

100 No-Equipment Workouts
Volume 2
2017

100 workouts - Volume II

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79. Plan B
80. Power Mode
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84. Push-Up Massacre
85. Ragnarok
86. Reboot
87. Recon Squad
88. Recruit
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91. Sentinel
92. Sniper
93. Splits
94. Springboard
95. Static Zap
96. Superplank
97. Tank Top
98. Top to Bottom
99. Valkyrie
100. Watch Me

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

10 jumping jacks 20 high knees 40 side-to-side chops

10 squats 20 lunges 10-count plank

20 climbers 10 plank jump-ins to failure push-ups

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 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>

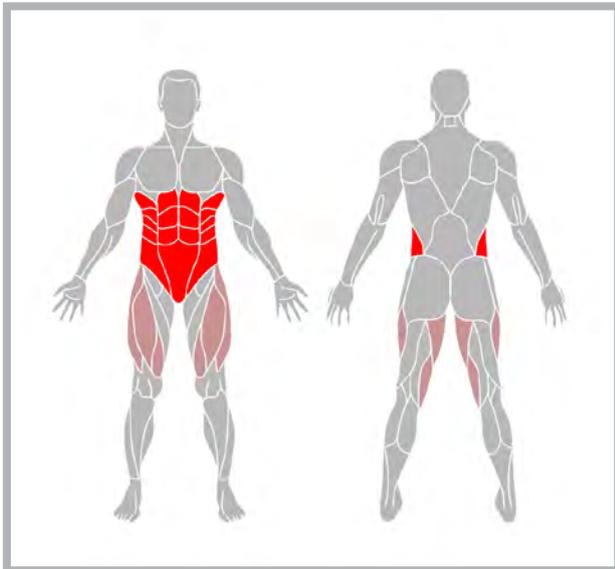
The workouts are organized in alphabetical order so you can find the workouts you favor easier and faster.

1

2-Minute Abs

If you only have two minutes to spare towards some exercise you can do no better than the 2-Minute Abs workout. Abs are required every time we do something physical and they play a pivotal role in supporting the spine, affecting posture and enhancing physical performance. The 2-Minute Abs program helps you strengthen this critically important muscle group.

Focus: Abs



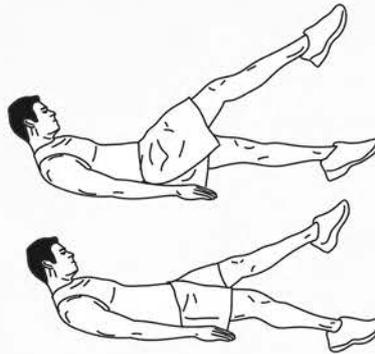
2-minute abs

DAREBEE WORKOUT @ darebee.com

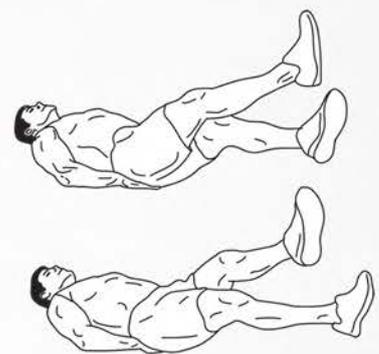
20 seconds each exercise | no rest between exercises



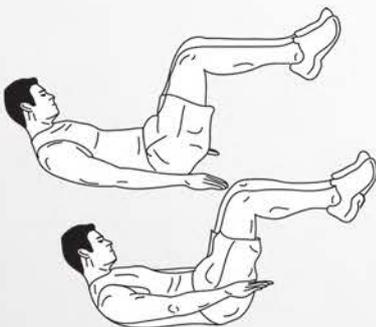
1. knee-to-elbow crunches



2. flutter kicks



3. scissors



4. hundreds



5. reverse crunches



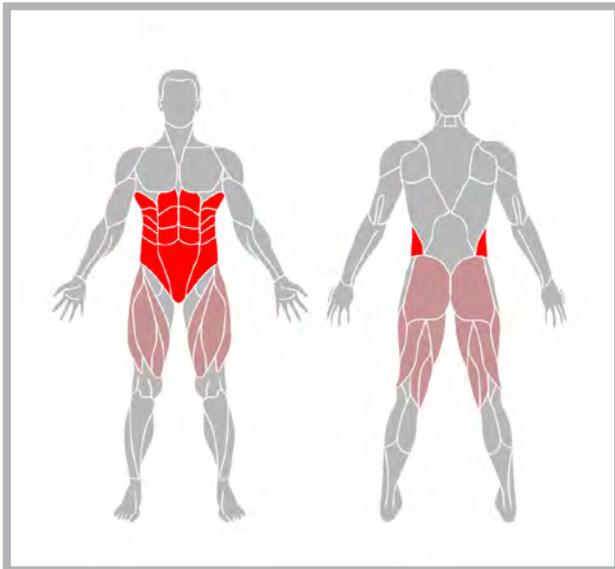
6. sitting twists

2

Abs Upgrade

Abs are not just the engine that powers some of your most energetic movements, they also play a vital role in protecting a vulnerable part of your body. The Abs Upgrade workout works each of the four major abdominal muscle groups for that all-in feeling.

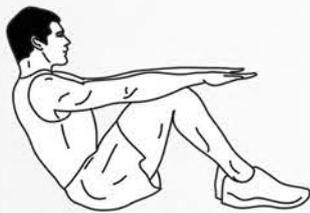
Focus: Abs



abs upgrade

DAREBEE WORKOUT @ darebee.com

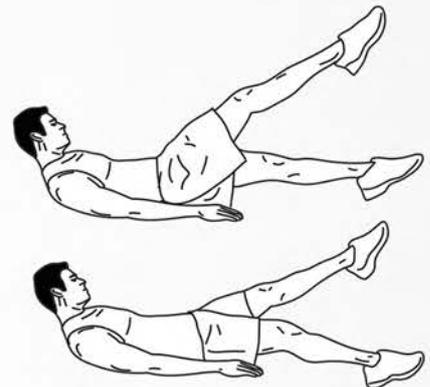
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



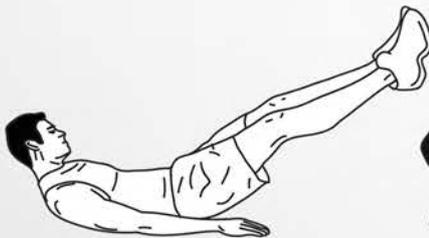
20 sit-ups



20 sitting twists



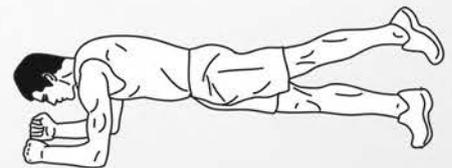
20 flutter kicks



20-count raised leg hold



20-count plank



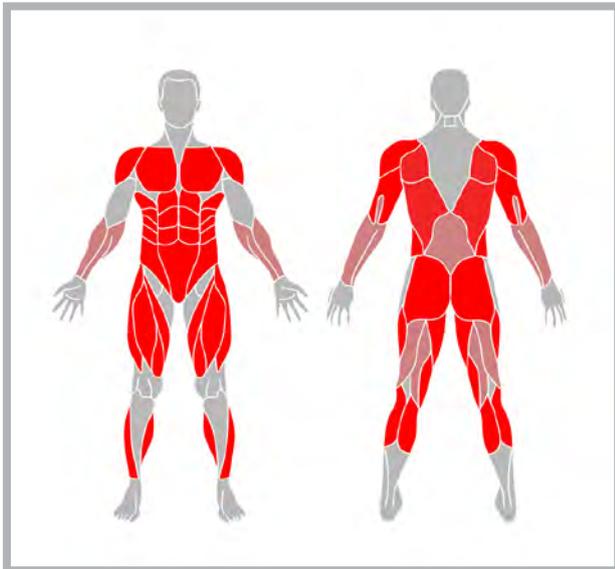
20-count raised leg plank

3

Altered Carbon

Exercise is designed to allow us to do one thing in particular: be the best version of ourselves we can be. The Altered Carbon workout is (with a knowing reference to a popular sci-fi book) designed to help you improve yourself, augment your capabilities and become ...well, a new improved model of you.

Focus: High Burn



ALTERED CARBON

DAREBEE WORKOUT

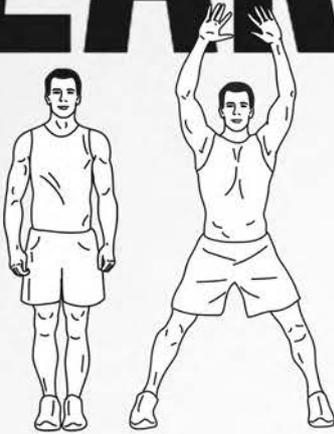
@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



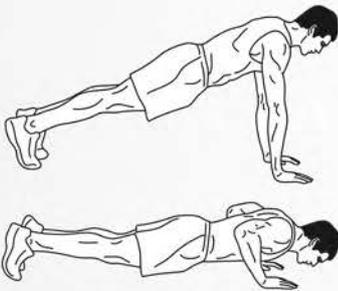
10 jumping jacks



10 squats



5 jump squats



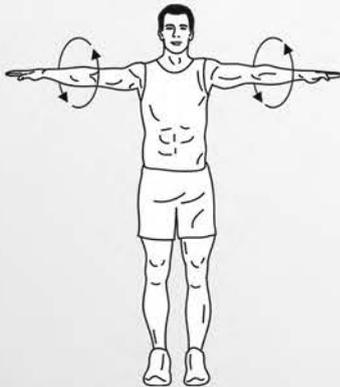
10 push-ups



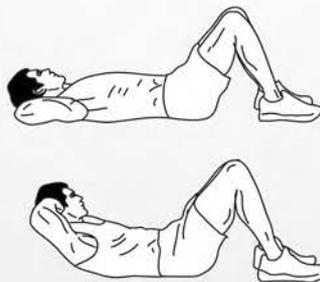
10-count raised leg hold



10 plank rotations



10 raised arm rotations



10 crunches



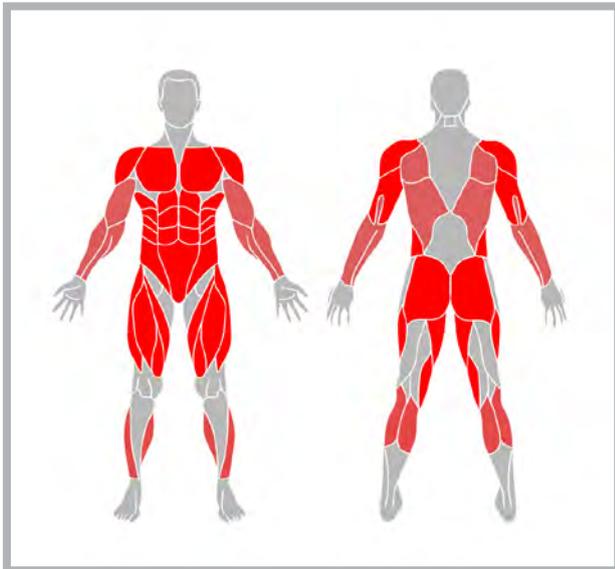
10 sitting twists

4

Armory

Armory is a full body workout that targets fascial fitness to produce extra power and explosiveness in every move you make. The moves are designed to force muscles to work in a precise way through upper body combat moves and as fatigue begins to kick in, you find yourself in the sweat zone, using your entire body as a primary weapon. Do it with EC and you will also fill the burn faster.

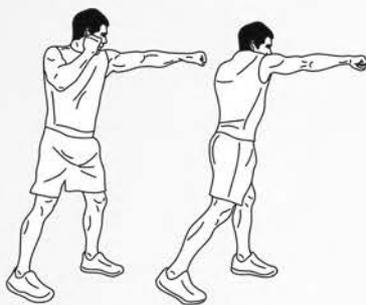
Focus: Strength & Tone



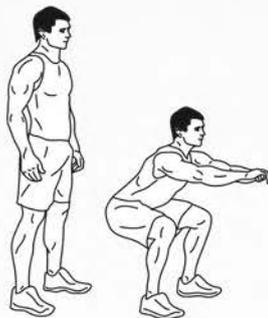
ARMORY

DAREBEE WORKOUT @ darebee.com

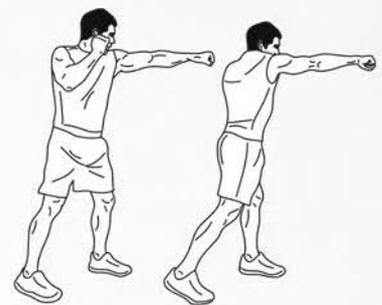
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



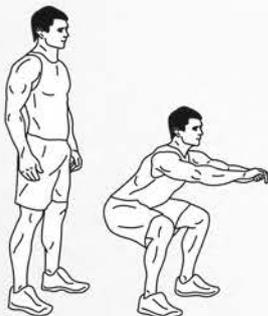
60 punches



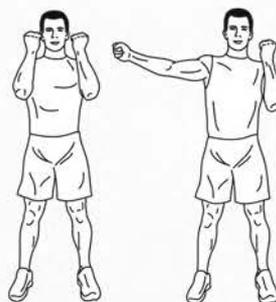
10 squats



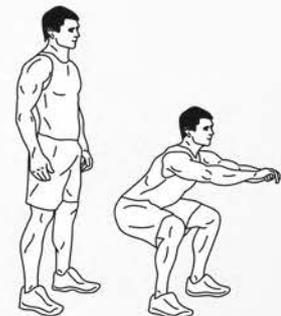
60 punches



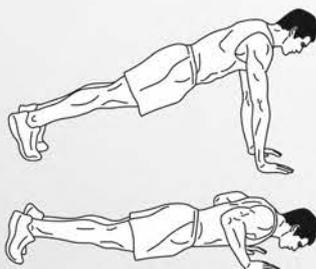
10 squats



60 side-to-side backfists



10 squats



10 push-ups



30-count elbow plank



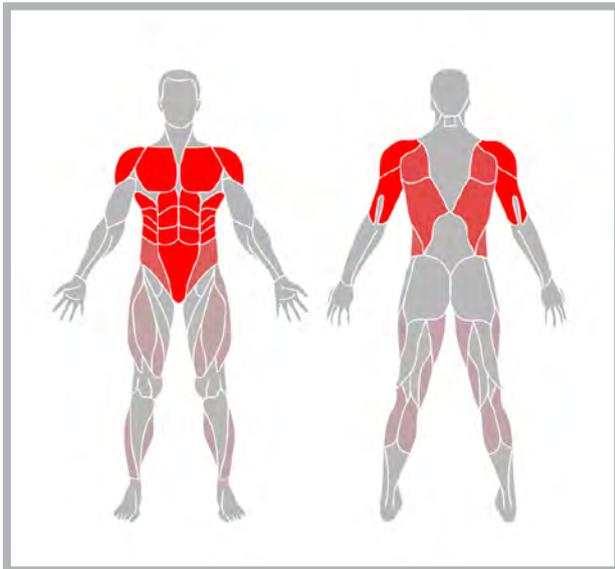
30-count side plank

5

Banshee

When it's just you against the world and the only clue you have is that the odds are stacked against you, you know that the only way you can survive is by hankering down and working the basics. A strong core, legs that you can command and arms that can piston out punches are the assets in your toolbox. Now all you have to do is face impossible odds, take on an endless array of opponents in sequential order and hope that the love of your life finds her way back to you. We can't promise anything here beyond you building good core strength, agility, body control and a strong belief in yourself. Now go and get them and should you find yourself on a side of the law you just never expected to be, just roll with it.

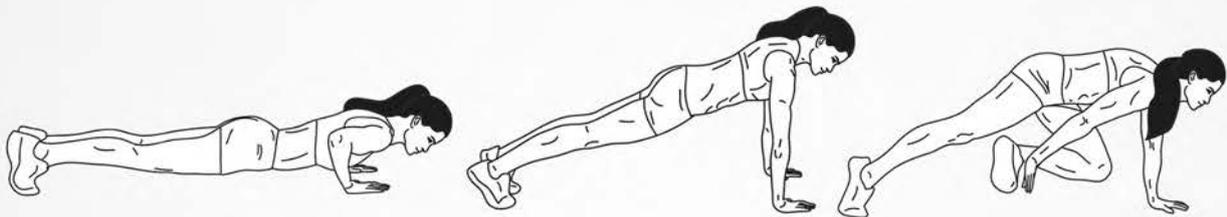
Focus: Strength & Tone



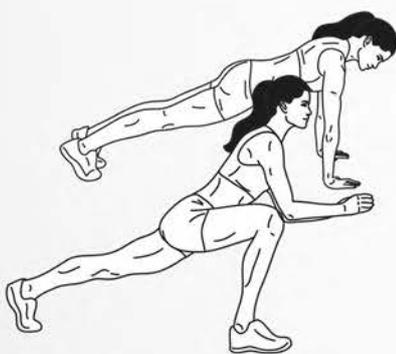
BANSHEE

DAREBEE WORKOUT @ darebee.com

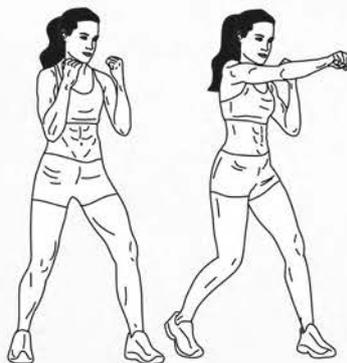
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



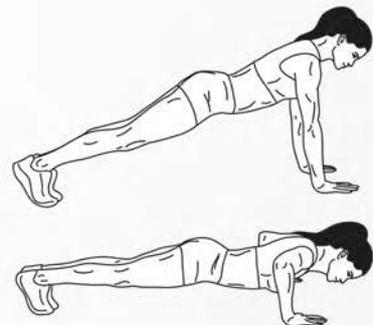
10 combos push-up + climber tap (each foot)



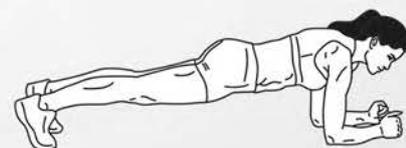
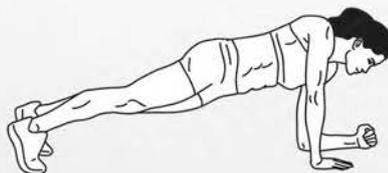
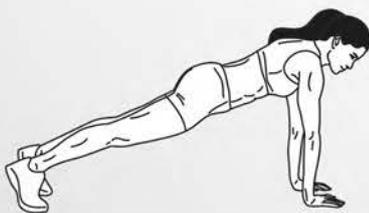
10 plank into lunges



40 punches



10 wide grip push-ups



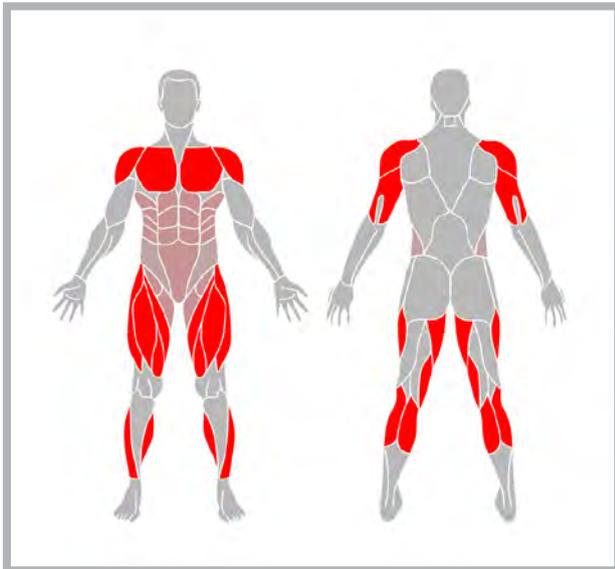
10 up and down planks

6

Bat Out of Hell

Bat Out Of Hell is a quick, pacey workout that delivers a high burn through just three exercises. The alternating load on the muscles as you go from one to the other ensures that you get to recover on the fly as muscles are alternatively used in a concentric and eccentric way. Go for EC for that extra burn deep in your lungs and you know that you are doing it right.

Focus: High Burn

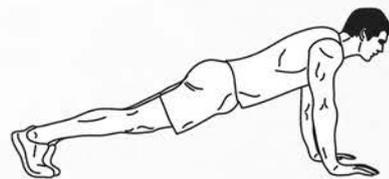
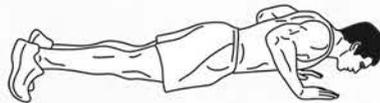
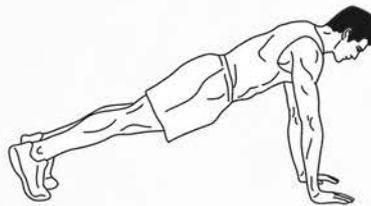


BAT OUT OF HELL

DAREBEE WORKOUT @ darebee.com

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

2 minutes rest between sets



40 high knees

4 push-ups

40 high knees

4 basic burpees w/ jump

40 high knees

4 push-ups

40 high knees

4 basic burpees w/ jump

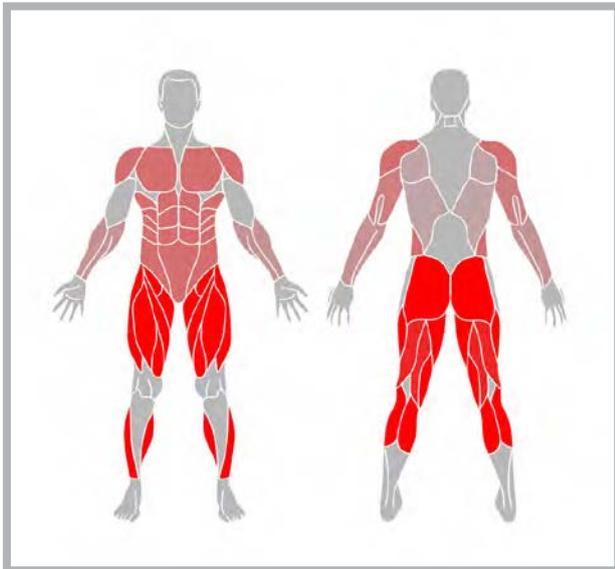
done

7

BBQ Workout

When you're ready to move your chops, cook your goose and face some high stakes, you're ready for our BBQ workout. When all the cliché references are left behind you're left with a workout that will really put your body through the motions until you really feel cooked.

Focus: High Burn



BBOQ

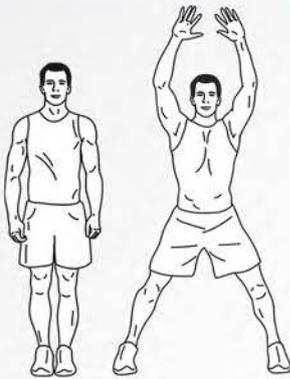
DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

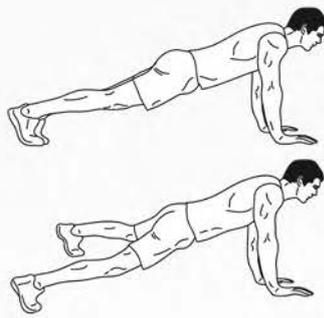
LEVEL II 5 sets

LEVEL III 7 sets

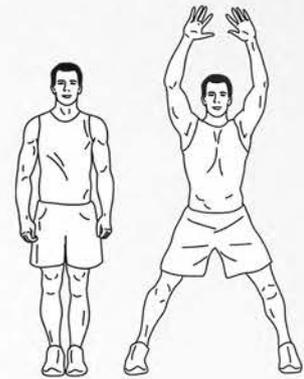
REST up to 2 minutes



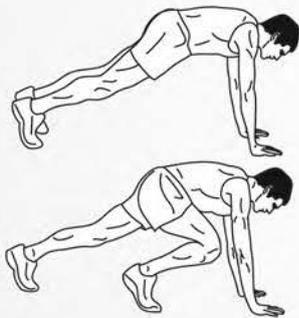
20 jumping jacks



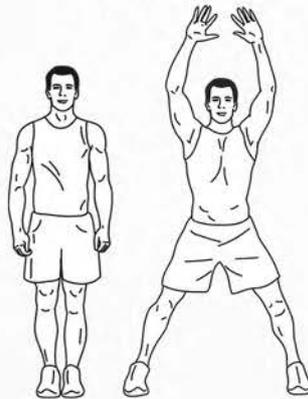
4 plank jacks



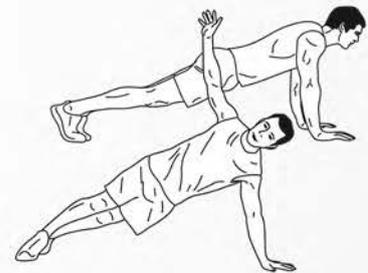
20 jumping jacks



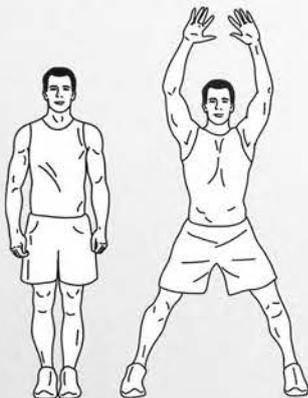
4 climbers



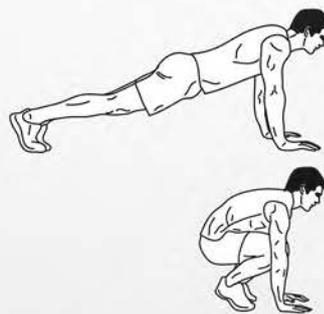
20 jumping jacks



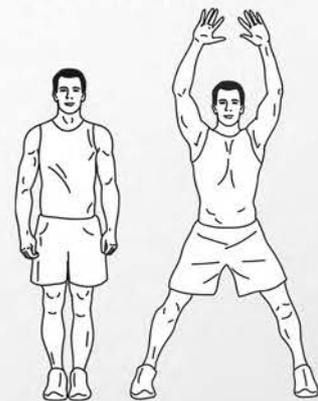
4 plank rotations



20 jumping jacks



4 plank jump-ins



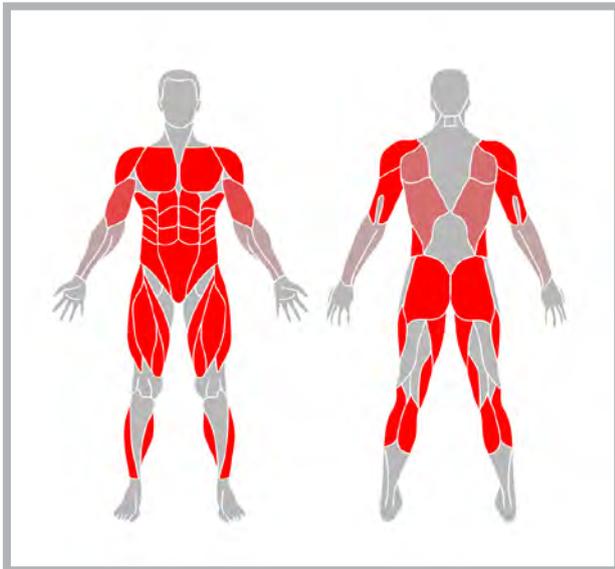
20 jumping jacks

8

Berserker

Some body-strength orientated workouts are designed to kick your butt and Berserker is one of them. From one exercise to another major muscle groups are worked and then worked again but with the load constantly changing there is time to recover (a little) on the fly. You get into the sweat zone from the very first set but stick it out and you will feel the difference when you finish.

Focus: Strength & Tone



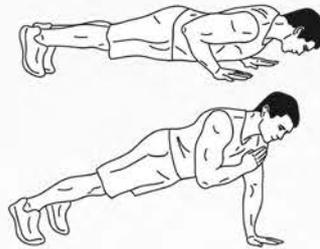
BERSERKER

DAREBEE WORKOUT @ darebee.com

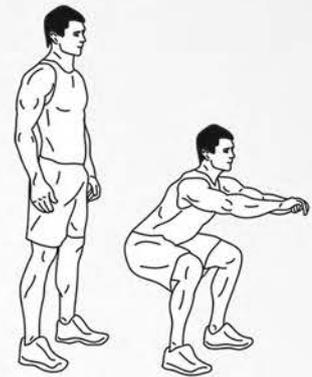
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 set REST up to 2 minutes



20 squats



10 push-up + shoulder tap



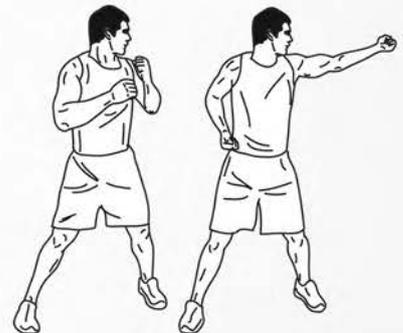
20 squats



10 walk-out + shoulder tap



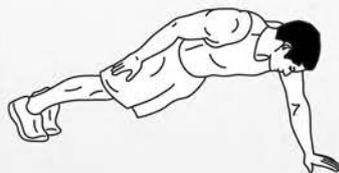
20 squats



20 backfists



20sec elbow plank



20sec one arm plank



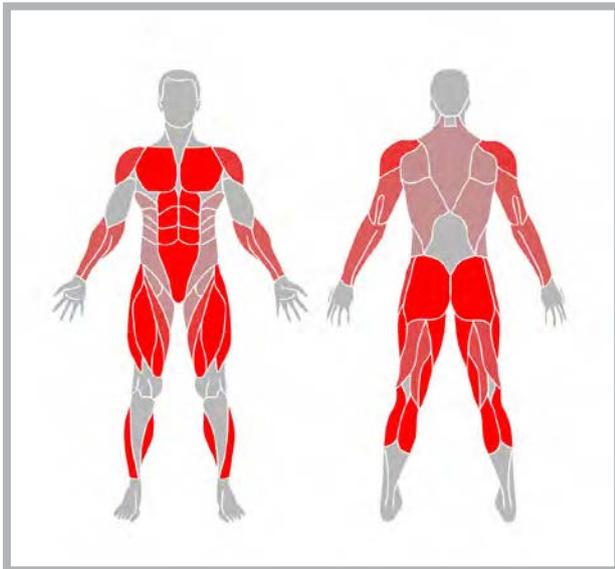
20sec side plank

9

Big Bang

A fast, energetic, cardio-pumping workout helps work up a good sweat, get your body moving and burn up some calories. The Big Bang workout does all of that but in addition its switch from speed to strength also challenges the muscle control you have over your body. This is perfect when you want to exercise but are not sure what you want to do but still do not want to feel cheated out of a good work out.

Focus: High Burn



BIG BANG

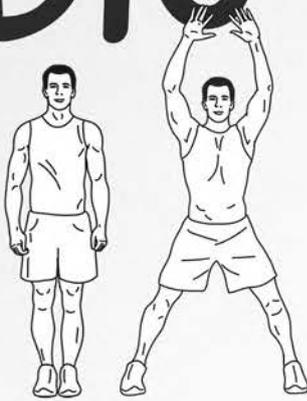
DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

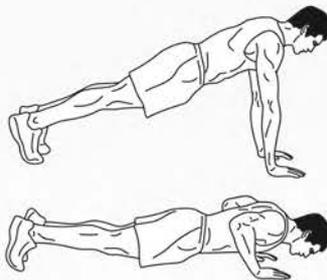
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



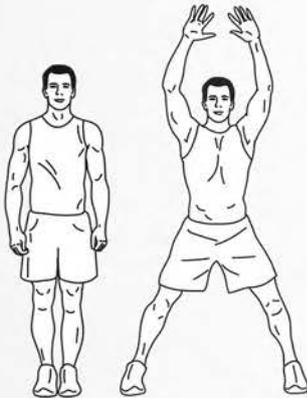
10 jumping jacks



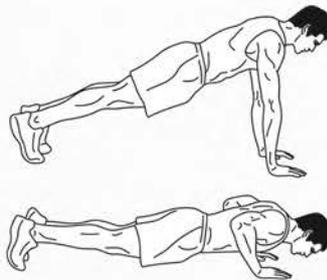
5 push-ups



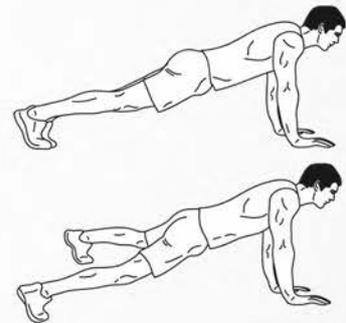
5 jump squats



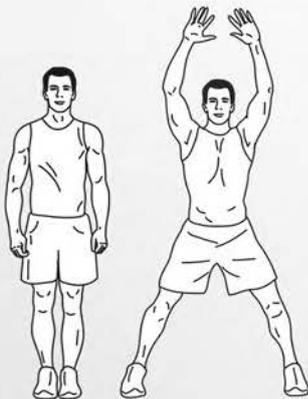
10 jumping jacks



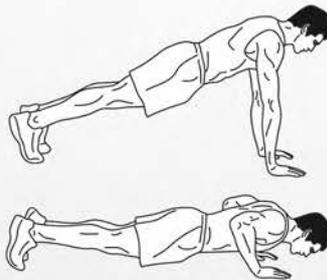
5 push-ups



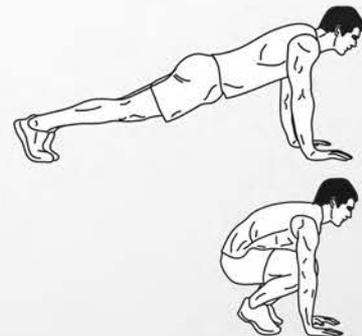
5 plank jacks



10 jumping jacks



5 push-ups



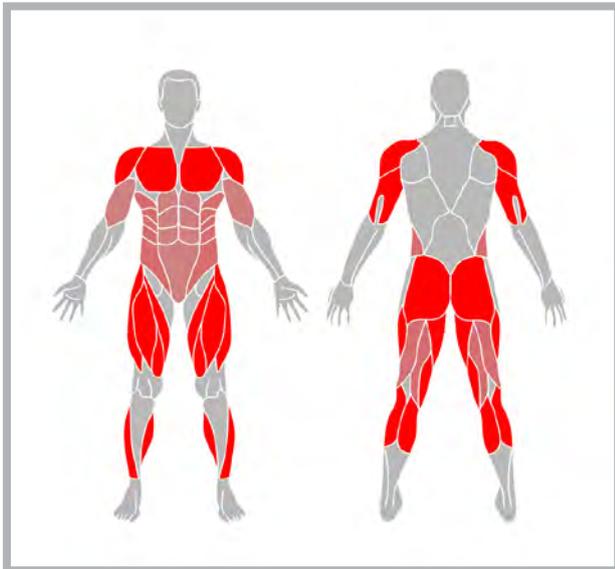
5 plank jump-ins

10

Body Mod

If you are looking for a full-body workout that will get you into the sweat zone fast and help you build up speed, endurance and overall body strength then Body Mod is exactly what you need. Bring your knees to waist height when doing both March Steps and High Knees, go for height on Jump Squats and reduce rest between sets to EC levels and what you have is a powerful weapon you can use to unlock the potential of your own physical abilities.

Focus: High Burn



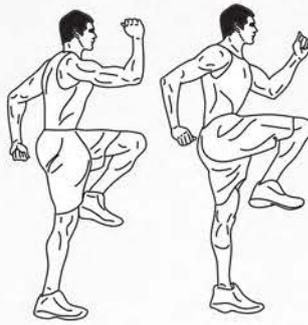
BODY MOD

DAREBEE WORKOUT @ darebee.com

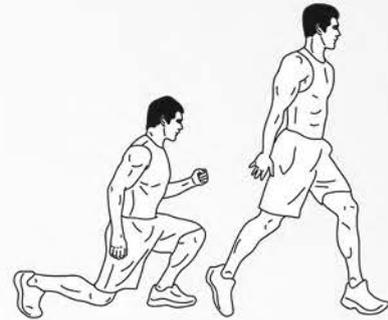
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



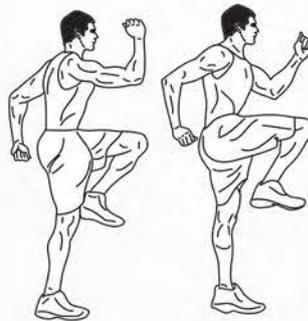
20 march steps



10 jumping lunges



20 high knees



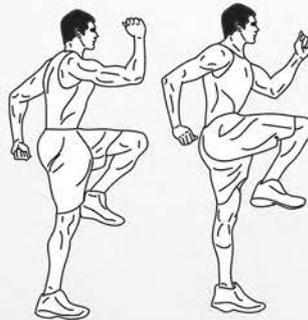
20 march steps



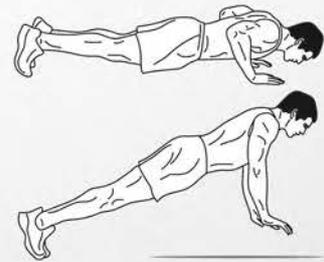
10 jump squats



20 high knees



20 march steps



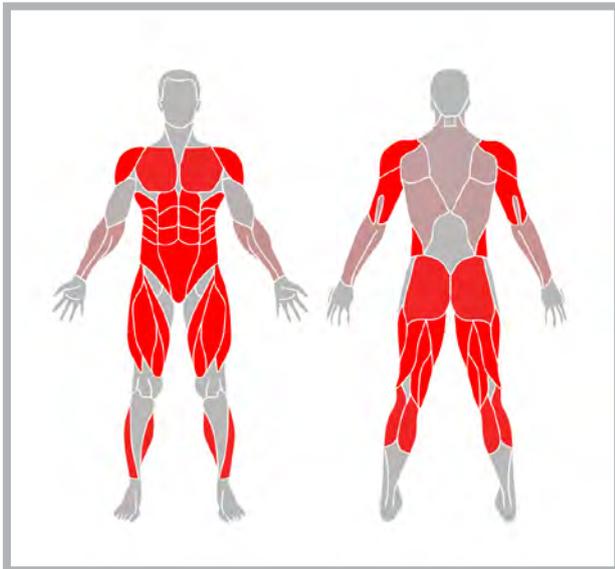
10 power push-ups

11

Body Patch

Body Patch is a full bodyweight high-performance workout that is designed to help you develop strength, core stability and dense, powerful muscles. The exercises are performed in their fullest range of movement with punches utilizing full body movement behind them for extra strength and power.

Focus: Strength & Tone



BODY PATCH

DAREBEE WORKOUT
© darebee.com

LEVEL I 3 sets

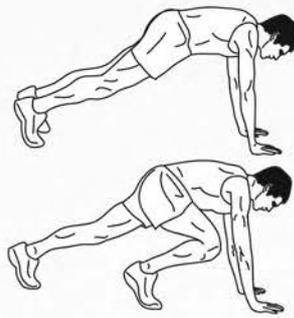
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



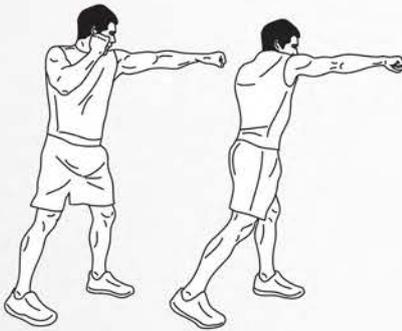
20 squats



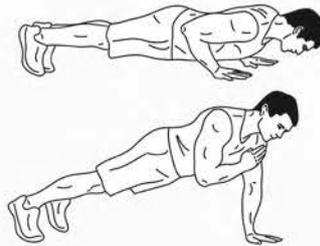
20 slow climbers



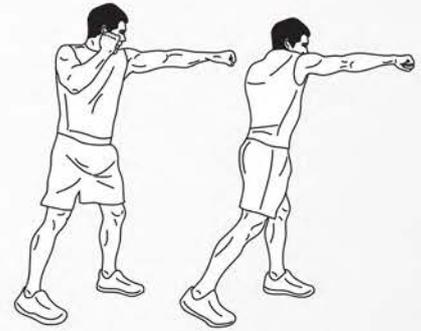
20 lunges



40 punches



20 push-up shoulder taps



40 punches



20-count plank



20-count raised leg plank



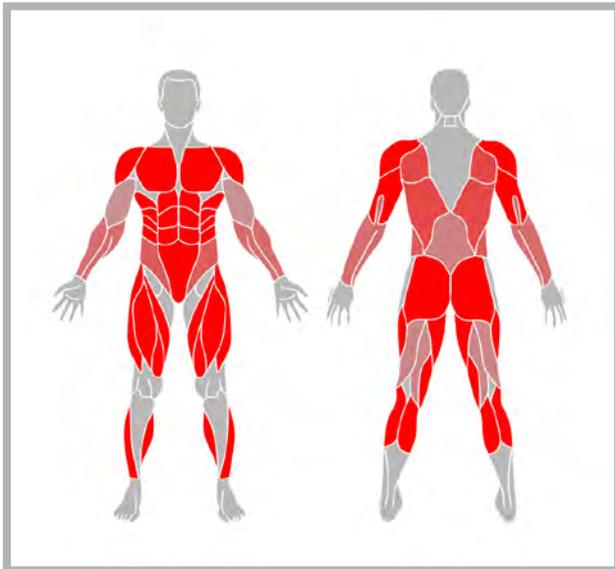
20-count side plank

12

Bootcamp

When you start the Bootcamp workout you realize just why it's called Bootcamp. Each exercise is designed to build on the previous one, testing strength and endurance, balance and stability, coordination and technique. With overlapping muscles working, this becomes the kind of workout you know your body will know it did the day after.

Focus: Strength & Tone



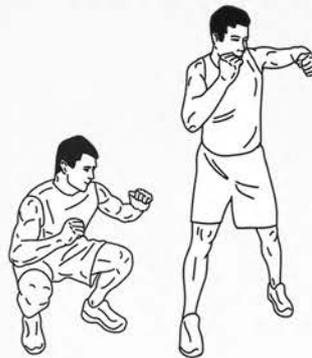
BOOTCAMP

DAREBEE WORKOUT @ darebee.com

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



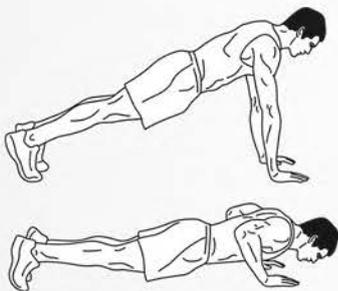
20 squats



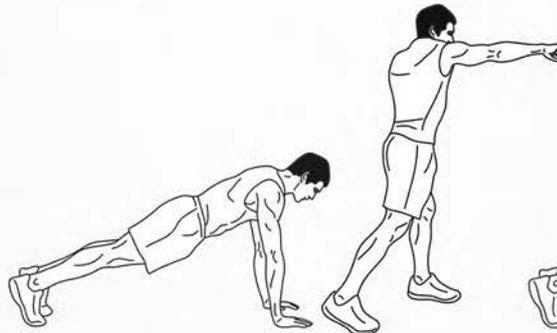
20 squat + hook



20-count squat hold



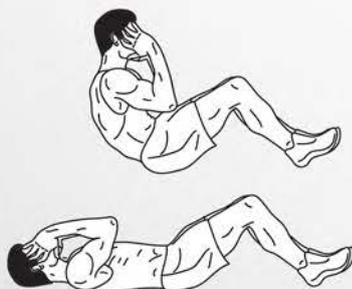
10 push-ups



10 plank step-out + punches



10-count plank



10 sit-ups



10 sit-up + punches



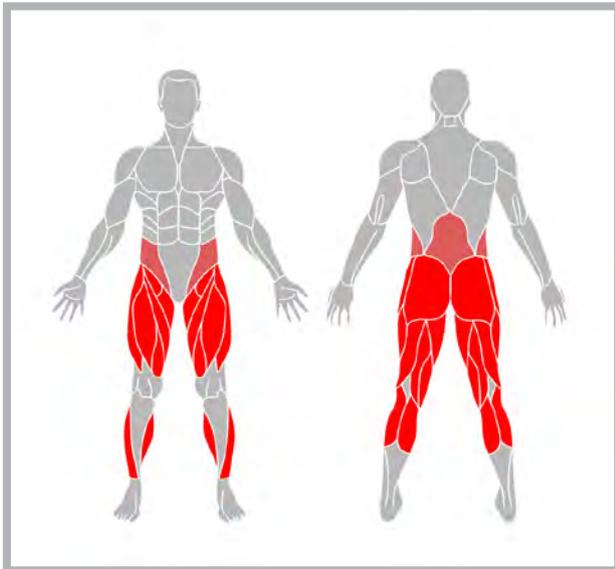
10-count sit-up hold

13

Bottom Line

Glutes, quads, hamstrings, lower body tendons and calves are the body's natural power core. They power everything from running and jumping to punching and kicking. The Bottom Line workout targets just these areas generating strength that will be converted into power the moment you need it. This is one workout you should never really tire of and it's definitely worth returning to frequently and yes ... that EC. Do not forget to try it.

Focus: Strength & Tone



THE BOTTOM LINE

DAREBEE WORKOUT
FOR LEGS & BUTTOCKS

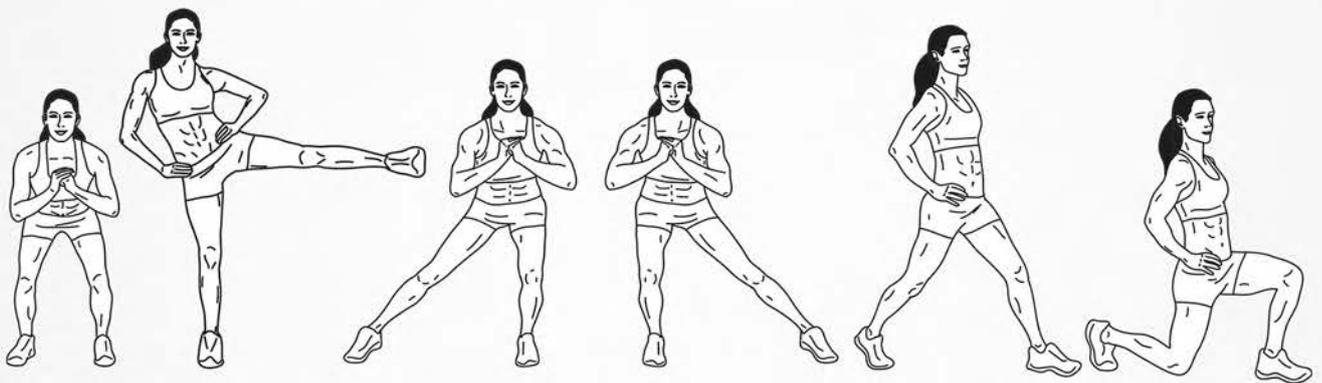
@ darebee.com

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

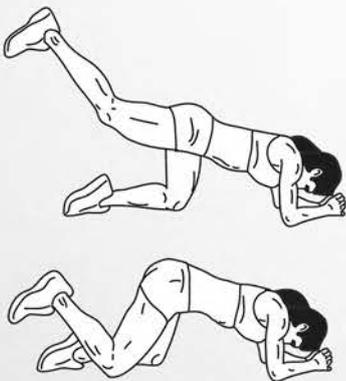
REST 2 minutes



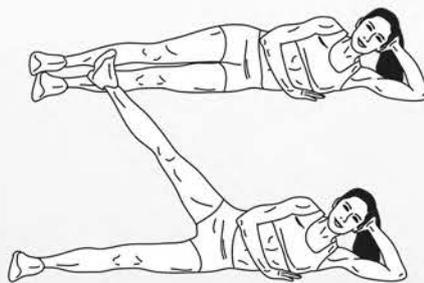
20 squat + side leg raise

20 side-to-side lunges

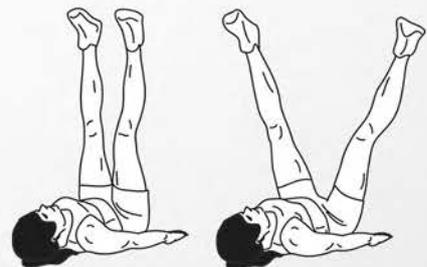
20 split lunges



20 plank back kicks



20 side leg raises



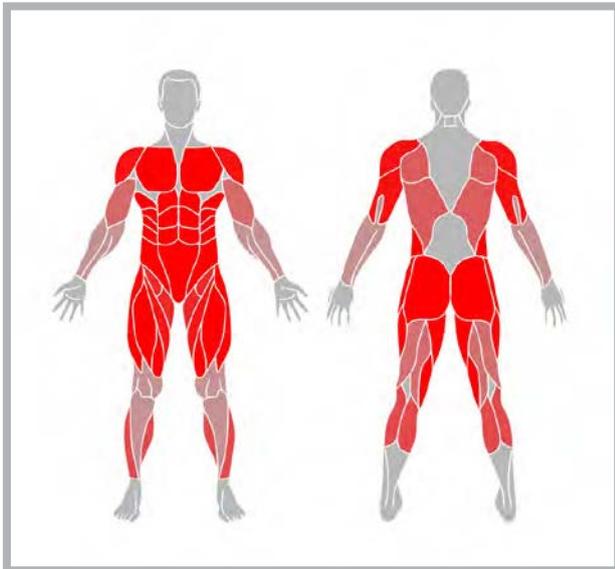
20 split wipers

14

Bounty Hunter

There is an easy way to make a workout hard: alternate between static and ballistic movements, loading the muscles with bodyweight and then asking them to explode and move through their full range of motion when they are already tired. If that sounds a tad hard it is because, it is. It is also highly effective delivering a high-burn body-shaping workout you really feel working five minutes in.

Focus: Strength & Tone



BOUNTY HUNTER

DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

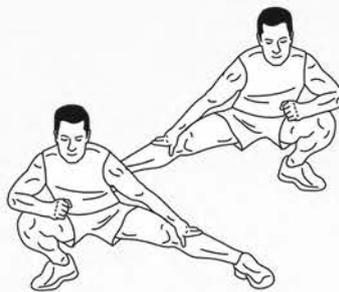
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



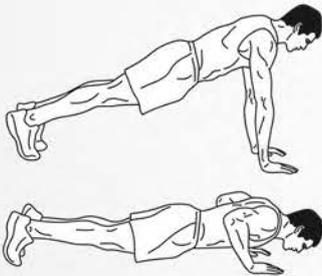
20 squat + side kick



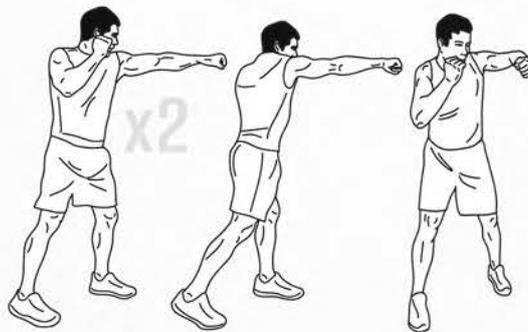
4 side-to-side lunges



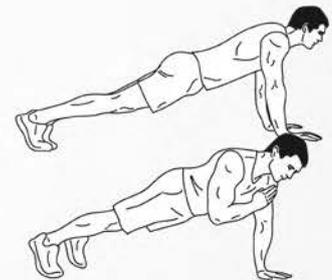
20 knee strike + elbow strike



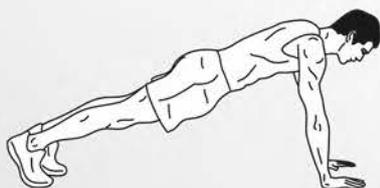
20 push-ups



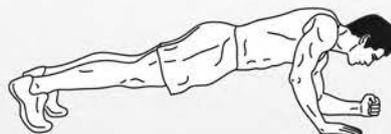
20 jab + jab + cross + hook



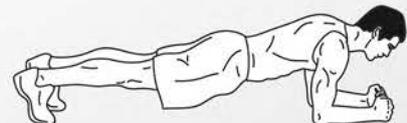
20 shoulder taps



10 up and down planks



+ **10-count** elbow plank hold finish

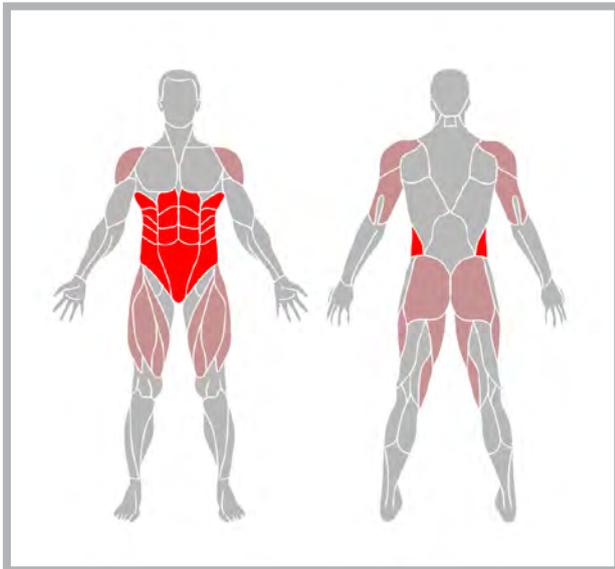


15

Boxer Abs

Boxing without abs work is like trying to row without a paddle. You will simply not get anywhere fast. Boxer Abs addresses this through nine exercises that target the four muscle groups that make up the abdominals. If you really want to train like a boxer here you will forego the rest and simply let your abs scream for a while. You will most definitely see and feel the difference in your overall performance.

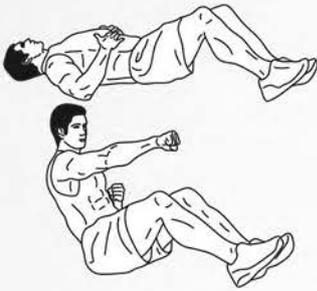
Focus: Abs



BOXER | ABS

DAREBEE BOXING WORKOUT @ darebee.com

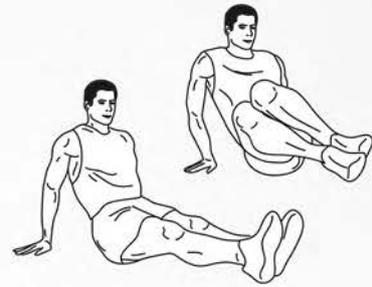
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST 2 minutes



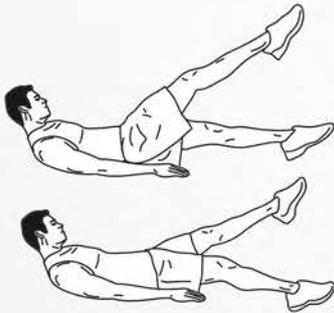
30 sit-up punches



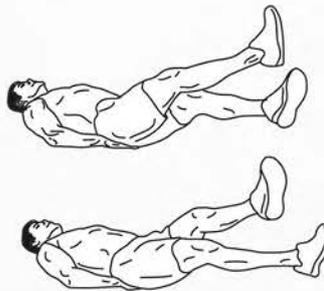
30 siting punches



30 knee-ins & twists



30 flutter kicks



30 scissors



30 butt-ups



30-count plank



30-count raised leg plank



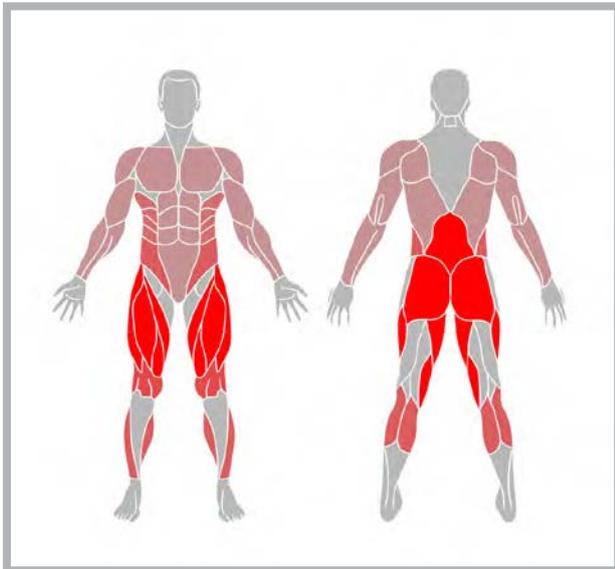
30-count side plank

16

Boxer Flexibility

Boxing requires the body to work with the efficiency of a coiled spring and the fluidity of a panther and that requires flexibility. Not just that of tendons but fascial flexibility as well as loose, relaxed muscles. Boxer Flexibility recruits different muscle groups to provide the kind of suppleness and control you need. Go for EC. Your body will thank you for it later.

Focus: Stretching



BOXER | FLEXIBILITY

DAREBEE BOXING WORKOUT @ darebee.com

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

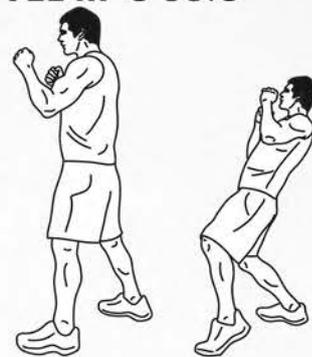
REST 2 minutes



40 knee-to-elbow lunges



20 forward & backward bends



20 side-to-side tilts



20 knee bends



40-count quad stretch



20-count back stretch



20-count arm stretch #1



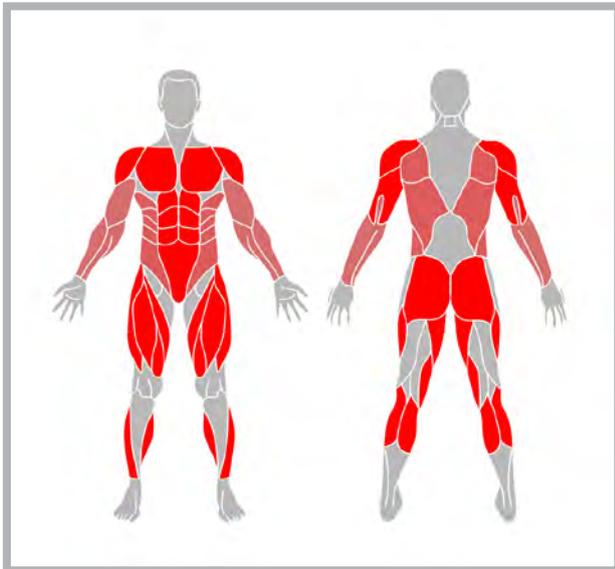
20-count arm stretch #2

17

Boxer Power

Power in boxing is a multi-factorial outcome which is a fancy way of saying that if you want to pack more power than a newborn kitten you'd better be prepared to train your socks off. Every muscle counts so Boxer Power recruits all the muscles you can bring to the exercise. It puts you through your paces by forcing muscles to fatigue early and then train again and again. If you have a punch bag handy this is one workout where you get to use it, but it's not obligatory, performing the punches in mid-air with full body swing behind them works just as well. This is a Level IV difficulty workout and you will definitely feel the effects after it's over. Go EC for the extra burn and be kind to yourself: hold nothing back!

Focus: Strength & Tone

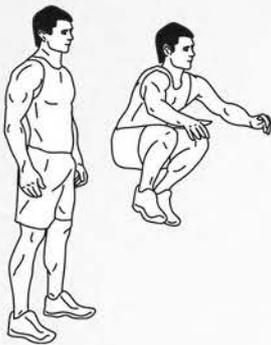


BOXER | POWER

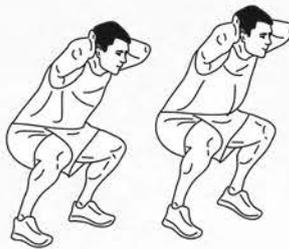
DAREBEE BOXING WORKOUT @ darebee.com

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

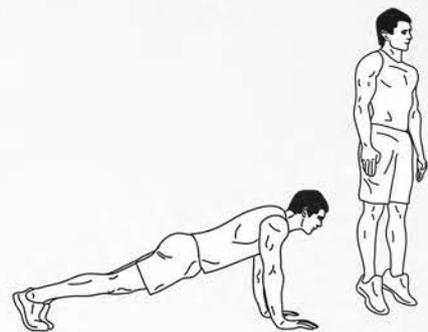
tip: last row can be done on a punching bag



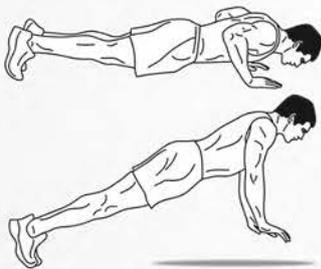
20 jump knee tucks



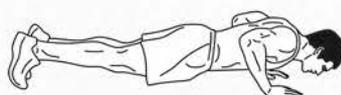
20 squat hops



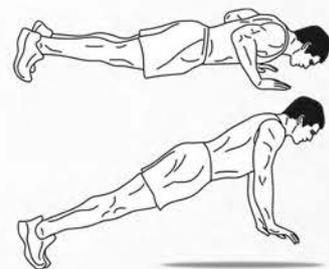
20 basic burpees + jump



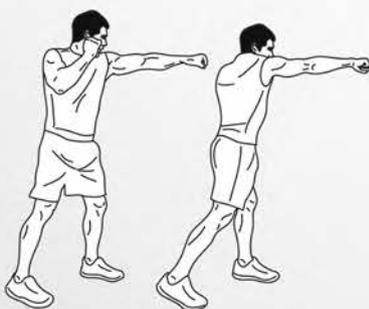
10 power push-ups



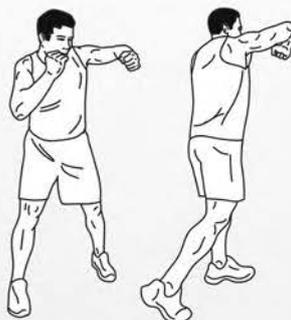
10-count push-up plank



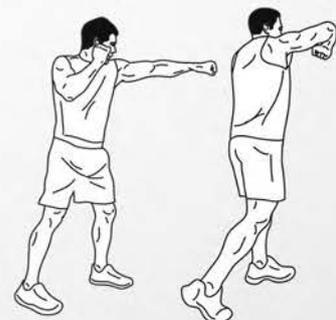
10 power push-ups



40 jab + cross



40 hooks (left + right)



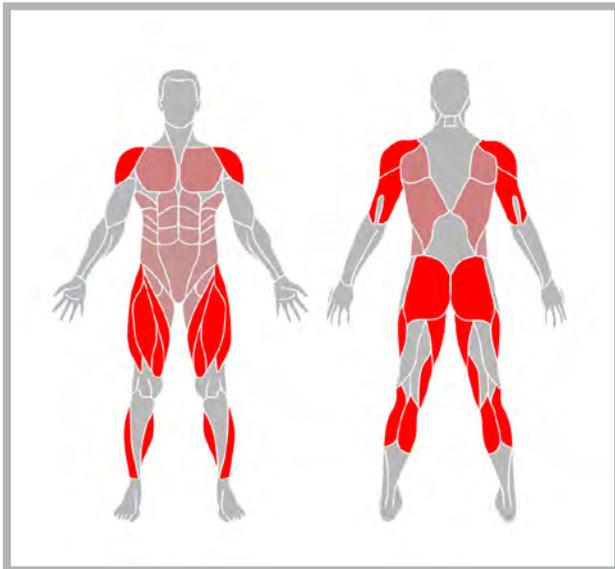
40 jab + hook

18

Cardio Combat

Combat and cardio were made for each other which is why Cardio Combat pushes all the skeletal muscle fast-response buttons, overloads your respiratory system and screams for you to do it with EC straight up, no debates. It's a high burn workout. It will streamline your muscles and you will feel the difference.

Focus: High Burn



CARDIO COMBAT

DAREBEE WORKOUT

@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



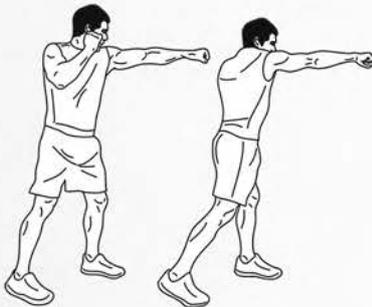
20 high knees



10 march twists



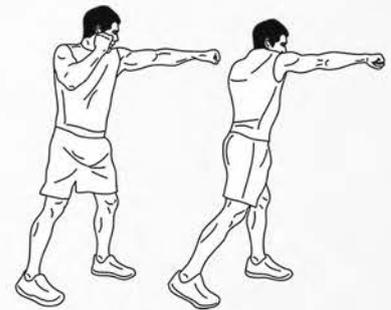
20 high knees



20 punches



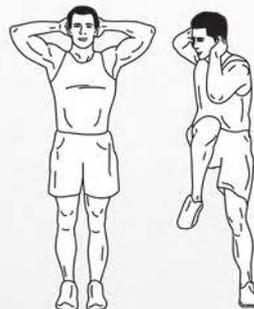
10 overhead punches



20 punches



20 high knees



10 knee-to-elbow
one side first, then the other side



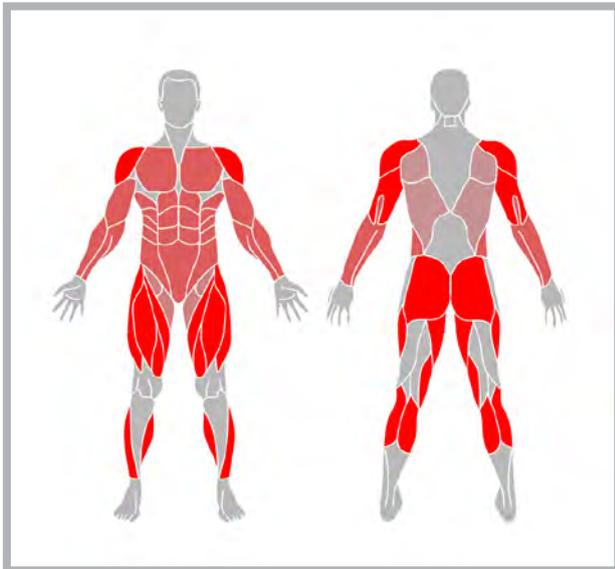
20 high knees

19

Cardio Demon

When you need a high burn that will make your heart race and your sweat run you can do no better than Cardio Demon. It is fast. It is powerful. It is unrelenting in the load it places on your muscles. Stay on the balls of your feet throughout each set, never letting your heels touch down and you will feel the burn even more. Go for EC and remember this is pushing you to new levels of performance.

Focus: High Burn



CARDIO DEMON

DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

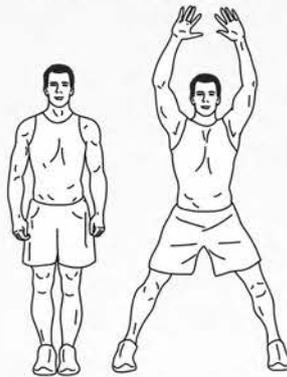
LEVEL II 5 sets

LEVEL III 7 sets

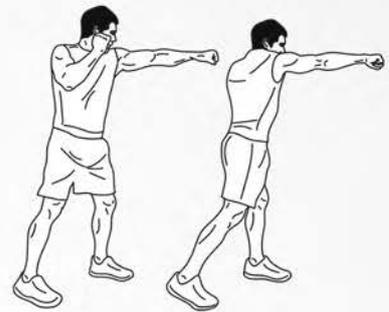
REST up to 2 minutes



20 high knees



20 jumping jacks



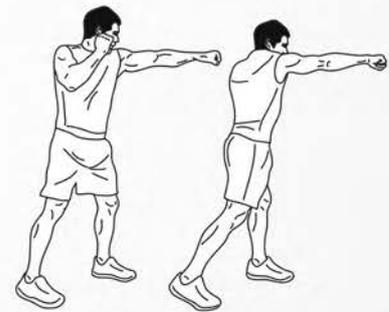
20 punches



20 high knees



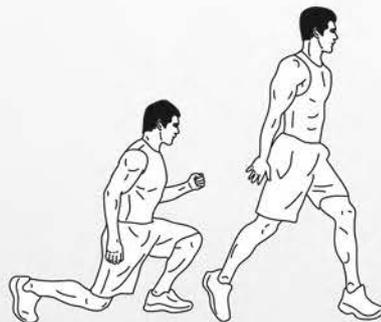
20 jump squats



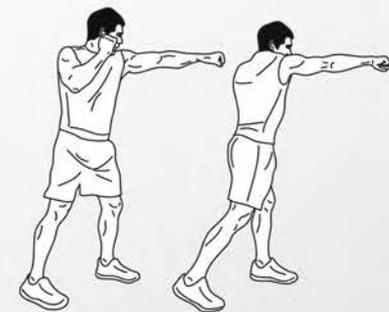
20 punches



20 high knees



20 jumping lunges



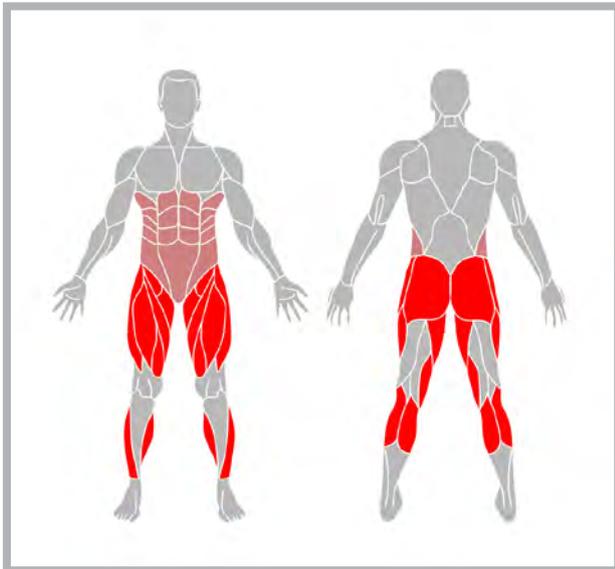
20 punches

20

Cardio Drill

Cardio Drill is fast, energetic and designed to test your VO2 Max capacity and open up your lungs. It's perfect for those days when you don't really want to have to think too hard about your exercise routine but still want it to push the envelope of your performance. Raise your knees to waist height when you perform High Knees and try to get it done with EC for that extra, performance-enhancing burn.

Focus: High Burn



CARDIO DRILL

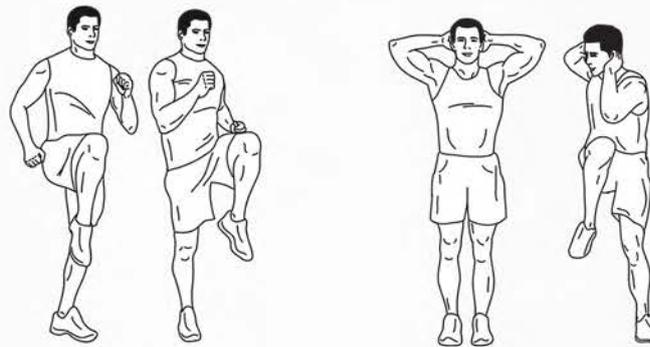
DAREBEE WORKOUT @ darebee.com

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

3combos:

20 high knees

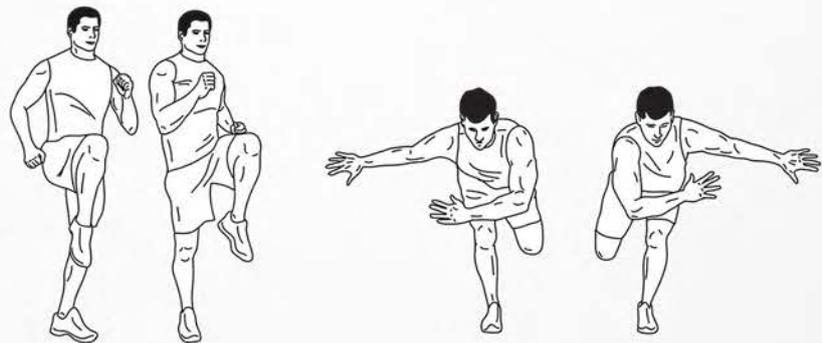
4 knee-to-elbow



3combos:

20 high knees

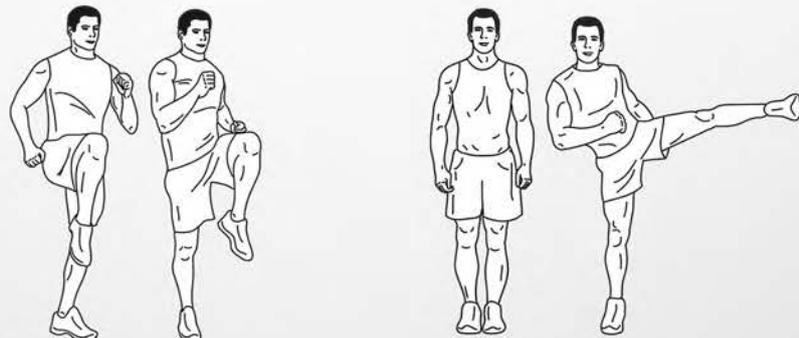
2 side-to-side jumps



3combos:

20 high knees

4 side leg raises

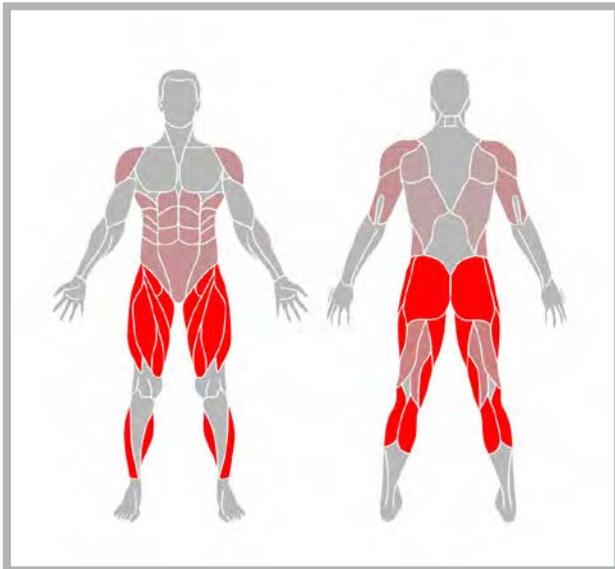


21

Cardio Fire

Because we are grounded by gravity and can neither fly nor levitate our legs power everything. We use them to jump, run, walk, stand and fight. The power of punches and how hard we can push, twist and swing requires good leg strength. The Cardio Fire workout works your lower body, recruiting secondary as well as primary muscle groups and tendons to give you more power in your future physical activities.

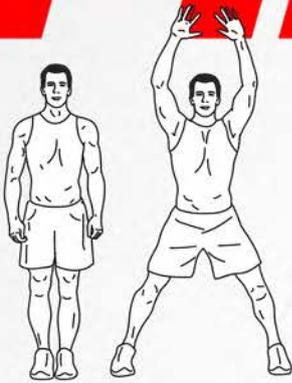
Focus: High Burn



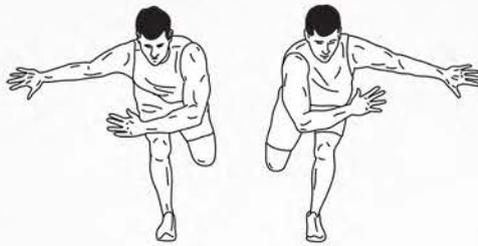
CARDIO FIRE

WORKOUT
BY DAREBEE
© darebee.com

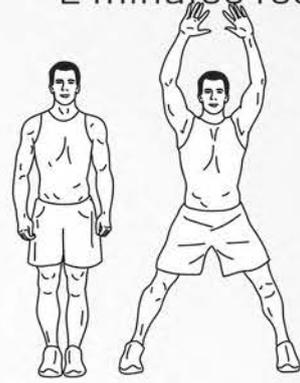
LEVEL I 3 sets
LEVEL II 5 sets
LEVEL III 7 sets
2 minutes rest



10 jumping jacks



4 side-to-side jumps



10 jumping jacks



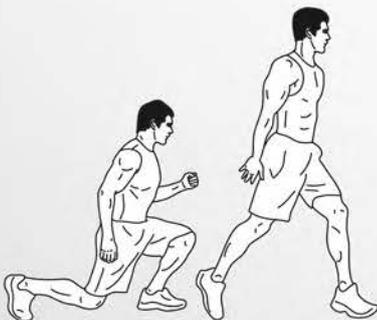
10 high knees



4 knee-to-elbow twists



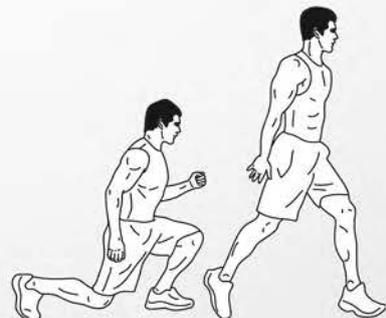
10 high knees



10 jumping lunges



4 side-to-side lunges



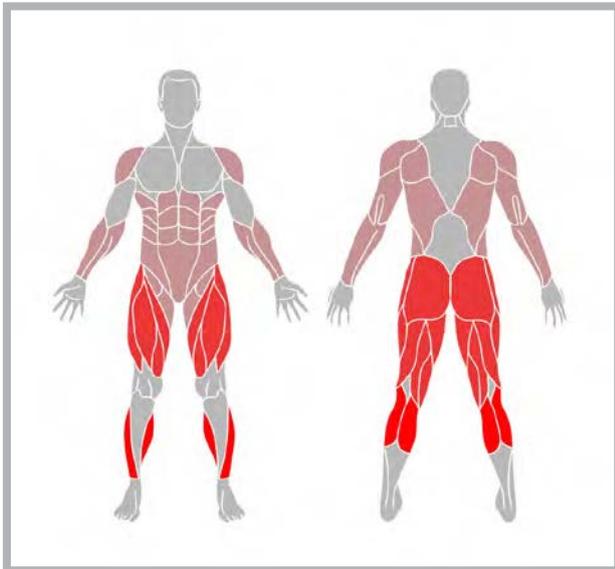
10 jumping lunges

22

Cardio Light

There are times when you want to workout and barely have the energy to get going. For those times the Cardio Light, will get you buzzing in just the right way. Designed to get your body going and your heart thumping without pushing you too hard, this is just the kind of go-to workout you go to, when you're low and really need a pick-me-up.

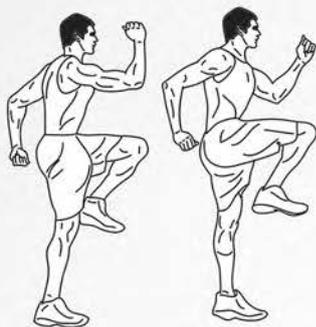
Focus: High Burn



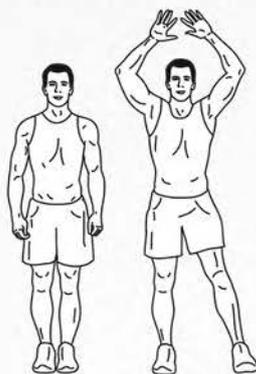
cardio **light**

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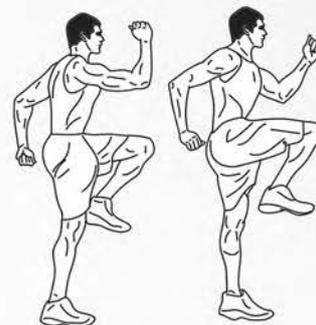
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



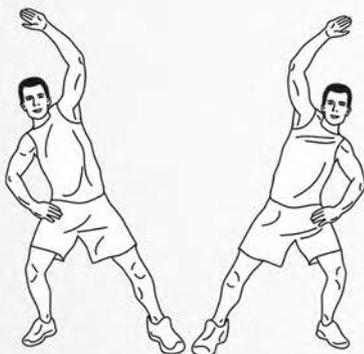
10 march steps



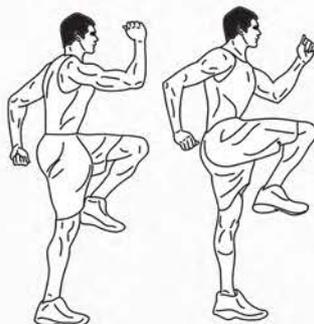
20 step jacks



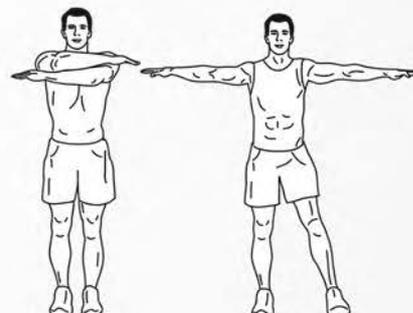
10 march steps



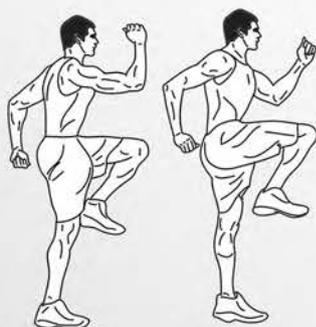
20 side jacks



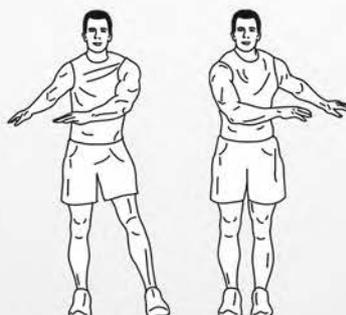
10 march steps



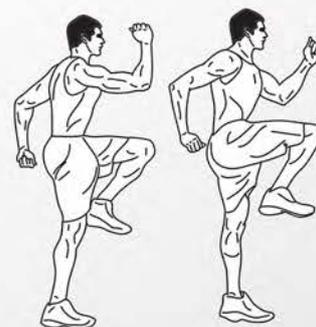
20 scissor steps



10 march steps



20 side-to-side steps



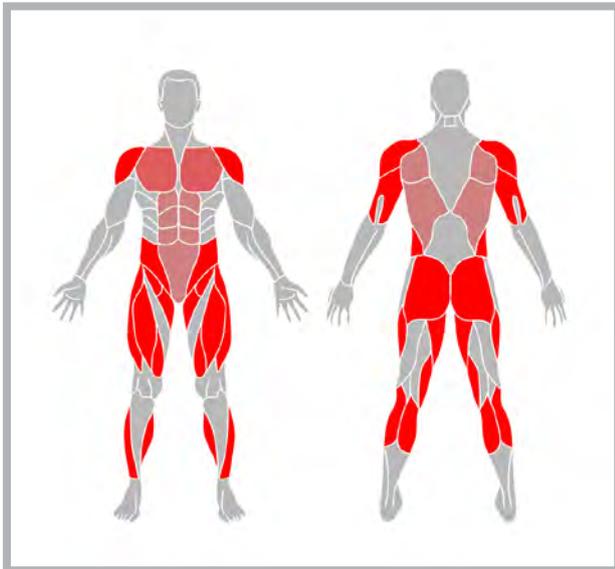
10 march steps

23

Cardio Melt

Cardio Melt will not necessarily melt your heart but do it fast enough and it will certainly feel like it's what it's trying to do. The workout leverages tendon strength and fascial fitness to create a fast-paced, energetic routine that will help you maintain the physical edge you know you need. Try being on the balls of your feet throughout every exercise for an additional challenge to your calves and core.

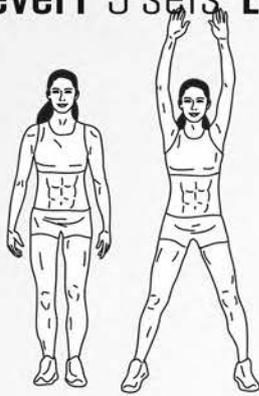
Focus: High Burn



cardio melt

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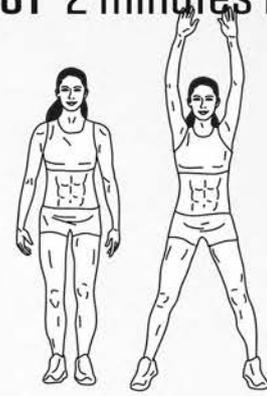
Level I 3 sets Level II 5 sets Level III 7 sets REST 2 minutes rest



20 jumping jacks



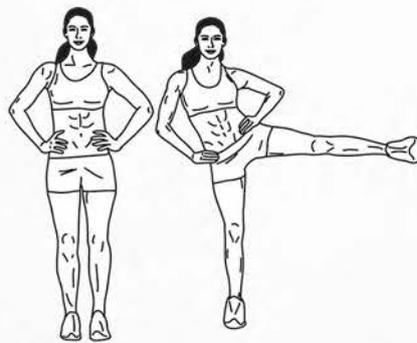
20 arm circles



20 jumping jacks



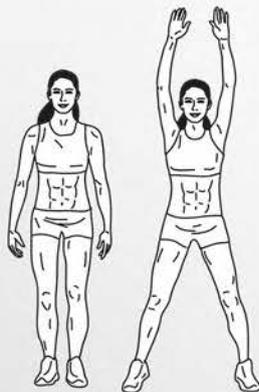
20 arm circles



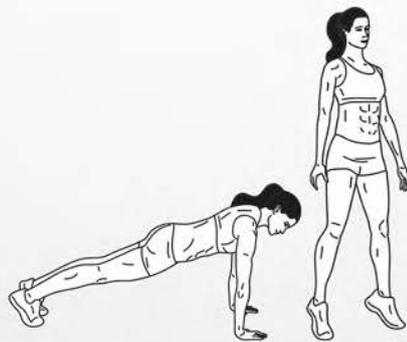
20 side leg raises



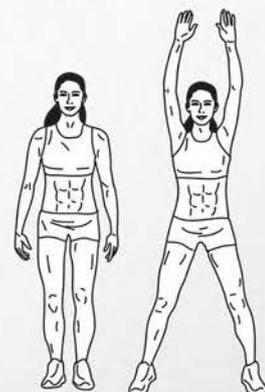
20 arm circles



20 jumping jacks



20 basic burpees



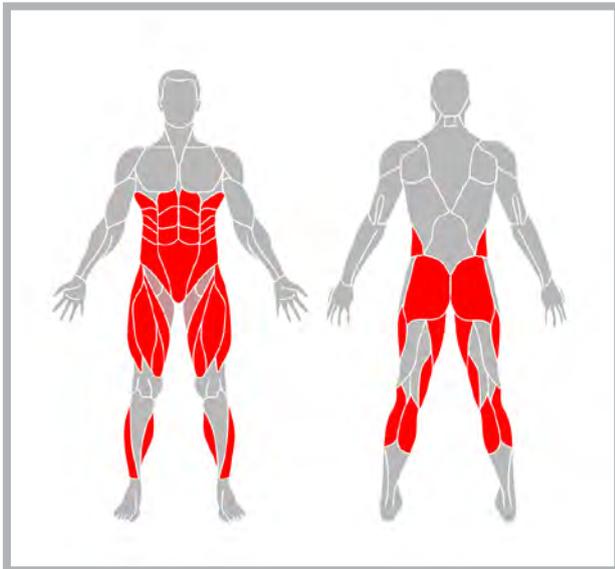
20 jumping jacks

24

Cardio Sofa

The Cardio Sofa workout uses your sofa for something decidedly different to couching out. A lower body workout with a strong aerobics component Cardio Sofa is perfect for that rainy day when you feel like going for a run but the weather is against you or when you really don't want to go into all the trouble associated with tidying yourself up so you can go outdoors. Get into the sweatzone fast by making sure your knees are waist height during High Knees and you are really pumping your arms.

Focus: High Burn & Abs



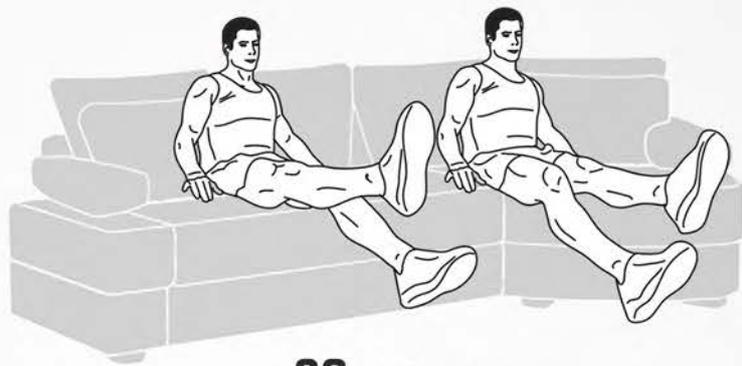
cardio sofa

DAREBEE WORKOUT @ darebee.com

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



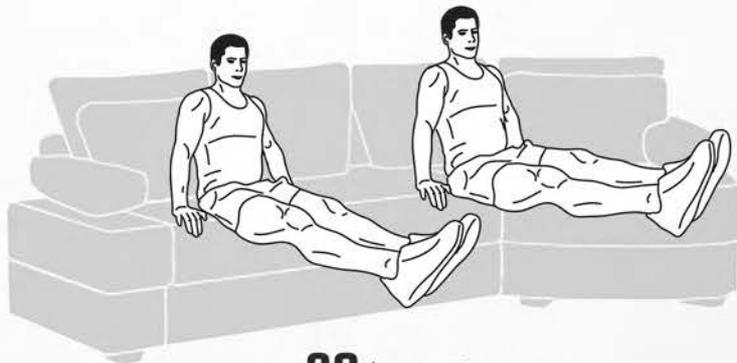
40 high knees



20 flutter kicks



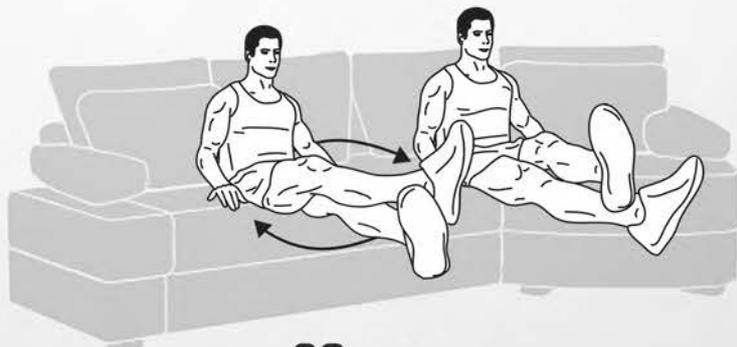
40 high knees



20 leg raises



40 high knees



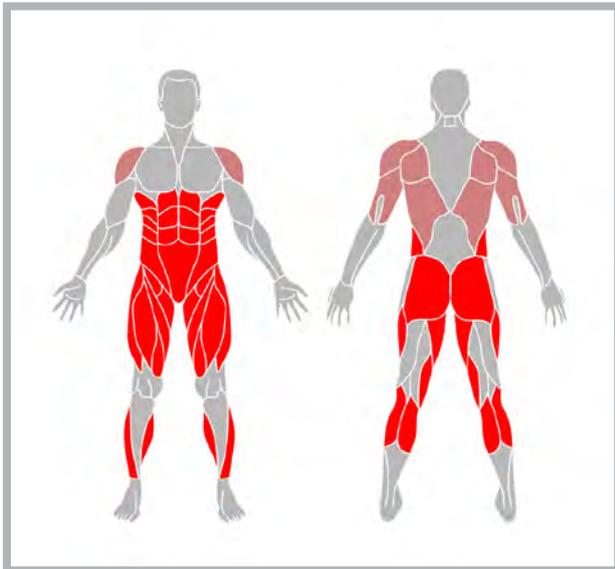
20 scissors

25

Caterpillar-Butterfly

If it's fascial fitness you want and powerful tendons, then the Caterpillar-Butterfly workout will be a transforming experience. By throwing the body about like it has no mass and gravity has no meaning you will experience the exhilaration of total control and the sensation of power being amplified.

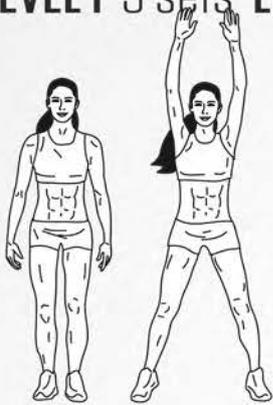
Focus: High Burn



caterpillar- Butterfly

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



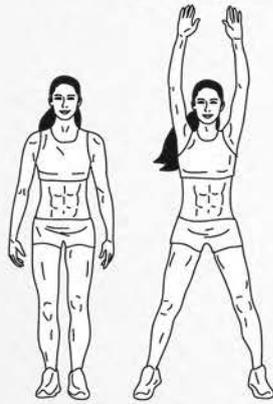
20 jumping jacks



10 butterfly sit-ups



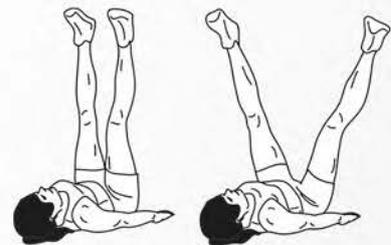
10 sitting twists



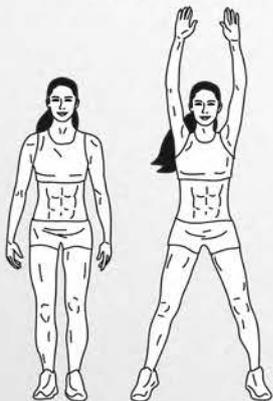
20 jumping jacks



10 flutter kicks



10 V-wipers



20 jumping jacks



10 knee-to-elbow crunches



10 half wipers

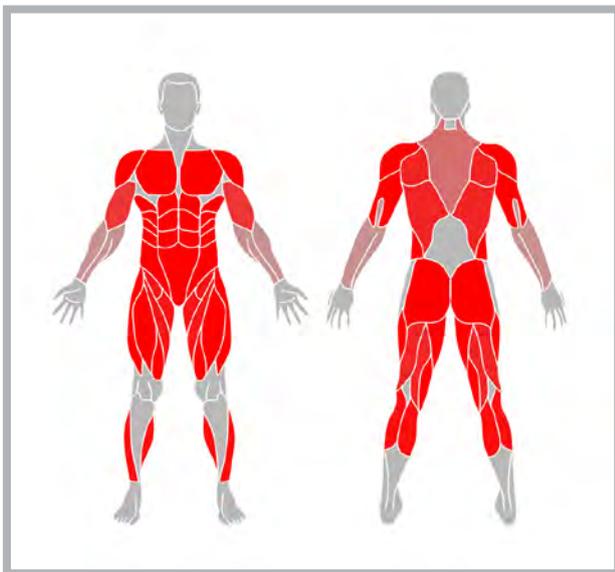


26

Centurion

In the ancient world fitness was a necessity rather than a pastime. The Centurion workout aims at functional fitness targeting the muscles used by the body when it needs to move fast, jump far and fight.

Focus: Strength & Tone



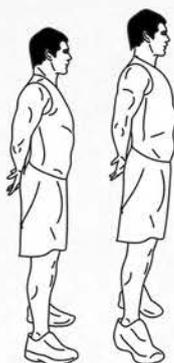
CENTURION

DAREBEE WORKOUT @ darebee.com

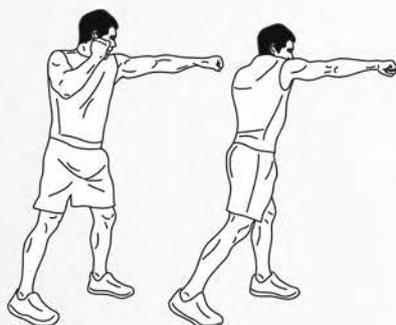
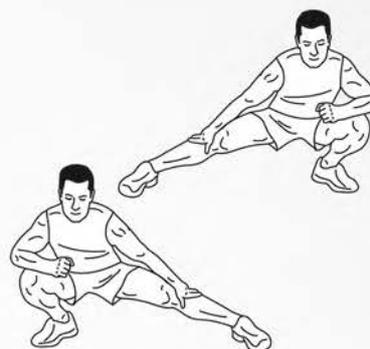
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



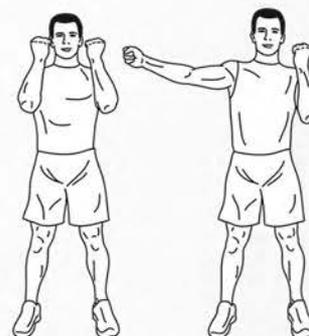
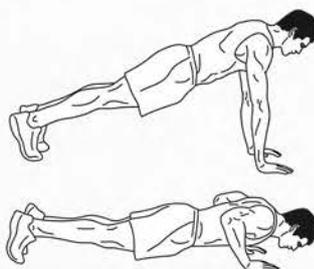
10combo squat + calf raise



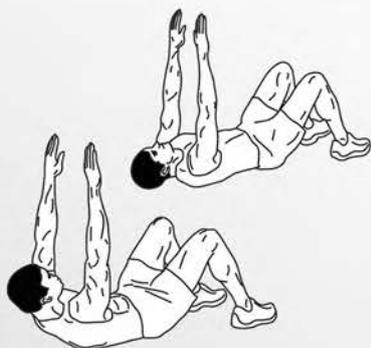
10 side-to-side lunges



10combo jab + cross + push-up



10 side-to-side backfists



10 high crunches



10 knee-to-elbow crunches



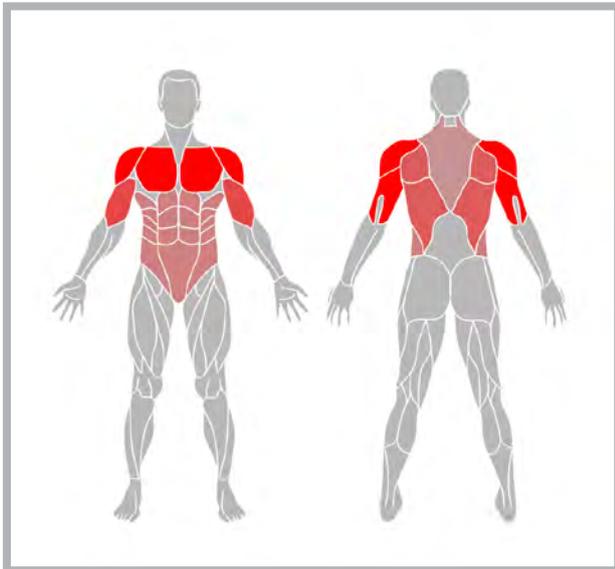
10 side jackknives

27

Cerberus

Despite the dexterity with which we can use it our upper body strength, relative to the size of our body, is pretty weak. Cerberus tries to address this all in one go, which should be a hint for you on how you will feel the day after. Add EC for the extra bite (pun unintended) and you end up with a workout that delivers strength, can help with limb speed and will also test your VO2 Max performance, too.

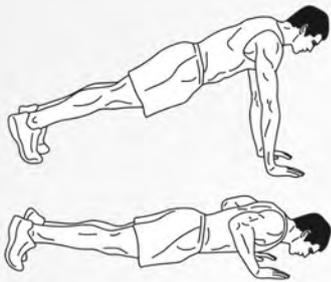
Focus: Strength & Tone



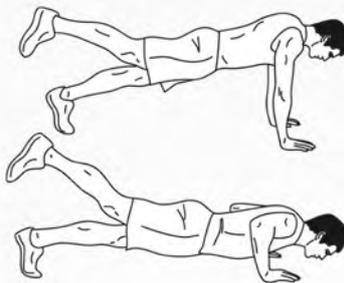
CERBERUS

DAREBEE WORKOUT © darebee.com

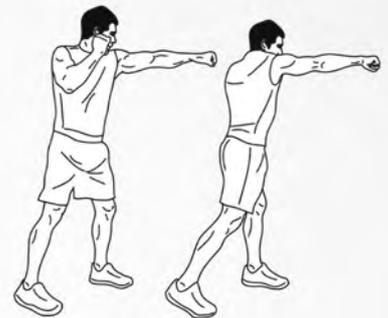
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



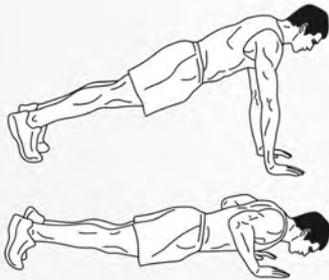
6 push-ups



4 raised leg push-ups



20 punches



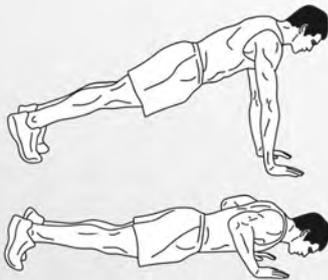
6 push-ups



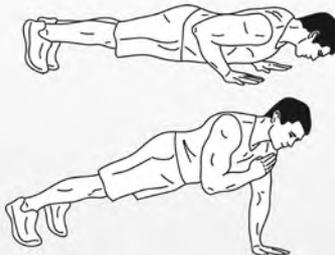
4 push-ups w/ rotations



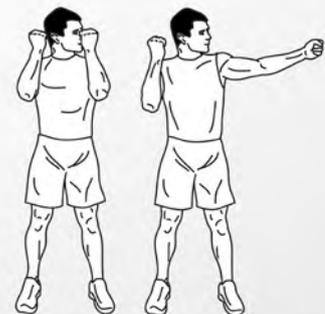
20 overhead punches



6 push-ups



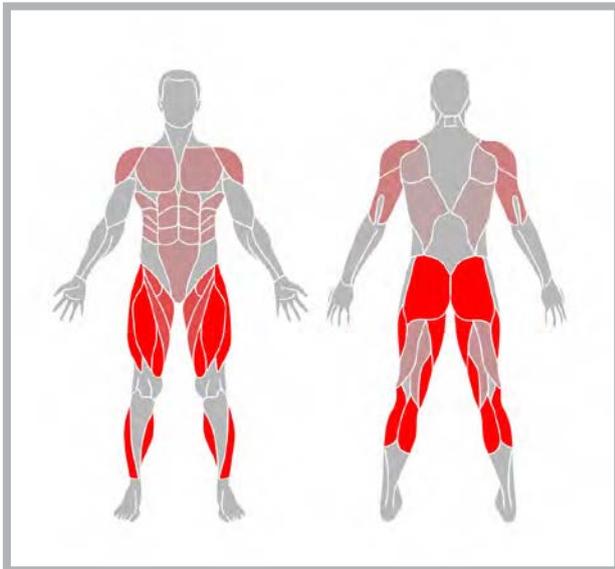
4 shoulder taps



20 backfists

Everyone deserves a fresh start and the Chapter 1 workout gently eases you back into the fitness groove without forcing you too far from your comfort zone. It works all the major muscle groups, raising your body temperature and it even works you aerobically to some extent, giving you a workout that's a sound foundation to build your future fitness needs on.

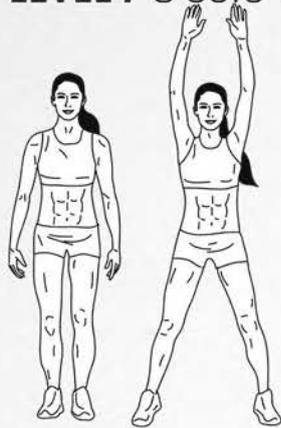
Focus: High Burn



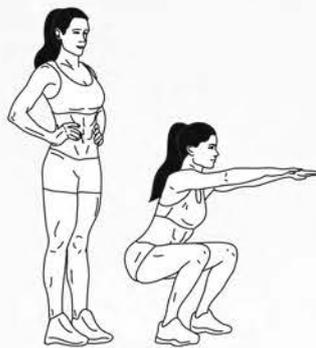
Chapter 1

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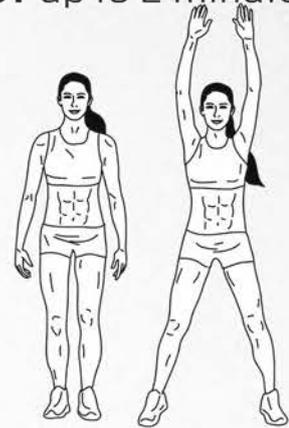
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jumping jacks



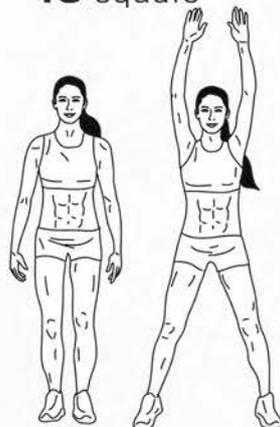
10 squats



20 jumping jacks



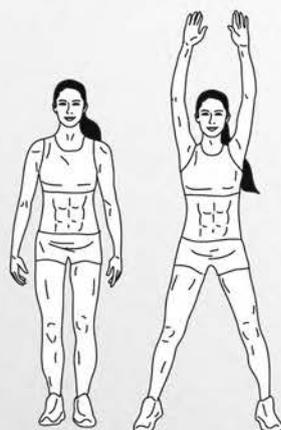
10 march steps



20 jumping jacks



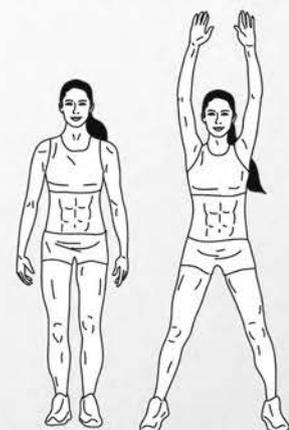
10 knee-to-elbow



20 jumping jacks



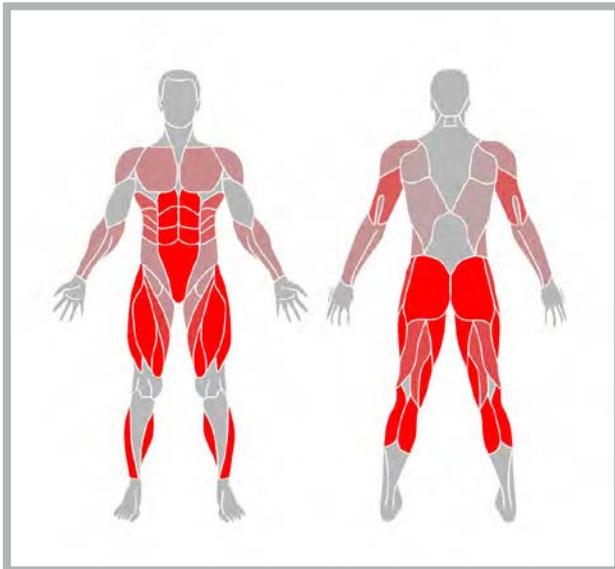
10 lunge step-up



20 jumping jacks

When you're being chased you need to run. Your body requires strong muscles, powerful tendons, a cardiovascular system that will really get your heart pumping and your blood flowing to all the right muscle groups, plus you need your aerobic performance, your VO2 Max volume to be as near as optimal as possible. Chase does all of that, plus, since the difference between chasing and being chased is separated by a hair's breadth, it really prepares you for the times when you will need to be the one doing the chasing.

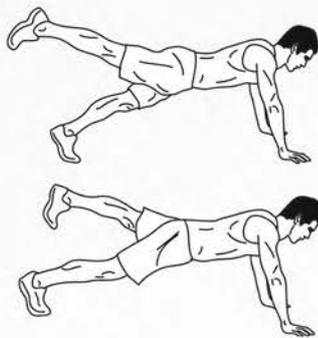
Focus: High Burn



CHASE

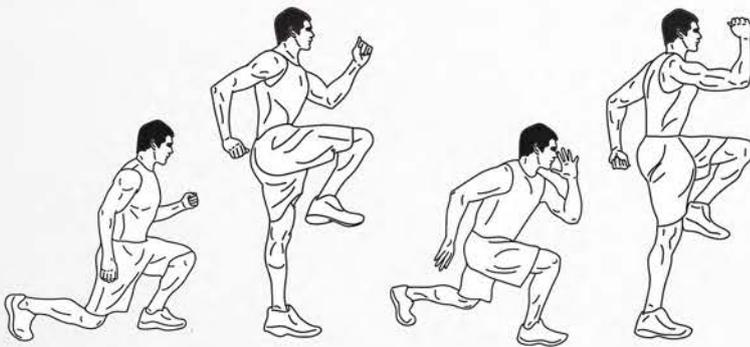
DAREBEE WORKOUT @ darebee.com

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



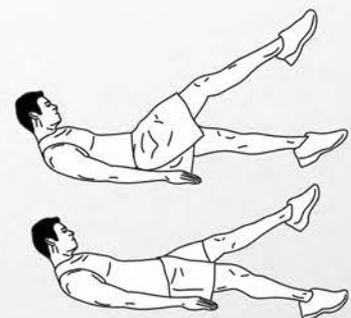
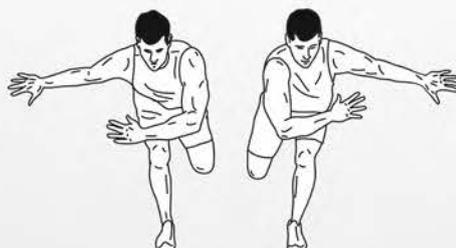
3 combos: 10 high knees + 4 plank leg raises

10 hop heel clicks



10 combos successive lunge step-ups

10 squat calf raises



3 combos: 10 high knees + 4 side-to-side hops

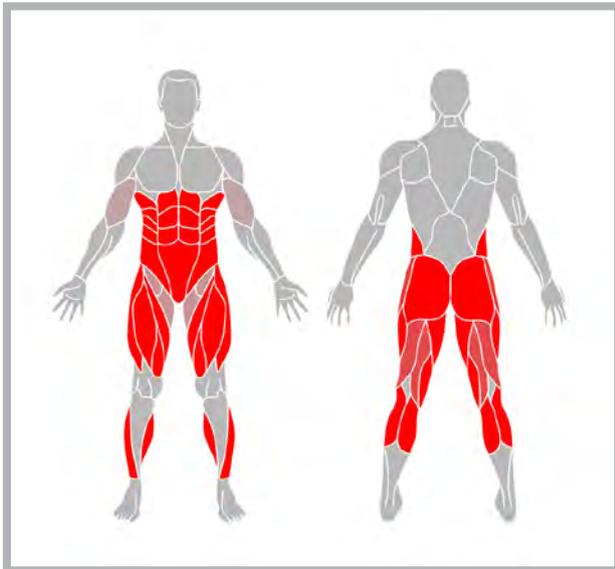
40 flutter kicks

30

Chimera

The Chimera workout is a mixed beast of a fitness routine. It uses a complete set of exercise to challenge tendon strength, activate muscles, push the cardiovascular system and make the core stronger. The only thing that'd make it better is your doing the entire routine at level III, twice.

Focus: High Burn



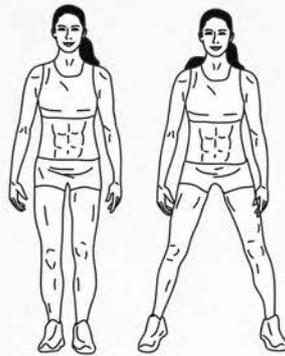
CHIMERA

DAREBEE WORKOUT @ darebee.com

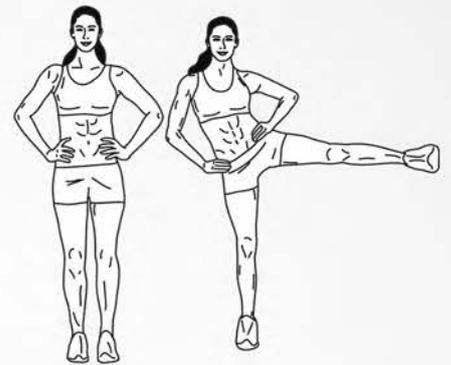
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 side-to-side lunges



20 combos half jack + side leg raise



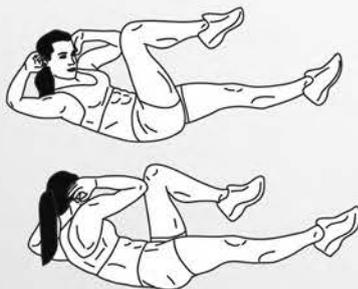
10 butt kicks



10 lunge step-ups



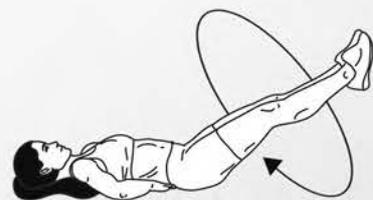
10 jumping lunges



10 knee-to-elbow crunches



10-count raised leg hold



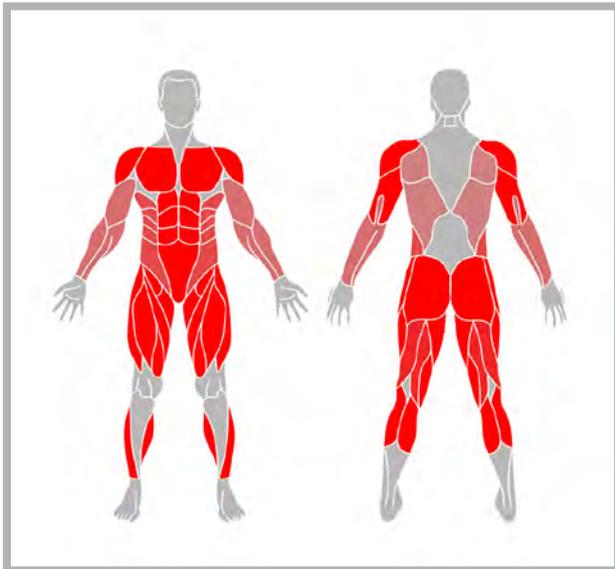
10 raised leg circles

31

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



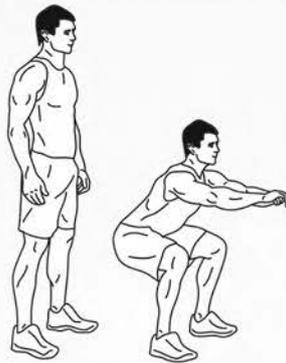
CHISEL

DAREBEE WORKOUT @ darebee.com

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



20 high knees



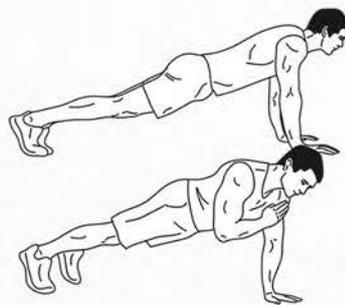
10 squats



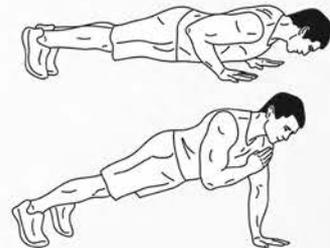
10 jump squats



20 high knees



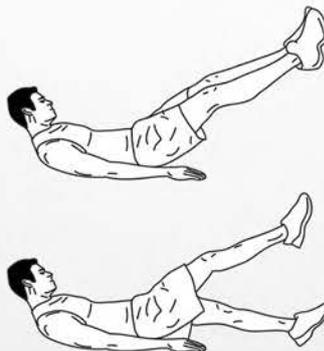
10 shoulder taps



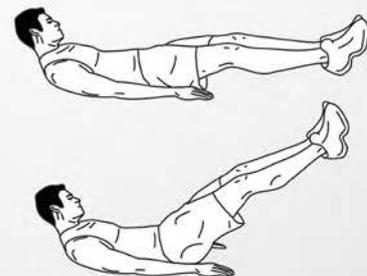
10 shoulder tap push-ups



20 high knees



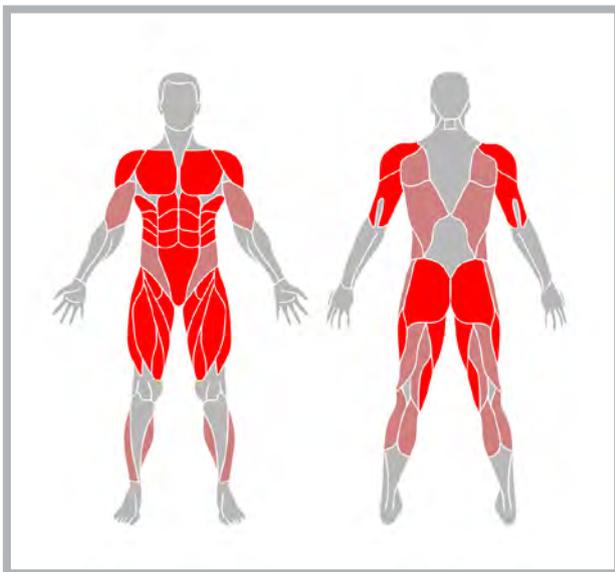
10 flutter kicks



10 leg raises

Code Zero is a strength workout that will let you feel muscles in places you weren't aware you had muscles to begin with. It's designed to be done at a slow, deliberate pace that pays attention to form so the punches are performed with full body rotation behind each punch and a micro-second locking of the elbow as the punch is centered each time, the push ups are deep and slow and the side kicks are executed slowly with a split-second hold of the position before the leg is retracted. The result is a workout that will not push you in terms of aerobic capacity or endurance but will help you develop stability, core strength and strong muscles.

Focus: Strength & Tone



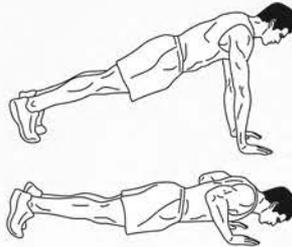
CODE ZERO

DAREBEE WORKOUT @ darebee.com

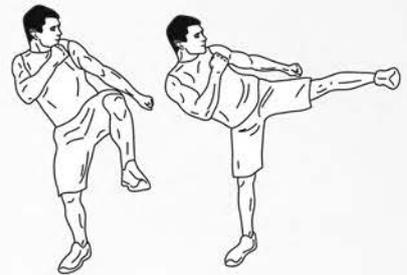
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



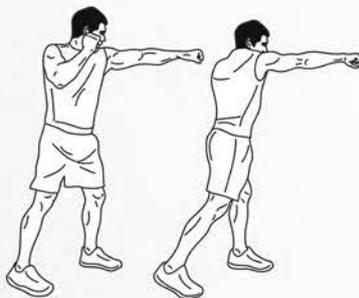
20 side kicks



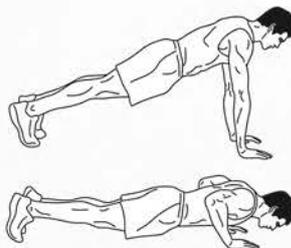
5 push-ups



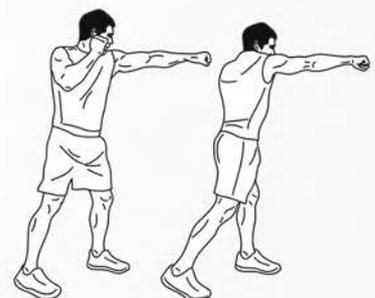
20 side kicks



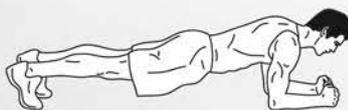
20 punches



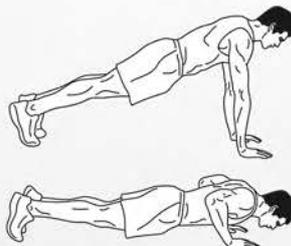
5 push-ups



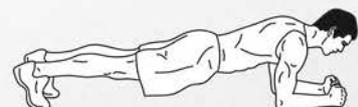
20 punches



20-count elbow plank



5 push-ups



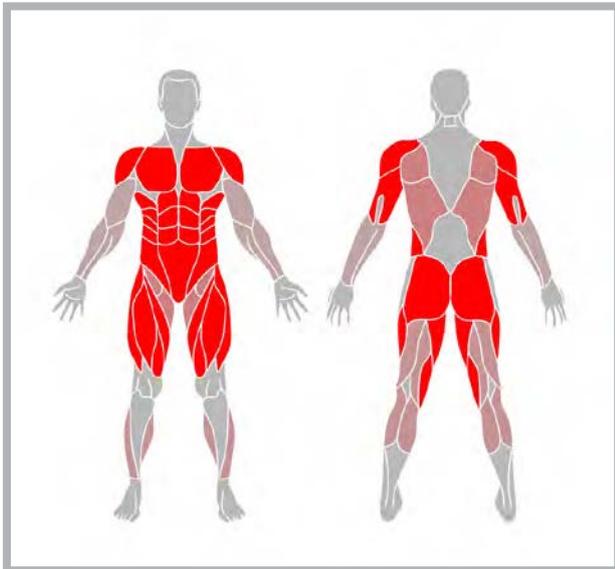
20-count elbow plank

33

Commander

The Commander is a strength training workout that uses the dynamic movement of punches in combination with exercises to test almost every muscle group in the body. The emphasis here is on full body movement so everything has to be executed using correct form and deep movement, instead of speed. The result is a strength workout that raises the body temperature without taking you into your aerobic zone.

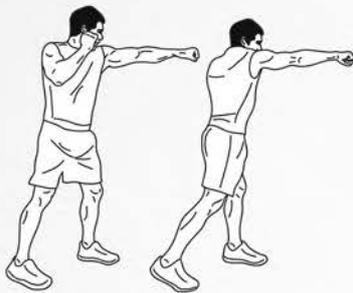
Focus: Strength & Tone



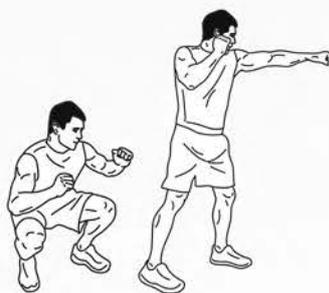
THE COMMANDER

DAREBEE WORKOUT @ darebee.com

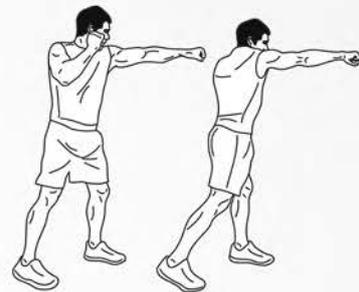
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



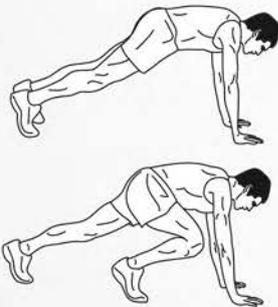
40 jab + cross



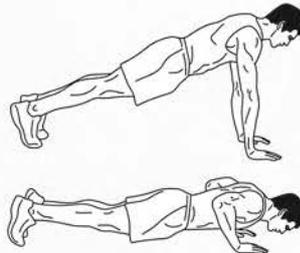
20 squat + jab



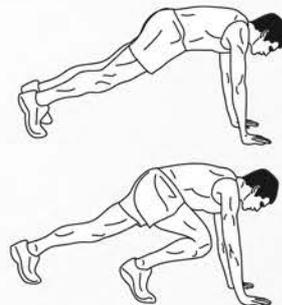
40 jab + cross



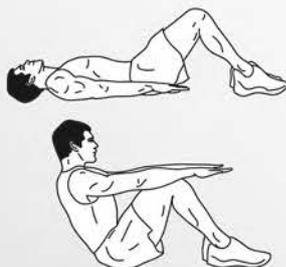
20 slow climber



20 push-ups



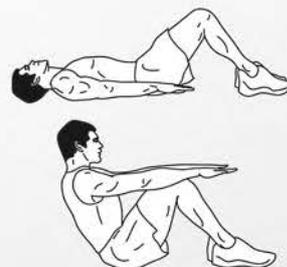
20 slow climbers



20 sit-ups



20 sitting twists



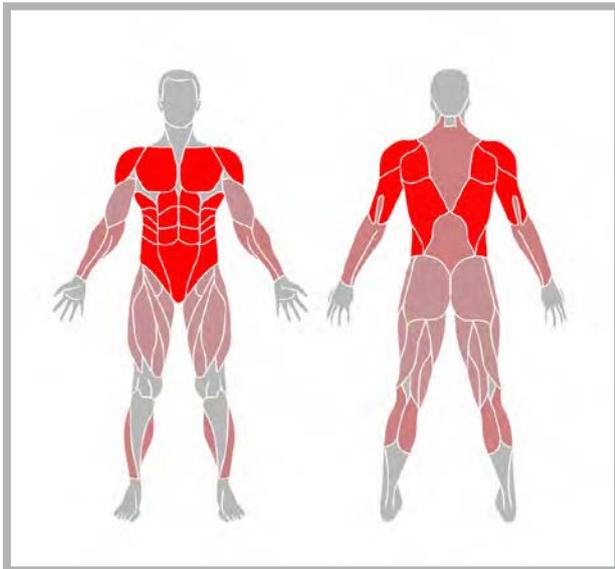
20 sit-ups

34

Commando

There are times when what you want is your body to obey you, explicitly. You want your muscles to respond quickly and with precision. The Commando workout pushes all the right buttons, helping your body develop the kind of precision control you've been looking for.

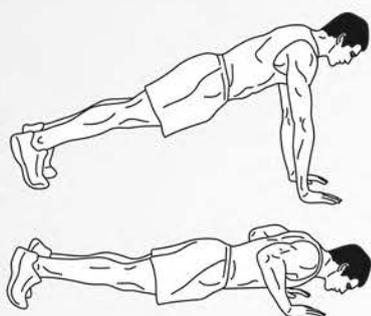
Focus: Strength & Tone



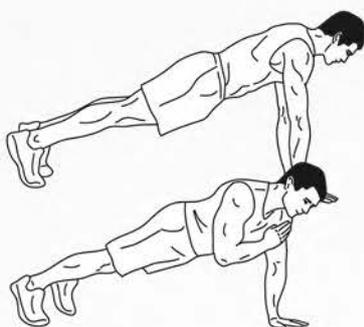
COMMANDO

DAREBEE WORKOUT @ darebee.com

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



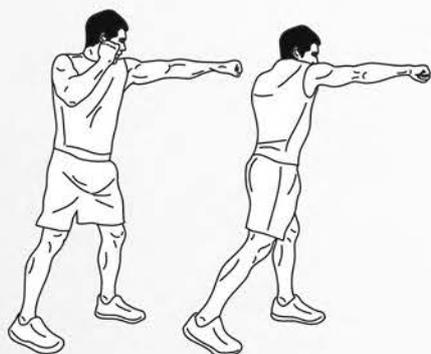
to failure push-ups



10 shoulder taps



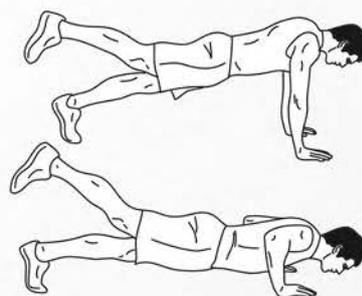
4 staggered push-ups



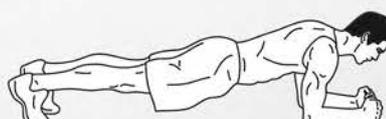
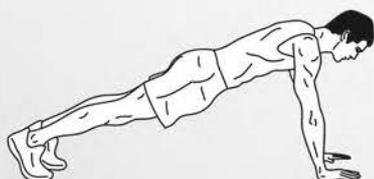
40 punches



40 speed bag punches



4 raised leg push-ups



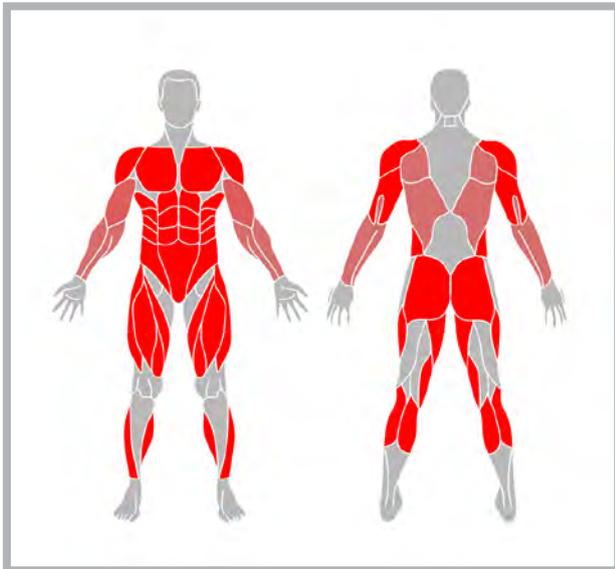
10 up and down planks

35

Conqueror

Conqueror is the workout you go to when you don't really feel like working out. It looks and feels deceptively easy. Its steady rate of work builds up steam gradually but it never pushes you hard enough to feel you have to dig deep to complete it. Yet, it engages every major muscle group you have and it delivers quite the punch in terms of effectiveness.

Focus: Strength & Tone



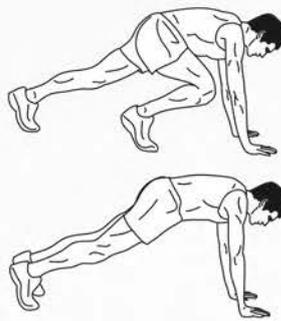
CONQUEROR

DAREBEE WORKOUT © darebee.com

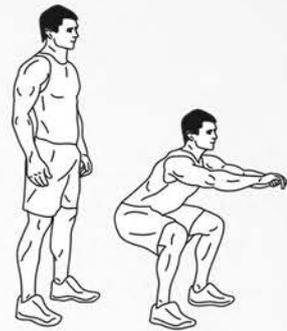
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



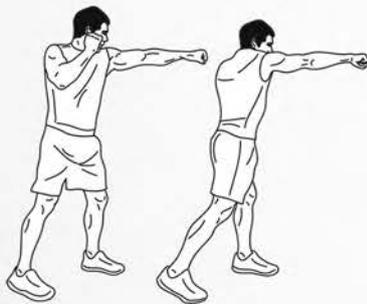
20 squats



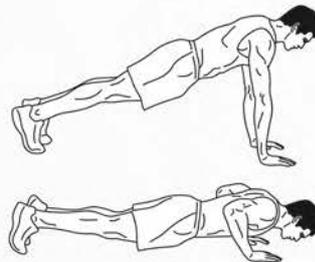
20 slow climbers



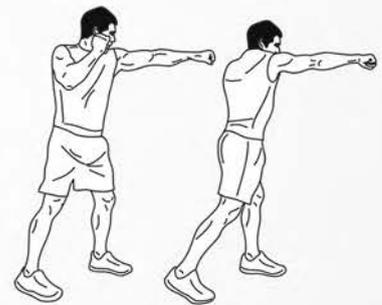
20 squats



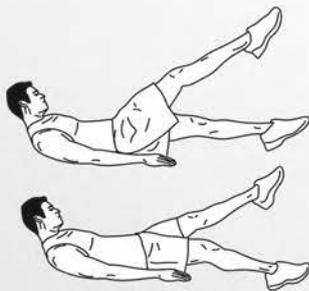
20 punches



20 push-ups



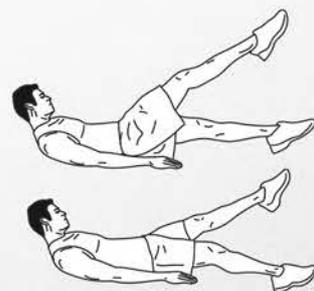
20 punches



20 flutter kicks



20 sitting twists



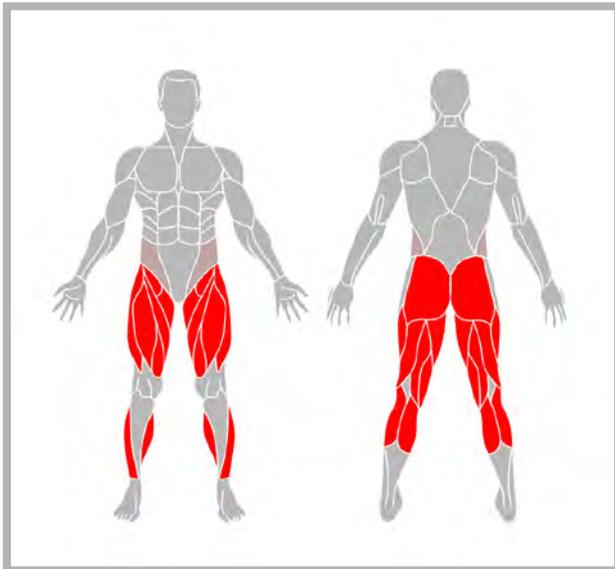
20 flutter kicks

36

Cossack

Cossacks were light on their feet and had such famously strong legs that they often seemed to fly above ground in battle. Cossack, as you might have guessed, focuses on the lower body muscles to deliver a powerful, targeted workout that will supercharge your muscles and help increase your strength. Raise your knees to waist height when doing March Steps and don't forget to pump your arms.

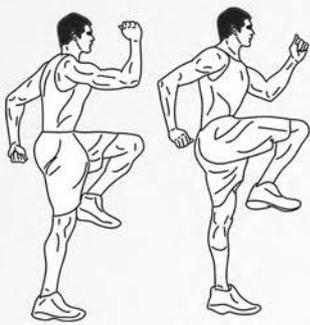
Focus: High Burn



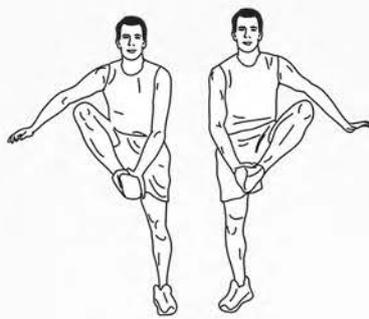
COSSACK

DAREBEE WORKOUT @ darebee.com

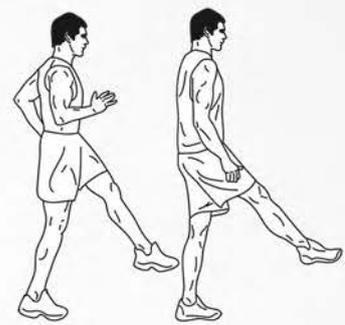
Level I 3 sets Level II 5 sets Level III 7 sets REST 2 minutes



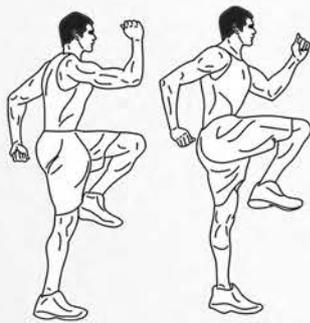
20 march steps



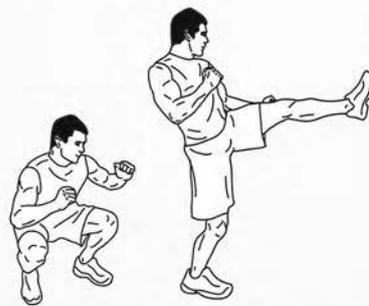
10 toe tap hops



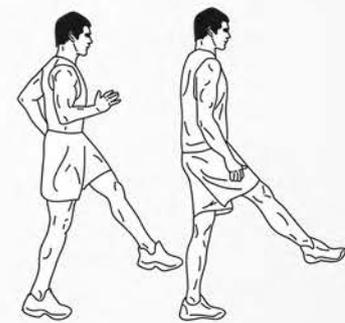
20 straight leg bounds



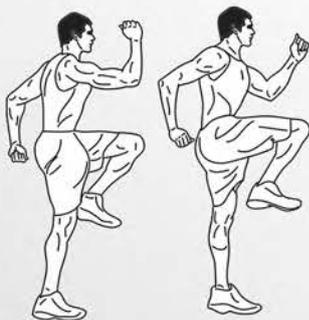
20 march steps



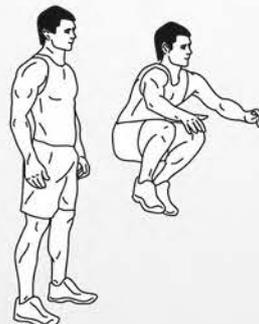
10 squat + front kick



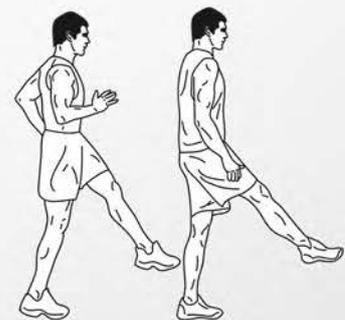
20 straight leg bounds



20 march steps



10 jump knee-tucks



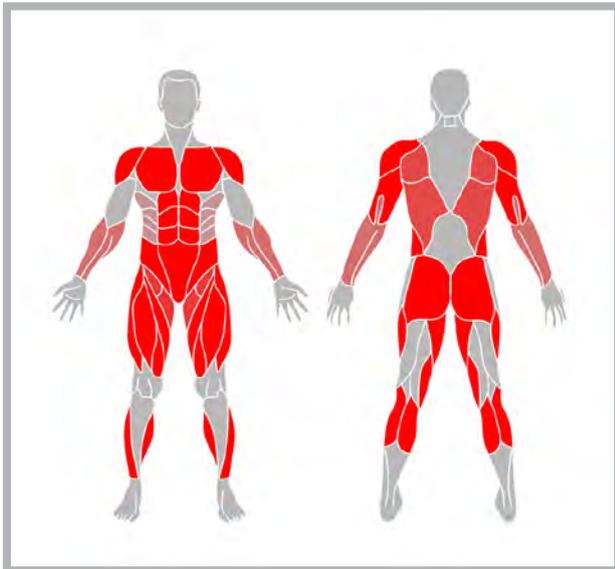
20 straight leg bounds

37

Crusher

Here's a truism: without lower body strength you can do very little. You cannot jump. You cannot run. You cannot kick. You cannot punch. You lose so much of your body's power as a matter of fact that the question has to be what can you do to increase your upper body strength? The answer is The Crusher workout. While it targets every major muscle group in your body, it focuses on the power of your legs, working quads, glutes and calves to make your lower body powerhouse as strong as it can possibly be. Maintain the height of your jumps every time and you will feel the burn from the first set.

Focus: Strength & Tone



THE CRUSHER

DAREBEE WORKOUT @ darebee.com

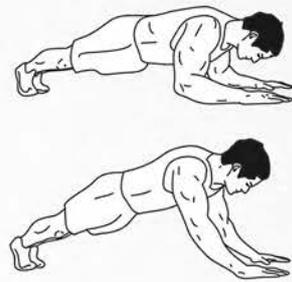
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



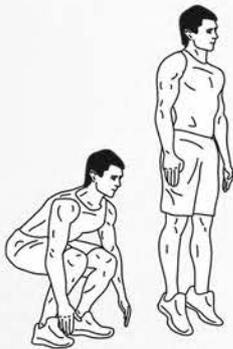
10 jump squats



10 lunges



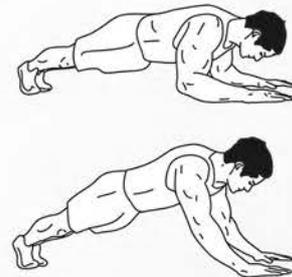
5 tricep extensions



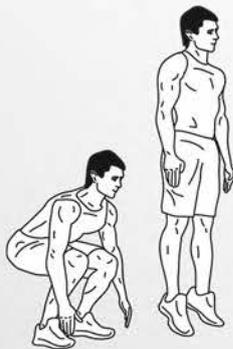
10 jump squats



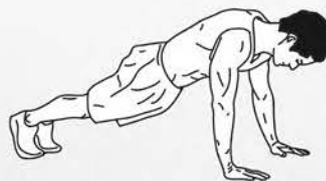
10 calf raises



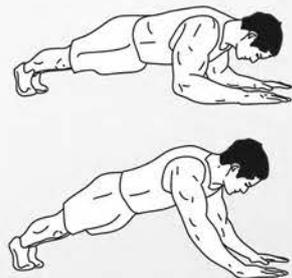
5 tricep extensions



10 jump squats



30-count plank



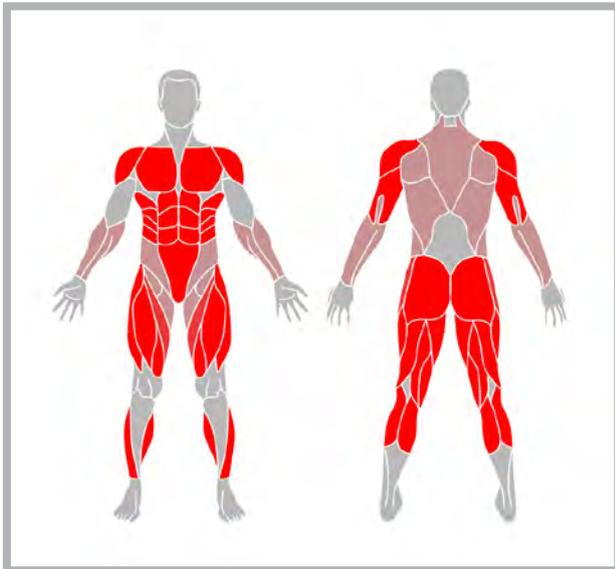
5 tricep extensions

38

Cypher

Decipher your body, up your speed and push your aerobic performance to new heights with the Cypher workout. This combines it all plus the slow exercises at the end of each combo force you to use your muscles fully.

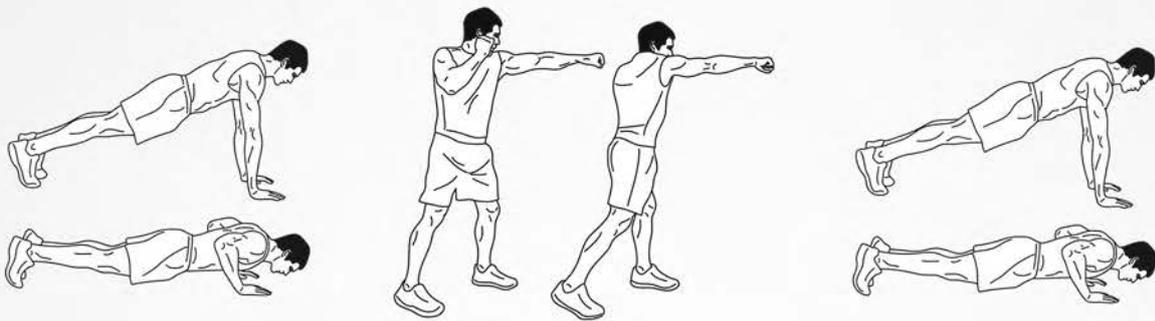
Focus: Strength & Tone



CYPHER

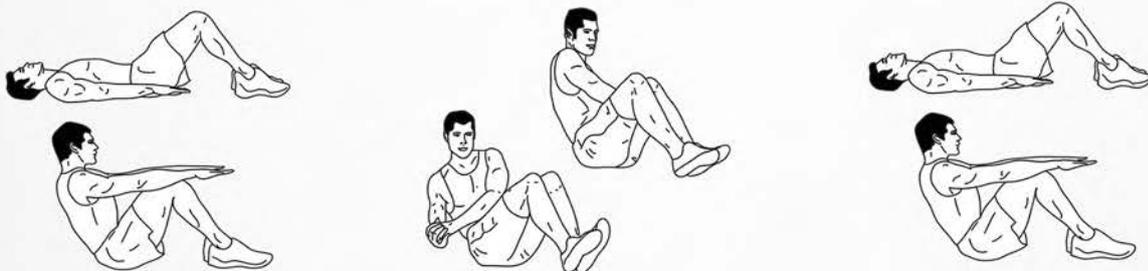
DAREBEE WORKOUT @ darebee.com

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



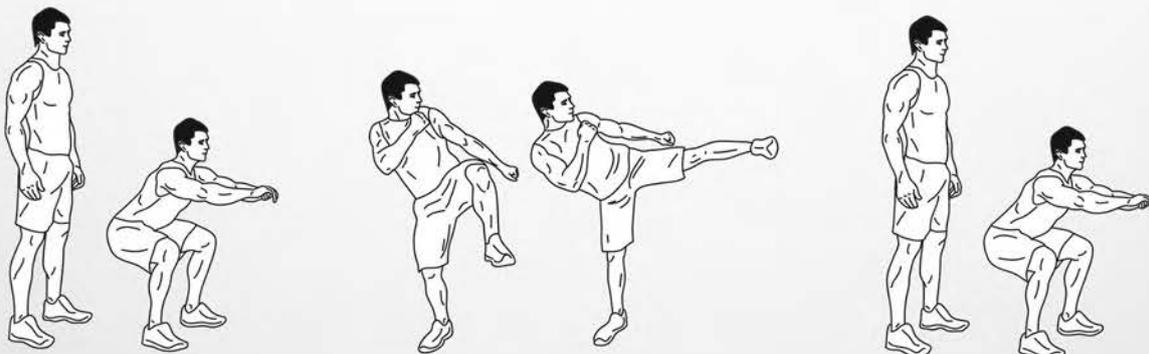
4combos: 2 push-up + 10 jab + cross

10 slow push-ups



4combos: 2 sit-ups + 10 sitting twists

10 slow sit-ups



4combos: 2 squats + 10 side kicks

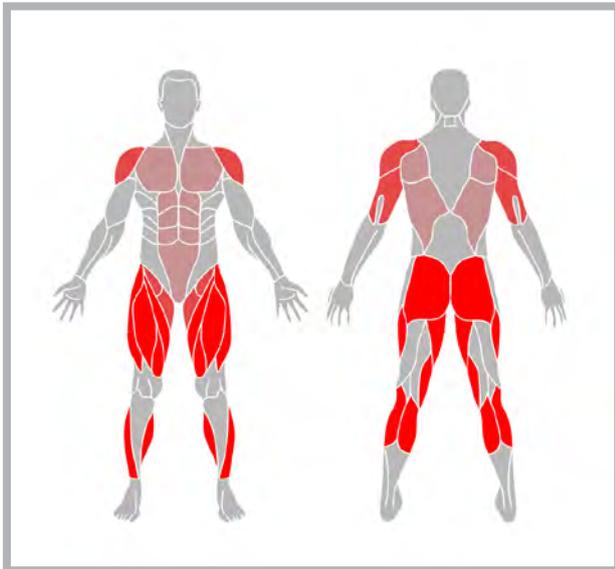
10 slow squats

39

Damage Control

You can do anything for 10 seconds, right? This is why the Damage Control workout is so awesome. It takes 10 second bursts and piles them on so that your muscles soon begin to load and your lungs to labor. Its fast, furious pace make it perfect for developing better aerobic capacity and fast-twitch action muscle fiber.

Focus: High Burn, HIIT



DAMAGE CONTROL

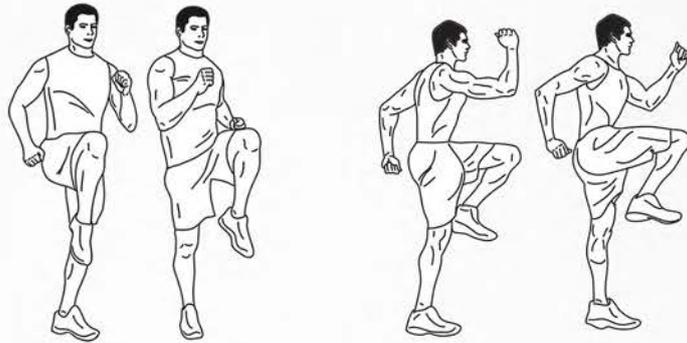
DAREBEE **HIIT** WORKOUT @ darebee.com

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

3combos:

10sec high knees

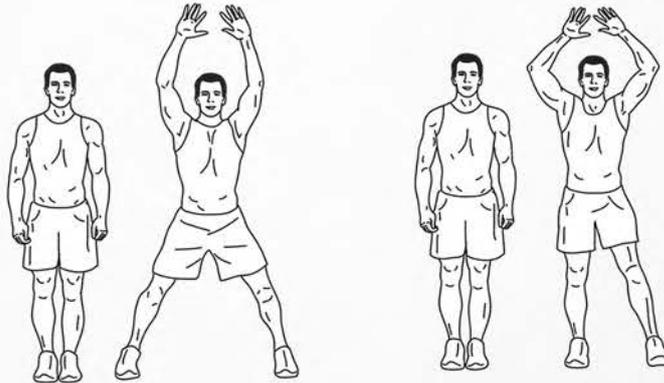
10sec march steps



3combos:

10sec jumping jacks

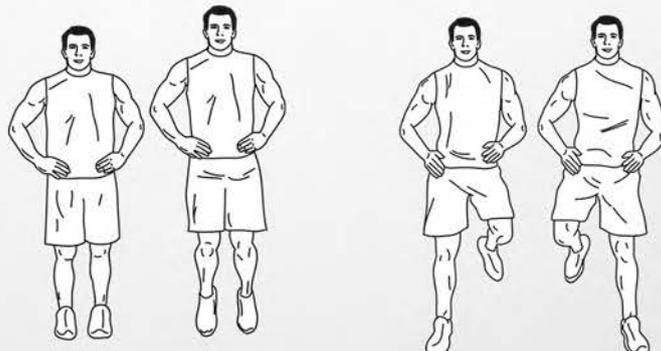
10sec step jacks



3combos:

10sec hops on the spot

10sec side-to-side hops

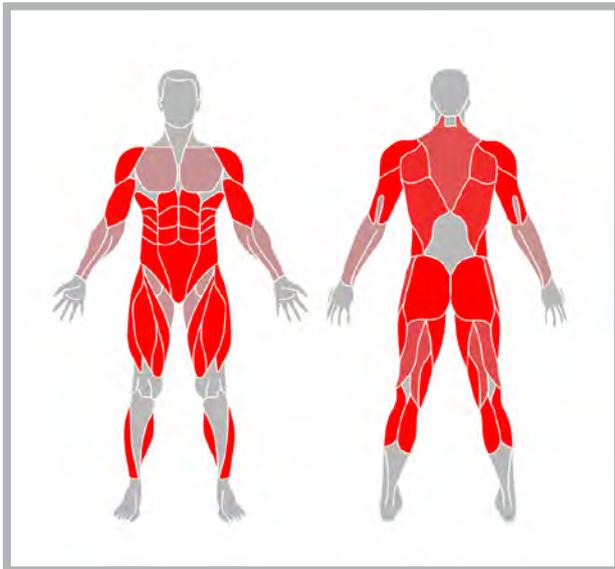


40

Danger Zone

Turn your body into an instrument you control at will with the Danger Zone workout. This is both a ballistic and core strength workout focusing on increasing performance because, you know, you really may need those skills when in a tight spot, you know...Danger Zone.

Focus: High Burn



DANGER ZONE

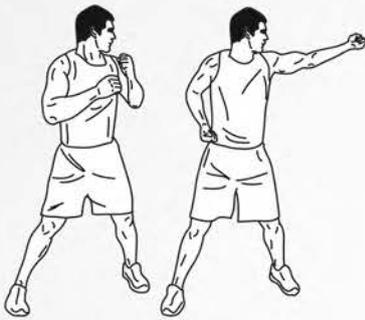
DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

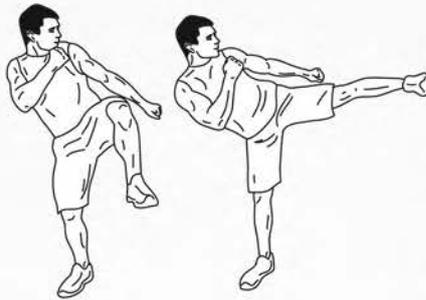
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



20 combos backfist + side kick



20 squat + uppercut



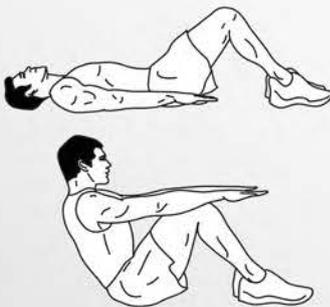
10 high knees



10 climbers



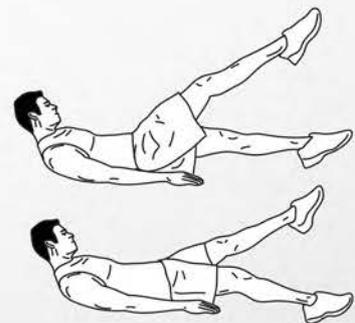
10 high knees



10 sit-ups



10 sitting twists



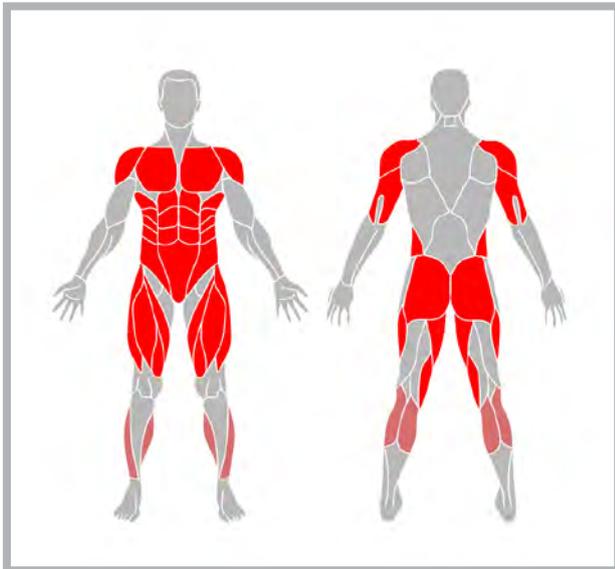
10 flutter kicks

41

Deadlock

Deadlock is an isometric and isotonic workout that helps create better joint stability, a stronger core and really powerful glutes and hips. The exercises are designed to be executed slowly, allowing the muscles to contract through their entire length, when contracting and holding the position in isometric tension when holding. Keep your breathing nice and even throughout and you'll soon get into the sweatzone anyway as muscle temperature rises.

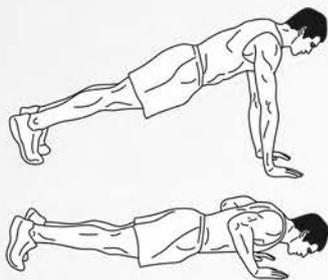
Focus: Strength & Tone



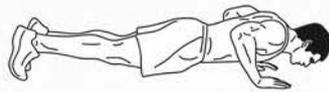
DEADLOCK

DAREBEE WORKOUT @ darebee.com

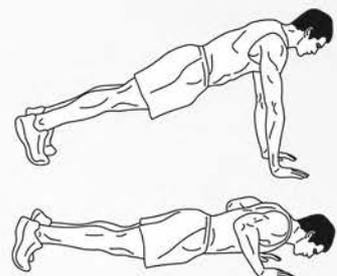
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



5 push-ups



10-count push-up hold



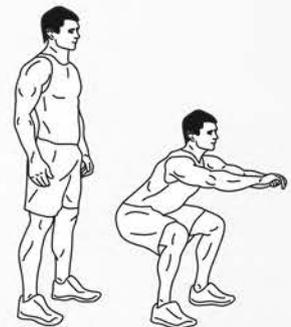
5 push-ups



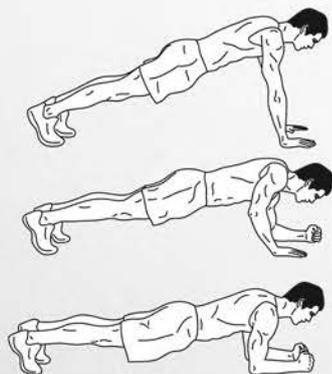
20 squats



20-count squat hold



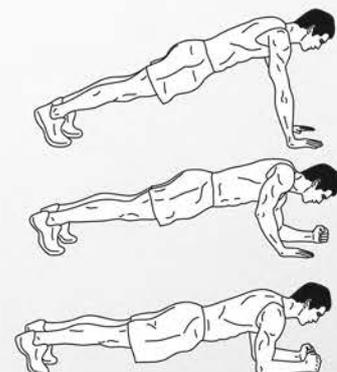
20 squats



5 up & down planks



10-count elbow plank hold



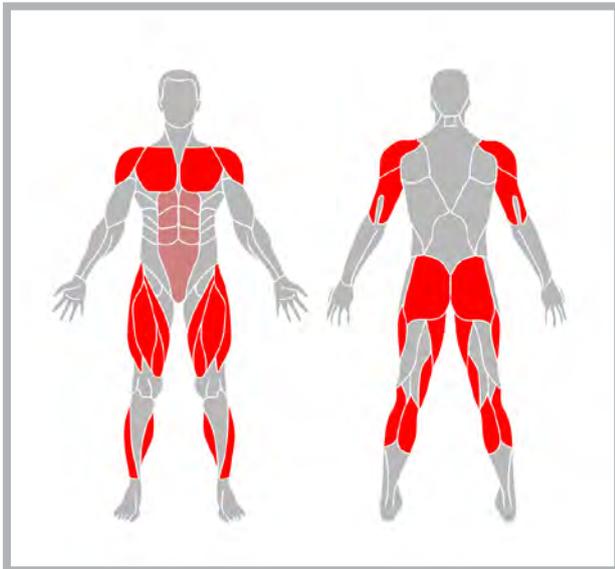
5 up & down planks

42

Death by Burpees

Burpees are your body's fight against gravity. The more you fight, the stronger you get. The stronger you get the more you do. The more you do the higher you fly. The..., you get the picture. Death by Burpees will not kill you. So, it will make you stronger.

Focus: High Burn



DEATH BY BURPEES

DAREBEE WORKOUT @ darebee.com
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets
2 minutes rest between sets



5 burpees	10-count rest
5 burpees	10-count rest
10 burpees	20-count rest
10 burpees	20-count rest
5 burpees	10-count rest
5 burpees	rest

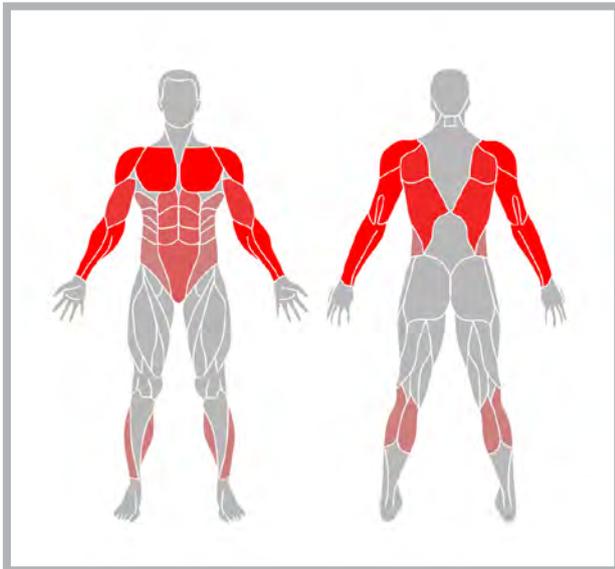
Hint: 10-count rest means count to ten and resume

43

Demolition

Demolition is a level four strength workout that targets the upper body and core and helps you get pumped in no time at all. Do each exercise slowly (including the punches), pay attention to form and go through the full range of motion (which means the push ups are really deep) and you will feel the benefits from all this long before the workout itself is over.

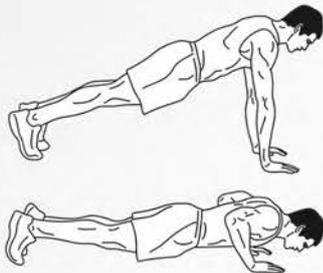
Focus: Strength & Tone



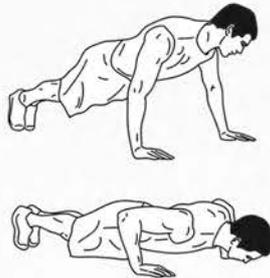
DEMOLITION

DAREBEE WORKOUT @ darebee.com

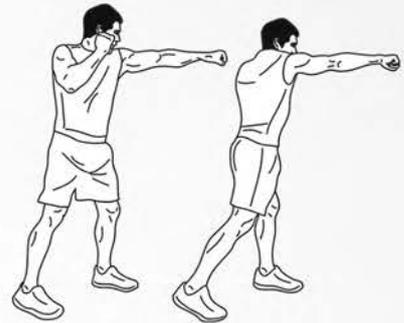
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



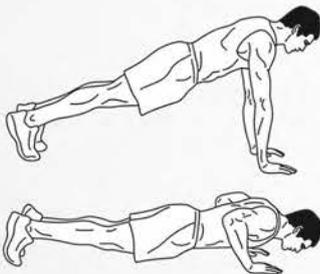
5 classic push-ups



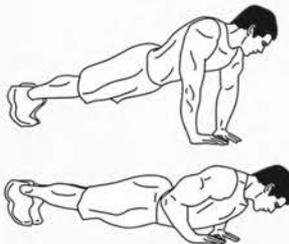
5 wide grip push-ups



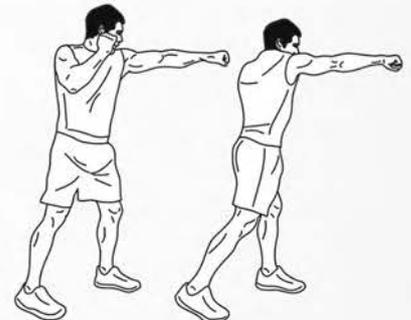
40 punches



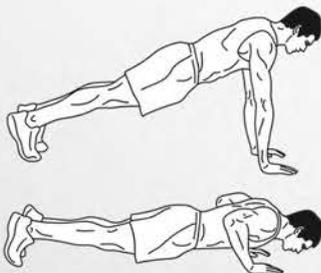
5 classic push-ups



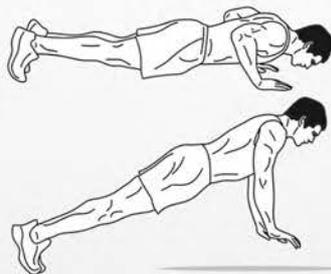
5 close grip push-ups



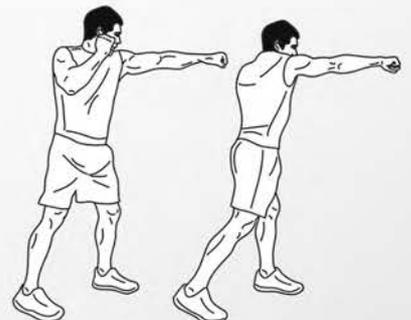
40 punches



5 classic push-ups



5 power push-ups



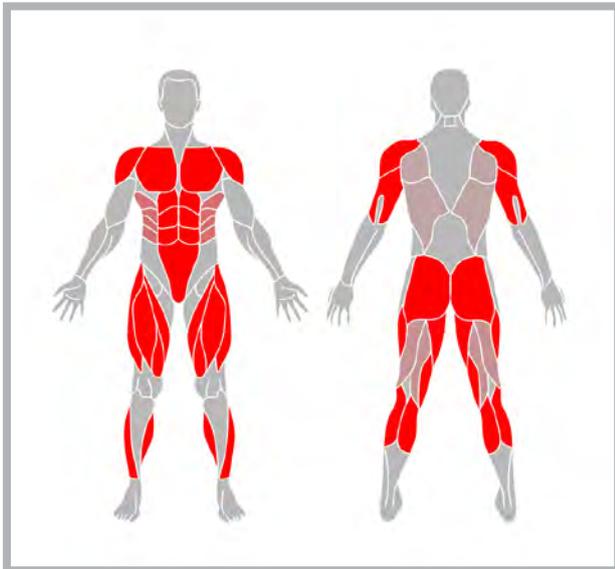
40 punches

44

Dirty 30

For those looking for a quick-and-dirty workout that delivers a punch without too many flourishes none can be quicker or dirtier than Dirty 30. Basically six exercises with 30 reps each. That's it. You do one set, rest, repeat. The results however will be pretty impressive. You shall find yourself working a lot of the major muscle groups. This is a Level IV in difficulty workout, so you have been warned.

Focus: Strength & Tone



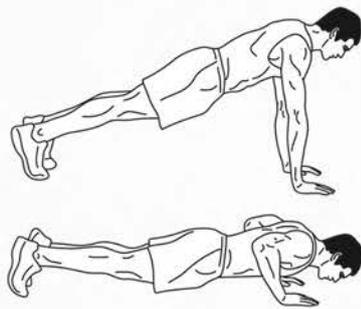
DIRTY 30

DAREBEE WORKOUT @ darebee.com

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



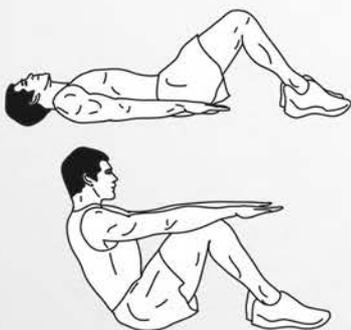
30 squats



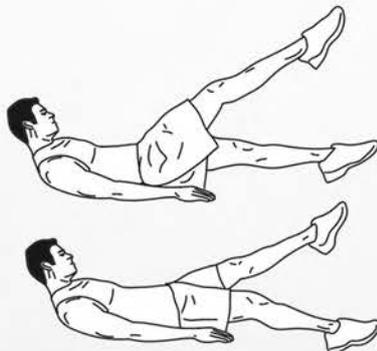
30 push-ups



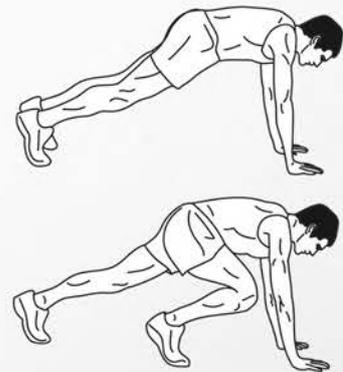
30 lunges



30 sit-ups



30 flutter kicks



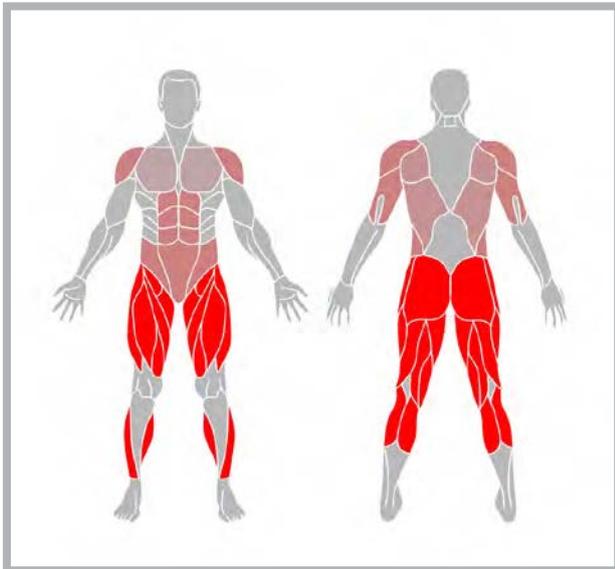
30 climbers

45

Double Dash

Double Dash is a strength workout that alternates the load to the muscles between concentric and eccentric movements, mid-level impact and high impact. As a result it challenges fascial fitness and helps develop the kind of explosive power that transforms your physical performance.

Focus: High Burn



double dash

DAREBEE WORKOUT

@ darebee.com

LEVEL I 3 sets

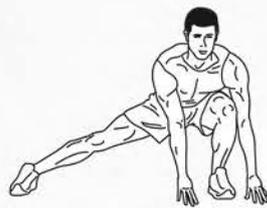
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



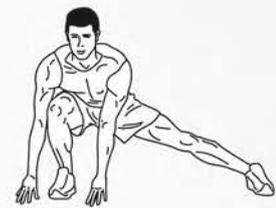
40 high knees



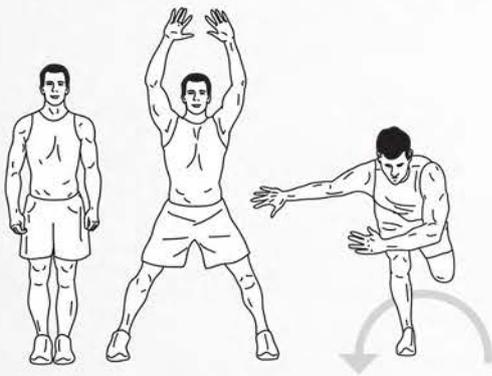
deep side lunge



40 high knees

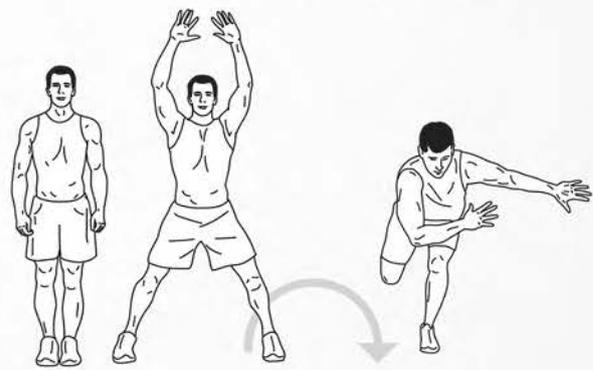


deep side lunge



20 jumping jacks

jump to the side



20 jumping jacks

jump to the side



40 high knees

jump knee tuck



40 high knees

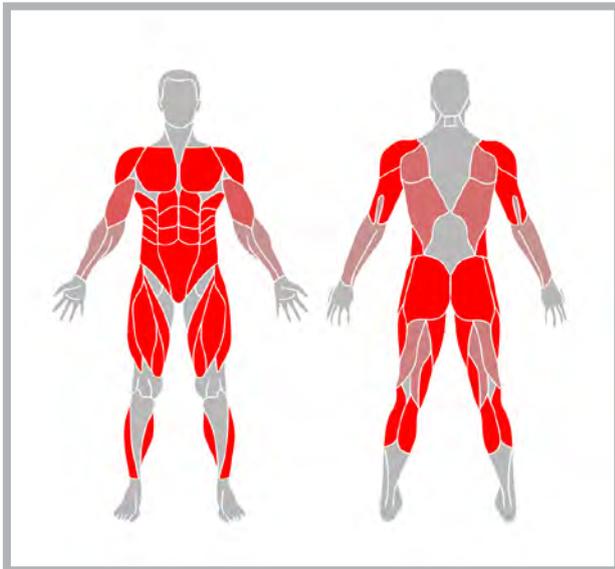
jump knee tuck

46

Ender

Ender is a full body workout that uses a series of standard exercises to challenge specific muscle groups and deliver a near total-body training experience. If you are into body sculpting. If it's important to you to have control of your body and feel its strength and power then Ender will deliver just what you need.

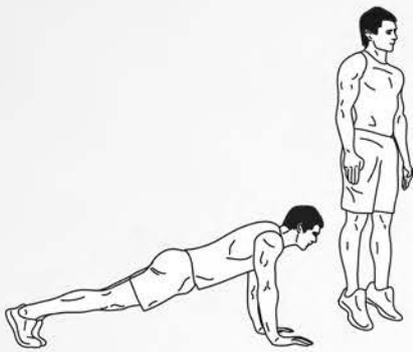
Focus: High Burn



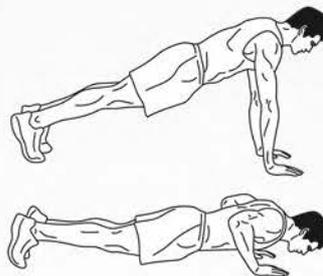
ENDER

DAREBEE WORKOUT @ darebee.com

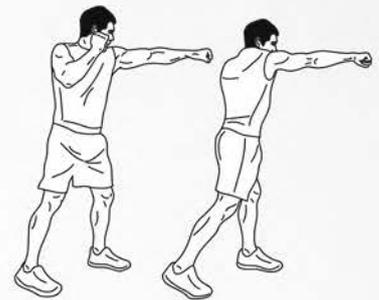
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



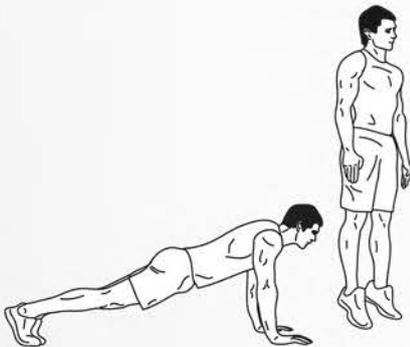
10 basic burpees w/ jump



5 push-ups



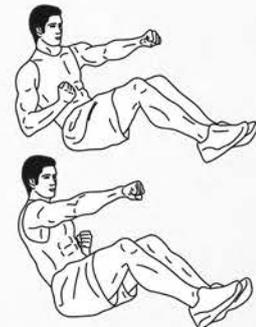
20 punches



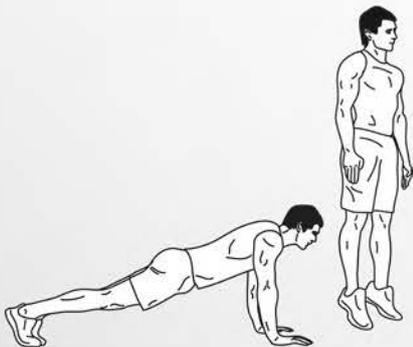
10 basic burpees w/ jump



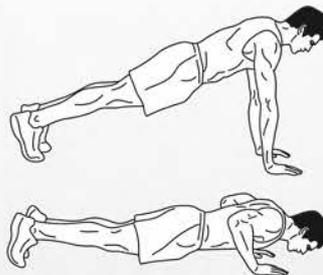
5 sit-ups



20 sitting punches



10 basic burpees w/ jump



5 push-ups



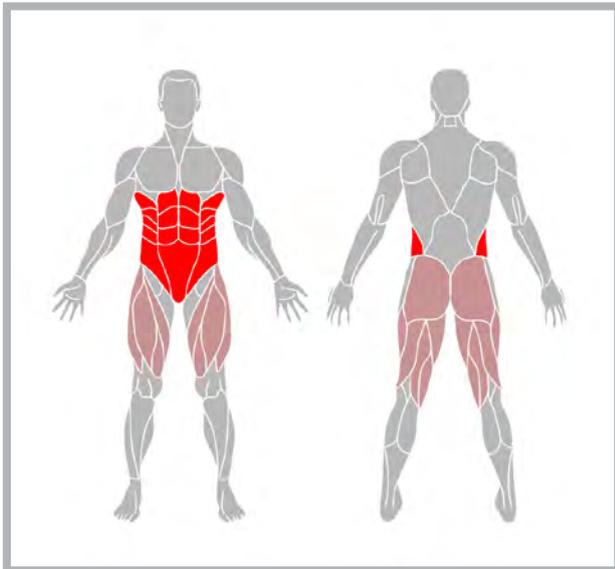
20sec plank

47

Express Abs

There are four main muscle groups that make up the ab wall in its totality and Abs Express is designed to help you test each one of them for better, faster results. When it comes to building quality abs there really is no shortcut. This set of exercises will help you get there, all you have to do is put in the time and do the work.

Focus: Abs



express abs

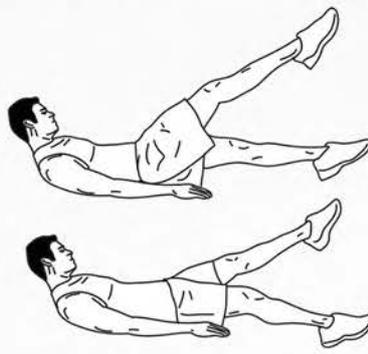
REPEAT ONCE | DAREBEE WORKOUT @ darebee.com

LEVEL I 6 reps LEVEL II 10 reps each LEVEL III 20 reps each

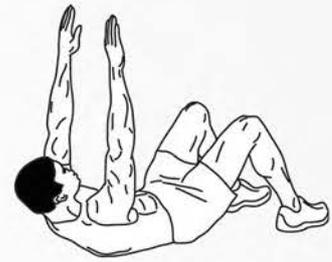
LEVEL I 6-count hold LEVEL II 10-count hold LEVEL III 20-count hold



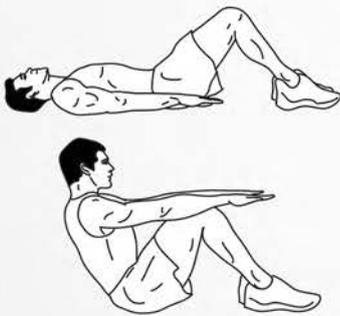
sit-ups



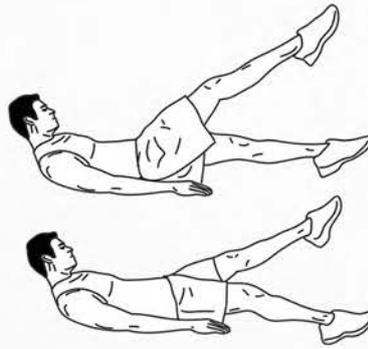
flutter kicks



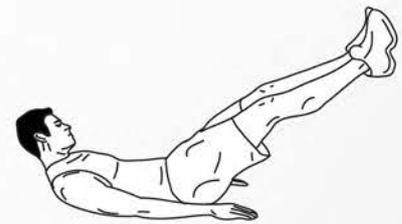
crunch hold



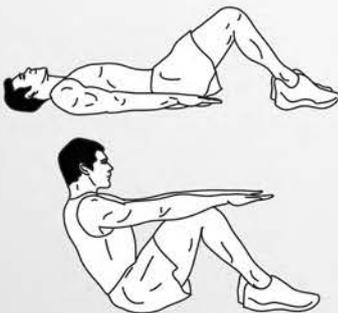
sit-ups



flutter kicks



raised leg hold



sit-ups



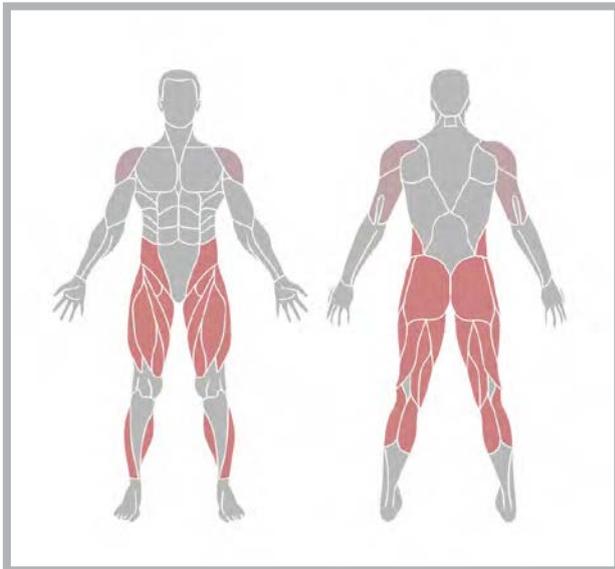
sitting twists



hollow hold

The Finisher workout should be the one you add to the end of pretty much every workout you perform, hence the name. Designed to help you stretch muscles and strengthen shoulders The Finisher is also a great aid to achieving a greater degree of freedom of movement. Because we rarely have sufficient time to devote to stretching, it is the one area of fitness that frequently gets left behind. By adding The Finisher to the end of a workout you can avoid having to schedule extra stretching sessions and, incrementally your flexibility and suppleness will increase.

Focus: Stretching



THE FINISHER

STRETCHING BY DAREBEE © darebee.com



20sec stretch



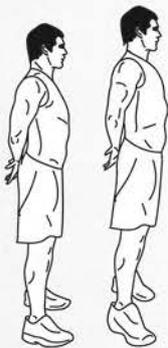
20sec stretch



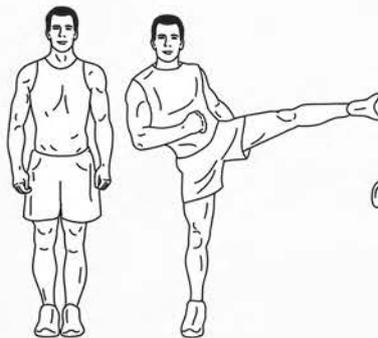
20sec stretch



20sec stretch



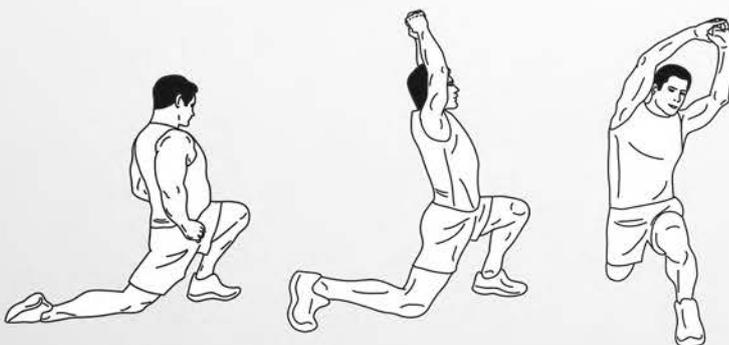
20 calf raises



40 side leg raises



40 side leg swings



combo: 10sec each, then change legs



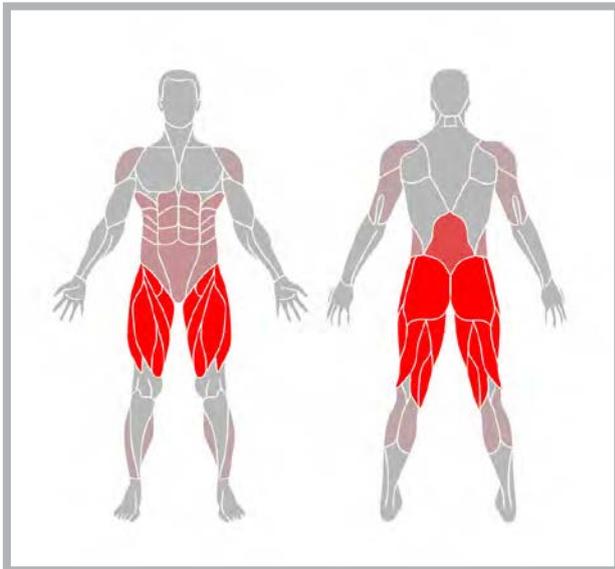
20 side-to-side lunges, toes up

49

Finish Line

Stretching, performed after exercise helps to unleash the power of the body, relax the muscles, help with circulation and muscle recovery and extend the range of movement. The Finish Line workout provides all of that without taking up too much time. Done regularly it helps increase the power output of muscles by increasing the degree of freedom in muscle motion.

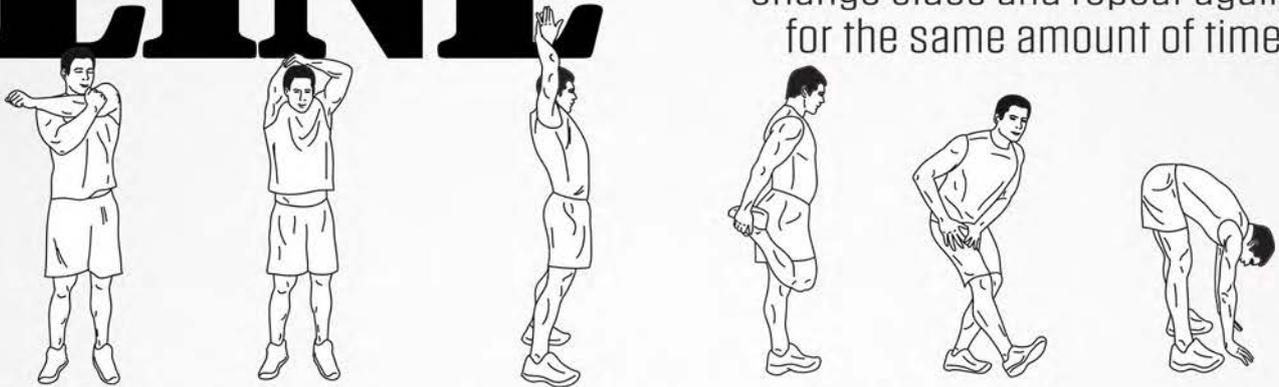
Focus: Stretching



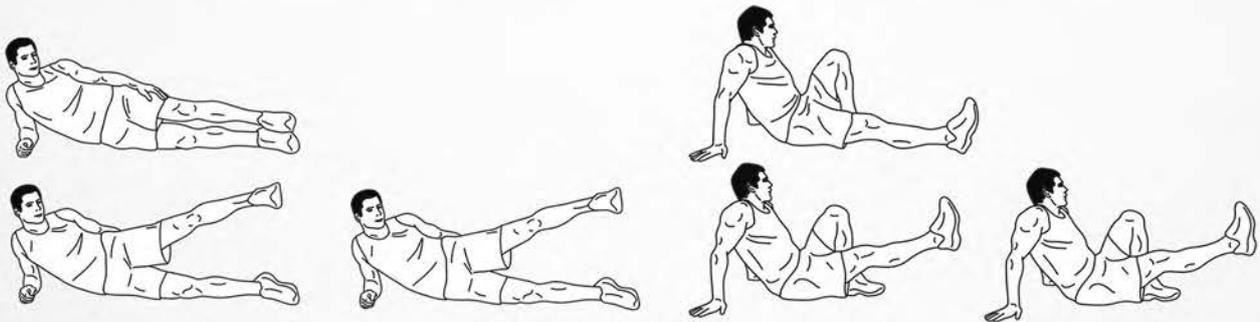
FINISH LINE

UNIVERSAL
COOLDOWN
BY DAREBEE
@ darebee.com

Go through the sequence:
once the move is done,
change sides and repeat again
for the same amount of time.



10sec stretch 10sec stretch 10sec reach 10sec stretch 10sec stretch 10sec reach



1min side leg raises + 30sec hold

1min leg raises + 30sec hold



10sec reach

10sec reach

10sec stretch

10sec reach

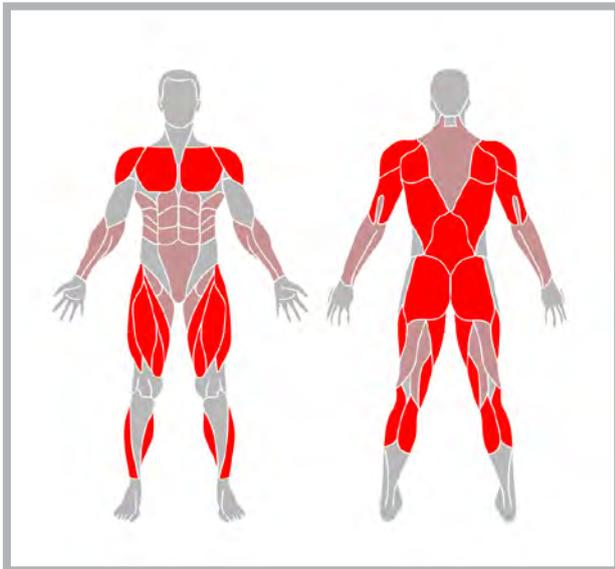
10sec stretch

50

Free Fall

Free Fall is an aerobic-heavy HIIT workout that works hard to bring fascial fitness levels up, increase upper/lower body synchronization and deliver a strong core. It gets you into the sweat zone from the first three and a half minutes and then it keeps you there. Test your performance by counting what you do on each exercise in your first two sets and then see if you can maintain it throughout the number of sets you do.

Focus: High Burn, HIIT



FREE FALL

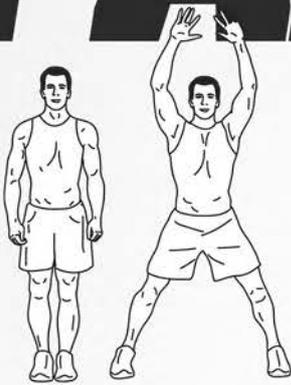
DAREBEE **HIIT** WORKOUT
@ darebee.com

Level I 3 sets

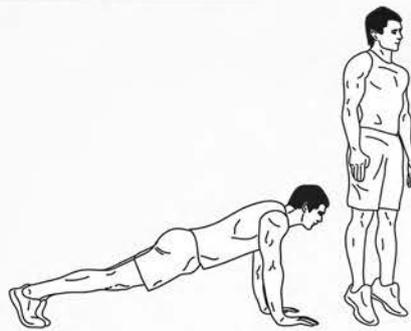
Level II 5 sets

Level III 7 sets

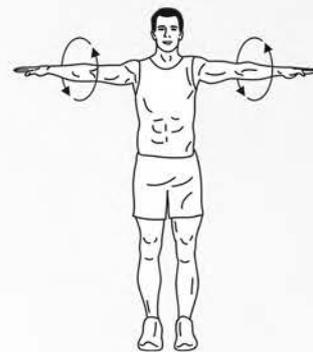
2 minutes rest between sets



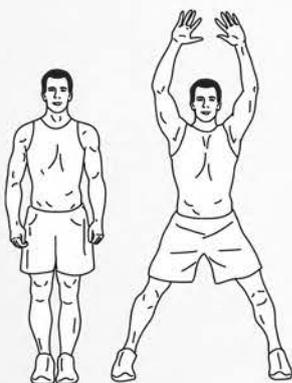
30sec jumping jacks



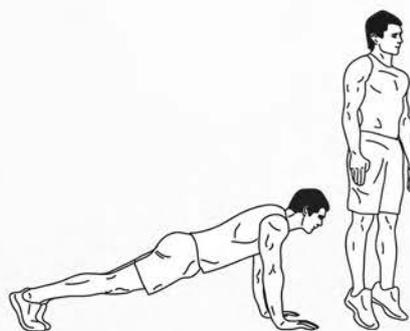
30sec basic burpees



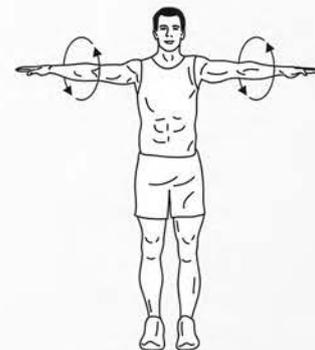
30sec raised arm circles



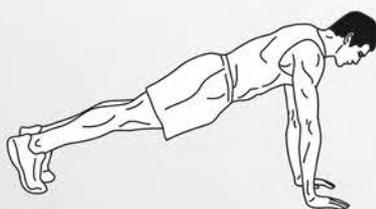
30sec jumping jacks



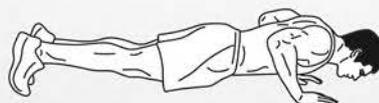
30sec basic burpees



30sec raised arm circles



20sec push-up into back extension



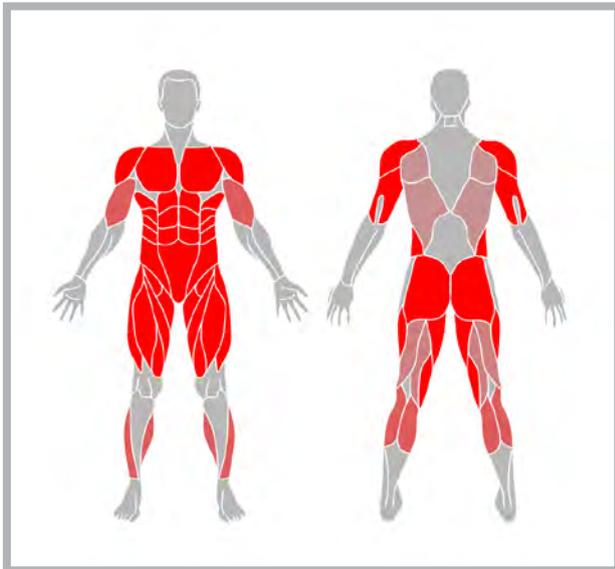
10sec back extension hold

51

Fullbody Render

FullBody Render is a Level IV full-body workout that helps you develop strength, balance, coordination and endurance. Add EC as part of the challenge and you then have an additional load to your VO2 Max. Do it each time you want to push the boundaries of your performance and you will definitely feel the benefits of it in increased physical ability.

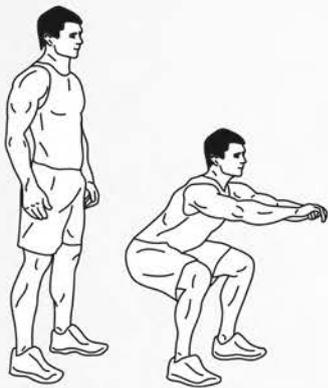
Focus: Strength & Tone



FULLBODY RENDER

DAREBEE WORKOUT @ darebee.com

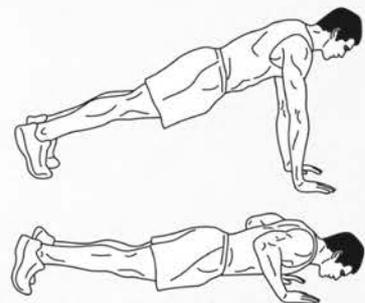
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



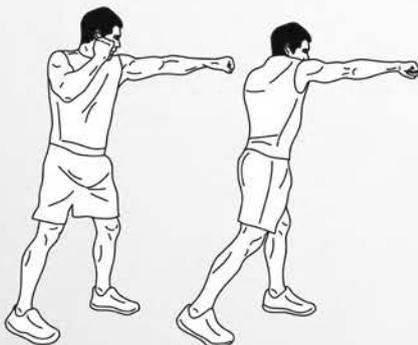
40 squats



40 lunges



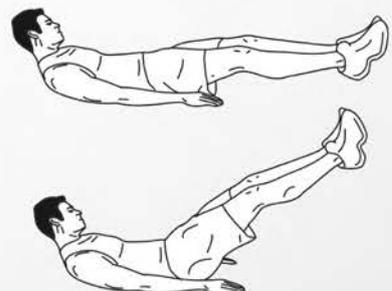
20 push-ups



40 punches



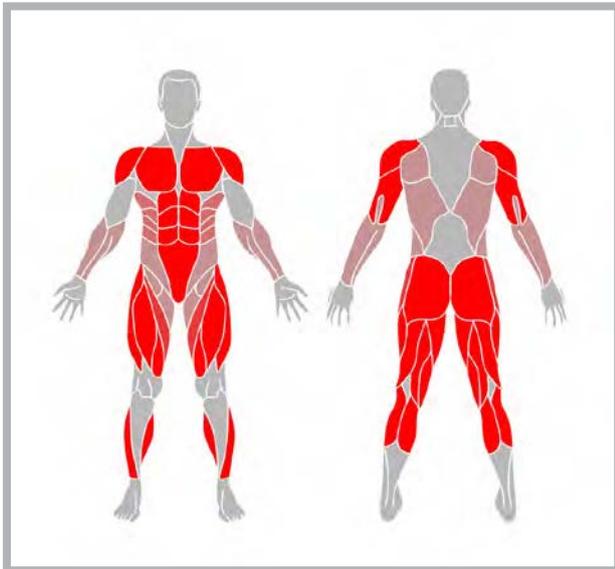
20 sit-ups



20 leg raises

If you had really strong legs and a powerful core you would be able to synchronize your upper and lower body muscles in a way that would totally transform the way you move. The Gambit is there to make sure that your lower body and core are worked in a fashion that provides the foundation for just this kind of synchronization.

Focus: Strength & Tone



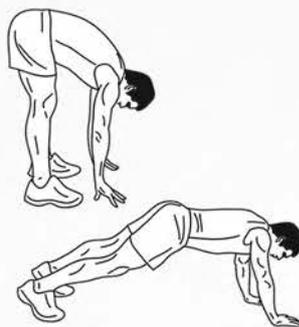
GAMBIT

DAREBEE WORKOUT © darebee.com

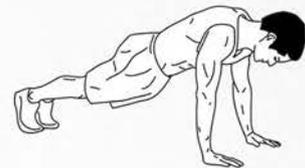
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



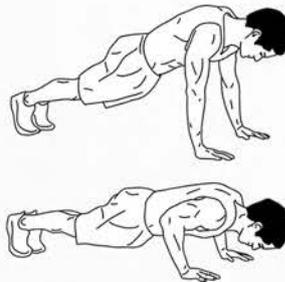
6 plank walk-outs



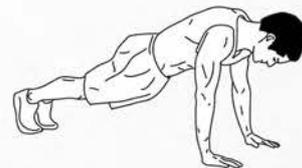
10-count plank hold



20 squats



6 slow push-ups



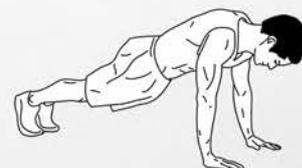
10-count plank hold



20 squats



6 plank-into-lunges



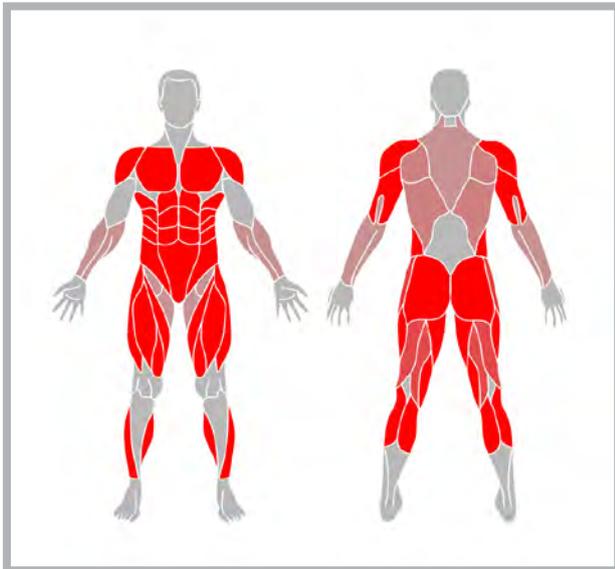
10-count plank hold

53

Heist

Some workouts are chosen and some workouts choose you. If you're doing The Heist workout you will see what that means. There is an overlap between anaerobic and aerobic work, concentric and eccentric muscle movement and isometric core work when you're already tired. Of course you know what you need for Heist, right? Great speed, splendid reactions, stamina, strength, focus, a little aerobic capacity and excellent recovery time. Get in. Get Out. What can possibly go wrong?

Focus: High Burn



THE HEIST

DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

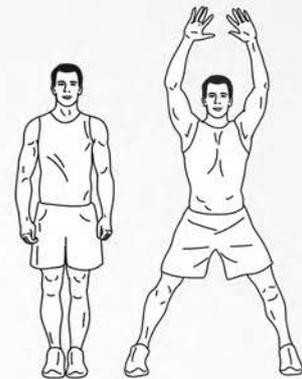
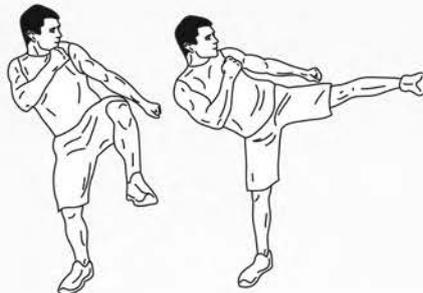
LEVEL II 5 sets

LEVEL III 7 sets

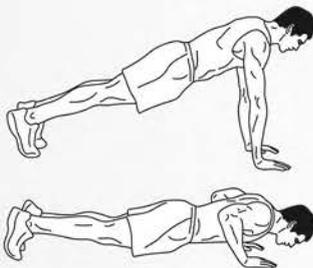
REST up to 2 minutes



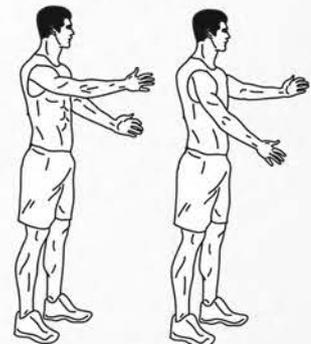
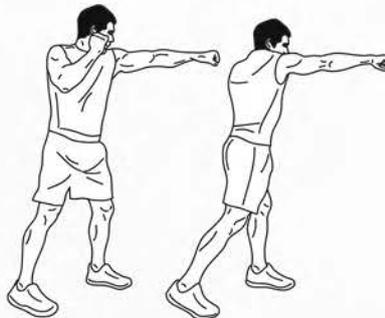
10 combos: 1 squat + 2 double side kicks



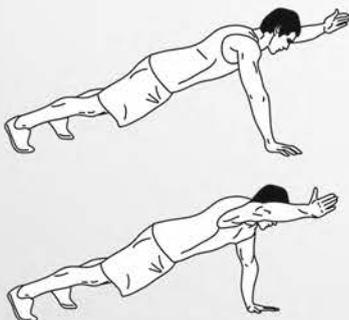
10 jumping jacks



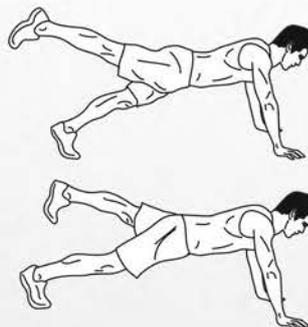
10 combos: 1 push-ups + 4 punches



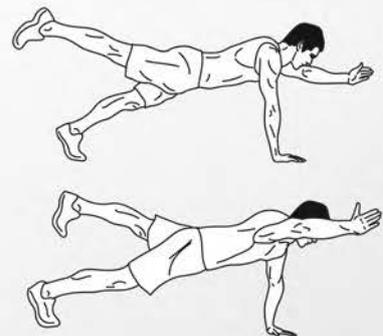
10 scissor chops



10 plank arm raises



10 plank leg raises



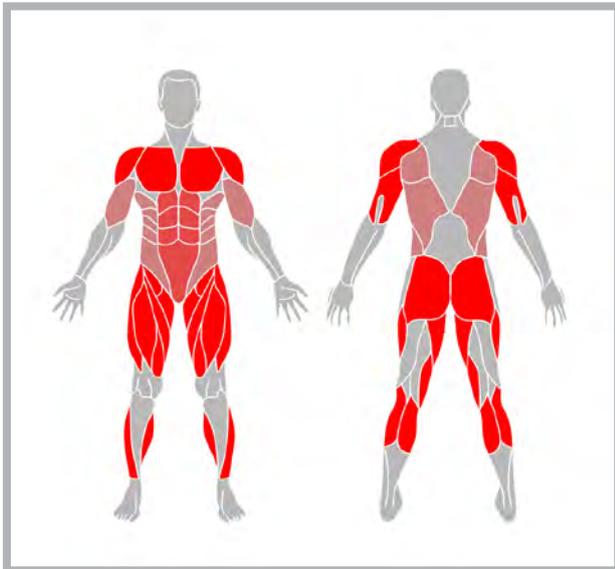
10 plank alt arm/ leg raises

54

Hell Diver

Hell Diver is a high intensity workout that will raise your body temperature and get you into the sweat zone from the very first set. Bring your knees up to your waist each time when performing High Knees and make sure you pump your arms as you run. Jump as high as you can in Basic Burpees, going for height and the extra load on your quads.

Focus: High Burn



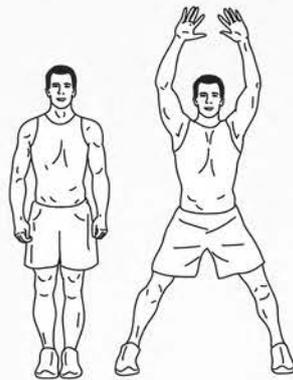
HELL DIVER

DAREBEE WORKOUT
@ darebee.com

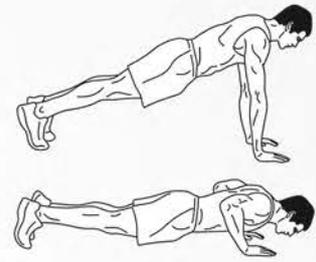
Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest



40 high knees



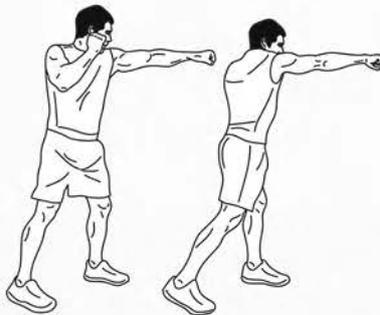
20 jumping jacks



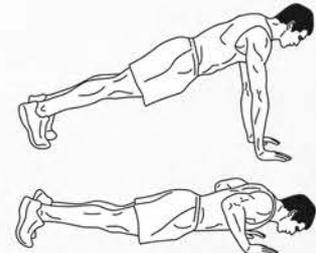
10 push-ups



40 high knees



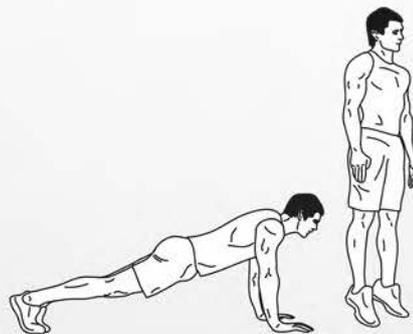
20 punches



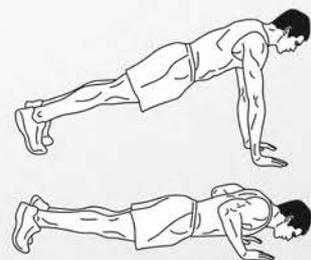
10 push-ups



40 high knees



20 basic burpees



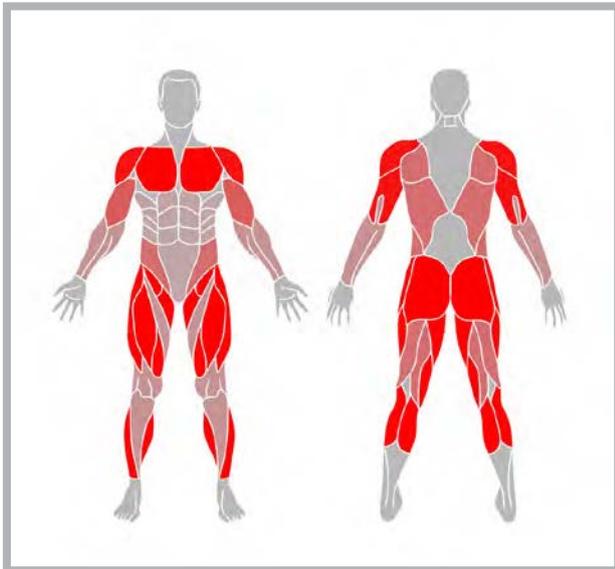
10 push-ups

55

Hell Raider

For days when you need a light, fast, energizing workout, Hell Raider delivers the goods. It won't burn your lungs, desiccate your body or make your muscles scream but it will get your body moving, your heart pumping and your lungs working which is always a win.

Focus: High Burn



Hell Raider

"ONE HELL OF A RAID" DAREBEE WORKOUT @ darebee.com

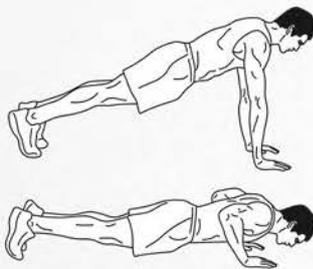
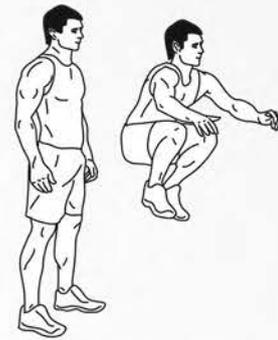
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



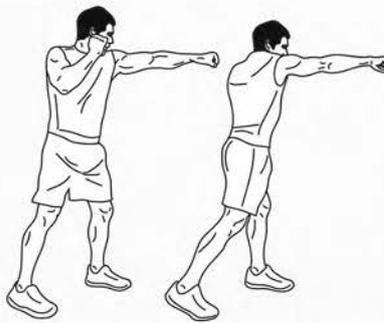
20 squat + side chop



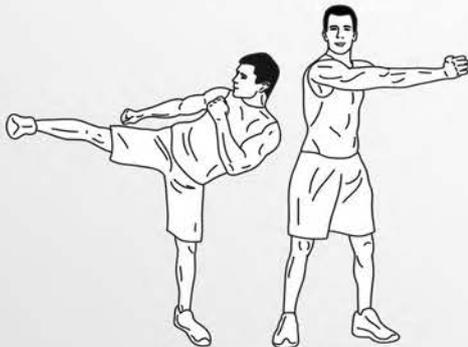
4combos: 10 high knees + 2 jump knee tucks



10 push-ups



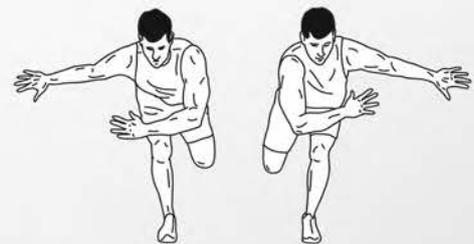
4combos: 10 punches + 2 hooks



20 side kick + side chop



4combos: 10 high knees + 2 side-to-side jumps

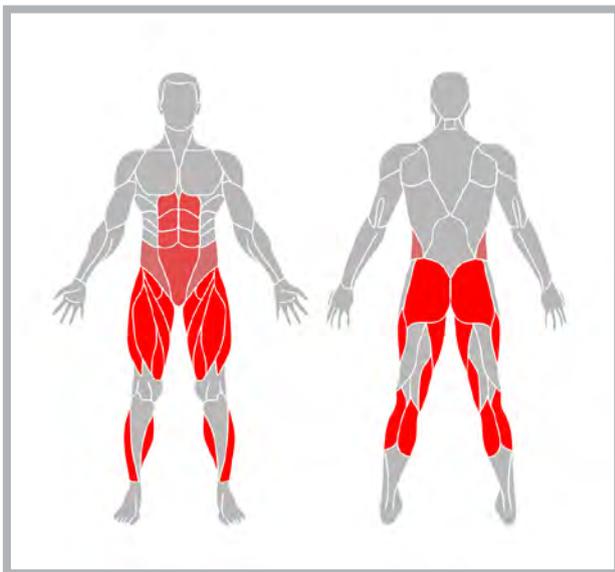


56

Hightail

Hightail lives up to its name with a lot of march steps, high knees, jumping lunges and jump knee tucks. Despite all this it is still a Level 3 workout which means beginners can still do it, provided they can take a little high impact exercise. It is designed to get you into the sweat zone from the very first set and then, yeah it totally keeps you there.

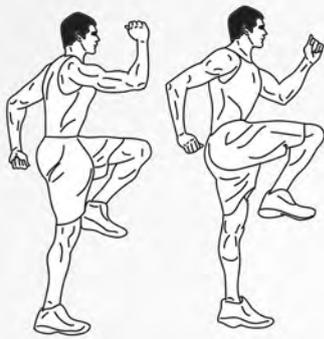
Focus: High Burn



HIGHTAIL

DAREBEE WORKOUT @ darebee.com

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



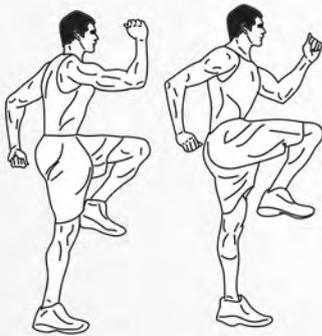
40 march steps



40 high knees



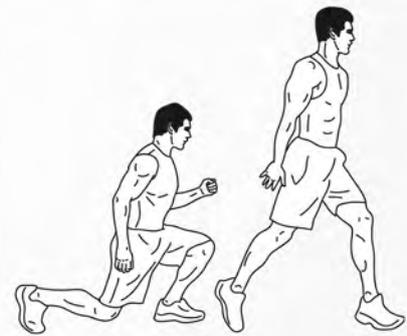
10 jump squats



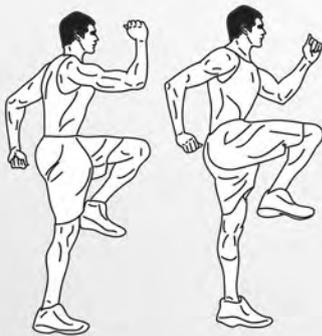
40 march steps



40 high knees



10 jumping lunges



40 march steps



40 high knees



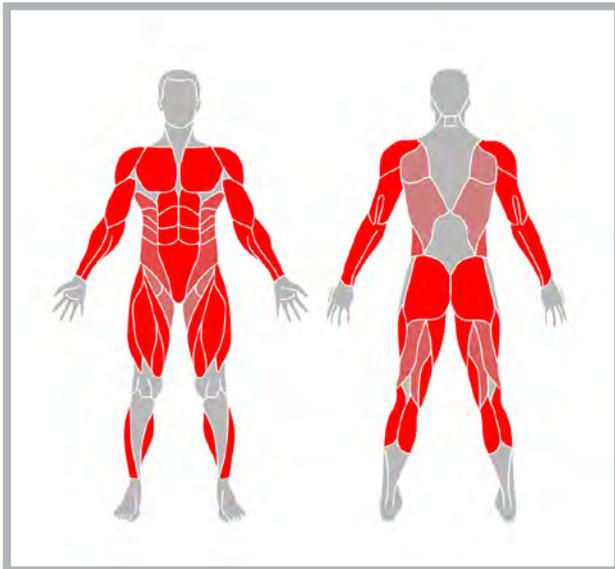
10 jump knee tucks

57

Hunter

If you had to hunt for your food you'd push yourself past every limit and overcome every barrier to catch your next meal. Hunter is a workout that will make your muscles work hard. It's not very heavy on aerobics but it does demand a lot from your muscles. Perform each exercise slowly, focusing on form and perfect execution. Keep your punches at chin height at all times, your push up deep, your body straight and your squats really deep.

Focus: Strength & Tone



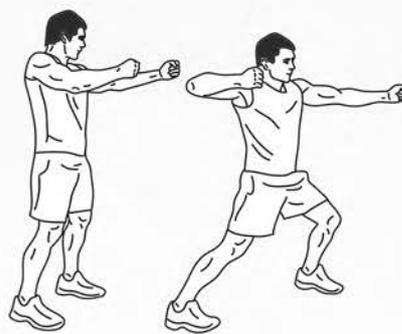
HUNTER

DAREBEE WORKOUT @ darebee.com

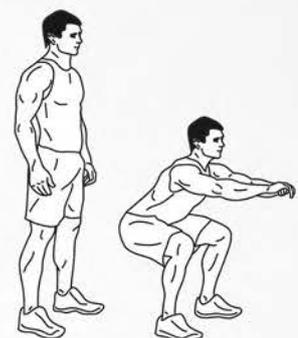
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



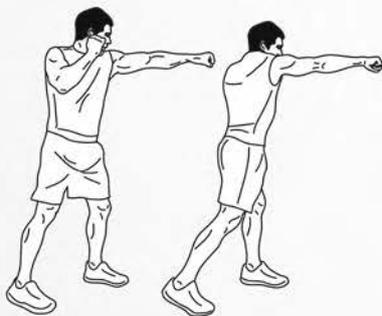
10 lunges



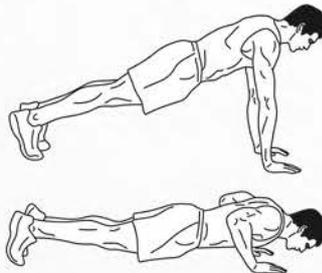
20 archer lunges



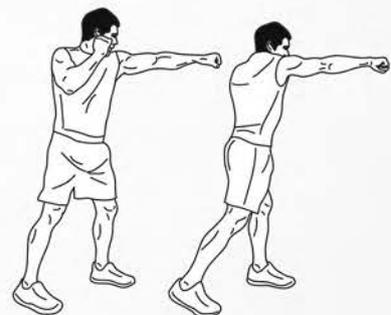
20 squats



40 punches



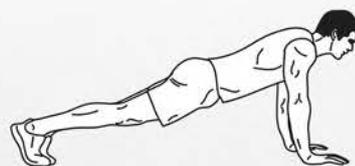
10 push-ups



40 punches



10 climbers



20-count plank



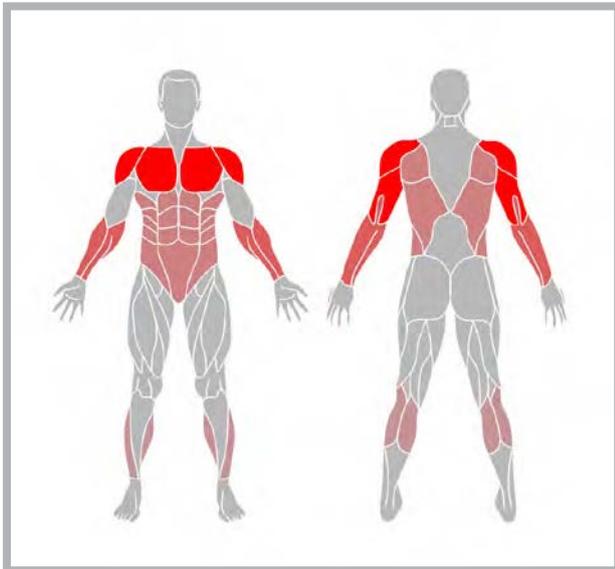
20-count elbow plank

58

Huntsman

Upper body strength requires a good strong core, pecs of steel and a strong lower back that connects the upper and lower parts of the trunk. The Huntsman workout takes you through a variety of push ups that require the coordination of the entire body, helping develop total body strength and greater overall power. Breathe in on the way down, exhale on the way up and remember to keep your body absolutely straight at all times.

Focus: Strength & Tone



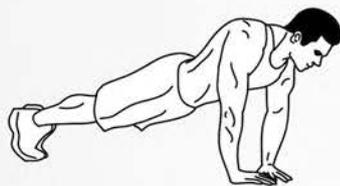
Huntsman

DAREBEE WORKOUT @ darebee.com

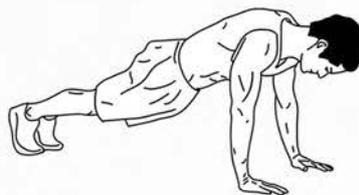
LEVEL I 2 reps LEVEL II 4 reps LEVEL III 6 reps each

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

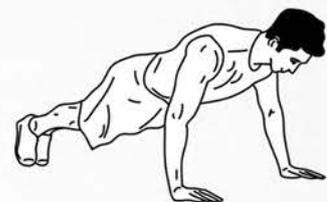
REST up to 2 minutes



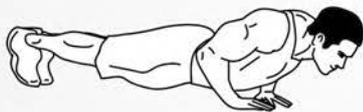
tricep push-ups



push-ups



wide grip push-ups



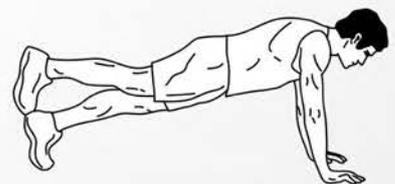
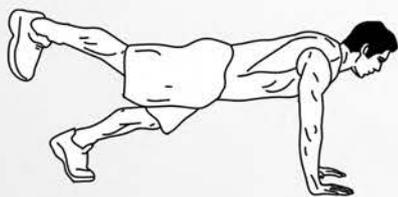
raised leg push-ups



staggered push-ups



stacked push-ups

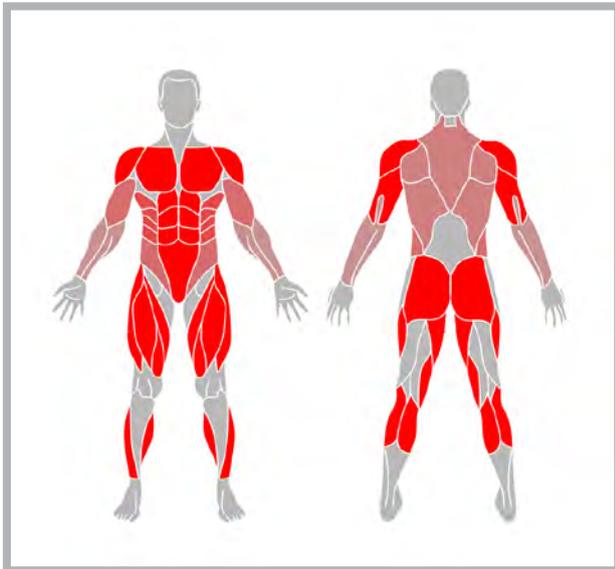


59

Inferno

Inferno is a Level 4 High Intensity Interval Training (HIIT) that places quite the load on the entire body and keeps it there for the duration of the workout. Make sure High Knees are performed by bringing the knee to the height of the waist and keep your body straight and your arms pumping while you are doing it. This is a high-burn, lots-of-sweat kind fo workout so be prepared to feel its effects.

Focus: High Burn, HIIT



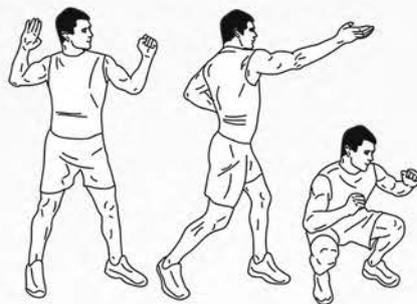
Inferno

DAREBEE **HIIT** WORKOUT @ darebee.com

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



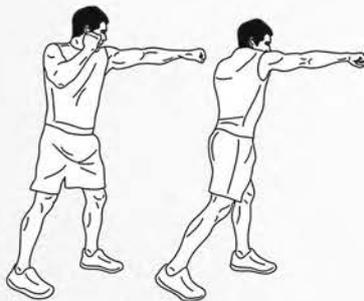
20sec high knees



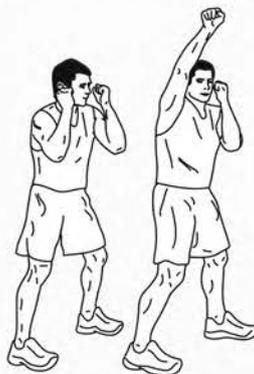
20sec knife hand strike + squat



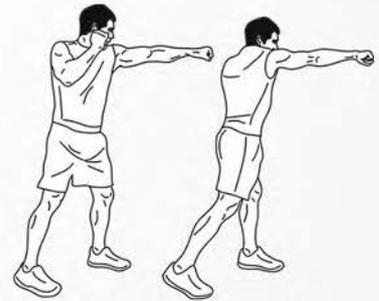
20sec high knees



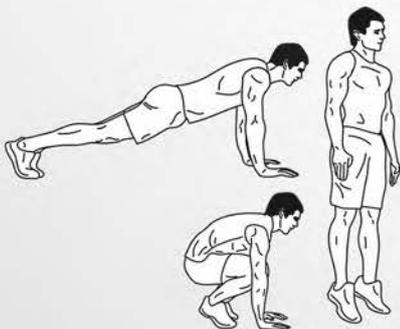
20sec punches



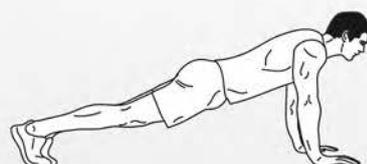
20sec overhead punches



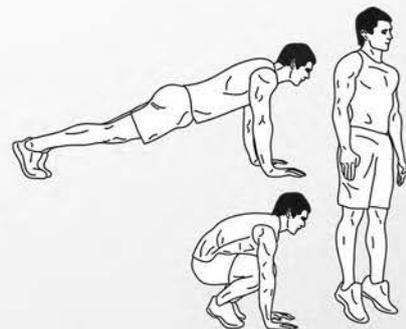
20sec punches



20sec basic burpees



20sec plank hold



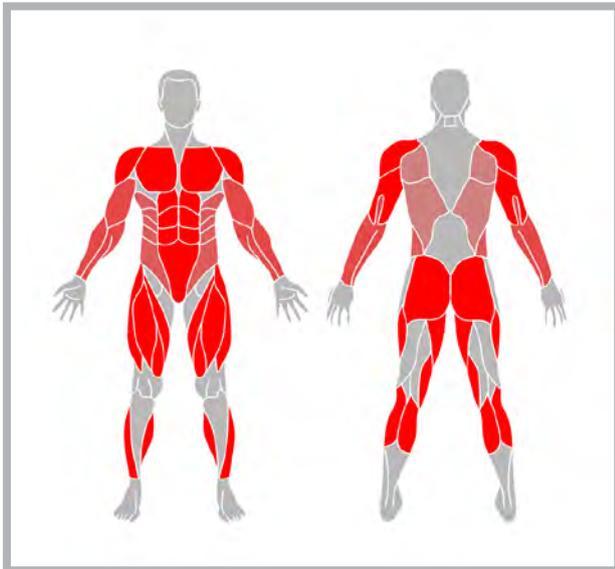
20sec basic burpees

60

Initiation

Initiation is a total body workout that recruits every major muscle group you have. It starts off feeling light and easy but the load on the muscles soon begins to pile up and you do need to dig deep in order to continue delivering great form. This is a Level 3 workout so it's suitable for everyone. This is perfect for anyone getting back into training after a bit of a lay off or anyone who is looking for that workout that simply does everything.

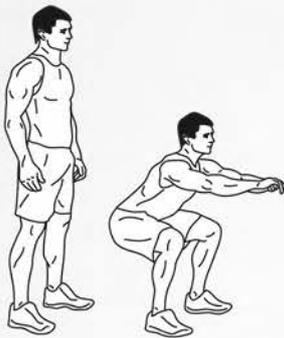
Focus: Strength & Tone



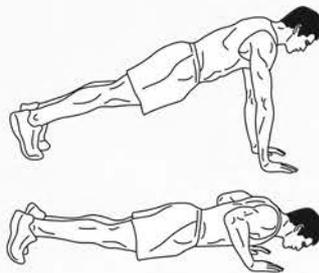
INITIATION

DAREBEE WORKOUT @ darebee.com

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



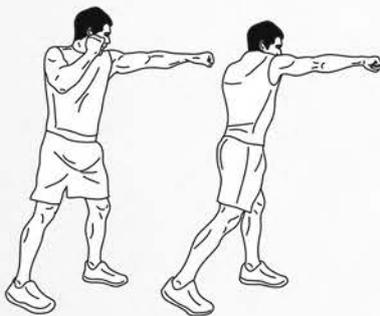
40 squats



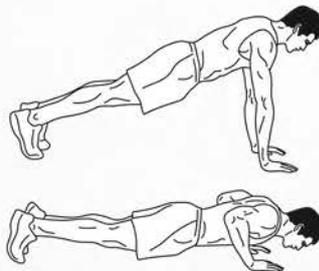
5 push-ups



20-count elbow plank



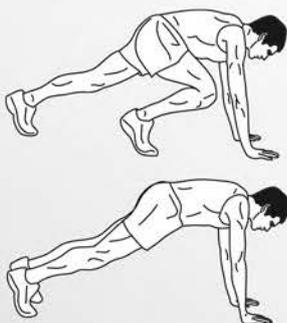
40 punches



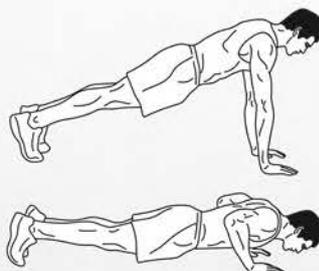
5 push-ups



20-count elbow plank



40 climbers



5 push-ups



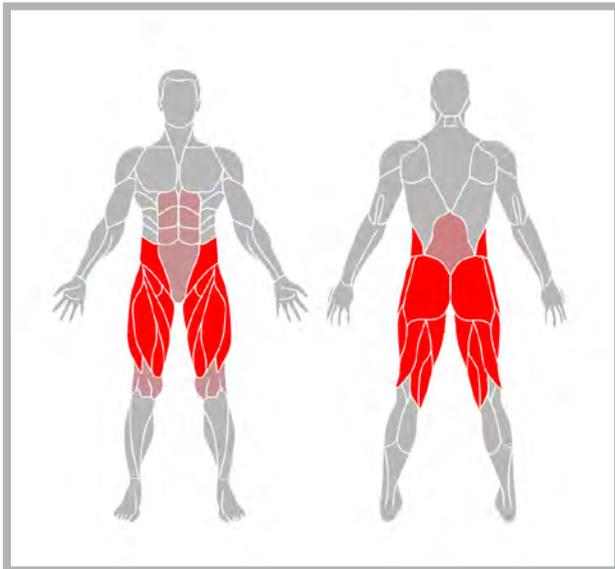
20-count elbow plank

61

Iron Bar

Tendons are the cable anchors that stabilize our muscles. Tendons require a lot of work to get strong, but hold onto the strength they've gained for long times of inactivity if they have to. Powerful tendons means strong, stable muscles. The Iron Bar workout is there to make your tendons hard and strong. It'll help increase stability, speed, explosiveness and coordination. It delivers, in short, greater body control.

Focus: Stretching



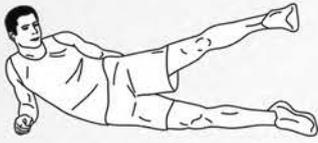
iron bar

TENDON STRENGTH

DAREBEE WORKOUT @ darebee.com

Change legs after each sequence and repeat it again. Keep your leg off the floor throughout the sequence. Perfect post workout.

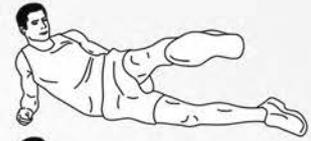
SEQUENCE 1



15-count hold



15 side leg raises



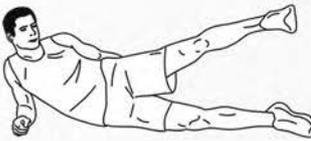
15 straight leg swings



15 fast kicks



15 slow kicks



15-count hold



SEQUENCE 2



15-count hold



15 leg raises



15 high leg raises



15 move from side-to-side



15 circles



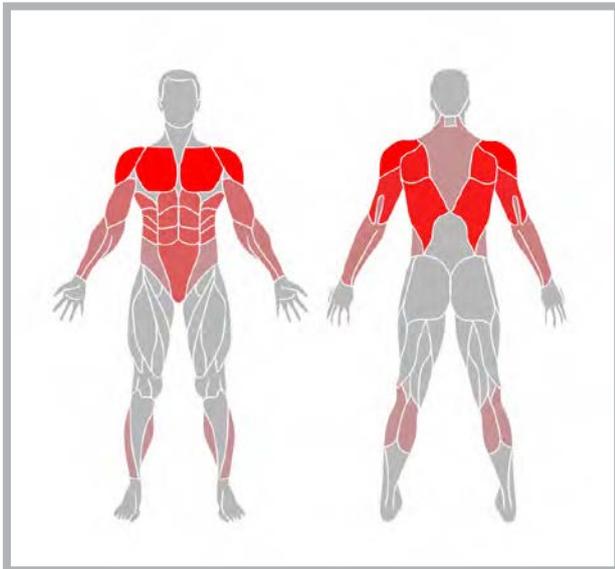
15-count hold

62

Iron Claw

Unleash the tiger in you and get your upper body working and your palm heel strikes flowing with the Iron Claw workout. The heel of the palm is one of the few natural weapons we have. Naturally hard with very few nerve endings it can take (or deliver) a blow without risking damaging any part of it. Learning how to use it correctly suddenly makes you armed and dangerous just because you have a couple of arms and they have hands which have palms.

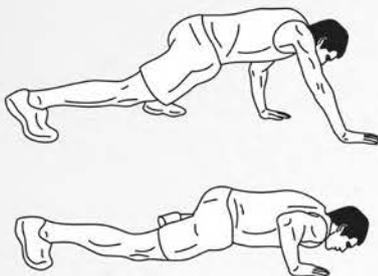
Focus: Strength & Tone



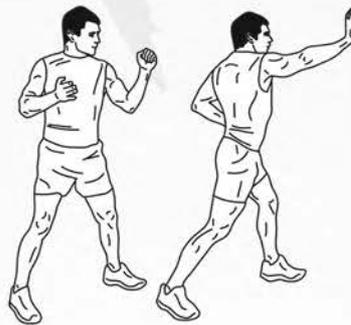
IronClaw

DAREBEE WORKOUT @ darebee.com

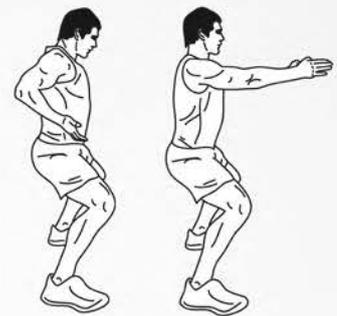
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



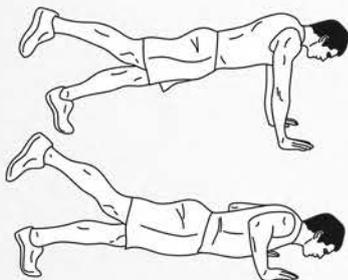
10 dragon push-up



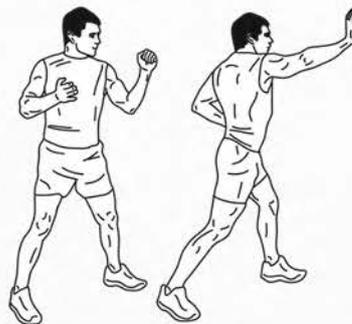
10 palm strikes



10 squat hold rows



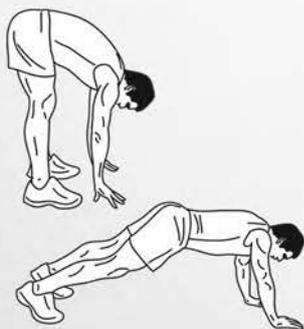
10 raised leg push-ups



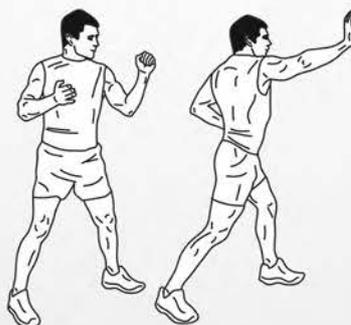
10 palm strikes



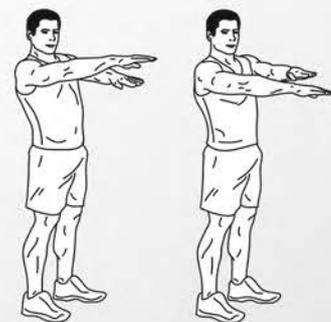
20-count raised arm hold



10 plank walk-outs



10 palm strikes



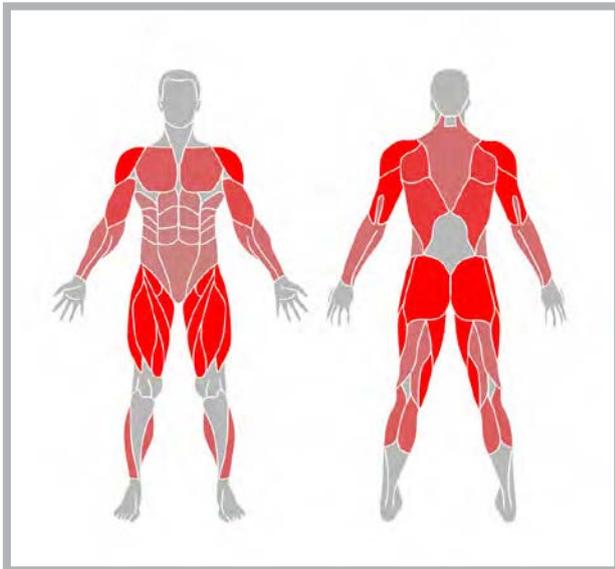
20 scissors

63

Iron Fist

Sharpen up your combat skills, hone your body into a finely-tuned instrument and experience the power of having it under your control with the Iron Fist workout. Using a combination of kicks and punches it helps build speed, power, coordination and stability. Add the EC requirement and you also begin to push your VO2 Max capacity.

Focus: Strength & Tone, Combat



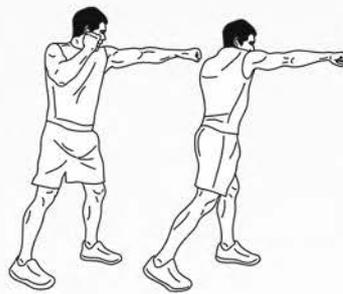
IRON FIST

DAREBEE WORKOUT @ darebee.com

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



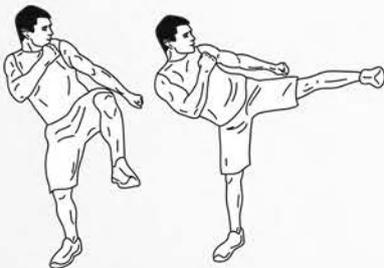
20 side kicks



20 jab + cross



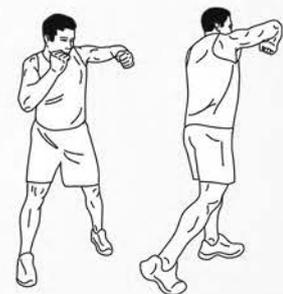
20 uppercuts



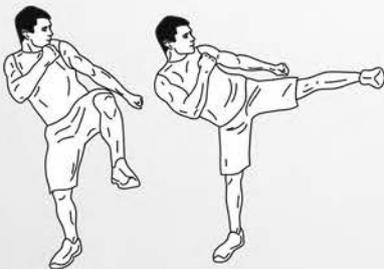
20 side kicks



20 backfists



20 hooks



20 side kicks



20 speed bag punches



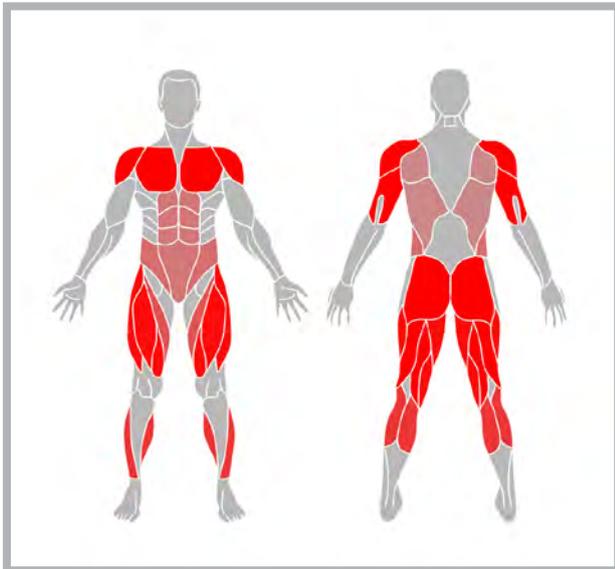
100 squat hold punches

64

Iron Maiden

Iron Maiden is a total body core strength and endurance workout that will get you into the sweat zone within minutes of starting. Great for gaining better control of your body, activating muscle groups and gaining more power in your physical performance. If you are looking for a workout that will challenge your strength, endurance and coordination then this is the one.

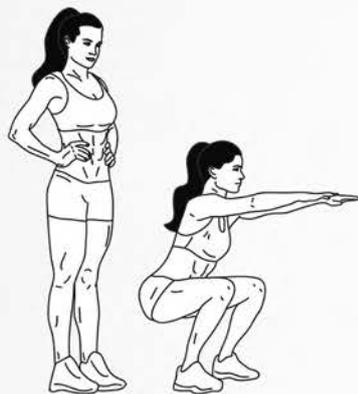
Focus: Strength & Tone



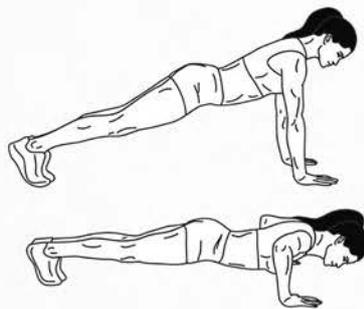
IRON MAIDEN

DAREBEE WORKOUT © darebee.com

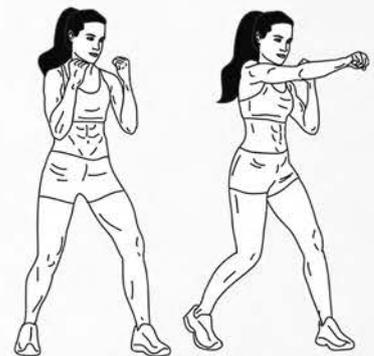
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



40 squats



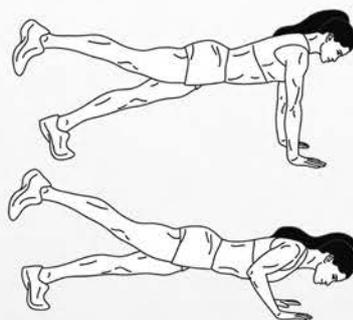
10 push-ups



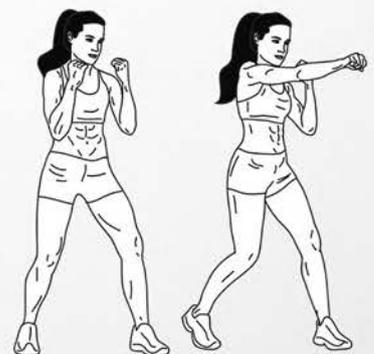
40 punches



40 lunge step-ups



10 raised leg push-ups



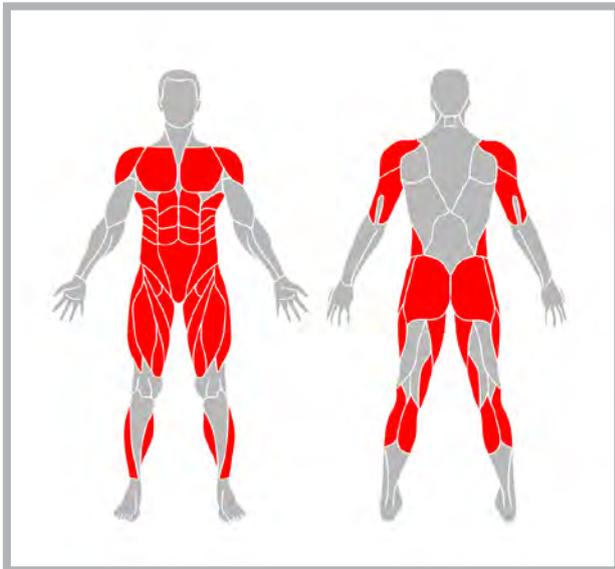
40 punches

65

Kamikaze

Sometimes the simplicity of a workout is in direct proportion to the magnitude of its level of difficulty and the Kamikaze workout proves the rule. Five simple exercises in sequence push your muscles to the very limit, recruiting additional muscle groups to help compensate for the ever increasing load that is brought to bear. The result is a Level 5 difficulty workout that will help you get strong ... very, very strong.

Focus: Strength & Tone

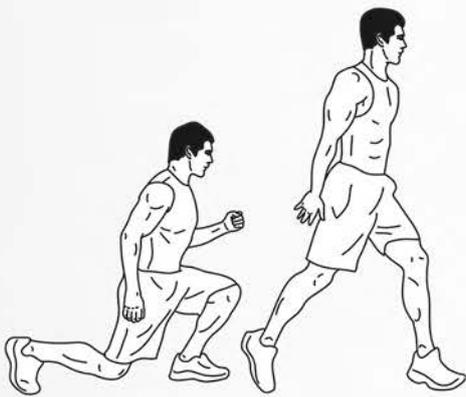


核心工书之

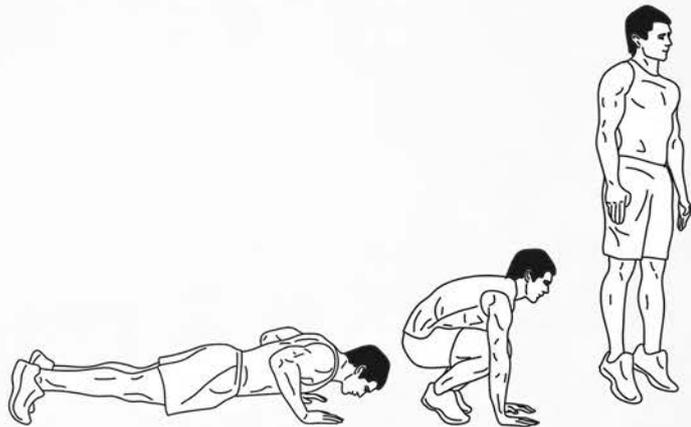
DAREBEE WORKOUT @ darebee.com

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

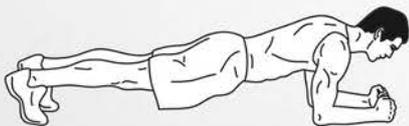
2 minutes rest between sets



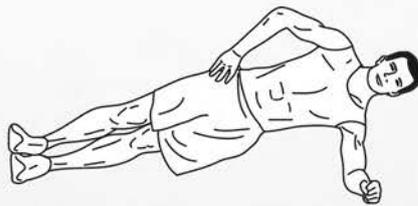
30 jumping lunges



30 burpees



1min elbow plank



1min side elbow plank

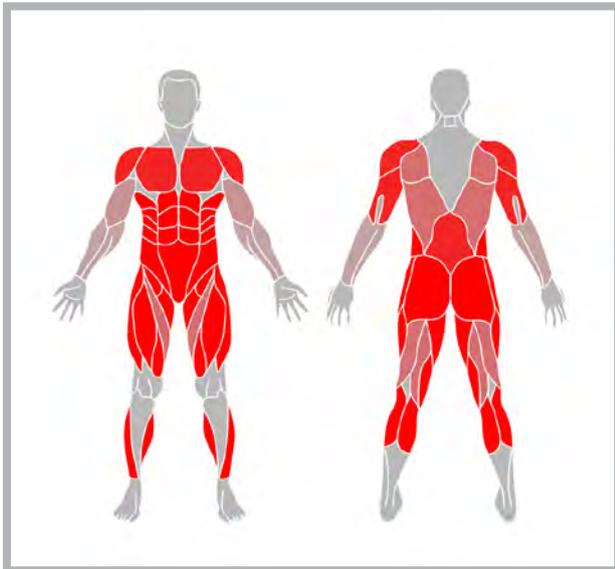


1min wall sit

King of the Hill

King of the Hill is the kind of workout that takes you through a Climb, Take Over and then Hold the “Hill” workout that works on your attributes of strength, power and stability by training the body’s major muscles. There is a strong core training component here which will be truly beneficial to your performance in other sports and workouts. This is not an overly taxing workout from an aerobic performance point of view but it will definitely stretch you a little where your muscular strength is concerned.

Focus: Strength & Tone



KING OF THE HILL

DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



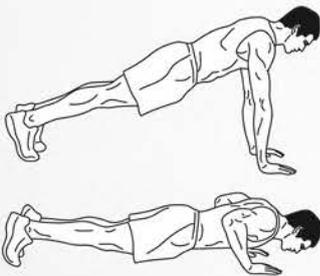
20 squats



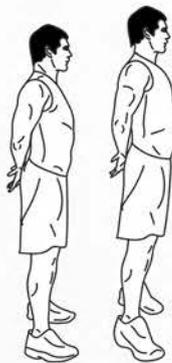
5 plank walk-outs



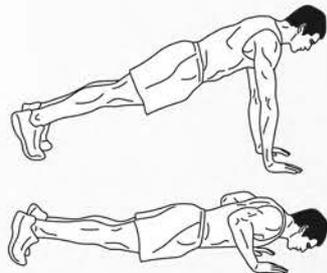
20 lunge step-ups



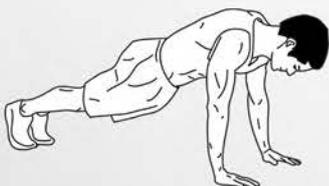
5 push-ups



20 calf raises



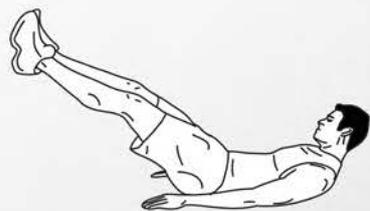
5 push-ups



20-count plank



20-count one-arm plank



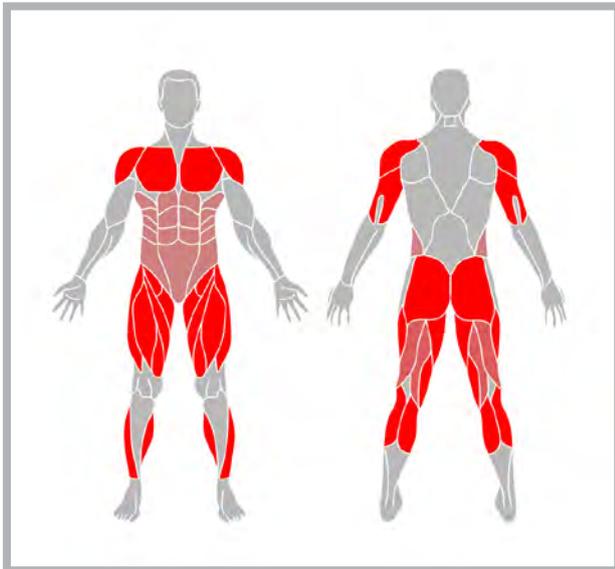
20-count raised leg hold

67

Kitsune

What if your body weighed almost nothing and gravity could be defeated? The Kitsune workout helps you learn to move your body like you totally own it. Its combination of combat moves, jump knee tucks, lunges, squats and jumping lunges help your muscles develop the kind of resilience to fatigue that make you happy to live inside your body.

Focus: High Burn



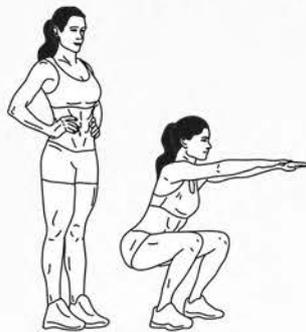
of kitsune

DAREBEE WORKOUT @ darebee.com

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



20 high knees



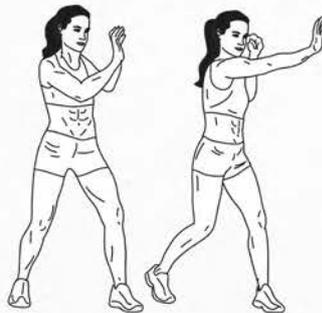
20 squats



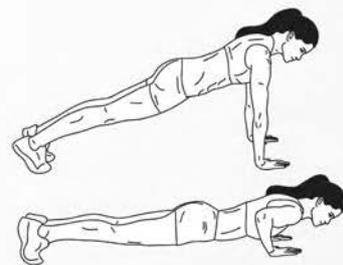
4 jump knee tucks



20 high knees



20 palm strikes



4 push-ups



20 high knees



20 lunges



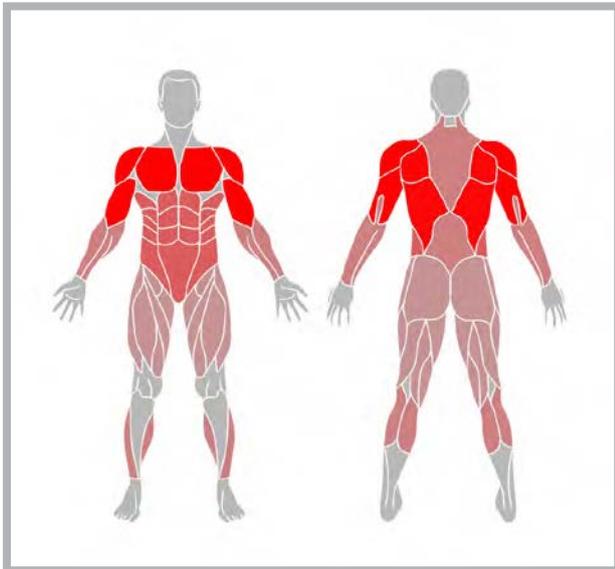
4 jumping lunges

68

Knockout

Upper body work does not always have to have pull ups and push ups nor does it require weights. A dynamic approach that employs shadow boxing moves and precise martial arts techniques pushes the muscles to work in both concentric and eccentric ways increasing effective power and speed. Don't spare yourself, the Knockout workout is here to help you.

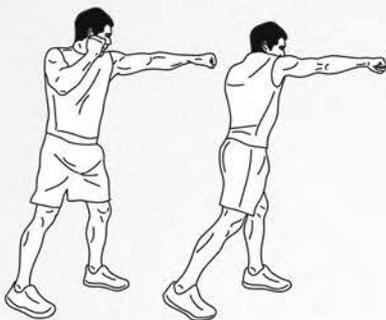
Focus: Strength & Tone, Combat



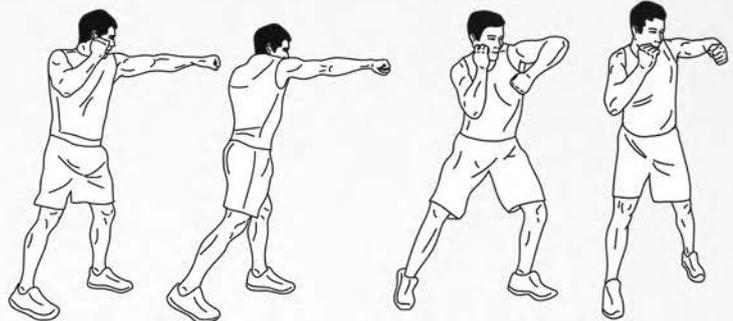
KNOCKOUT

DAREBEE WORKOUT @ darebee.com

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



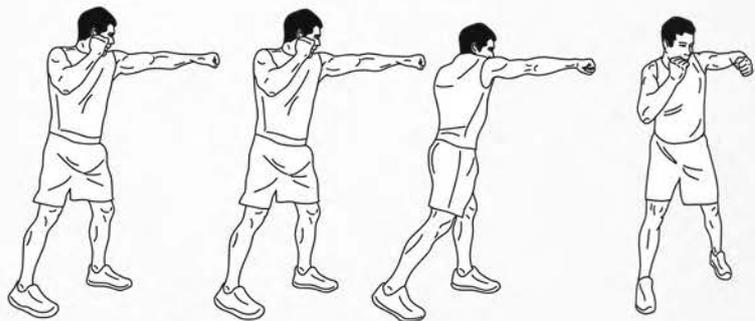
40 jab + cross



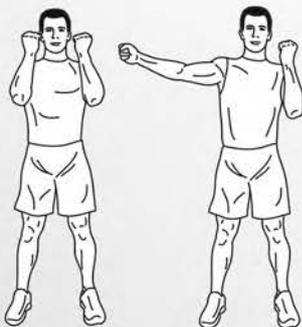
20combos jab + cross + elbow strike + hook



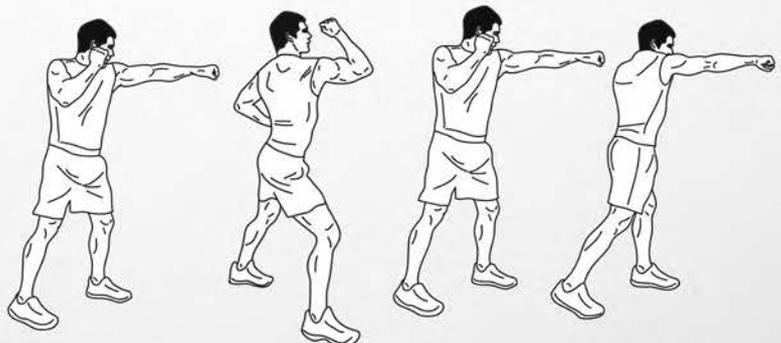
40 speed bag punches



20combos jab + jab + cross + hook



40 side-to-side backfists



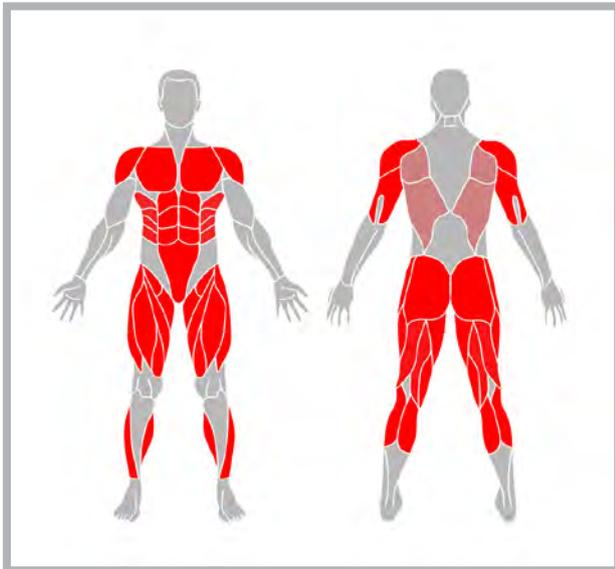
20combos jab + elbow strike + jab + cross

69

Kraken

When you release the Kraken you should be prepared to feel every moment of it and the Kraken workout lets you be kind to yourself by taking your body through a session that pushes every major muscle group through its dynamic range of movement. This is a hard, mostly anaerobic workout that will still get you into the sweat zone from the very first set and you will keep on feeling the benefits of it for days afterward.

Focus: Strength & Tone



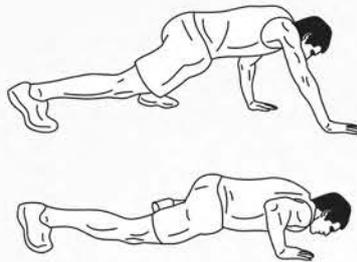
RELEASE THE KRAKEN

DAREBEE WORKOUT @ darebee.com

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



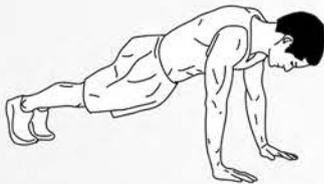
20 squats



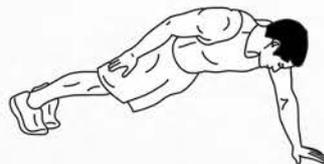
6 dragon push-ups



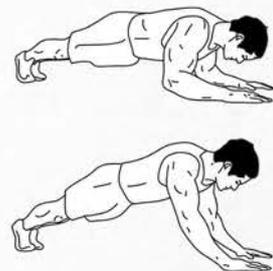
20 squats step-ups



20-count plank



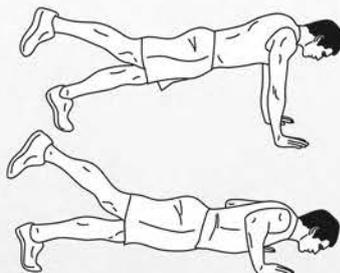
20-count one arm plank



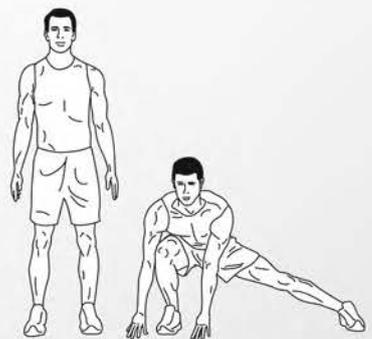
6 tricep extensions



20 lunges



6 raised leg push-ups



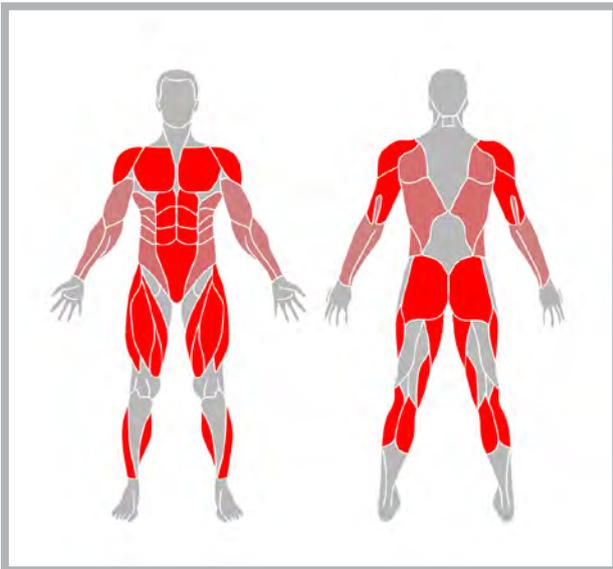
20 deep side lunges

70

Launch Codes

Go ballistic with the Launch Codes workout. Whether you are throwing punches in midair or are throwing your body through the air with Jump Knee-Tucks the sure thing is that you will be in the sweat zone within minutes and you will more than earn your recovery break once the set is over. This is a total body workout that makes great use of fascial fitness exercises to help turn the body into a powerful machine.

Focus: Strength & Tone



LAUNCH

CODES

DAREBEE WORKOUT

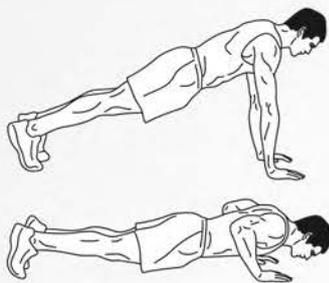
© darebee.com

LEVEL I 3 sets

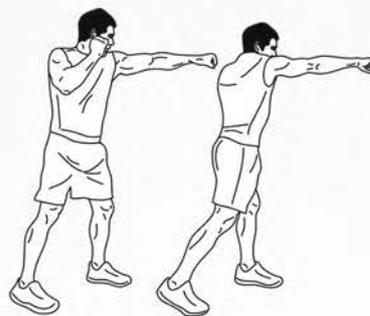
LEVEL II 5 sets

LEVEL III 7 sets

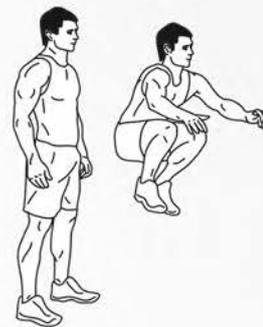
REST up to 2 minutes



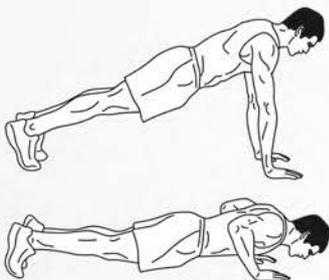
5 push-ups



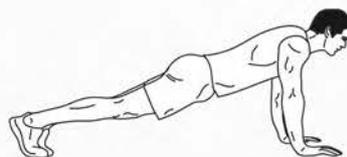
30 punches



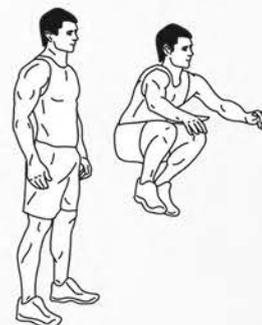
5 jump knee-tucks



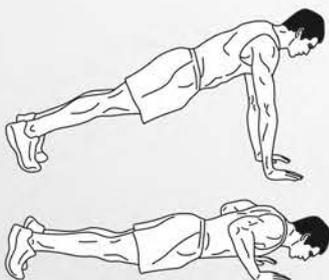
5 push-ups



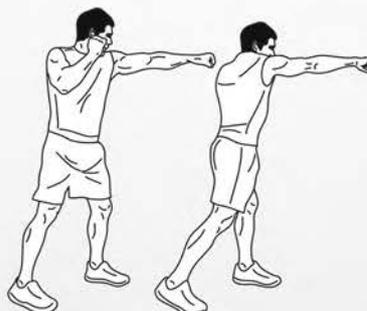
30-count plank



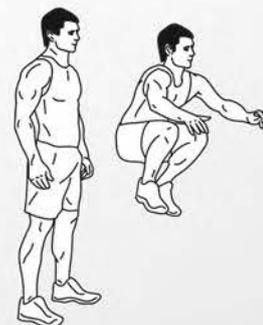
5 jump knee-tucks



5 push-ups



30 punches



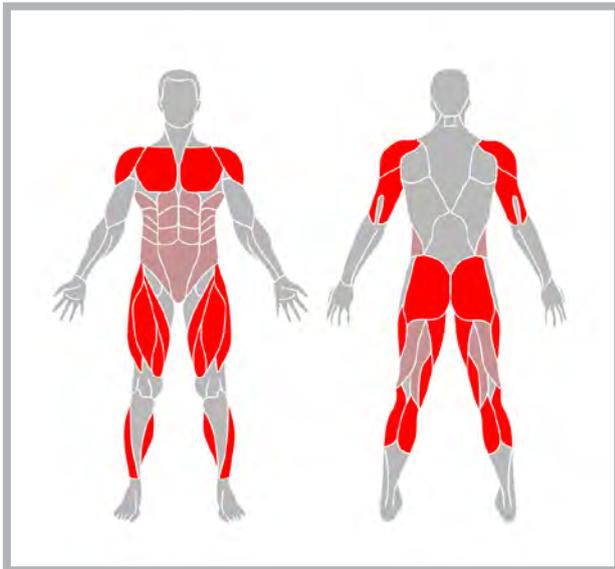
5 jump knee-tucks

71

Live Wire

Livewire is a fast-flowing, high burn workout that's accessible and yet delivers a very targeted, total body training experience. You know you're going to sweat on this one plus it will challenge your VO2 Max level.

Focus: High Burn



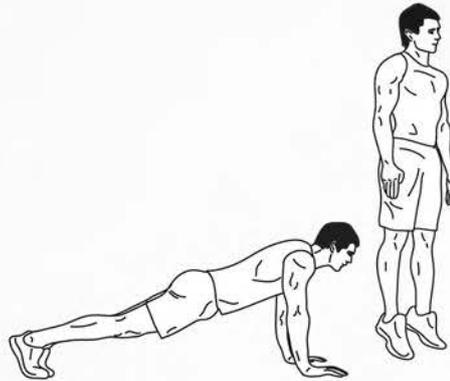
LIVE WIRE

DAREBEE WORKOUT @ darebee.com

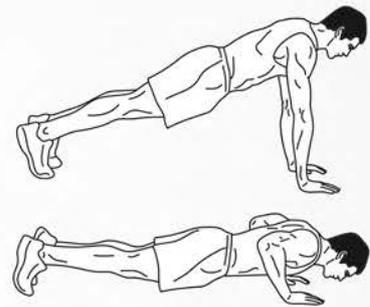
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



60 high knees



10 basic burpee w/jump



10 push-ups



60 high knees



10 squats



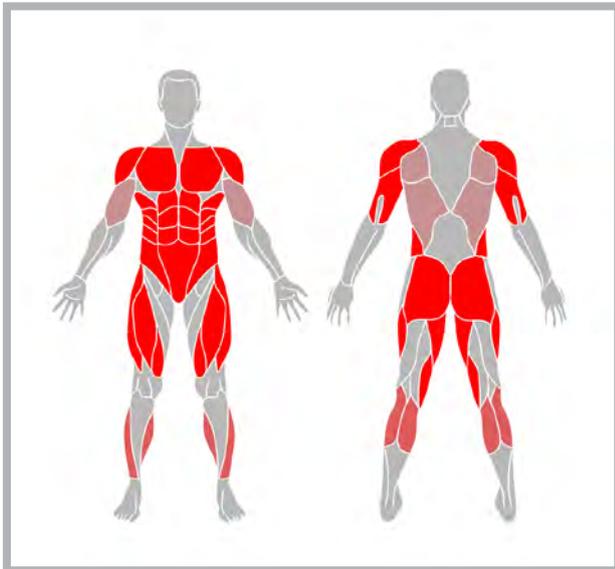
10 jump squats

72

Lumberjack

Arguably nothing gets you quite as strong as cutting down trees with an ax. That's not very environmentally friendly however so the Lumberjack workout is the next best thing. In a set of nine exercise routines it loads all the major muscle groups in the body providing a total strength workout that will help you develop stronger, more powerful muscles.

Focus: Strength & Tone



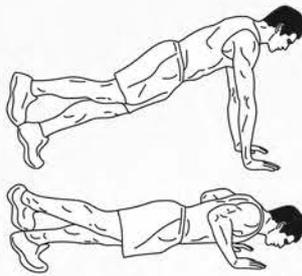
LUMBER JACK

DAREBEE WORKOUT @ darebee.com

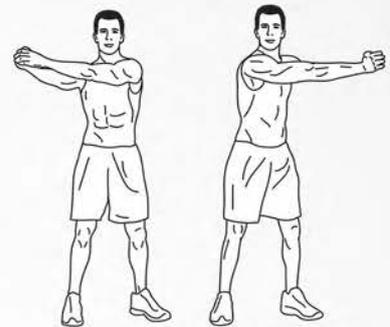
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



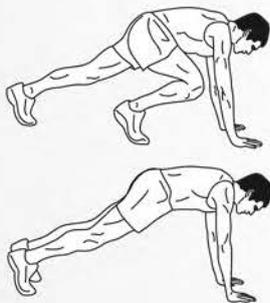
20 lunges



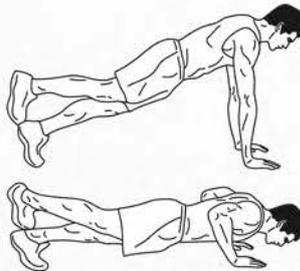
10 stacked push-ups



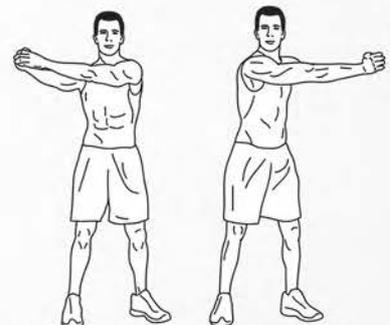
40 side-to-side chops



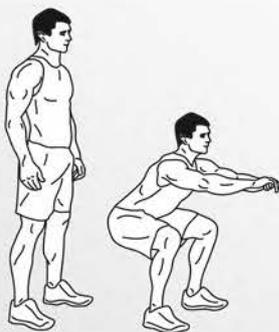
20 slow climbers



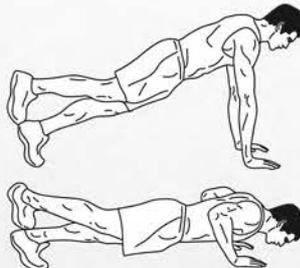
10 stacked push-ups



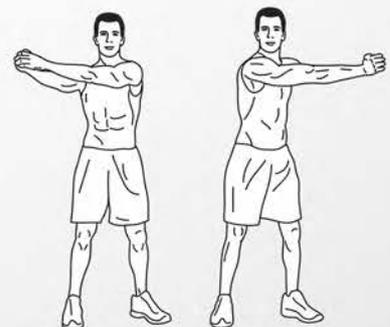
40 side-to-side chops



20 squats



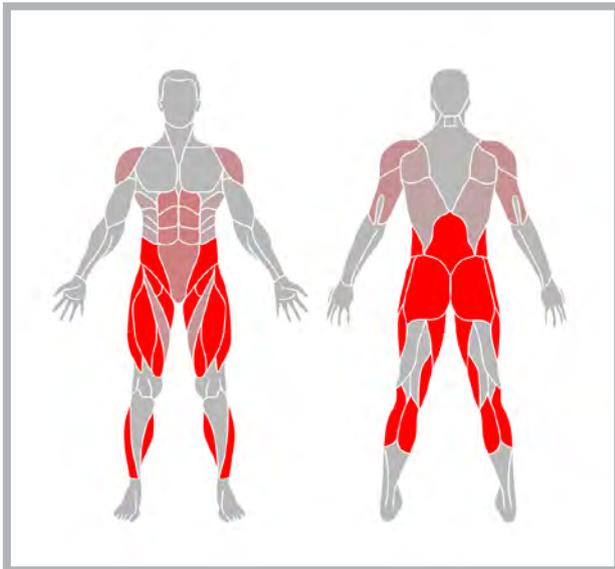
10 stacked push-ups



40 side-to-side chops

The Mutiny workout is inspired by the frenetic energy of a mutiny but its push on aerobic capacity and total body strength may well signal a mutiny in your own body as your legs refuse to obey you and your lungs scream at you to stop. Well, maybe it's not quite as bad as all that but it is designed to put your body through its paces so you will most definitely feel it. Whenever large muscle groups are made to move fast they make tremendous demands on aerobic capacity and that's when you start to condition your body to move to work even though it's tired.

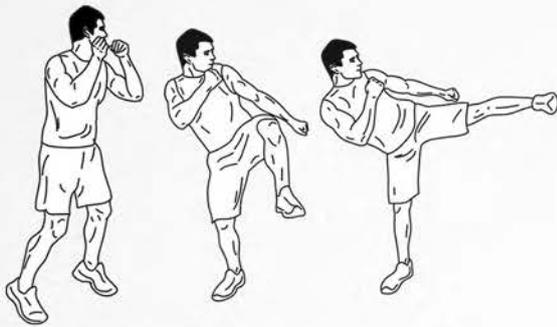
Focus: High Burn



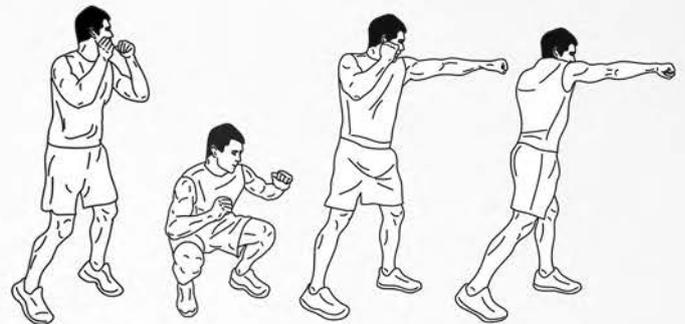
MULTIPLY

DAREBEE WORKOUT @ darebee.com

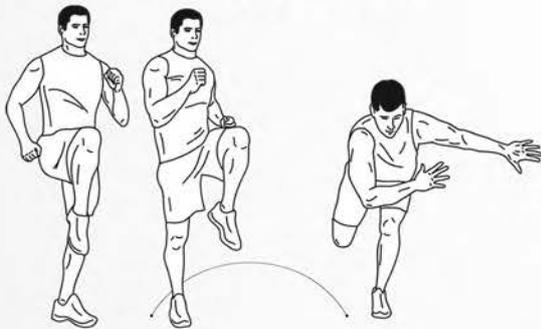
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



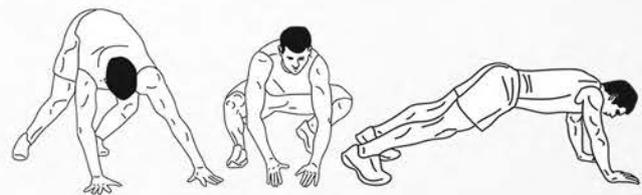
20 bounce, bounce + side kick



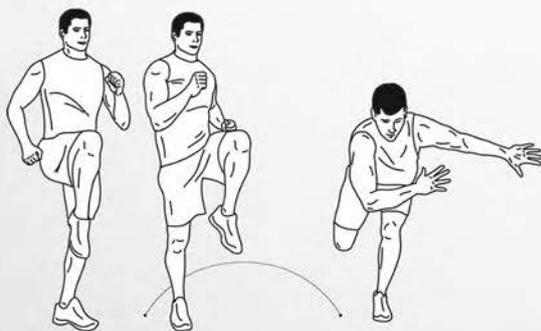
20 bounce, bounce + squat + jab + cross



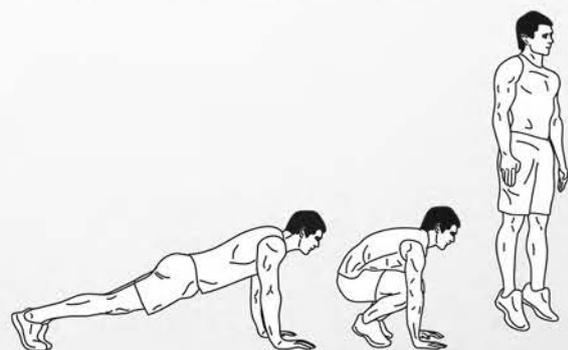
4 combos: 10 high knees + **1** jump to the side



4 combos: 1 ape hop + **1** plank walk-out



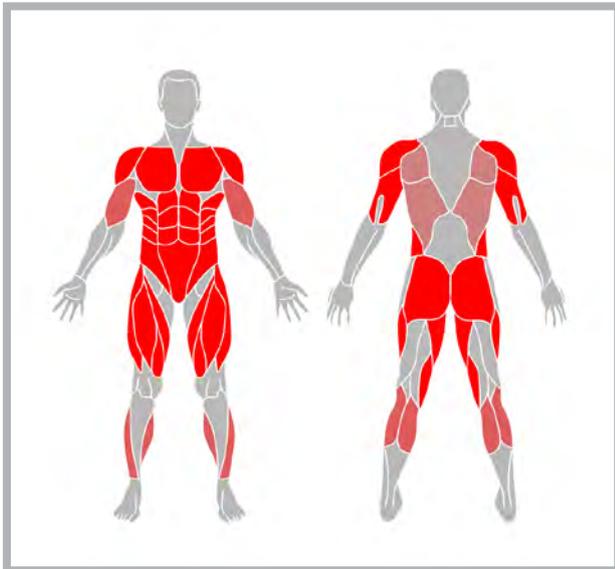
4 combos: 10 high knees + **1** jump to the side



4 basic burpees with a jump

You don't need to be working a night shift to do the Night Shift workout but if you are then you could do it, provided you have a little bit of time and just a tiny amount of space. Designed to help you maintain strength and muscle tone, the Night Shift workout uses all the major muscle groups to keep you revving until you get the time and energy for an even more energetic workout.

Focus: Strength & Tone



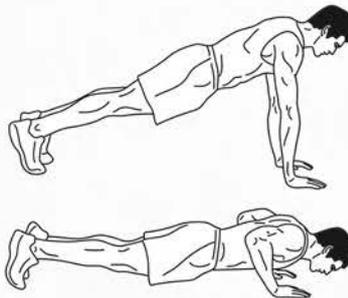
NIGHT SHIFT

DAREBEE WORKOUT @ darebee.com

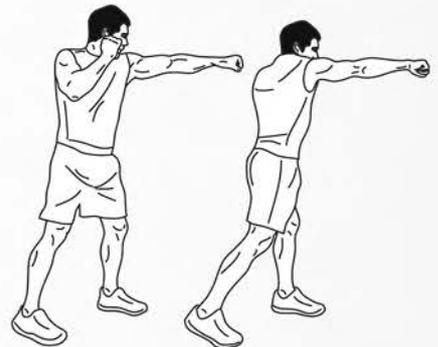
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



20 push-ups



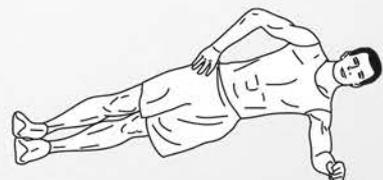
20 punches



20 lunges



20sec plank



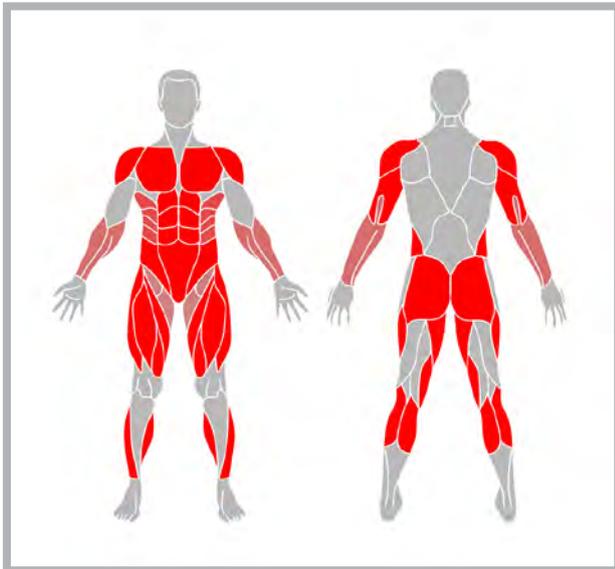
40sec side plank

75

No Capes

No Capes may be safer for superhero types but the No Capes workout pulls no punches when it comes to making your body work hard. It gets you in the sweat zone really fast and keeps you there until the very end. No Capes works almost every major muscle group and maintains the load throughout the workout.

Focus: Strength & Tone



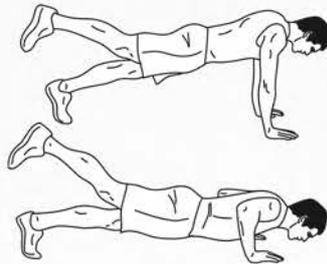
NO CAPES

DAREBEE WORKOUT @ darebee.com

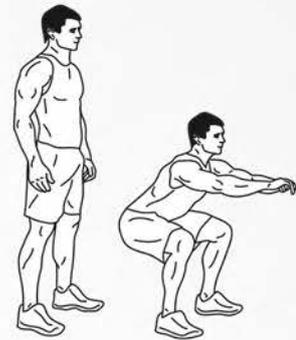
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



10 raised leg push-ups



20 squats



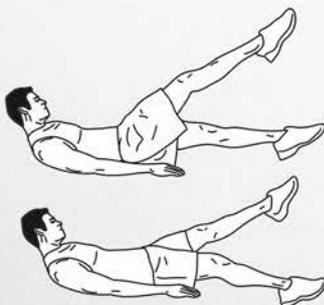
10-count plank



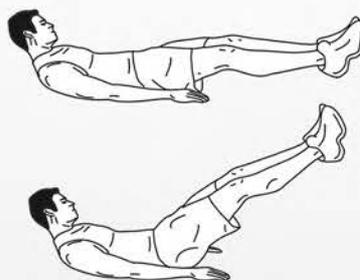
10-count raised leg plank



10-count raised leg plank



10 flutter kicks



10 leg raises



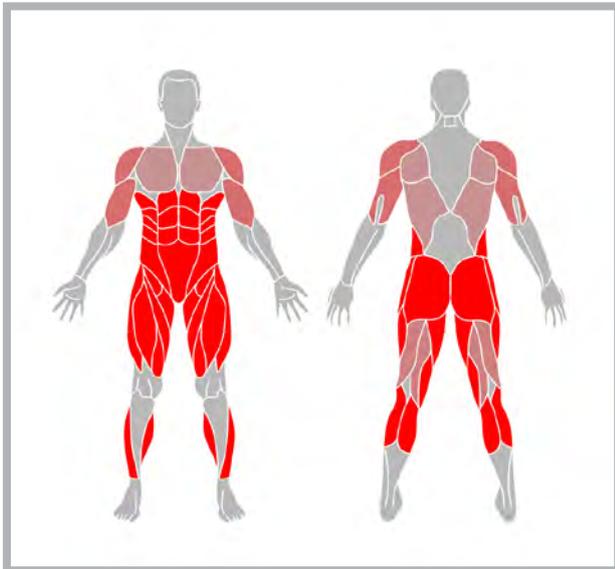
10-count raised leg hold

76

Off the Grid

Off The Grid is the kind of workout that prepares you for what happens when the Zombie Apocalypse arrives and you have to run, climb, duck, carry heavy stuff and fight. It's a high-burn full body workout that recruits all of the major muscle groups for a challenge you feel right from the first set.

Focus: High Burn



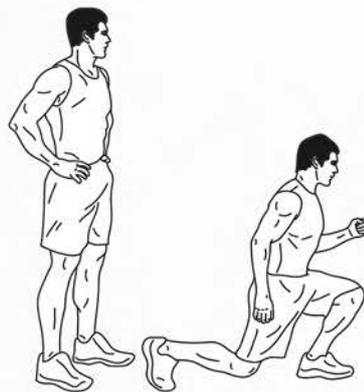
OFF THE GRID

DAREBEE WORKOUT @ darebee.com

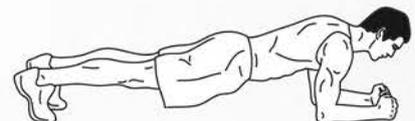
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



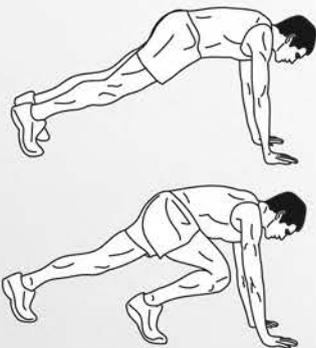
40 high knees



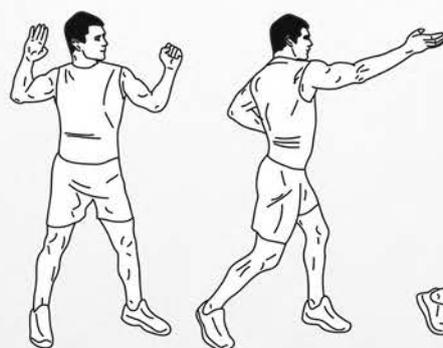
20 lunges



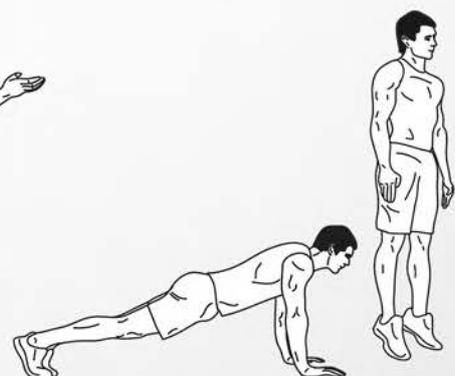
20sec elbow plank



20 climbers



40 knife hand strikes



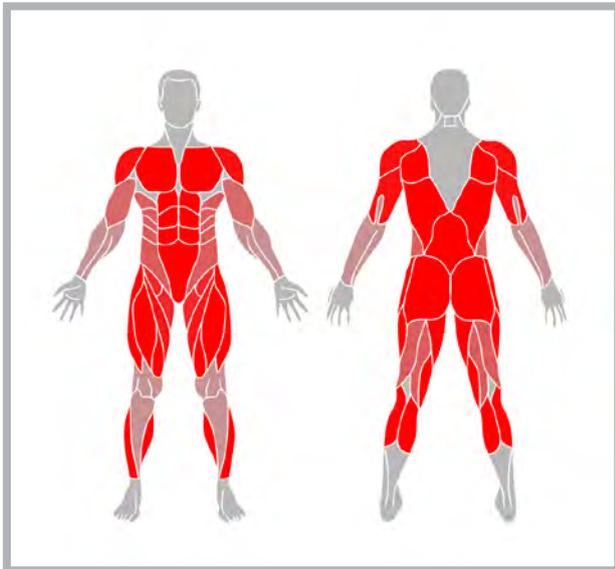
20 basic burpees

77

One Punch

The One Punch workout is an anaerobic, fast-paced strength and power-orientated workout. It won't feel like much doing the first set or even the second but as your muscle temperature rises and the on-board ATP stores are depleted you are going to feel the burn. Your mission is to maintain the pace throughout so as your muscles get more tired your pace and output do not slacken.

Focus: Strength & Tone



ONE PUNCH

DAREBEE TRIBUTE WORKOUT @ darebee.com

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



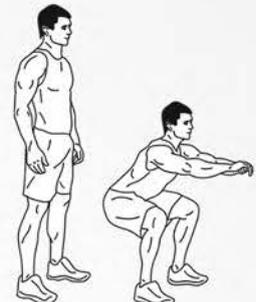
10 high knees



5 squats



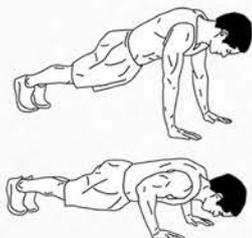
10 high knees



5 squats



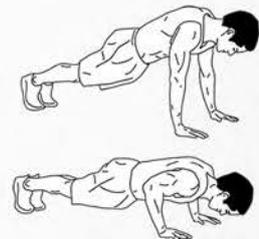
10 high knees



5 push-ups



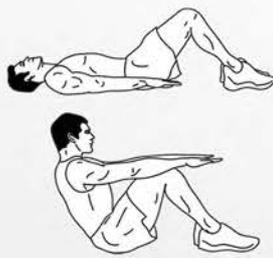
10 high knees



5 push-ups



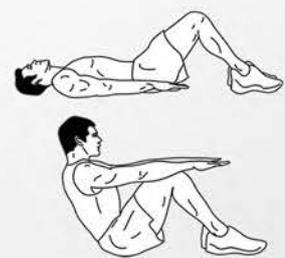
10 high knees



5 sit-ups



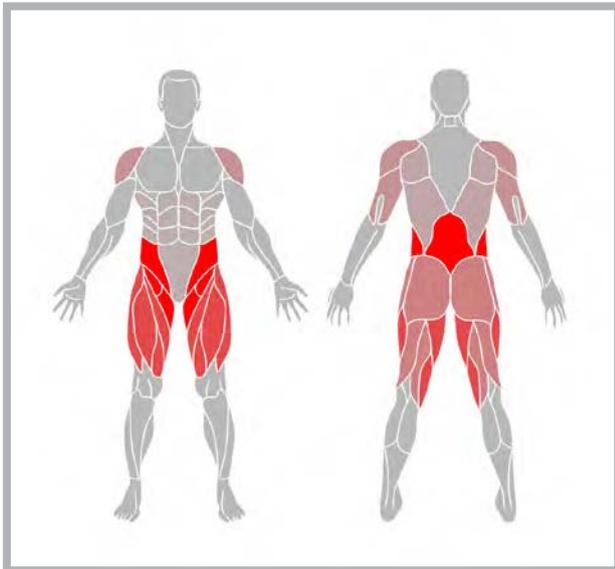
10 high knees



5 sit-ups

The adductors, lower back and the psoas are amongst the components of the body that are overlooked when stretching. Part 2 comes to the rescue with a stretching routine that helps you achieve flexibility in these critical areas. How supple you are affects not just the degrees of freedom of motion the body achieves but also posture, endurance, core strength and lower back health. Make this workout a regular and many of the most common complaints regarding lower back and lower joints pain will be a thing of the past.

Focus: Stretching



PART 2

DAREBEE POST-WORKOUT STRETCHING @ darebee.com

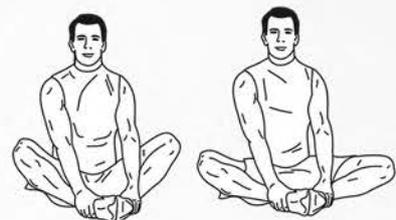
30 seconds = 15 seconds per side / leg



1. lunge stretches



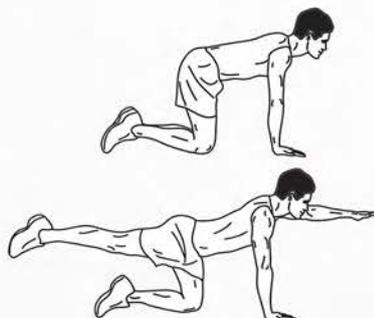
2. side-to-side lunges



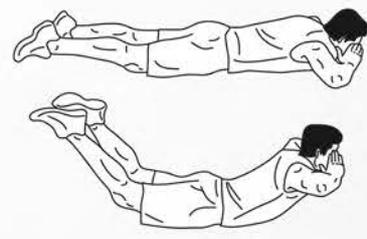
3. butterfly stretches



4. back stretches



5. opposite arm / leg raises



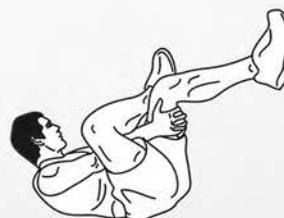
6. back extensions



7. stretch



8. stretch



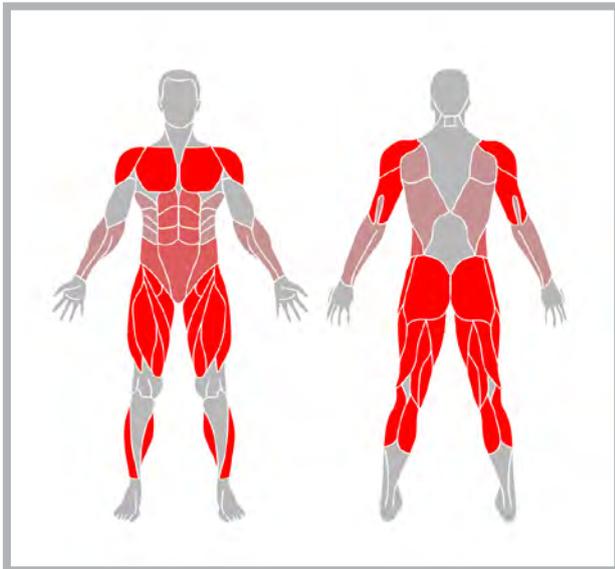
9. stretch



10. stretch

A Plan B workout is there for when there is no plan A. This is a 'gentle' workout. It won't push you to the limits, you won't be reduced to swearing under your breath and there won't even be much muscle soreness the day after, but it will still give you a decent workout which is definitely better than none.

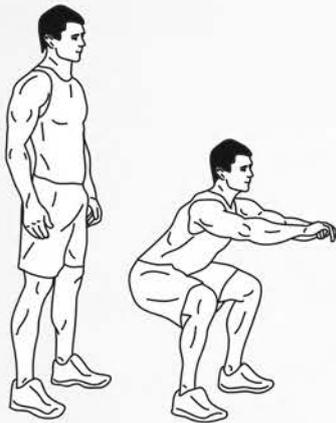
Focus: Strength & Tone



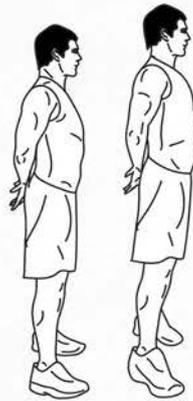
PLAN B

DAREBEE WORKOUT @ darebee.com

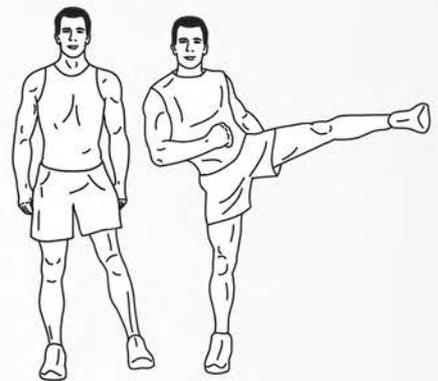
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



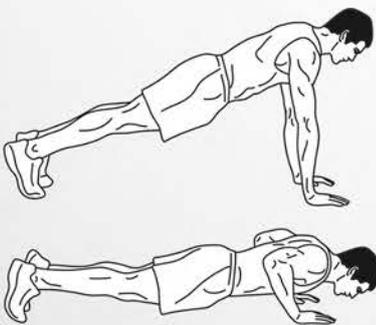
20 squats



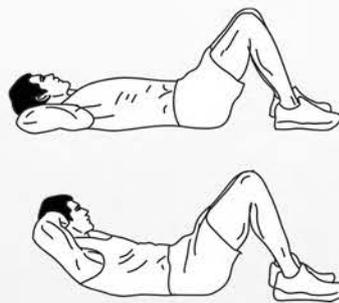
20 calf raises



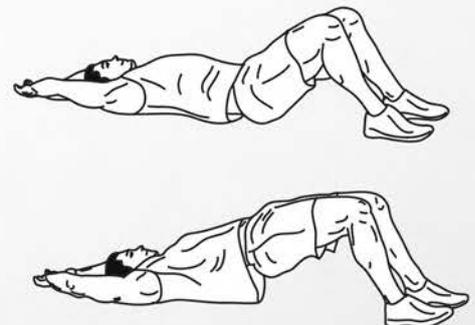
20 side leg raises



10 push-ups



10 crunches



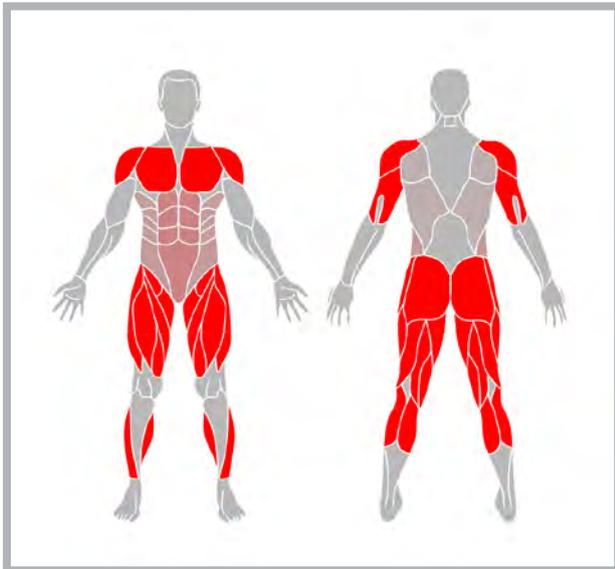
10 bridges

80

Power Mode

Strength is the ability of the muscles to perform work at a high intensity consistently and it is build, over time, by making muscle groups work under load on the entire muscle fiber. This is a workout that is performed deliberately and with focus. Attention is paid to technique so that form is maintained. You won't get out of breath but you will work up a sweat.

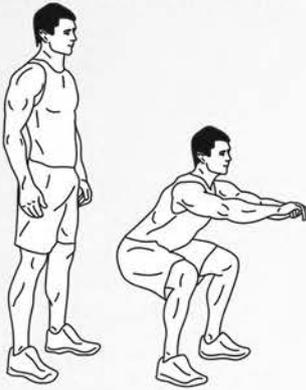
Focus: Strength & Tone



POWER **MODE**

DAREBEE WORKOUT @ darebee.com

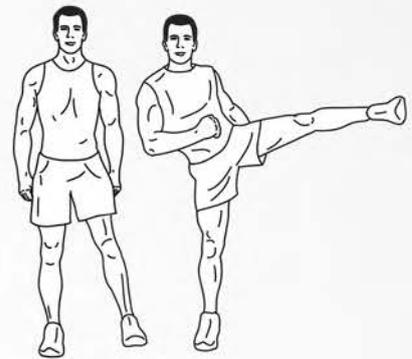
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



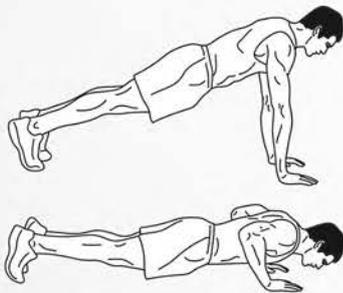
20 squats



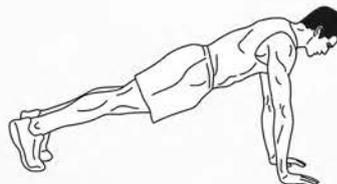
20-count squat hold



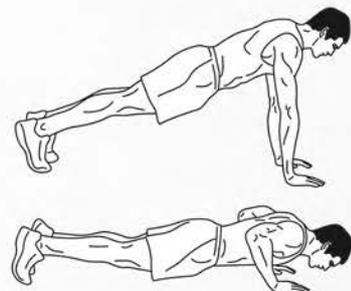
20 side leg raises



10 push-ups



10-count plank



10 push-ups



20 lunges



20-count balance hold



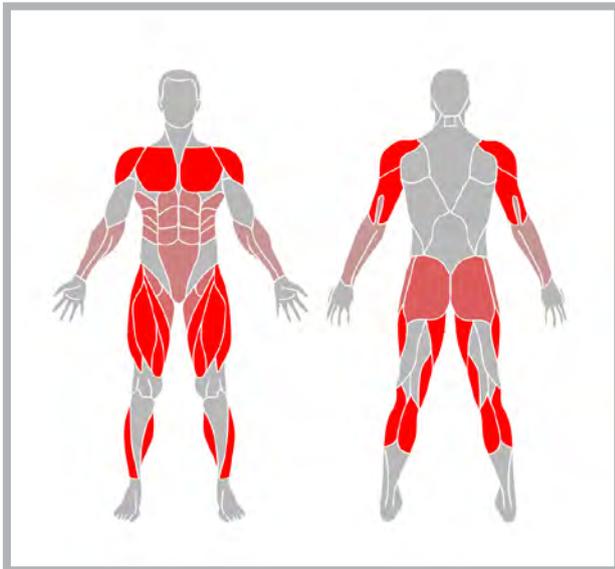
20 side lunges

81

Power Run

Power Run uses two seemingly simple exercises to help you push your performance levels both in terms of endurance and strength. Despite the seemingly limited exercise set the workout targets every major muscle group and pushes your VO2 Max ability to the limit as it raises body temperature and gets you into the sweat zone within the first set.

Focus: High Burn



POWER RUN

DAREBEE WORKOUT

@ darebee.com

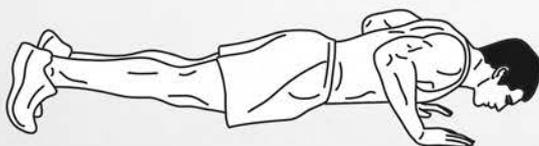
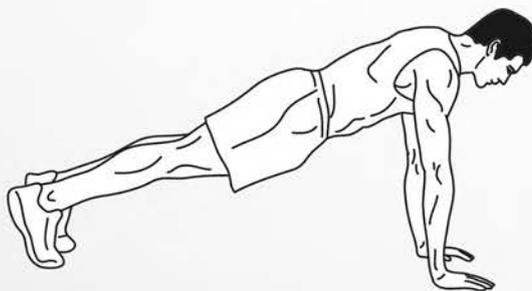
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees

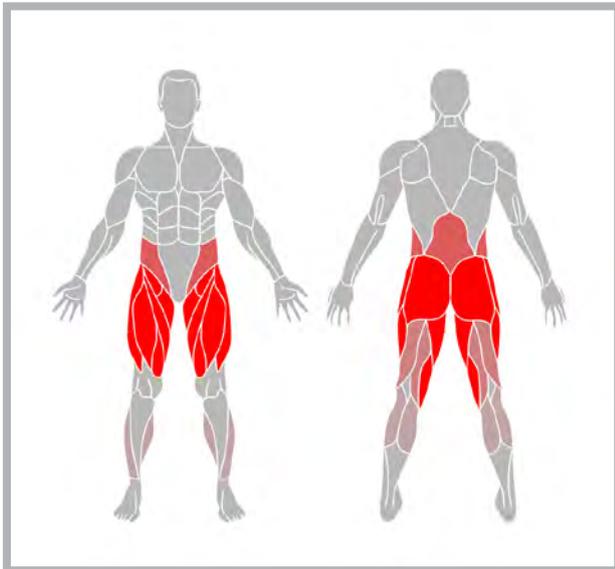
2 push-ups

done



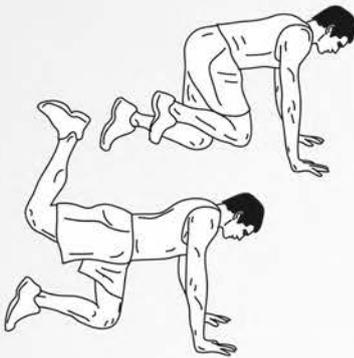
PS is the workout you go to at the end of each of your training sessions. Designed to help stretch the muscles and strengthen some tendons it also delivers the kind of concentrated, lower body muscle tone work that you know is helping you get more from your body's strength and natural athleticism. Make this one of the constants in your after-workout routine and you will be surprised by the difference it will make to the way you move your body.

Focus: Stretching

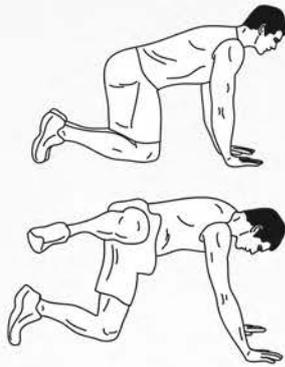


P.S.

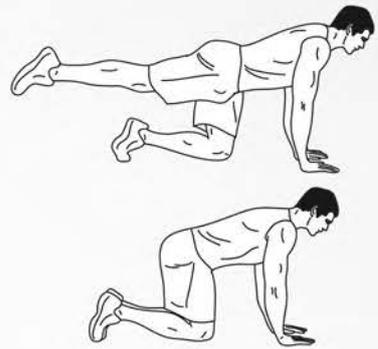
DAREBEE
POST-WORKOUT
@ darebee.com



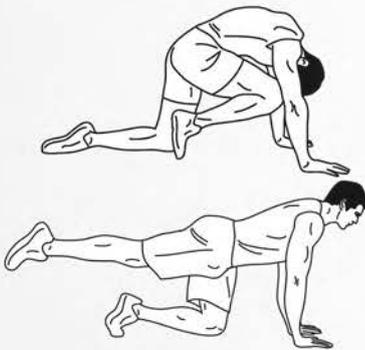
40 leg extensions



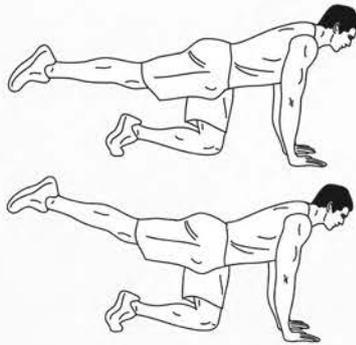
40 side leg extensions



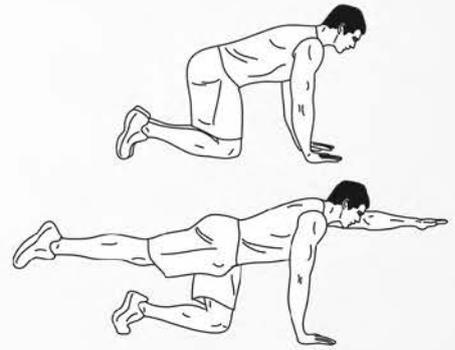
40 straight leg extensions



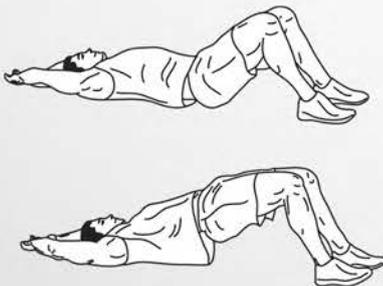
40 knee in extensions



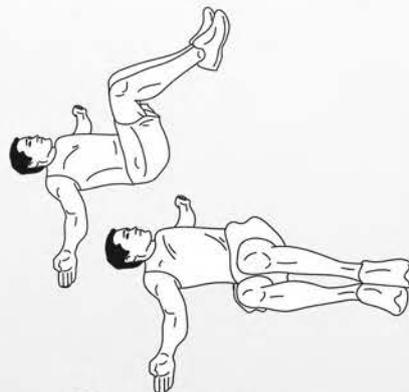
40 extended swings



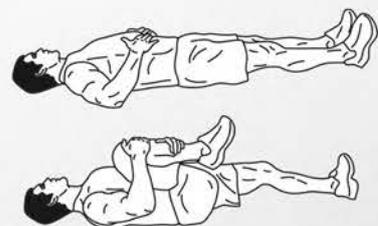
40 alt arm / leg raises



10 bridges



10 half wipers



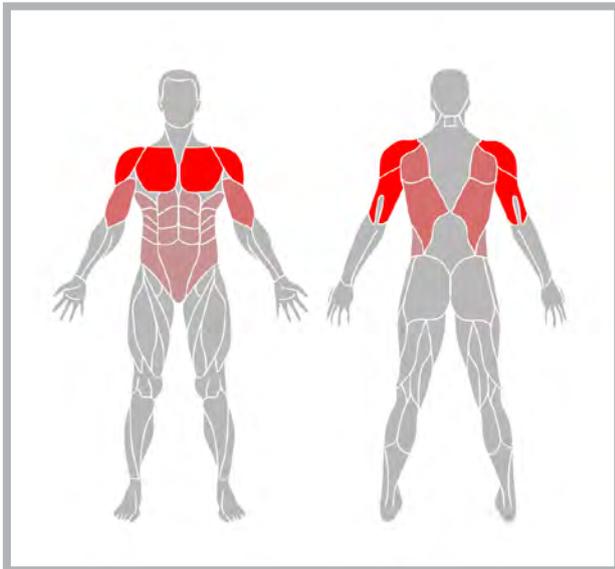
10 knee hugs

83

Punch Out

It takes strength, speed and stamina to develop sustainable punching power and the Punch Out! workout helps you develop precisely the kind of power you need in order to have structurally better punches. This is an upper body workout, though it does recruit muscles from the entire body in order to power those punches.

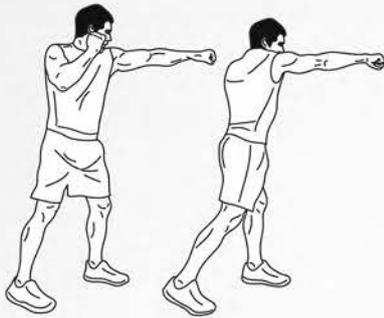
Focus: Strength & Tone



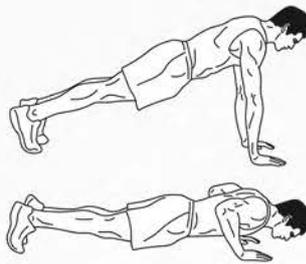
PUNCH OUT!

DAREBEE WORKOUT @ darebee.com

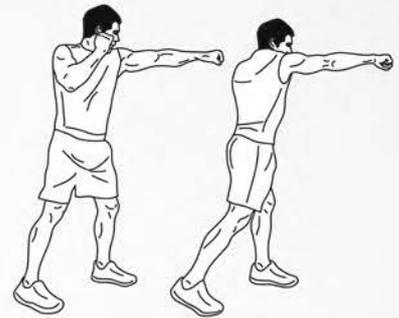
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



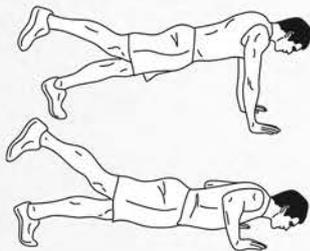
20 punches



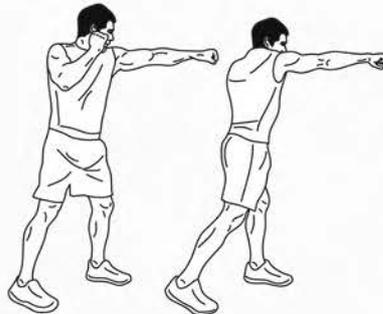
6 push-ups



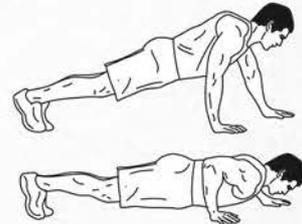
20 punches



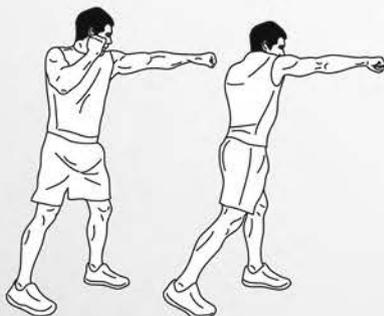
6 raised leg push-ups



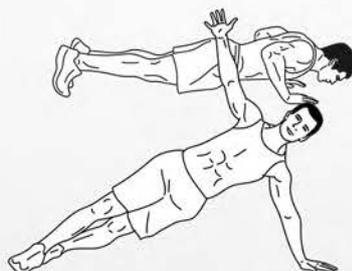
20 punches



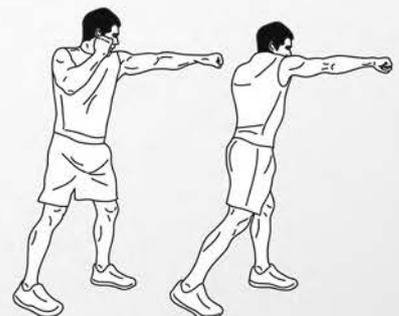
6 staggered push-ups



20 punches



6 push-up + rotation

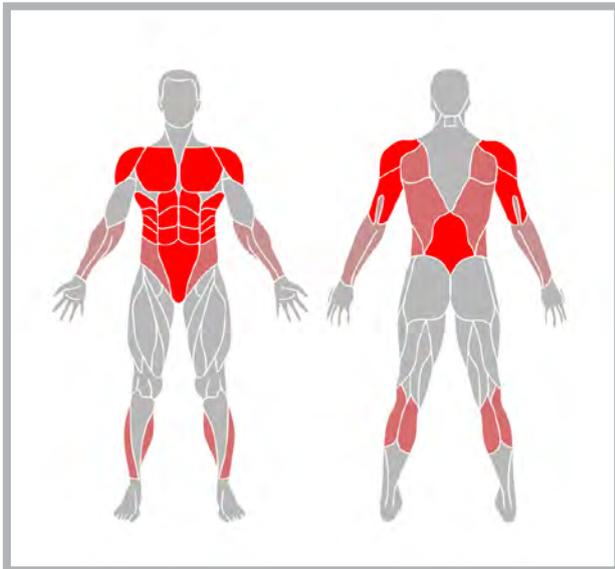


20 punches

Push-Up Massacre

Civilization has only been made possible because of our upper body strength and our ability to dexterously use our arms and hands. Push-ups are a great way to use the body's weight to challenge its muscles. They train all the major abdominal muscle groups plus the upper body and enable us to take on our whole body weight in our own hands. Push-Up Massacre, as the name suggests, puts your arms to the test by forcing your body to work in different muscle-loading positions. Your arms may scream a little in the process but ultimately they will just thank you for it!

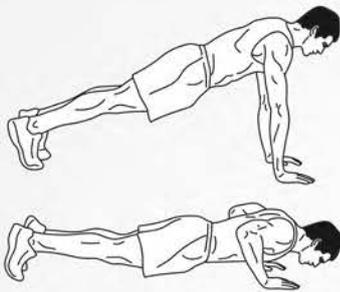
Focus: Strength & Tone



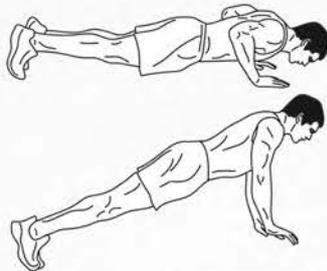
PUSH-UP MASSAGE

DAREBEE WORKOUT
@ darebee.com

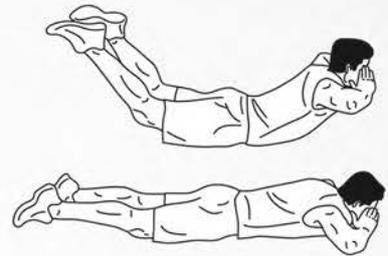
LEVEL I 3 sets
LEVEL II 4 sets
LEVEL III 5 sets
2 minutes rest



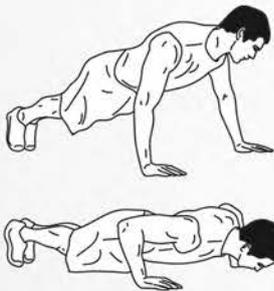
6 classic push-ups



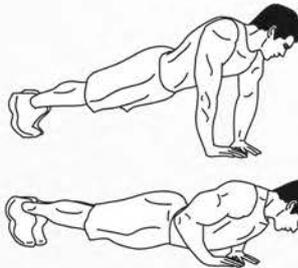
6 power push-ups



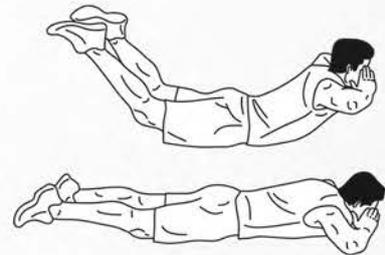
4 back extensions



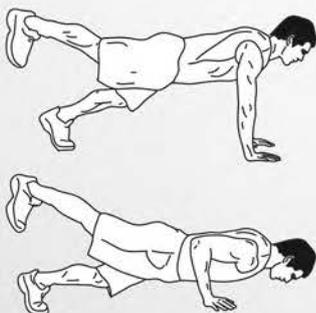
6 wide grip push-ups



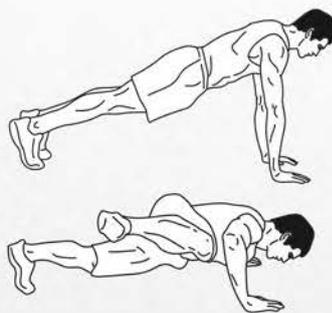
6 close grip push-ups



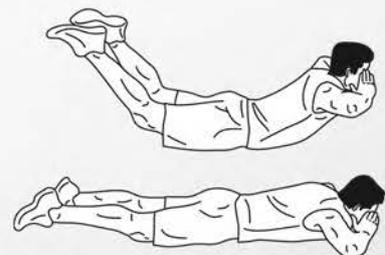
4 back extensions



6 raised leg push-ups



6 side crunch push-ups



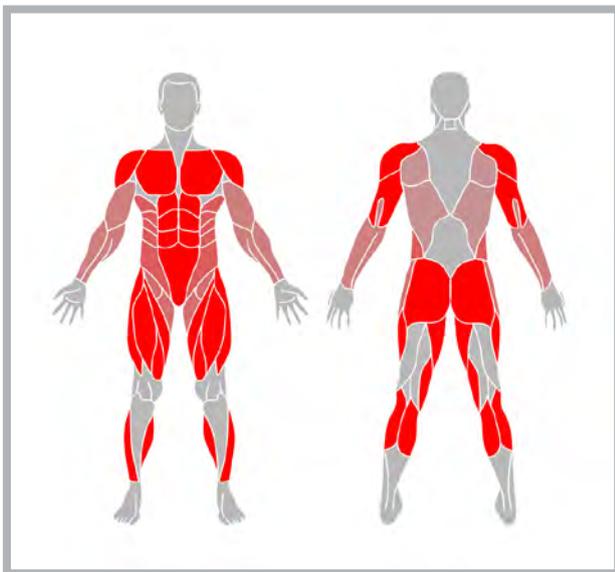
4 back extensions

85

Ragnarok

Ragnarok is a strength workout that takes the body through slow, deep moves, executed in perfect form to slowly but steadily load the muscles so that they begin to feel the need to adapt. This is a deceptive-looking workout where the exercises themselves look easy enough. There is some emphasis given to the core as well as the four abdominal muscle groups. Hips and glutes are not overlooked and the lower body is also given a good workout. The trick here is to slow things down, rather than speed them up (and that includes the side kicks) adding to the fatigue factor.

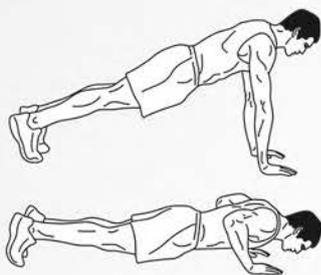
Focus: Strength & Tone



RAGNARÖK

DAREBEE WORKOUT @ darebee.com

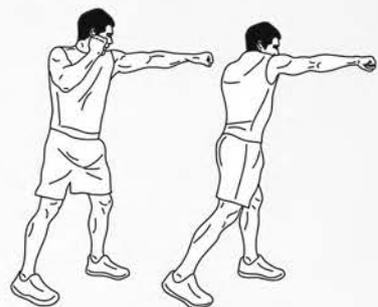
Level I 3 sets Level II 5 sets Level III 7 sets REST up to 2 minutes rest



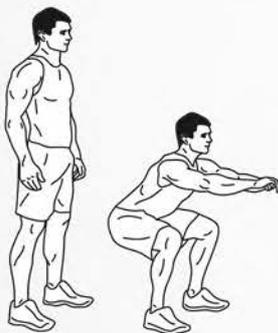
20 push-ups



20-count plank hold



20 jab + cross



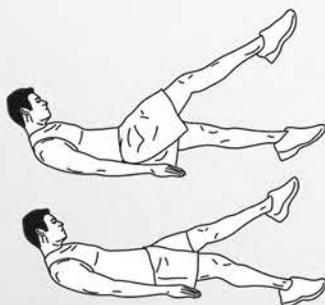
20 squats



20-count squat hold



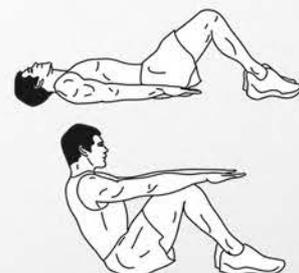
20 side kicks



20 flutter kicks



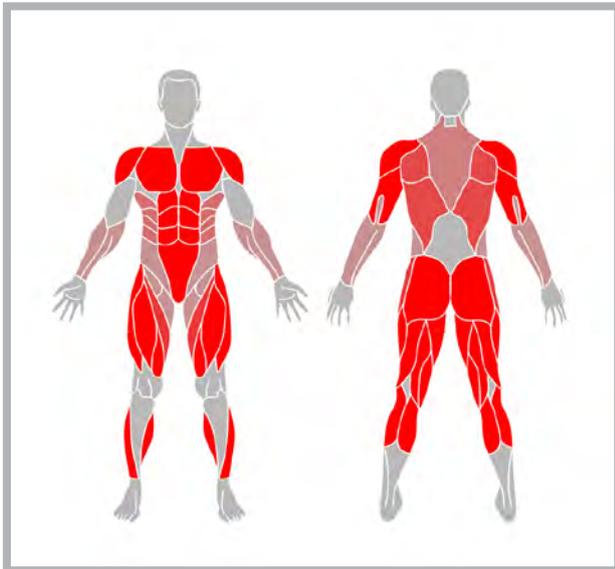
20-count raised leg hold



20 sit-ups

Reboot your body, mind and spirit with the Reboot workout designed to get you moving, your arms and legs pumping and your heart thumping. If that sounds like a lot of hard work it is because it is exactly that. The alternating fast/slow tempo segments work the muscles both ballistically and isometrically, forcing your body to work even when it should be resting which means the muscles are truly tested. Dive in and feel the benefits.

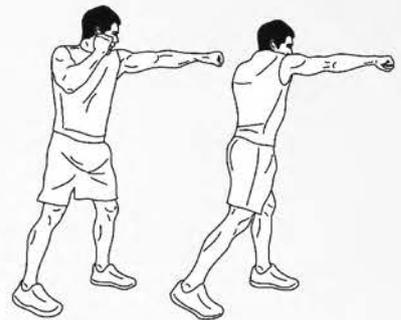
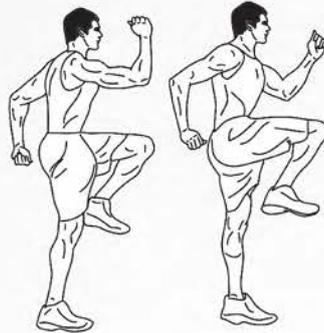
Focus: High Burn



REBOOT

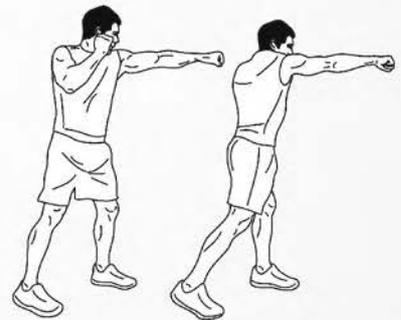
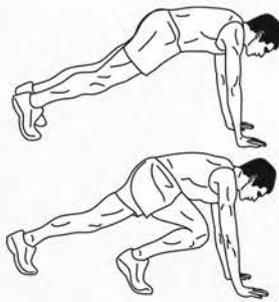
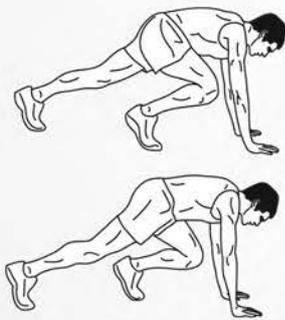
DAREBEE WORKOUT @ darebee.com

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



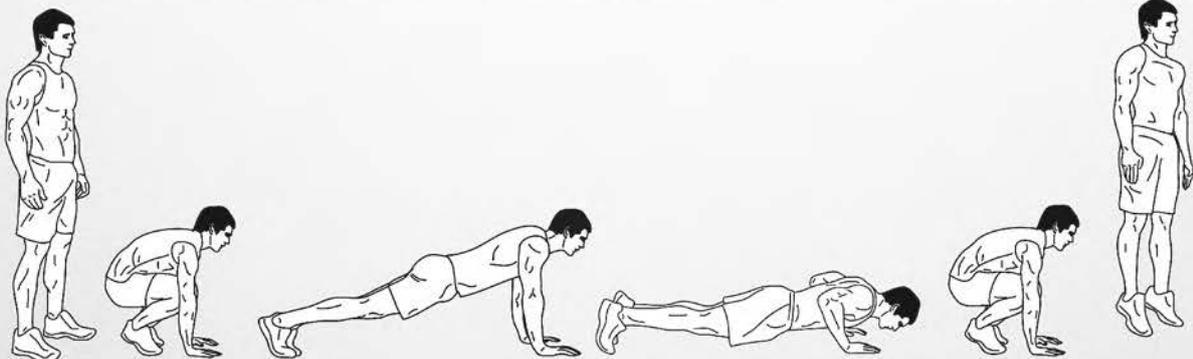
3 combos: **20** high knees + **10** march

40 punches



3 combos: **20** climbers + **10** slow climbers

40 punches



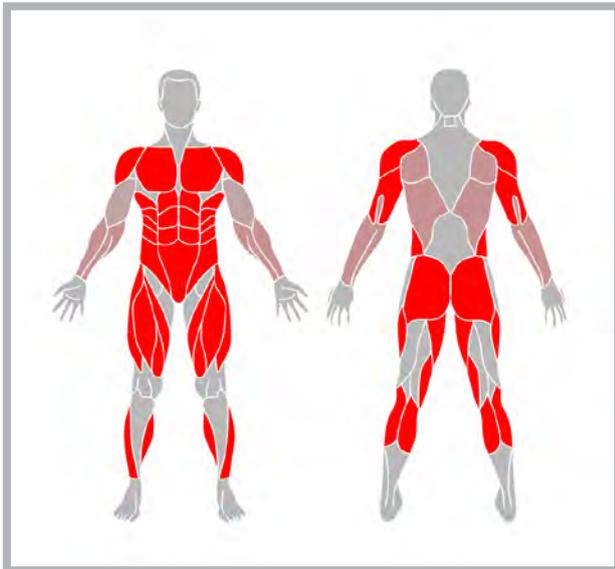
10 burpees (squat + plank + push-up + jump-in + jump up)

87

Recon Squad

To recon you need to be light on your feet, strong, agile and fast. You need great core and ab strength and the kind of lower body strength Recon Squad helps you develop. This is a strength and endurance workout but that doesn't mean the sweat won't come. It just takes a little longer to bring your muscles to the boil. Reduce the rest between sets if you can and challenge your muscles to perform well even when tired.

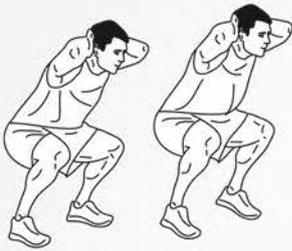
Focus: Strength & Tone



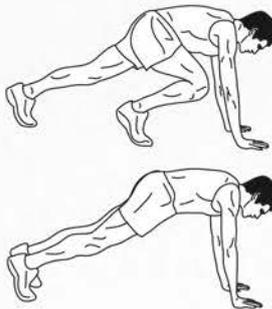
RECON SQUAD

DAREBEE WORKOUT
@ darebee.com

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



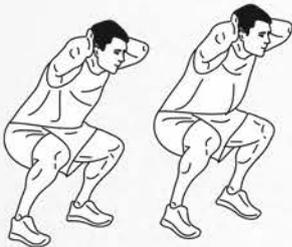
10 squat hops



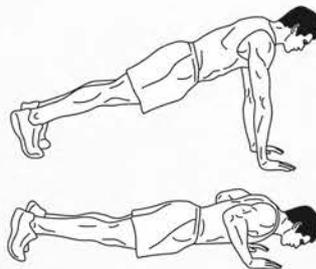
10 slow climbers



20-count elbow plank



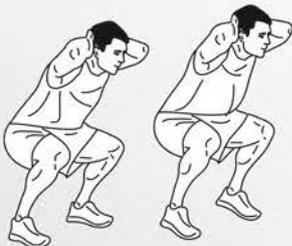
10 squat hops



10 push-ups



20-count side plank



10 squat hops



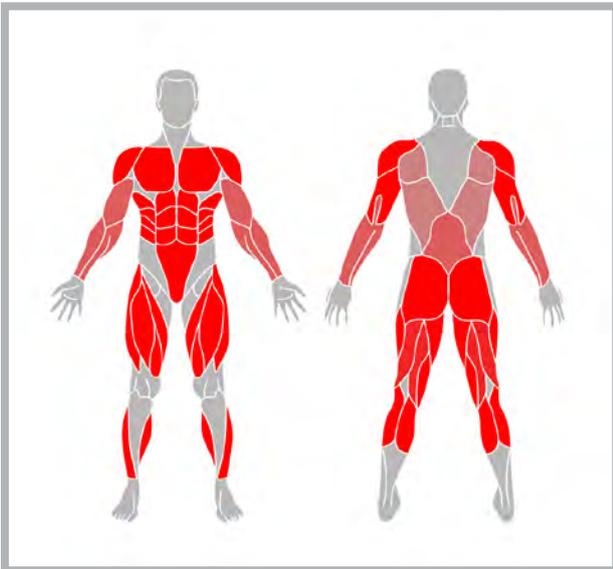
10 knee-to-elbows



20-count raised leg hold

Recruit is the workout that activates every muscle in your body and recruits several at a time to perform each exercise. The accent here is on form rather than speed. You don't need to explode when performing squats, for instance, but you do need to go deep and make sure it is a smooth, controlled motion throughout. This one will not have you breathing deeply at all but your muscles will definitely feel the load when you are done.

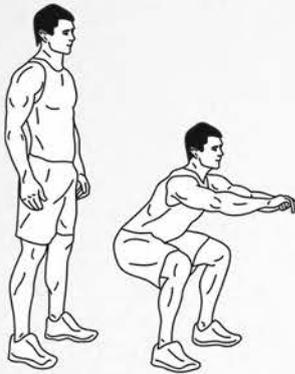
Focus: Strength & Tone



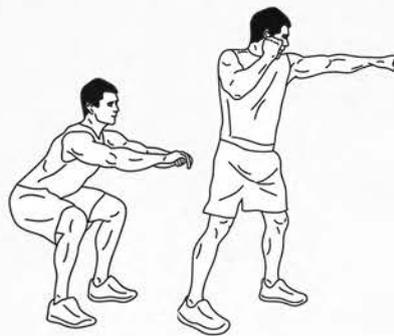
RECRUIT

DAREBEE WORKOUT @ darebee.com

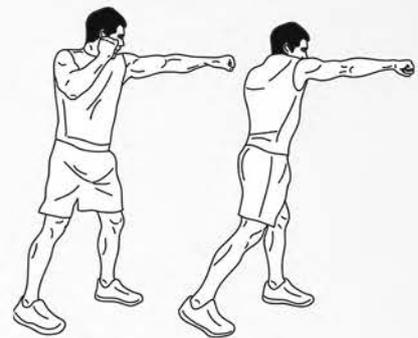
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



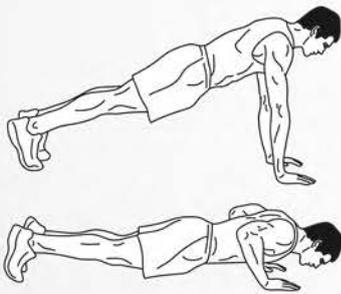
20 squats



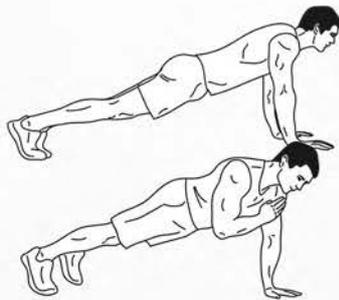
20 squat + jab



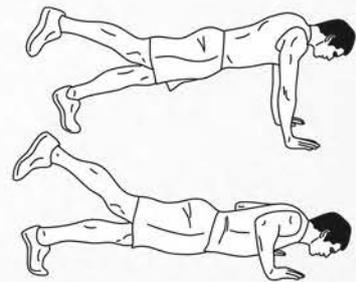
20 jab + cross



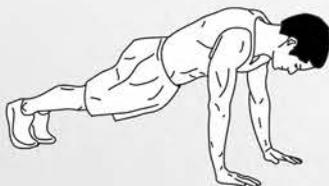
4 push-ups



20 shoulder taps



4 raised leg push-ups



20-count plank



20-count one-arm plank



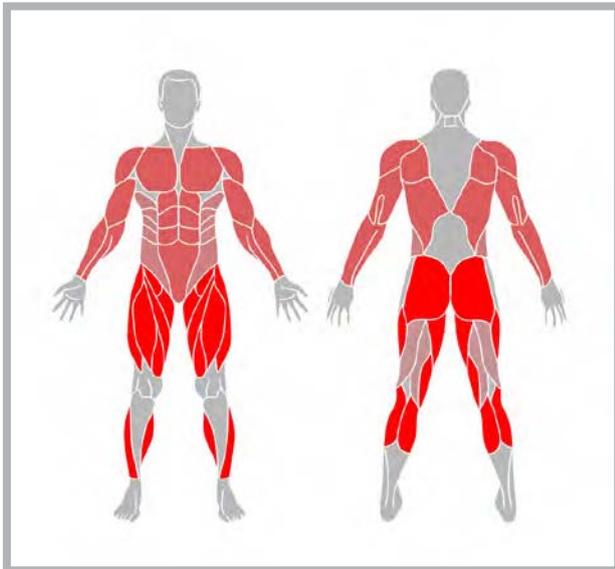
20-count raised leg plank

89

Scorcher

The Scorcher is a high burn full body workout that alternates the load from the muscles to the lungs and back again. Obviously all muscle activity requires good VO2 Max performance but larger muscle groups need more oxygen to function while smaller ones help maintain that familiar recover-on-the-fly feeling that comes with high-burn exercises.

Focus: High Burn



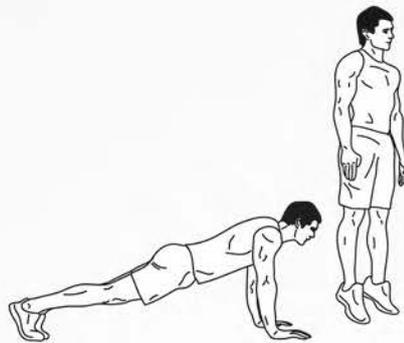
THE SCORCHER

DAREBEE CARDIO WORKOUT @ darebee.com

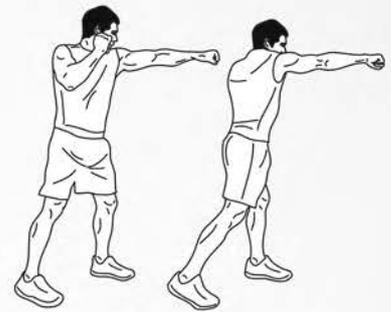
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



60 high knees



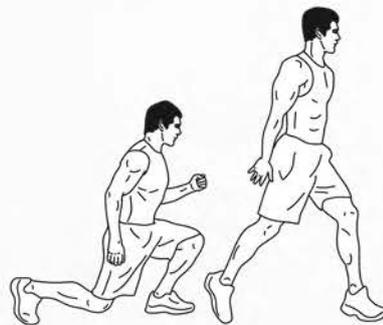
10 basic burpee w/ jump



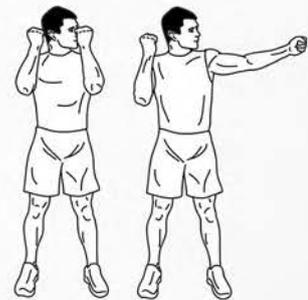
40 punches



60 high knees



10 jumping lunges



40 backfists



60 high knees



10 jump squats



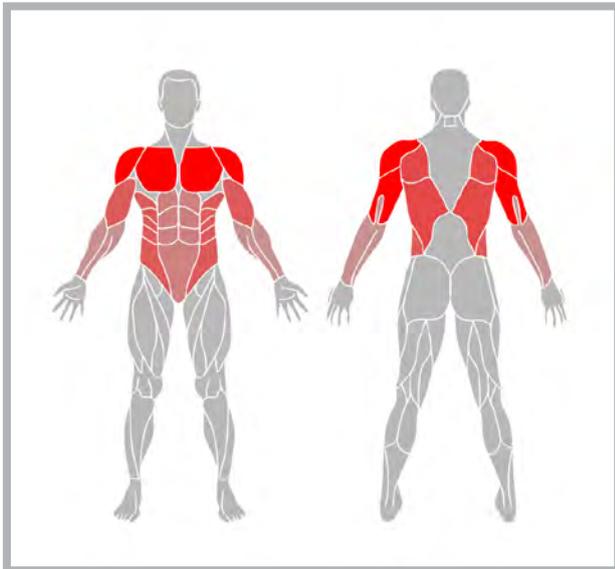
40 overhead punches

90

Sculptor

Sculpt your body, up your speed and push your aerobic performance to new heights with the Sculptor workout. This combines it all plus the slow exercises at the end of each combo force you to use your muscles fully.

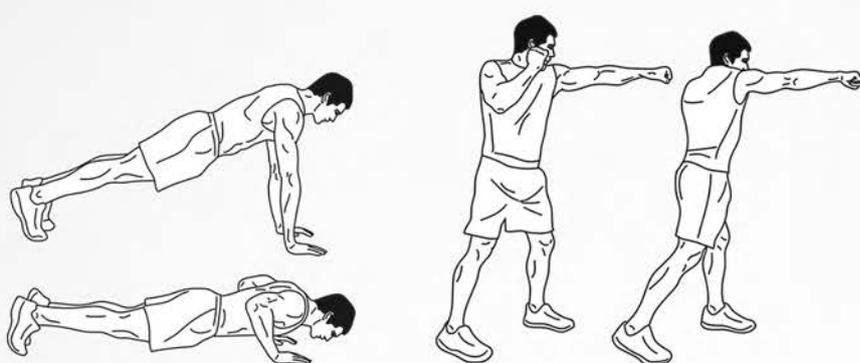
Focus: Strength & Tone



SCULPTOR

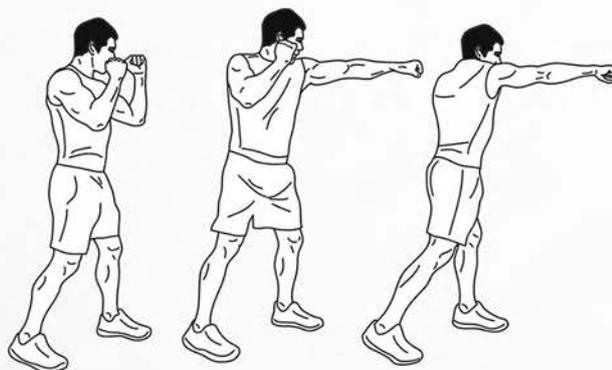
DAREBEE WORKOUT FOR ARMS, CHEST AND BACK

[© darebee.com](http://darebee.com)



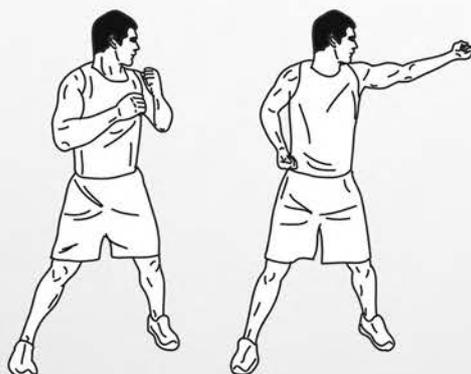
10 push-ups
40 punches
10 push-ups
40 punches
10 push-ups
40 punches
1 minutes rest

go as fast as you can,
non-stop



1 minute punches
1 minutes rest
1 minute punches
1 minutes rest

100 reps per side,
then change.



200
backfists

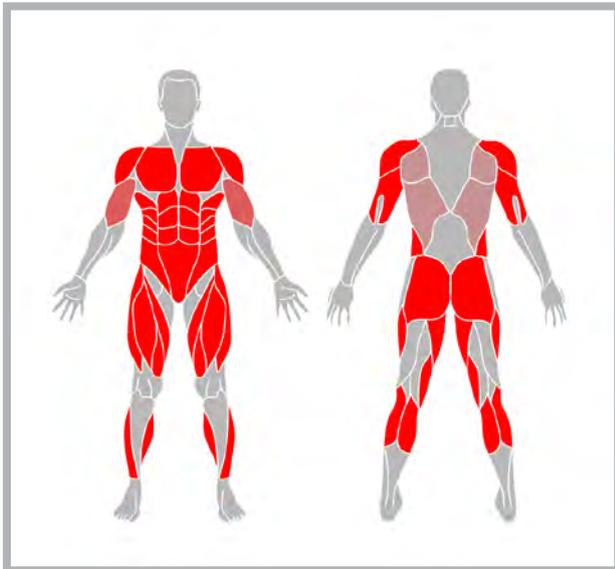
Done!

91

Sentinel

Sentinel is a Level 4 total body strength workout. It's designed to push you into the sweat zone quickly and then keep you there as you go from one exercise to the next, working every major muscle group you have. It delivers strength, stability and an increased sense of power.

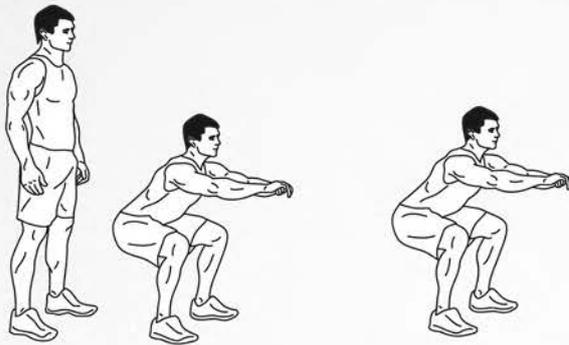
Focus: Strength & Tone



SENTINEL

DAREBEE WORKOUT @ darebee.com

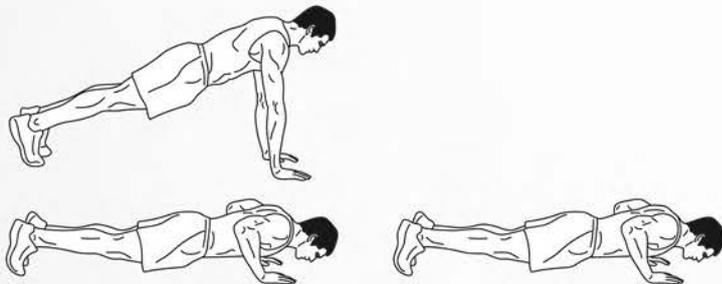
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



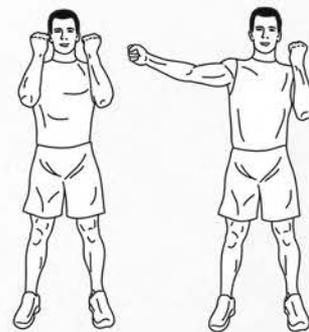
4combos: 10 squats + 10-count hold



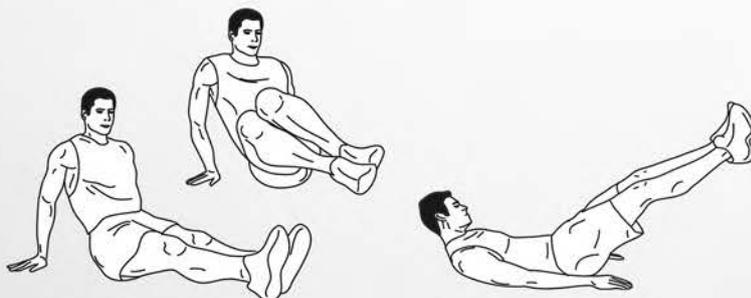
40 lunges



4combos: 5 push-ups + 5-count hold



40 side-to-side backfists



4combos: 10 knee-in & twist + 10-count hold



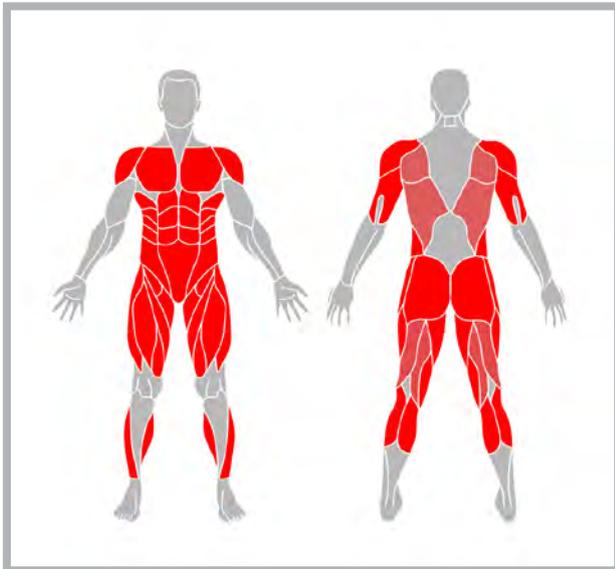
40 sitting twists

92

Sniper

Sniper, as the name suggests, is not the kind of workout you do on a whim. Being a Level 4 workout it is designed to push the boundaries of your performance which means you are in the sweatzone from the very first set and from then on things only get hotter.

Focus: Strength & Tone



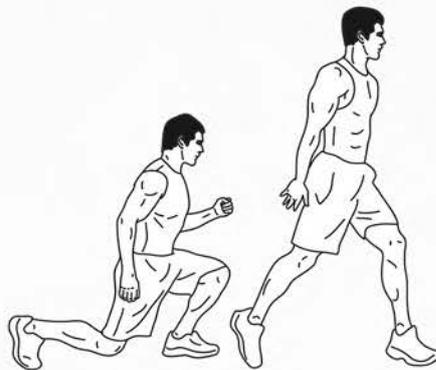
SNIPER

DAREBEE WORKOUT © darebee.com

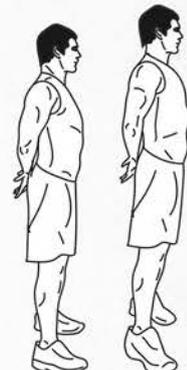
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



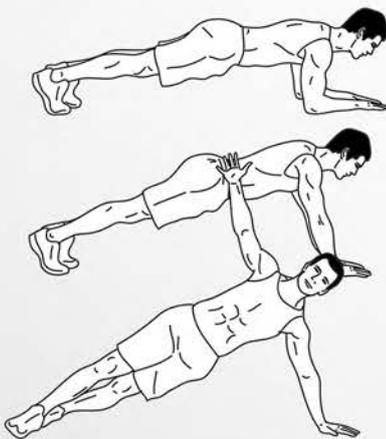
20 lunges



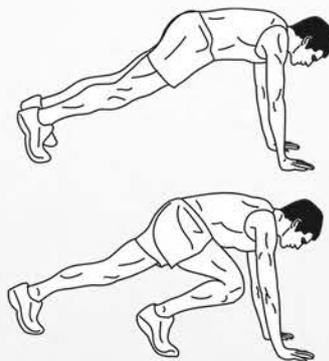
20 jumping lunges



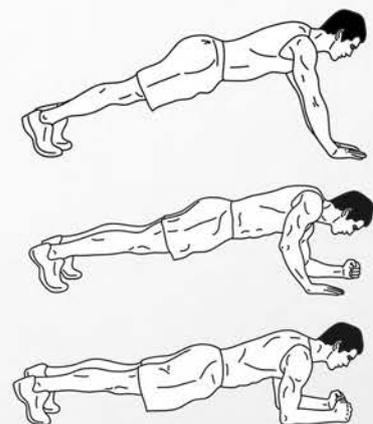
20 calf raises



20 press w/ rotations



20 climbers

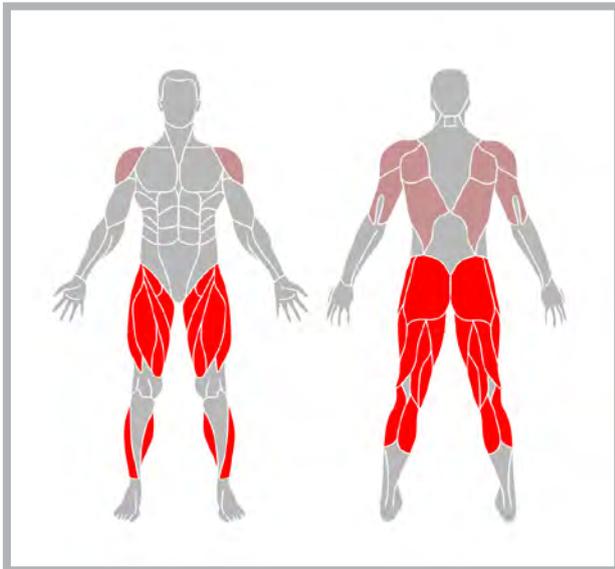


20 up & down planks

Doing the splits is a bucket-list thing for many. But here you can achieve that, in a gradual, step-by-step manner with the Splits workout. Make sure you maintain form throughout. Do it regularly.

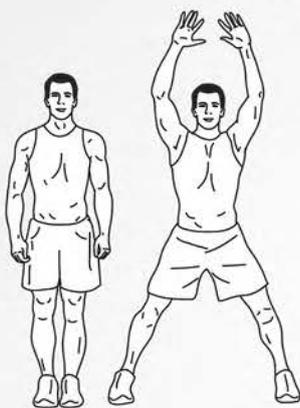
Tip: If you are doing this routine post-workout (you are already warmed up) you can drop the jumping jacks and proceed to the side leg raises right away.

Focus: Stretching

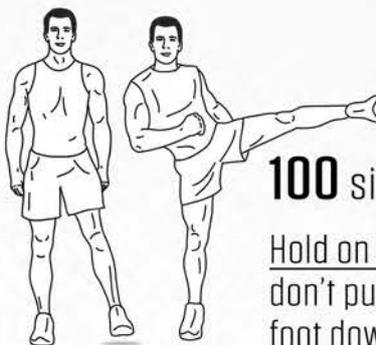


SPLITS

DAREBEE WORKOUT @ darebee.com



40 jumping jacks
1 minute rest
40 jumping jacks
1 minute rest
40 jumping jacks
1 minute rest



100 side leg raises
Hold on to something but don't put your active foot down. 50 raises per leg.



10 seconds each exercise; change legs and do the exercise again on the other side

10 deep side-to-side lunges
10 deep side-to-side lunges toes up



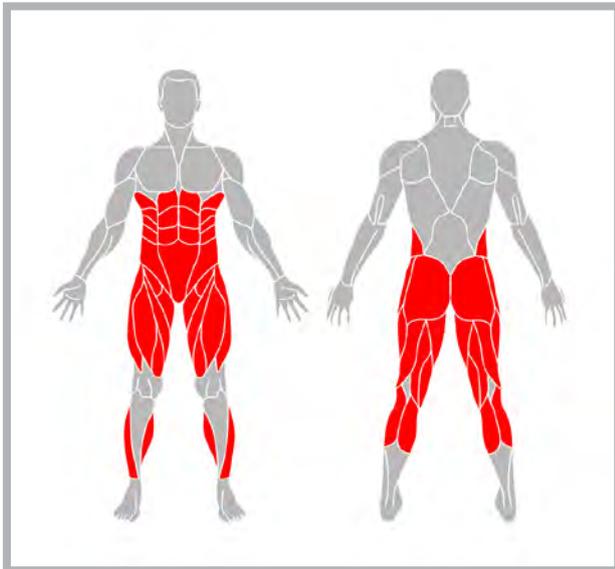
2 minutes side splits - go as low as you can, then sit down & lean forward as illustrated above. Try to go further every time you do this workout.

94

Springboard

Springboard helps you work your quads, calves, glutes, lower tendons and abs and works hard to deliver fascial fitness. All of this are the foundation of building spring-like moves, greater endurance, improved athleticism and the kind of muscular control that transforms you entirely.

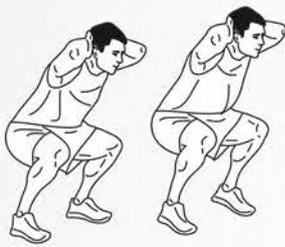
Focus: Strength & Tone



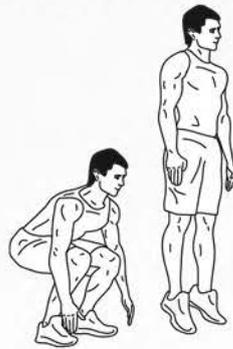
SPRINGBOARD

DAREBEE WORKOUT @ darebee.com

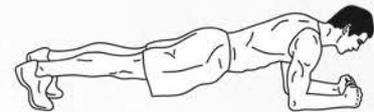
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST 2 minutes



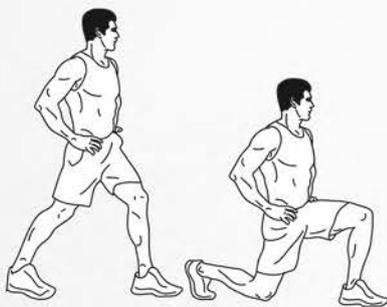
10 squat hops



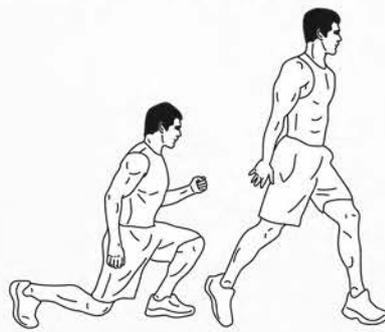
10 jump squats



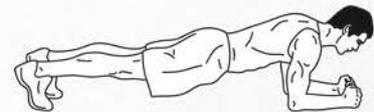
30sec elbow plank



10 split lunges



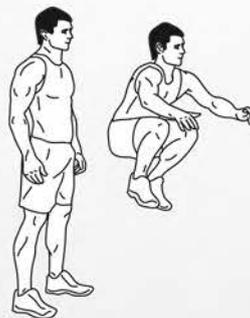
10 jumping lunges



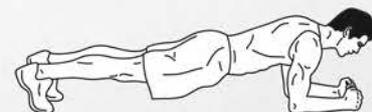
30sec elbow plank



10 squats



10 jump knee tucks



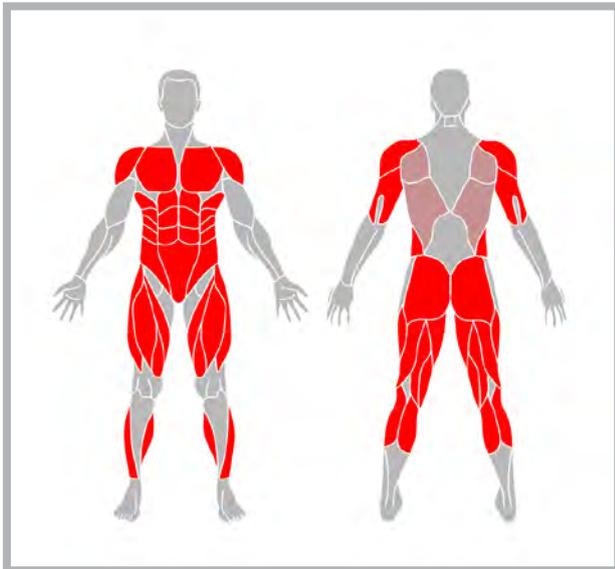
30sec elbow plank

95

Static Zap

When it comes to Level Five workouts Static Zap is designed to test your strength to the limit. From one exercise to the next muscle groups are loaded differently but not completely relieved. We always fight with our own body's weight. We want it to feel lighter so we can be more in control of it. Well, here's how that truly starts.

Focus: Strength & Tone



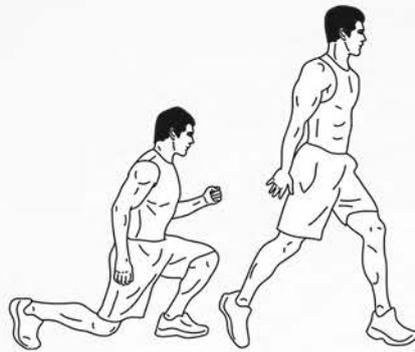
staticzap

DAREBEE WORKOUT @ darebee.com

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



10-count push-up plank



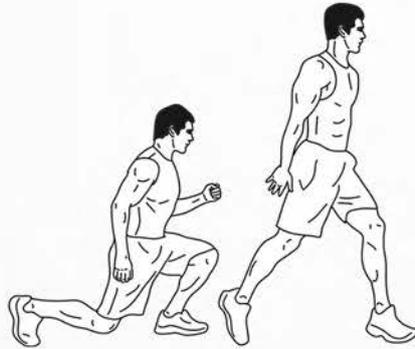
20 jumping lunges



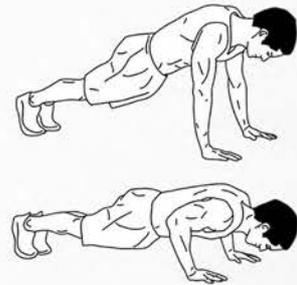
10-count squat hold



10-count push-up plank



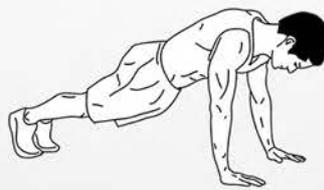
20 jumping lunges



10 slow push-ups



10-count push-up plank



20-count plank hold



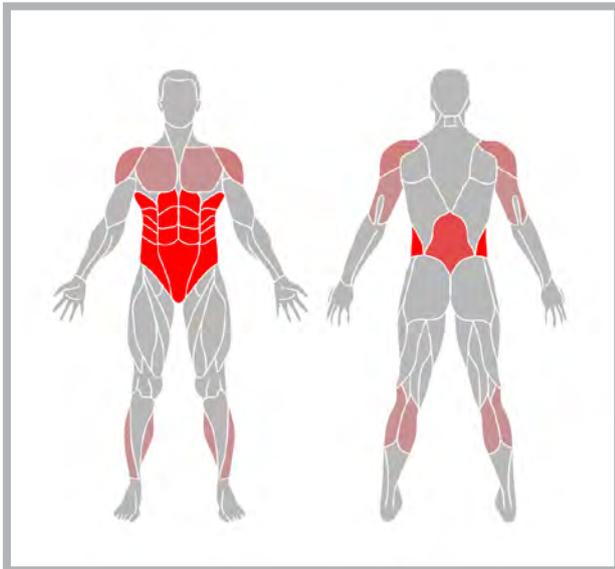
10-count side plank

96

Super Plank

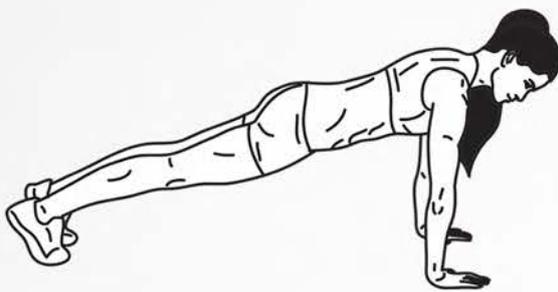
There is a Chinese Special Forces exercise where soldiers have to act as a human bridge, using their bodies to bridge a narrow chasm so their buddies can crawl over them to the other side. Well, that totally illustrates the concept of Super Plank. You want to get to the point where your body is a finely honed tool. You can make it do what you want. It is there to safeguard the “you” the lives inside it and make sure that should you need to use it in an emergency it is fully capable of doing what it has to.

Focus: Abs

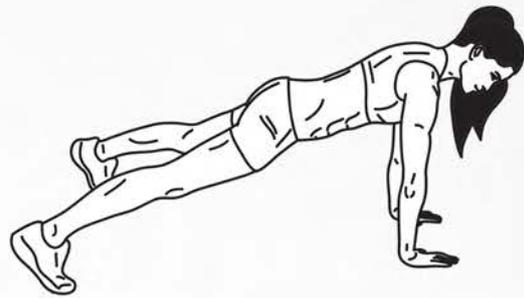


super plank

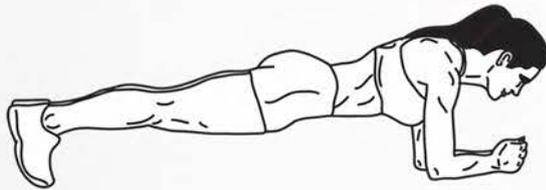
DAREBEE WORKOUT @ darebee.com



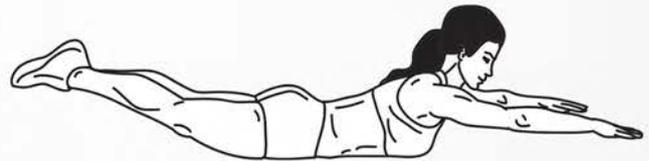
30sec plank



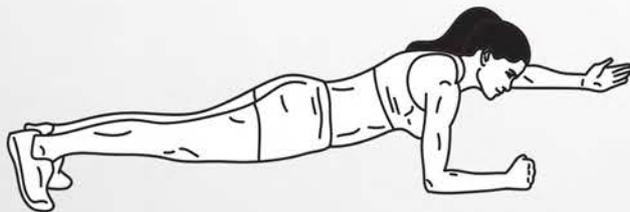
30sec wide leg plank



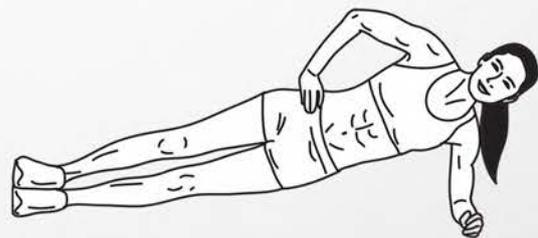
30sec elbow plank



30sec superman plank



60sec raised arm elbow plank
30 seconds - each arm



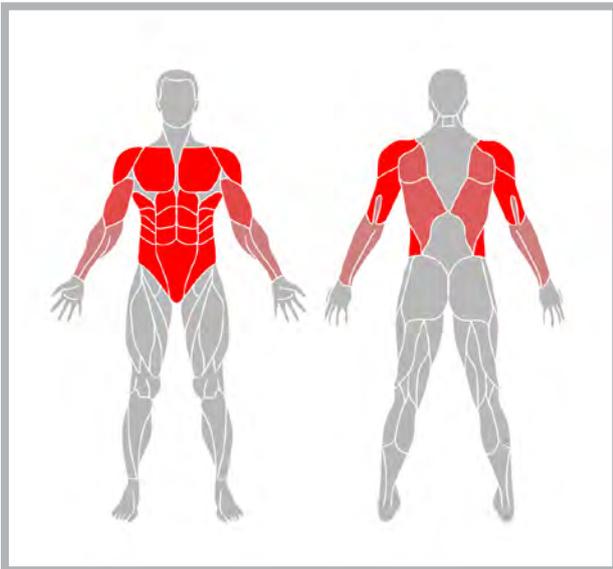
60sec side plank
30 seconds - each side

97

Tank Top

Tank Top is a strength workout that engages all upper body muscle groups and activates the core. This means the moves are slow and meticulous, the push ups are deep, the punches are deliberate and utilize a full body movement behind them. You will get in the sweat zone with this but it will not tax you aerobically. What it will do is make you feel strong afterwards and it will contribute to better muscle tone, increased physical performance and the sense that you are in control of your body.

Focus: Strength & Tone



TANK TOP

DAREBEE WORKOUT
© darebee.com

LEVEL I 3 sets

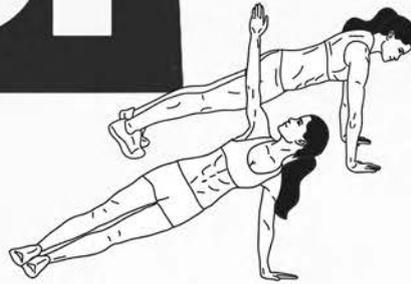
LEVEL II 5 sets

LEVEL III 7 sets

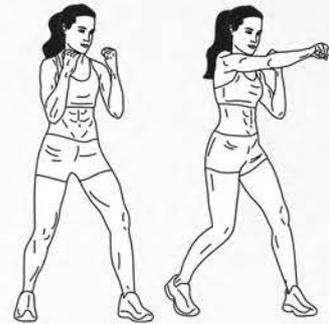
REST up to 2 minutes



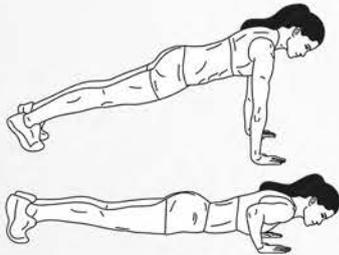
40 punches



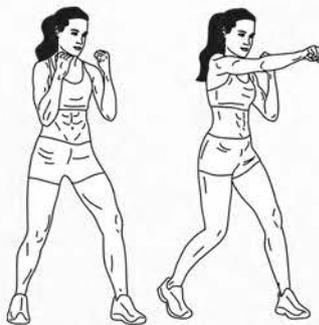
10 plank rotations



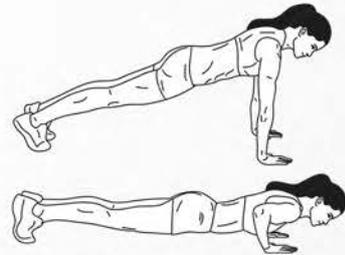
40 punches



10 push-ups



40 punches



10 push-ups



20 sit-up punches



20 sitting punches



20 flutter kicks

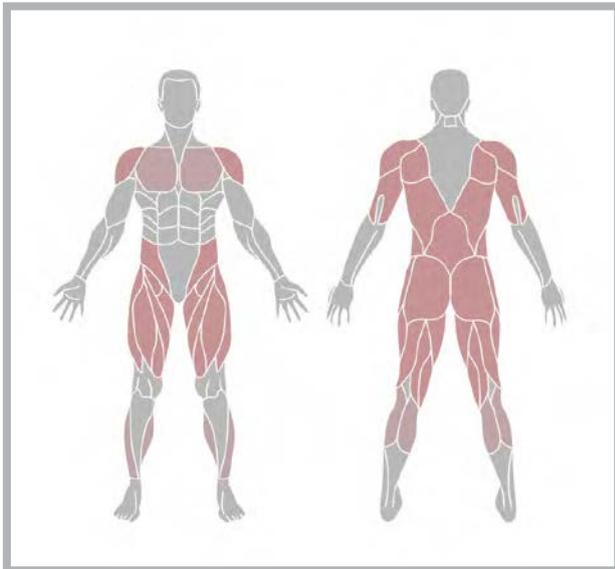


98

Top to Bottom

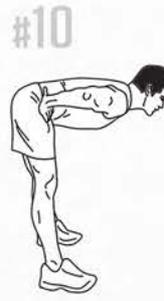
Top To Bottom, as the name suggests, is a tendon and muscles full body, stretching routine that's perfect for a cool down or a stretching workout in its own right. Performed as part of your regular after-workout cool down it helps maintain supple muscles and tendons which helps increase both power and speed.

Focus: Stretching



top to bottom

STRETCHING / COOLDOWN BY DAREBEE @ darebee.com
Repeat each stretch for 20 seconds / 20 seconds per side.

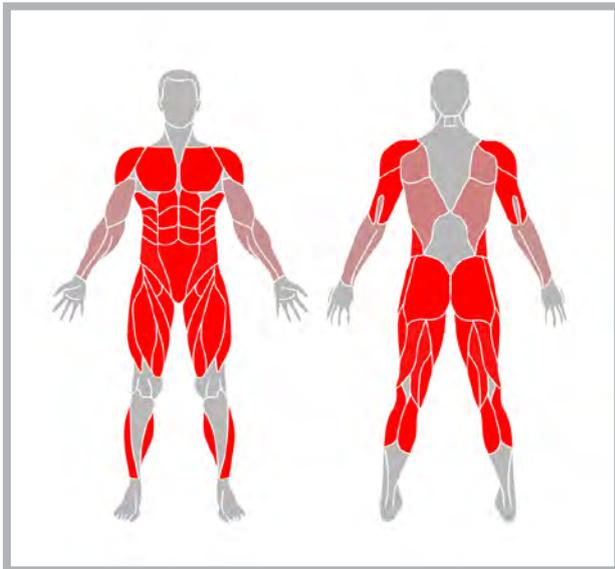


99

Valkyrie

Traditionally picked to choose who lived or died in battle Valkyries were warriors in the own right and warriors always need to have the capability to control their bodies and move fast, with grace, under pressure. The Valkyrie workout helps you develop the kind of strength, balance and muscle control that the role requires.

Focus: Strength & Tone

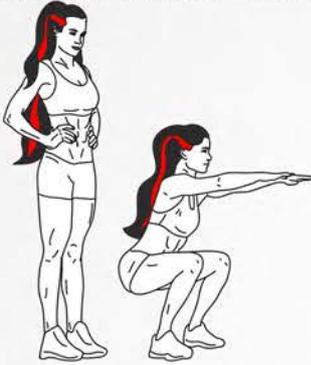


Valkyrie

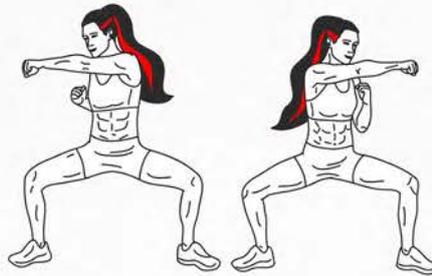
DAREBEE WORKOUT

@ darebee.com

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



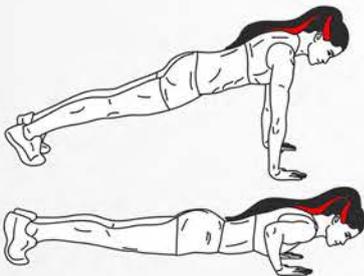
10 squats



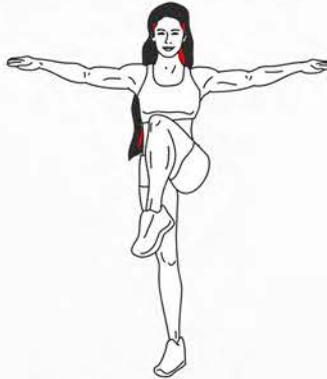
10 squat punches



10 squat cross steps



10 push-ups



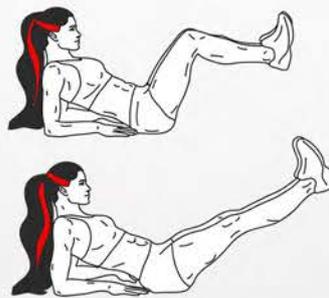
40sec balance stand



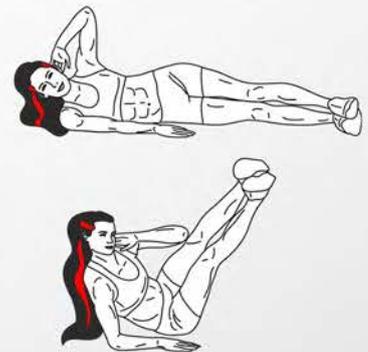
20 lunge step-ups



10 sit-up punches



10 crunch kicks



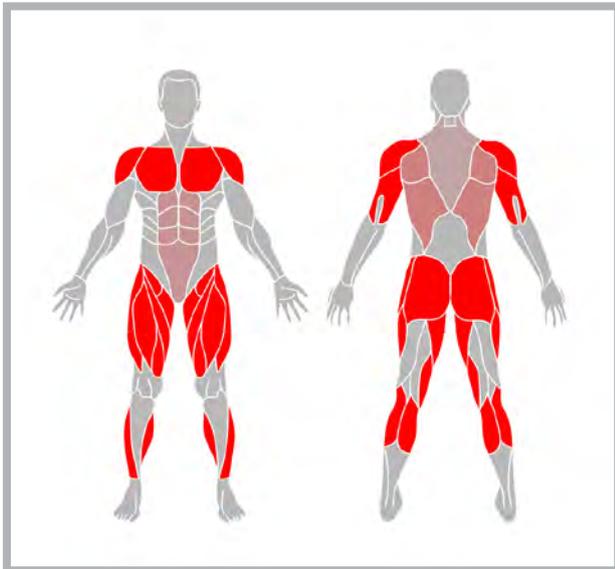
10 side Vs

100

Watch Me.

Not every full body workout need to try and push you to the very boundaries of your performance. Sometimes you need to have one that gets your body moving, helps you maintain your fitness levels but you can still walk straight afterwards and have enough energy to go to a party. Watch me is then the perfect choice for you.

Focus: High Burn

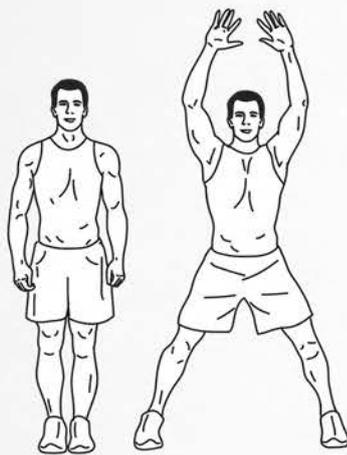


watch me.

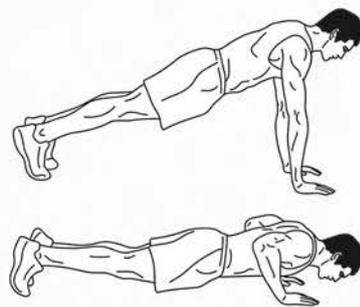
DAREBEE CARDIO WORKOUT @ darebee.com

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

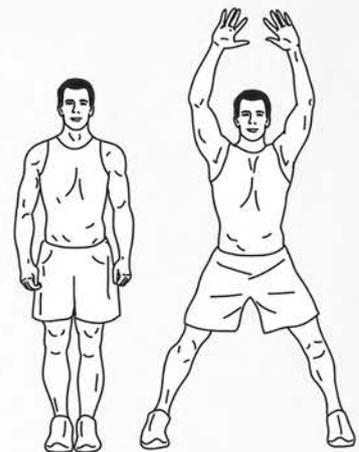
REST up to 2 minutes



20 jumping jacks



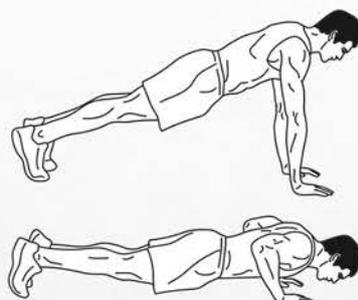
10 push-ups



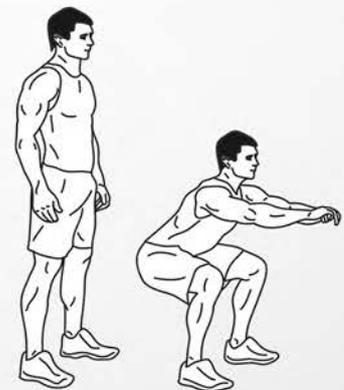
20 jumping jacks



20 squats



10 push-ups



20 squats

visual workouts and fitness programs at
DAREBEE | darebee.com

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