



SCAN ME

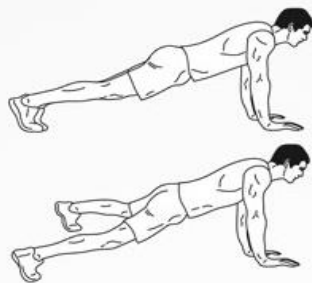
THE ROASTER

DAREBEE WORKOUT @ darebee.com

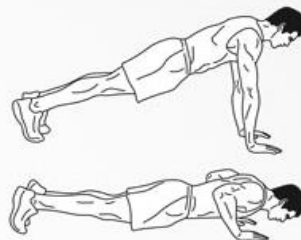
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jumping jacks



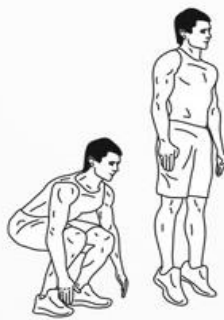
2 plank jacks



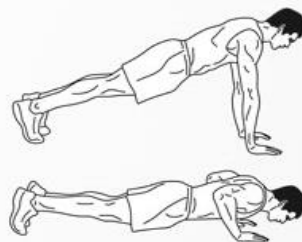
2 push-ups (fast!)



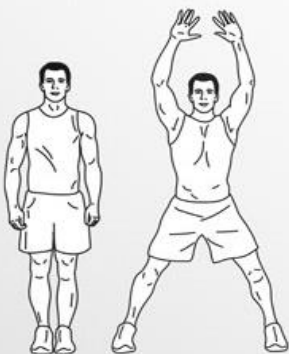
20 jumping jacks



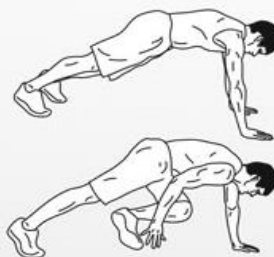
2 jump squats



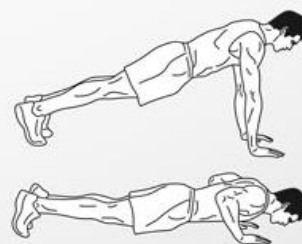
2 push-ups (fast!)



20 jumping jacks



2 climber taps



2 push-ups (fast!)



SCAN ME

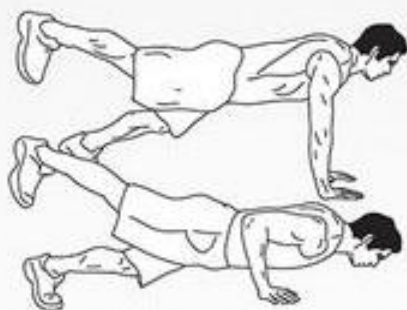
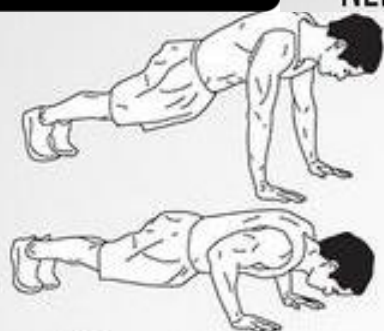
super

NEILA REY WORKOUT

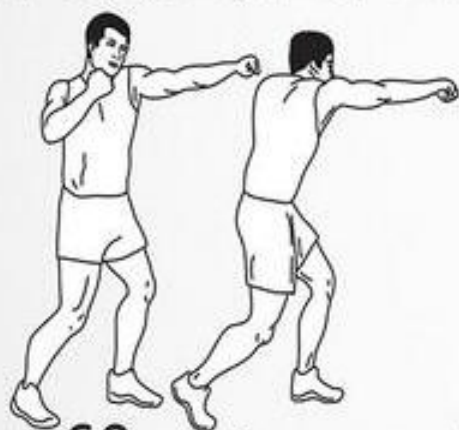


saiyan

neilarey.com



1 | **6** push-ups 2 | **4** raised leg push-ups 3 | **4** wide grip push-ups



4 | **60** punches 5 | **40** turning kicks 6 | **30** high knees (sprint)



7 | **10** sit-ups 8 | **10** leg raises 9 | **10** twists

level I 3 sets **level II** 5 sets **level III** 7 sets **super saiyan** 10 sets
rest between sets up to 3 minutes

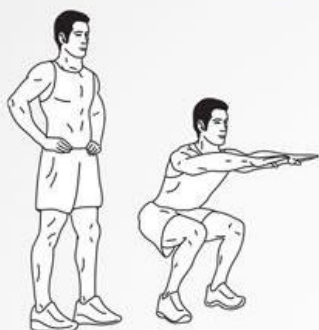
FREMEN



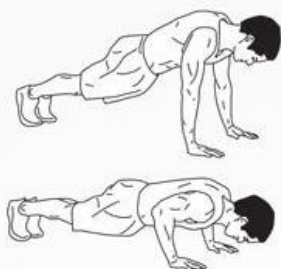
SCAN ME

DAREBEE WORKOUT @ darebee.com

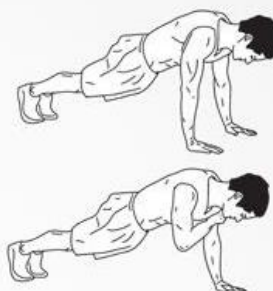
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



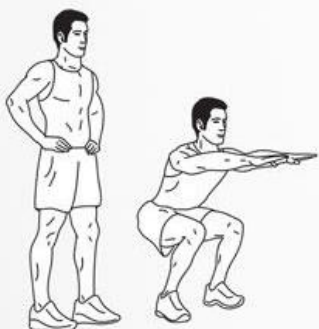
10 squats



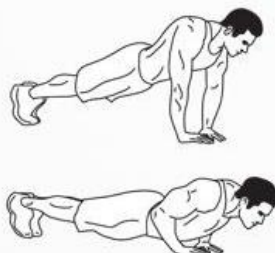
5 push-ups



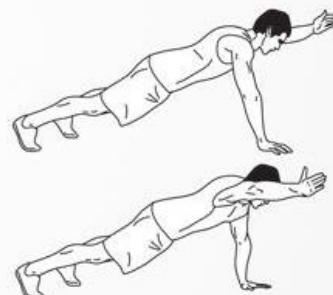
10 shoulder taps



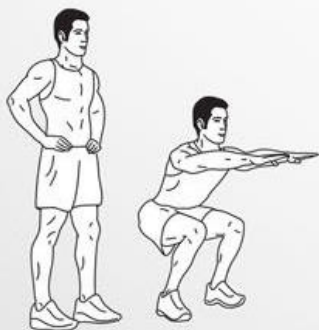
10 squats



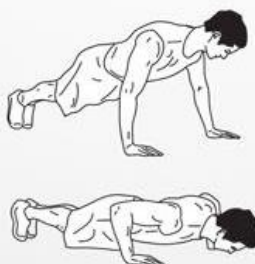
5 close grip push-ups



10 plank arm raises



10 squats



5 wide grip push-ups



10 planks with rotations



SCAN ME

Ring of Fire

DAREBEE WORKOUT @ darebee.com

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



20 high knees



2 jump knee-tucks



20 high knees



2 basic burpees



20 high knees



2 basic burpees



20 high knees



2 jump knee-tucks



20 high knees

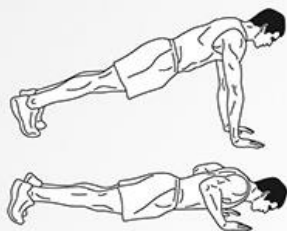


THE SHIELD

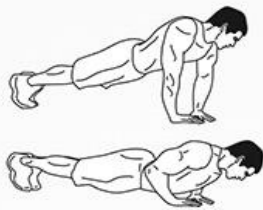
SCAN ME

DAREBEE WORKOUT @ darebee.com

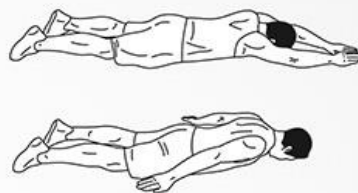
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



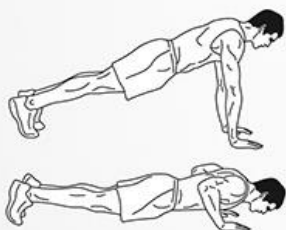
4 push-ups



4 tricep push-ups



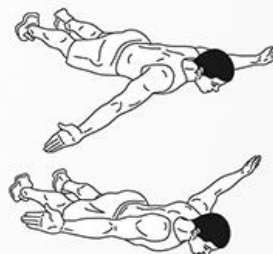
10 reverse angels



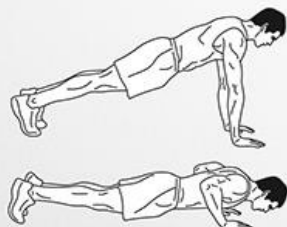
4 push-ups



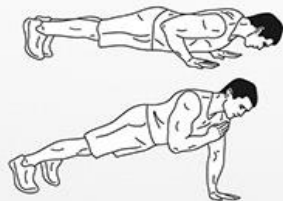
4 staggered push-ups



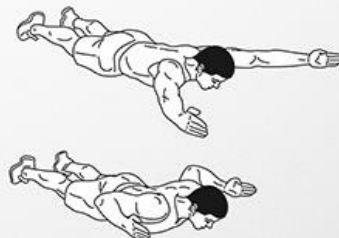
10 prone reverse fly



4 push-ups



4 shoulder tap push-ups



10 W-extensions

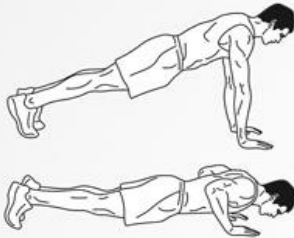


SCAN ME

DEADLOCK

DAREBEE WORKOUT @ darebee.com

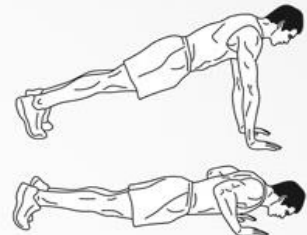
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



5 push-ups



10-count push-up hold



5 push-ups



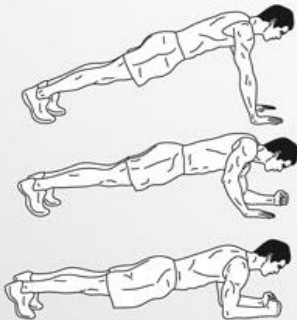
20 squats



20-count squat hold



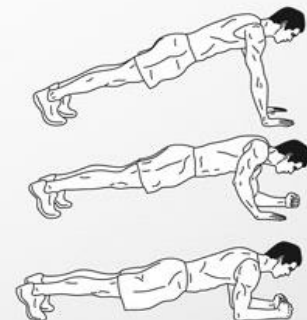
20 squats



5 up & down planks



10-count elbow plank hold



5 up & down planks



SCAN ME

NIGHT SHIFT

DAREBEE WORKOUT @ darebee.com

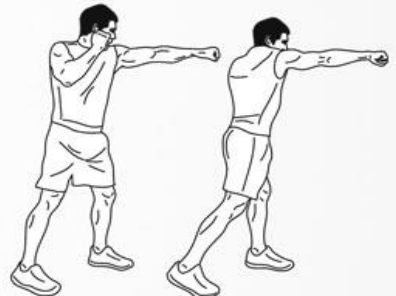
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



20 push-ups



20 punches



20 lunges



20sec plank



40sec side plank



SCAN ME

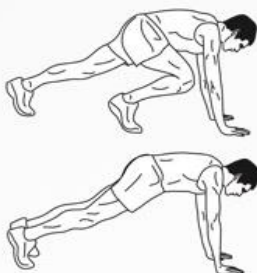
CONQUEROR

DAREBEE WORKOUT @ darebee.com

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



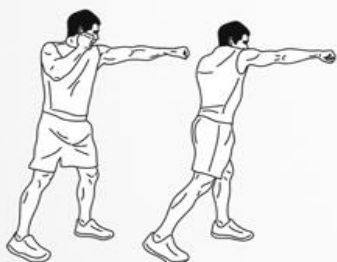
20 squats



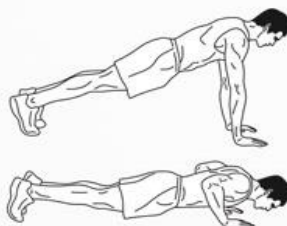
20 slow climbers



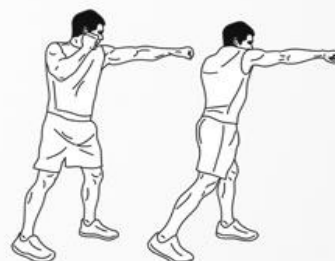
20 squats



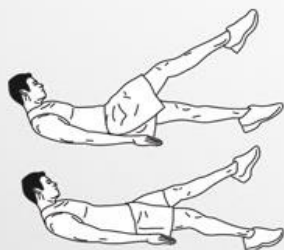
20 punches



20 push-ups



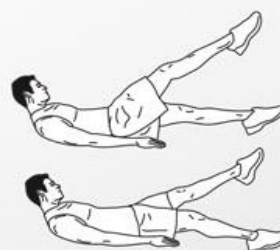
20 punches



20 flutter kicks



20 sitting twists



20 flutter kicks



SCAN ME

PLAN B

DAREBEE WORKOUT @ darebee.com

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



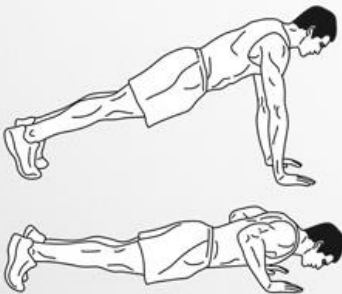
20 squats



20 calf raises



20 side leg raises



10 push-ups



10 crunches



10 bridges



BOOTCAMP

SCAN ME

DAREBEE WORKOUT @ darebee.com

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



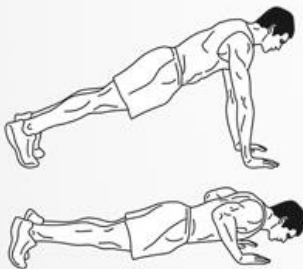
20 squats



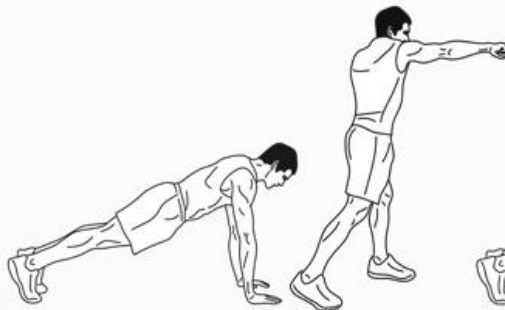
20 squat + hook



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



SCAN ME

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



POWER **MODE**

SCAN ME

DAREBEE WORKOUT @ darebee.com

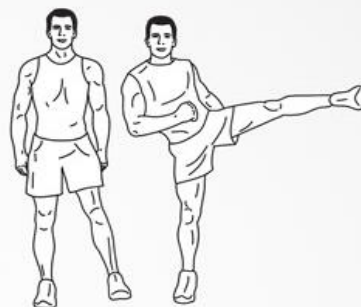
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



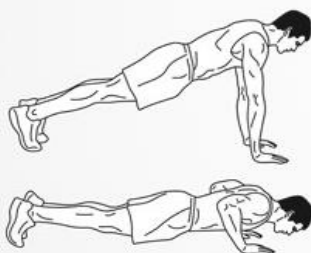
20 squats



20-count squat hold



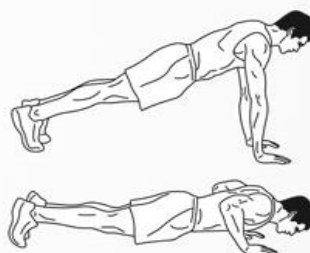
20 side leg raises



10 push-ups



10-count plank



10 push-ups



20 lunges



20-count balance hold



20 side lunges



SCAN ME

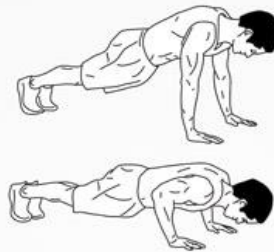
SUPER SOLDIER

DAREBEE WORKOUT @ darebee.com

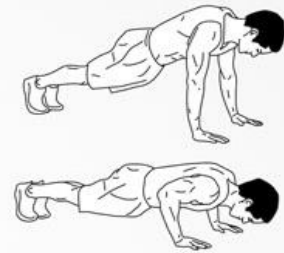
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



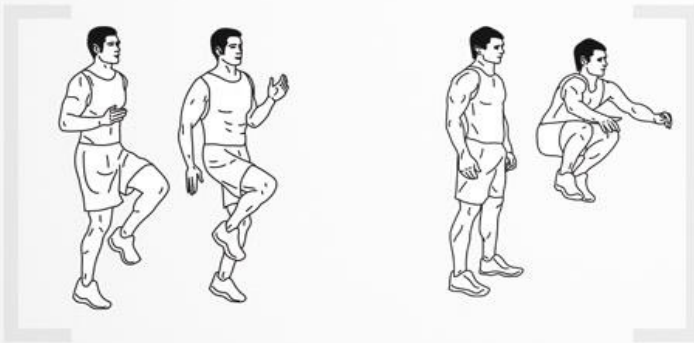
20 squats



10 push-ups



10-count push-up



3 combos: 20 high knees + 1 jump knee tuck



10 army crawl



10 knee-to-elbow crunches



20 climbers



10 knee-to-elbow crunches