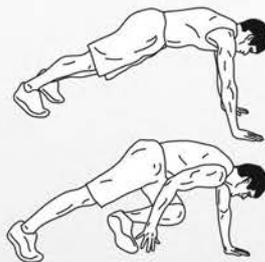
one jump squat



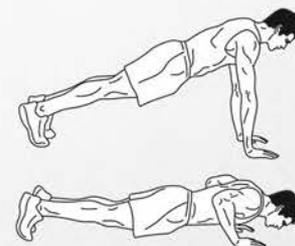
one push-up



10 jumping jacks



two climber taps

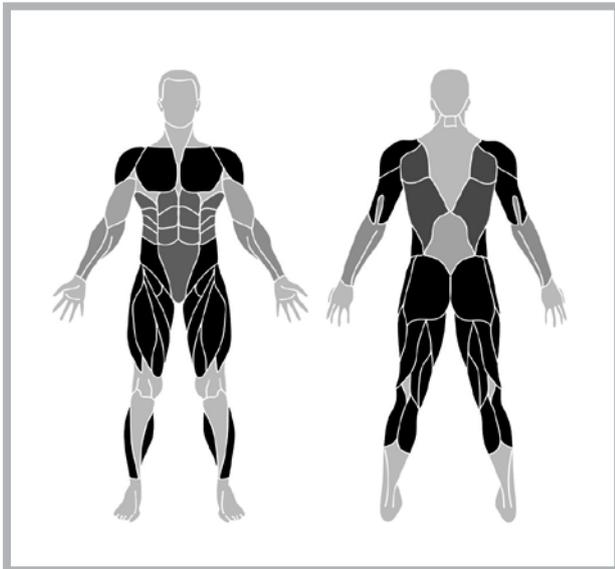


one push-up

Rogues set their own rules which means they are self-sufficient, in control of their world. The Rogue workout builds strength where you need it so that you can make your body do what you command it to. What rules it then gets to play by is entirely up to you.

Make it harder. When performing jump squats clear the floor by at least a foot increasing the load on your quads, glutes and calves and maximizing the benefits of the exercise.

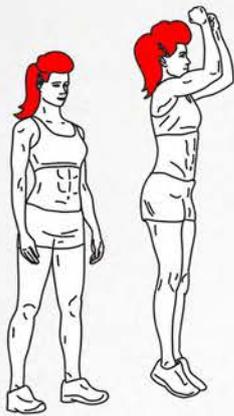
Focus: High Burn



ROGUE

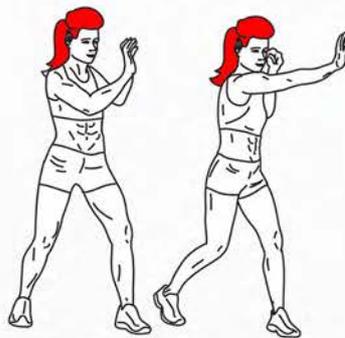
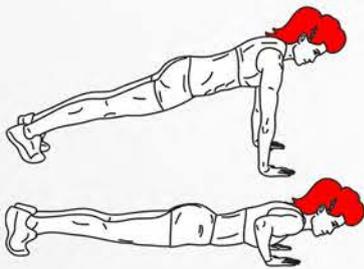
DAREBEE WORKOUT @ darebee.com

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



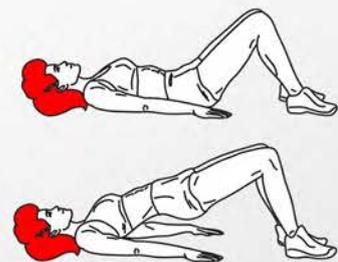
10combos: hop heel click + floor tap heel click

10 jump squats



10combos: push-up + palm strikes (each hand)

10 knee strikes



10 crunch kicks

10 half windshield wipers

10 bridges

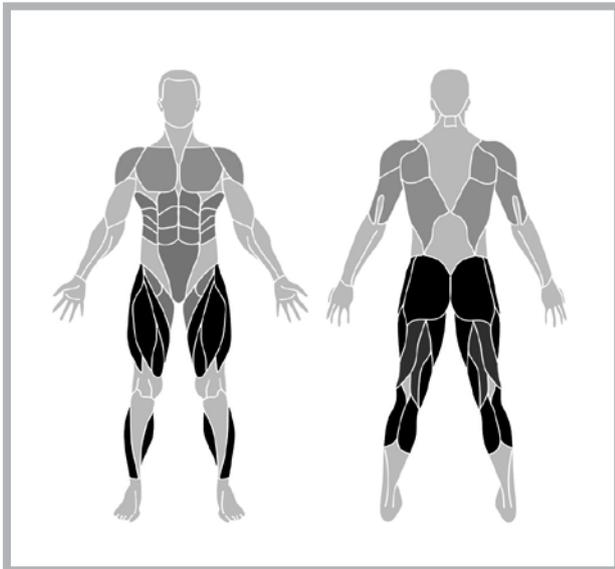
92

Run, you clever boy

Doctor Who fans will know that the moment you have to run you need to rely on limb speed and aerobic capacity. Well this workout helps you develop both.

Tips: This is a running work out so perform the high knees as high and as fast as possible and use the ground exercise to recover.

Focus: High Burn



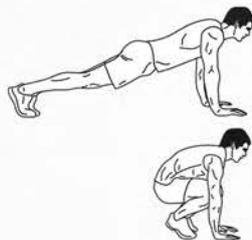
RUN, YOU CLEVER BOY; AND REMEMBER

DAREBEE WORKOUT @ darebee.com

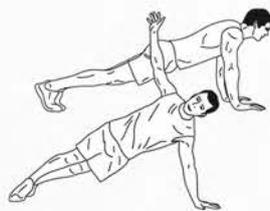
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



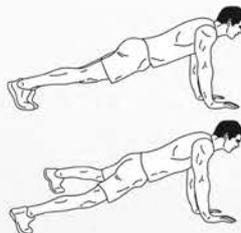
20 high knees, then
2 shoulder taps



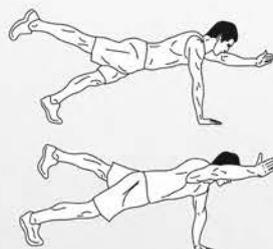
20 high knees, then
2 plank jump-ins



20 high knees, then
2 planks rotations



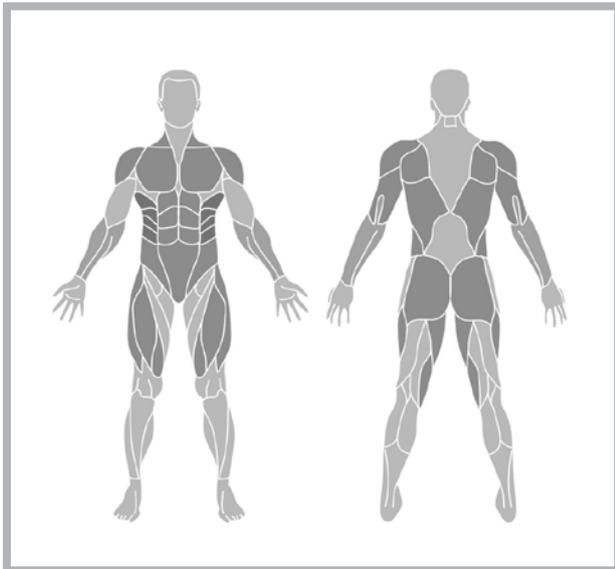
20 high knees, then
2 plank jacks



20 high knees, then
2 alt arm / leg raises

If you have just three minutes in your day and a chair to sit on you can have a workout. Yoga is frequently underrated as a workout and yet a mini-break like that practiced whenever possible activates the muscles of the body, helps increase circulation and breathing and plays an incredible role in maintaining good health and the metabolic rate working properly.

Focus: Stretching, Yoga



3-minute seated

IN COLLABORATION WITH

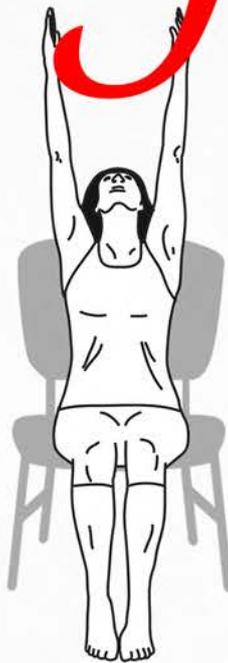


Yoga

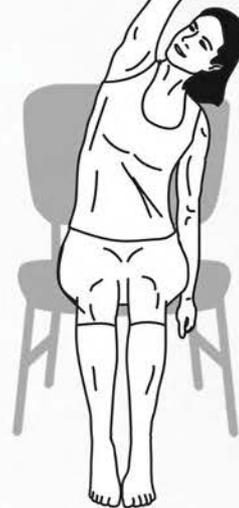
DAREBEE WORKOUT
© darebee.com
30 seconds each



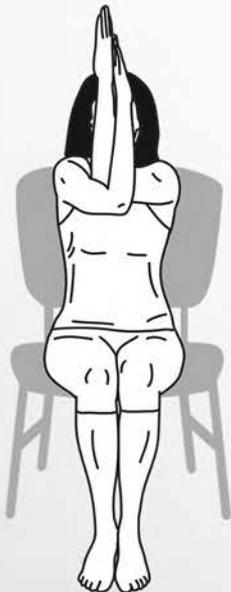
body fold



stretch up



side stretch



lotus twist



lift & reach

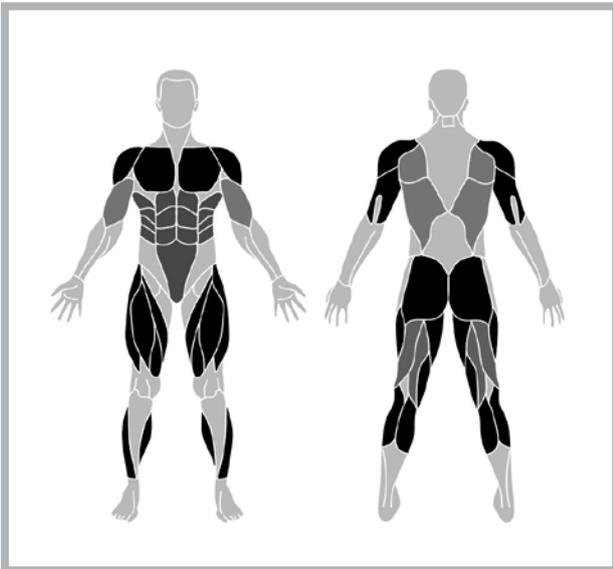


half lotus

Shieldmaiden

Shieldmaidens fought in battle and often led their own men. To match a hardened warrior, armed to the teeth and bristling with muscle you need more than just strength. You need fortitude, some killer tendon strength, agility and a core of steel, oh, and as much upper body strength as you can muster. The Shieldmaiden workout is designed to take you through your paces, give you a little of what you need and a lot of what you want (or is it the other way around?). Either way, you will definitely come out tougher at the other end of it.

Focus: High Burn



shieldmaiden

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



10 knee strikes



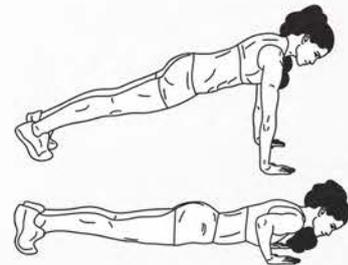
10 palm strikes



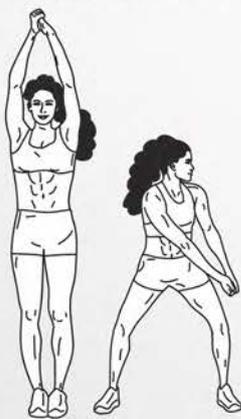
10 lunge push strikes



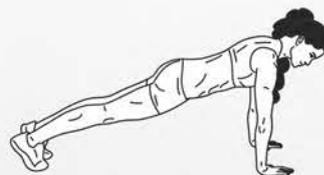
10 combos hop heel click + palm strike



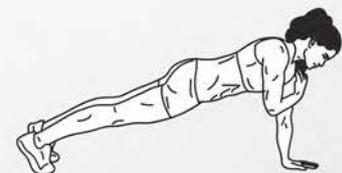
2 push-ups



10 cross chops



10-count plank hold



10 shoulder taps

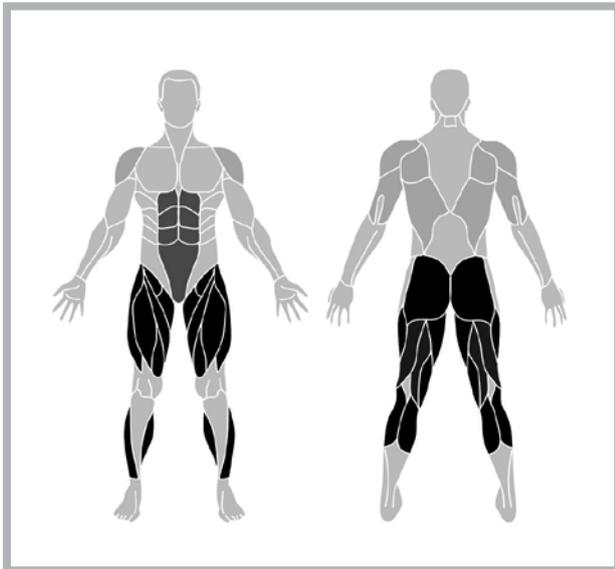
95

Shifter

Do shifters need to have great freedom of movement to physically morph from one form to another? We don't know for sure. But we do know that if you have the moves then you can walk the walk and talk the talk.

Tips: Practice the basic burpees in a controlled, flowing motion so that there is no break as you move from one position to the next. This allows for greater tendon strength as well as increased muscle density.

Focus: High Burn, HIIT



SHIFTER

DAREBEE **HIIT** WORKOUT © darebee.com

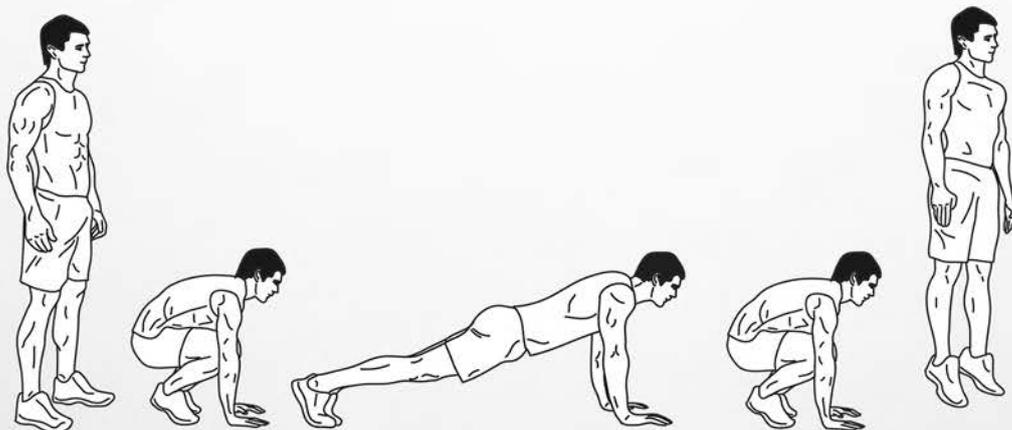
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec high knees



20sec squats



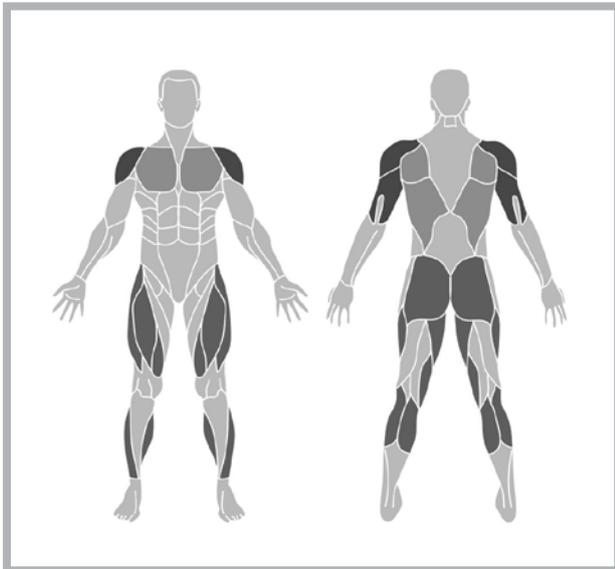
20sec basic burpees

96

Silver

The silver workout is a deceptively gentle set of exercises designed to get your body going without too much fanfare or undue pressure on muscle groups. This makes it one of those stealth mode workouts you can do when you're not sure you should be exercising or when you are in recuperative mode, or when simply you're stuck for a workout routine, do not want to wake the neighbours or advertise the fact you're working out. Plus, this is perfect for those just starting out on their journey to personal awesomeness.

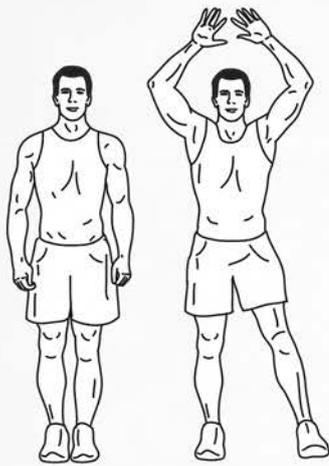
Focus: High Burn, HIIT



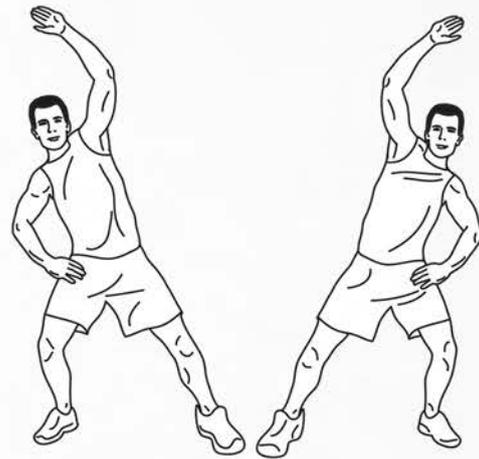
SILVER

DAREBEE **HIIT** WORKOUT @ darebee.com

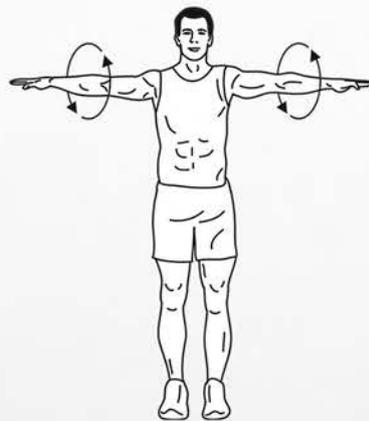
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec step jacks



20sec step side jacks



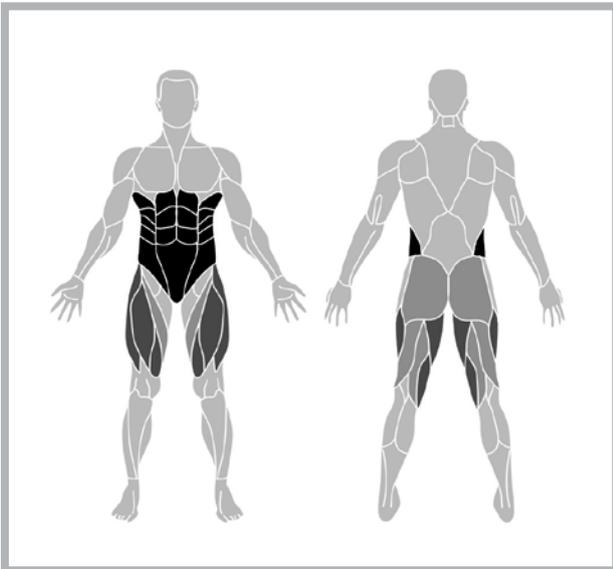
20sec arm circles

Sofa Abs

At the end of a busy day, all you want is the chance to put work out of your mind, land on the sofa, turn the telly on and ... work your abs. The sofa's your gym. Your body is your equipment. This is the Sofa Abs workout. If you're on the sofa, it's time to work your abs.

Make it harder. You shouldn't. It's a sofa workout, after all but if you happen to have a pair of ankle weights lying around, now's the time to strap them on.

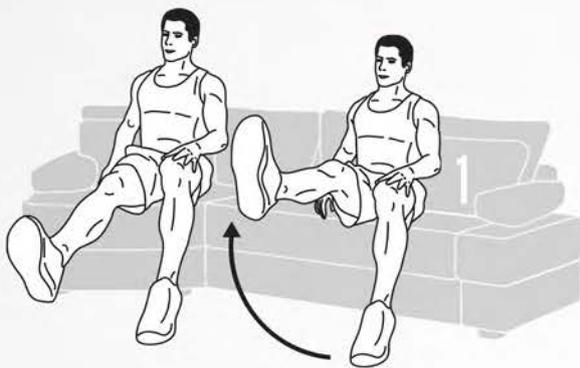
Focus: Abs



sofa abs

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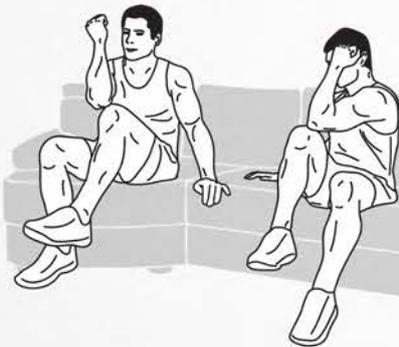
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



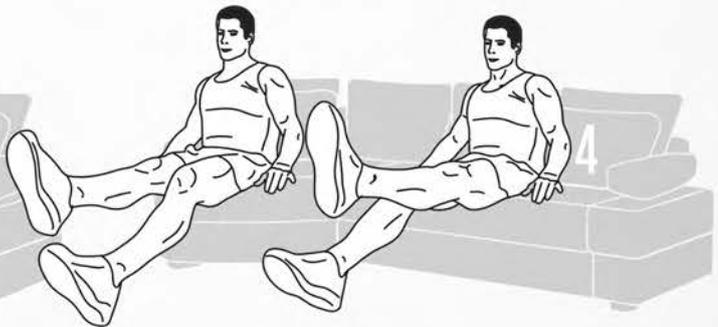
10 leg swings



10-count raised knees hold



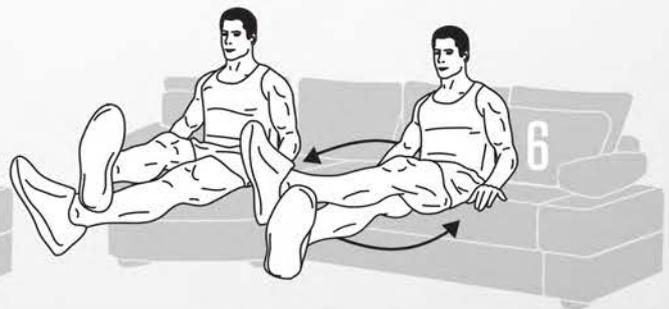
10 knee to elbows



10 flutter kicks



10 raised legs twists

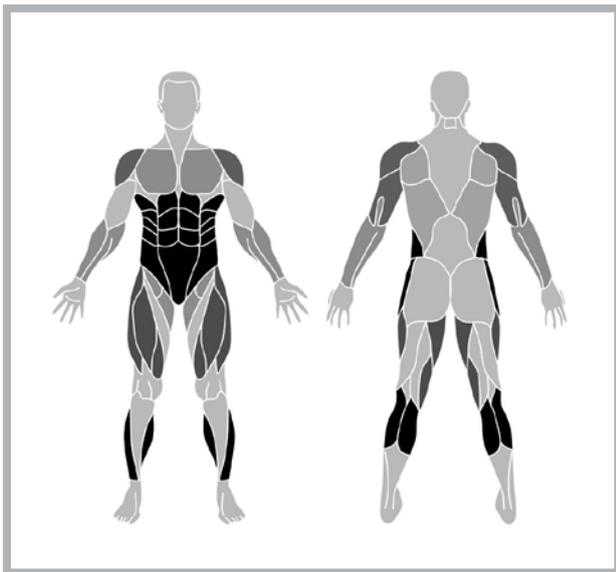


10 scissors

Standing Abs

There is more than one way to train your abs. The ab wall is made up of four distinct muscle groups: Rectus Abdominis (the traditional six-pack you see in the movies and which every superhero sports) - it helps you move your lower and upper body, together. External Obliques - these are the muscles stretching over your ribs (the ones that really ache if you do a lot of push-ups, fast). They help you twist your body from side to side (and throw a punch or jump over obstacles). Internal Obliques - you do not really see them, but they help bring your body back into alignment every time you twist it in one direction or another. Finally there is the Transverse Abdominis - what we so popularly call "the core". These wrap around the spine and provide stability, keep us upright and make sure we don't get back pain from our upright posture. The standing abs workout targets all four muscle groups for a performance-enhancing experience.

Focus: Abs



standing abs

DAREBEE WORKOUT @ darebee.com
repeat 3 times | up to 2 minute rest between sets

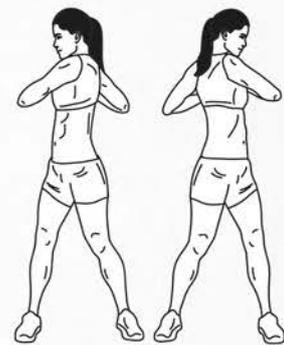
IN COLLABORATION WITH **NHS** choices



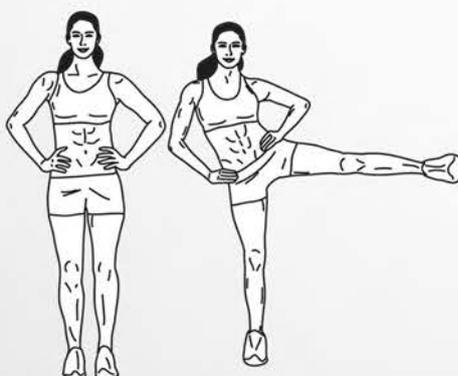
20 knee-to-elbows



20 high knees



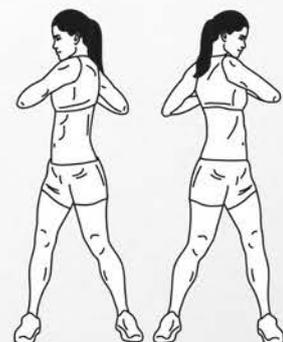
10 torso twists



20 side leg raises



20 high knees



10 torso twists

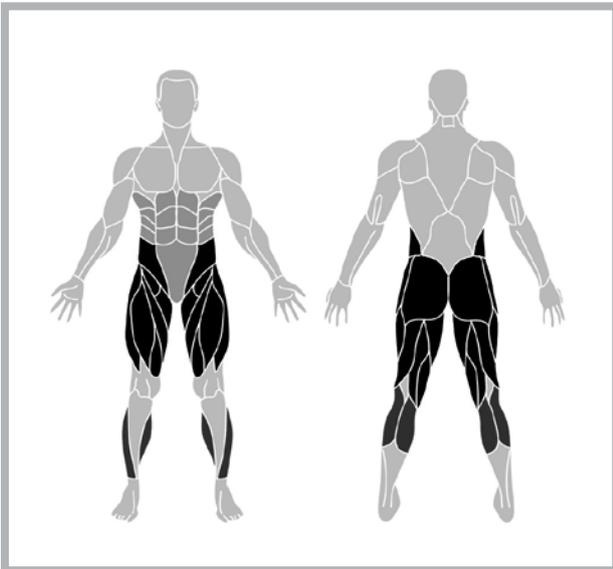
99

Star Master

Good balance requires a strong core and great supporting muscle groups. The Star Master workout is designed to help you develop the kind of balance that marks exceptional athletic performance and the kind of badass muscle control that warrior-types achieve.

Instructions: Tap each point clockwise for 3 minutes then switch sides - and tap each point counterclockwise with the other leg for 3 minutes - 6 minutes in total.

Focus: High Burn



Star Master

DAREBEE WORKOUT @ darebee.com

Instructions: balance on one leg and tap with the other.

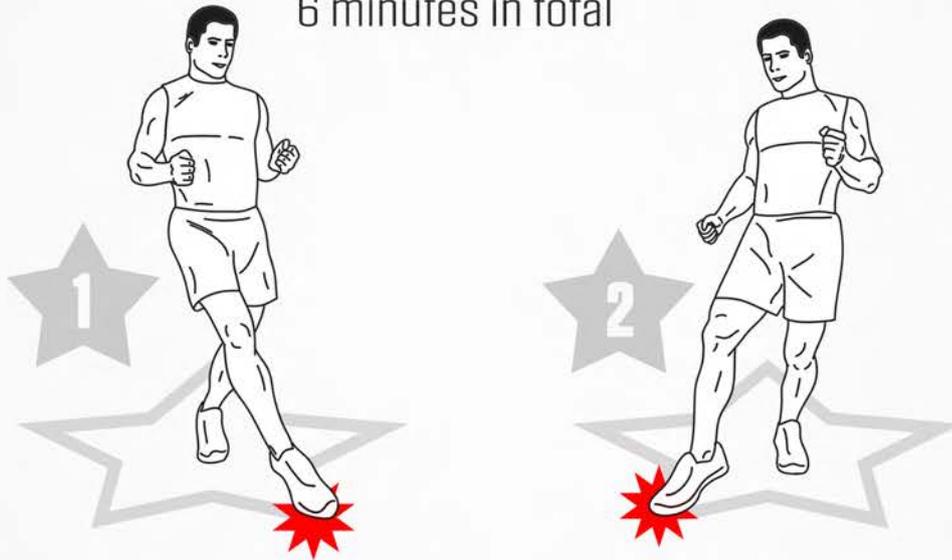
3 minutes right leg clockwise



3 minutes left leg counterclockwise



6 minutes in total

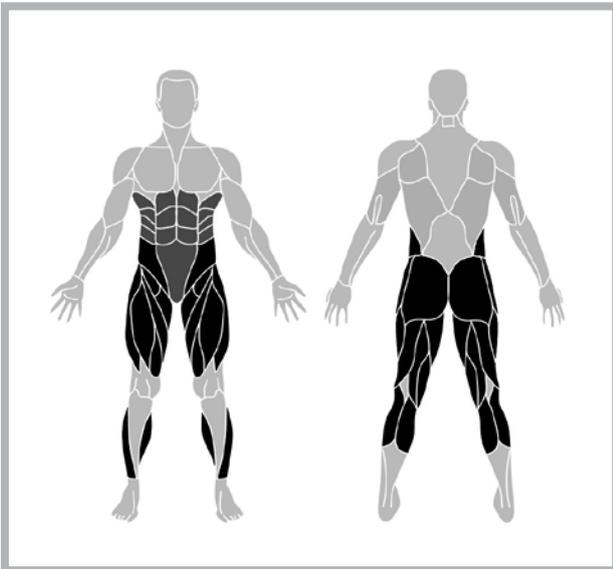


100

Swan

Ballet looks deceptively easy but anyone who has tried it knows it is exceptionally difficult requiring great balance, strength, flexibility and coordination, not to mention endurance. Ballet training is great for dancers, obviously, but it is also used by martial artists and boxers who need to move more creatively in very limited space. Try it and get to work muscles of your body you've never used properly, before.

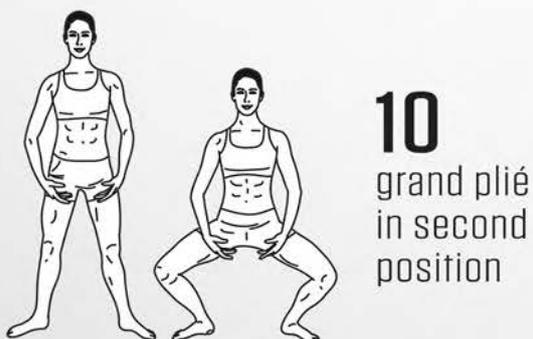
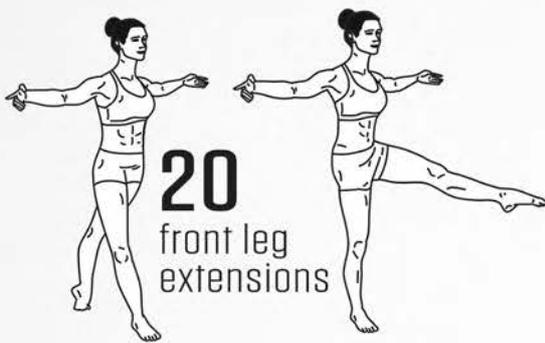
Focus: Strength & Tone



Swan

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



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