

# 1000

## NO-EQUIPMENT **WORKOUTS**

visual easy-to-follow routines  
for all fitness levels

### Volume 3

N. Rey | DAREBEE

**100 No-Equipment Workouts**  
**Volume 3**  
**2018**

# 100 workouts - Volume III

1. 100 Push-Ups
2. Action Time
3. Ankle Recovery
4. Antihero
5. Ants in My Pants
6. Anywhere Cardio
7. Back to Basics
8. Beer Belly
9. Bubble Butt
10. Burn & Build
11. Busy Bee
12. Cardio & Core Burn
13. Cardio Fix
14. Chopper
15. Coda
16. Combat HIIT
17. Core Twister
18. Critical Hit
19. Crushing It!
20. Cyberpunk
21. Deathsquad
22. Defiant
23. Do Over
24. Expedited Delivery
25. Extra Spice
26. Fab Abs
27. Feel Good
28. Femme Fatale
29. Fresh Start
30. Genesis
31. Get It Done
32. Good Morning Yoga
33. Grit & Grace
34. Gut
35. Hello, abs!
36. Hero
37. Hip Dips
38. Holistic
39. Homemade Abs
40. Homemade Hero
41. Huff & Puff
42. Inquisitor
43. Into The Fire
44. Lady Knight
45. Lean & Mean
46. Live Long
47. Lunch
48. Make My Day
49. Micro Shred
50. Monkey!
51. Monster Inside
52. Morning Stretch
53. Nix
54. No Surrender
55. Odyssey
56. Off Day
57. One-Minute
58. Onna Bugeisha
59. Outlaw
60. Overkill
61. Over The Rainbow
62. Pack A Punch
63. Party Time
64. Permission Granted
65. Player
66. Pouncer
67. Powerbuilt
68. Power Burner
69. Power Gainer
70. Pump & Burn
71. Quick HIIT
72. Rambler
73. Rascal
74. Ravager
75. Raw Grit
76. Reconstructor
77. Rectifier
78. Red Reaper
79. Rest & Rec
80. Reviver
81. Rewired
82. Ricochet
83. Rockin' Abs
84. Rogue Build
85. Siren
86. Skybreaker
87. Storm
88. Strongman
89. Super Burn
90. Superhero Abs
91. Super HIIT
92. Superhuman
93. Sweat Zone
94. Target Abs
95. Ultimatum
96. Upperbody Tendons
97. Upperbody Works
98. Walk, Run, Repeat
99. White Rabbit
100. Zone

# 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/video>**

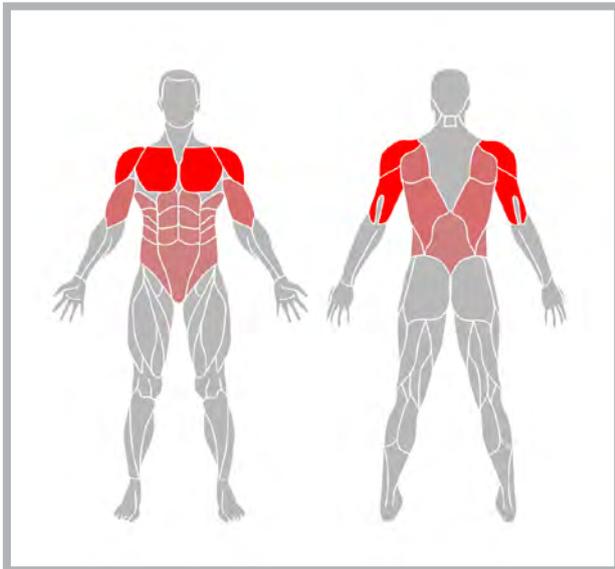
The workouts are organized in alphabetical order so you can find the workouts you favor easier and faster.

1

# 100 Push-Ups

A 100 push-up routine is the core of this combat moves and core workout. Push-ups are a great total-body exercise routine, by dressing it up with exercises that demand both eccentric and concentric muscle movements we end up with a workout that's worthy of every warrior.

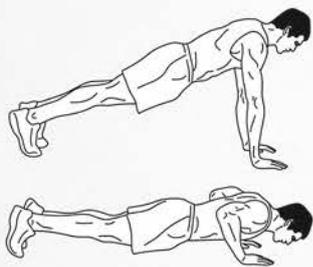
**Focus: Upperbody Strength**



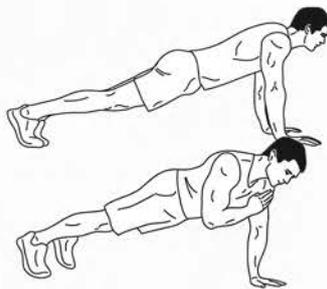
# 1000 PUSH-UPS

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

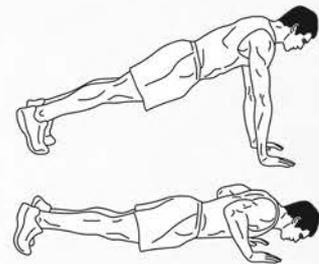
Repeat 5 times in total 2 minutes rest between sets



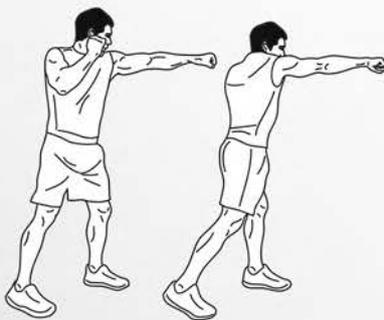
5 push-ups



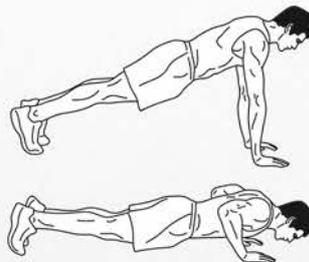
20 shoulder taps



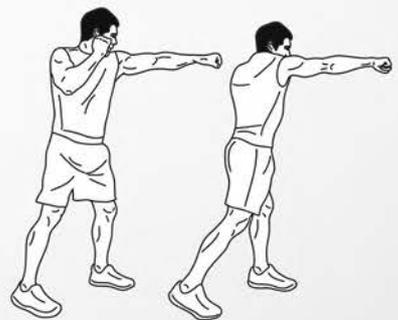
5 push-ups



20 punches



10 push-ups



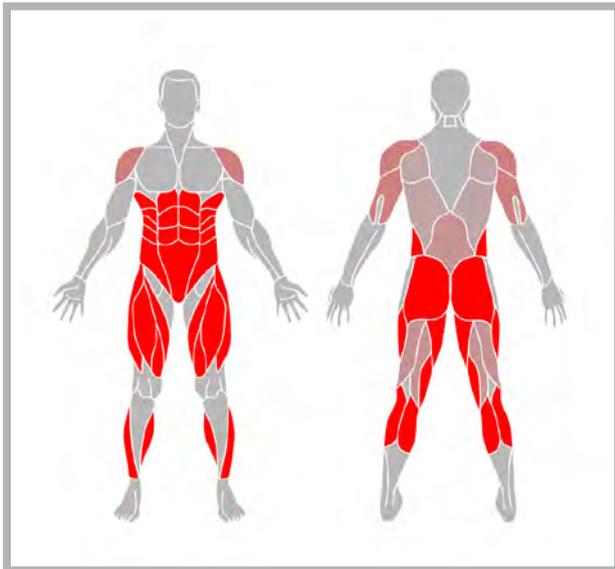
20 punches

# 2

## Action Time

Action Time Workout is, essentially, a supercharged burpee but with double the pain you get double the benefits. Keep your body straight during planks and don't drop down during planks and their transitions. Your ultimate goal is to keep the plank throughout never dropping down to your knees... even though you will really, really want to.

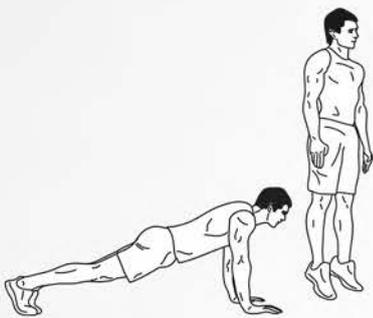
**Focus: High Burn**



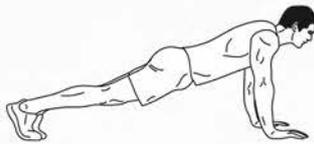
# ACTION TIME

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

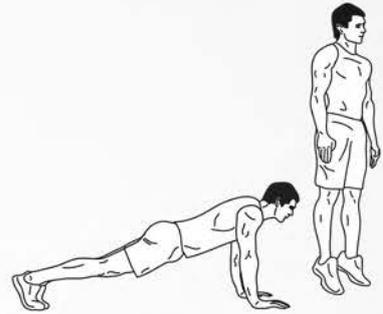
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



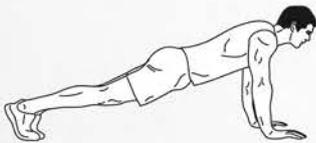
**20sec** basic burpees



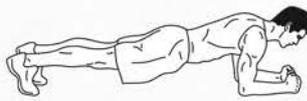
**20sec** plank hold



**20sec** basic burpees



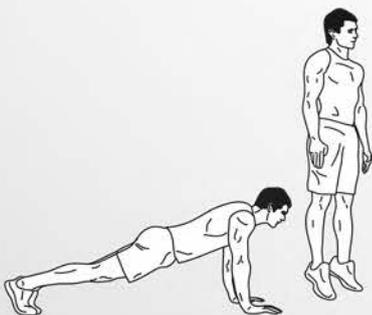
**20sec** plank hold



**20sec** elbow plank hold



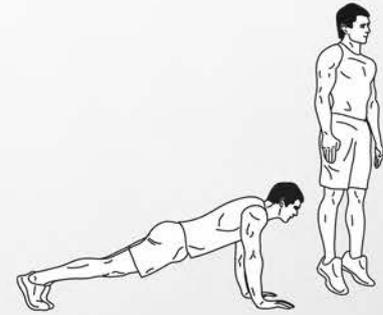
**20sec** plank hold



**20sec** basic burpees



**20sec** plank hold



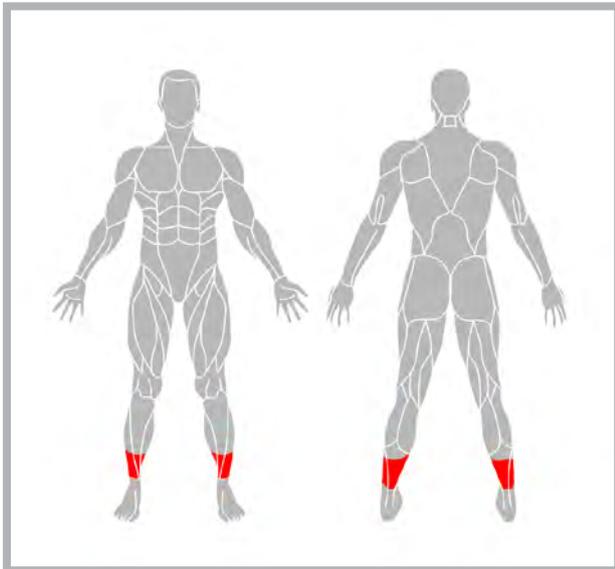
**20sec** basic burpees

# 3

## Ankle Recovery

Ankles are the overlooked joint. Because we can't flex it like biceps or feel that it contributes to our sense of power like quads do, we tend to think about it only when it goes wrong and then we realize that we can't run, can't kick, can't jump and, because our legs cannot work properly, we cannot even punch. Ankle Recovery remedies this by giving you a set of exercises to do that will help an injured ankle get better, faster plus this is a great workout to use as a preventative measure by incorporating it in any of your regular workouts.

### Focus: Rehab



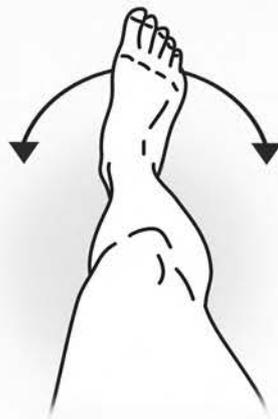
# ankle recovery

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

30 seconds each exercise.



up and down tilts



side-to-side tilts



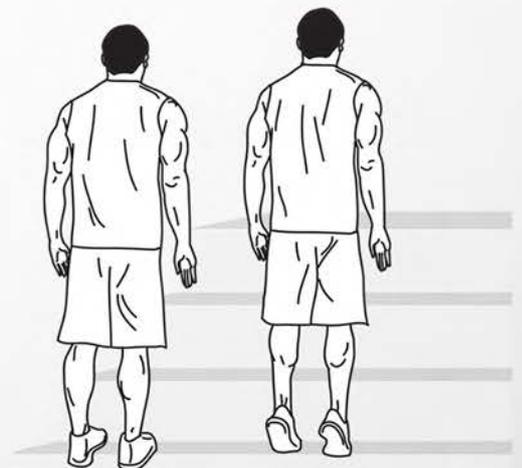
toe curls



calf stretch



single leg balance



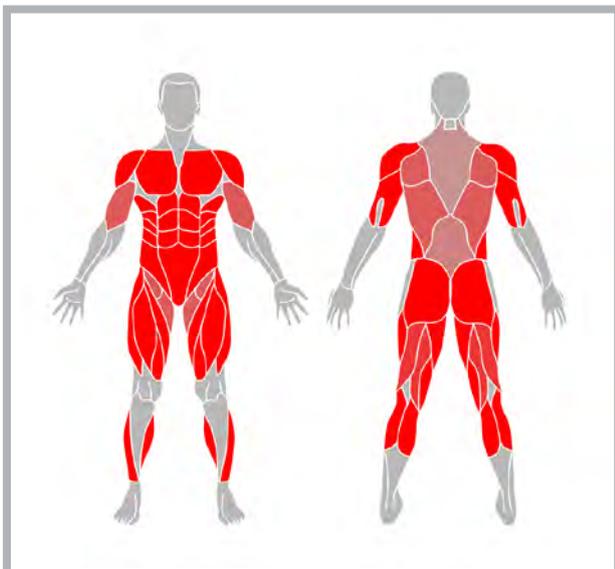
elevated calf raises

# 4

## Antihero

Ironically being an anti-hero requires way more work than being a hero (and there is no cape to go with the description). That's because you need to stay up to scratch on your own. Without radioactive spiders willing to bite you, gamma ray experiments to sub-cellularly alter you or a red sun to affect your molecular structure you have to be more than enough under your own capabilities. That means hard work and the Antihero workout delivers that in spades.

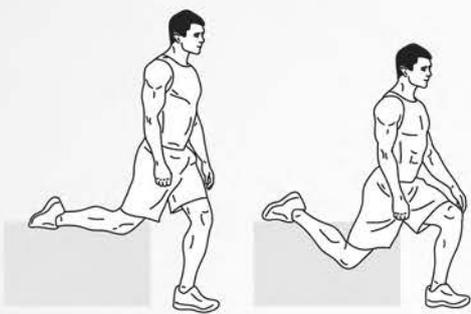
**Focus: Strength & Tone**



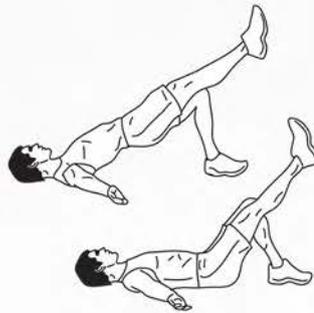
# ANTIHERO

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

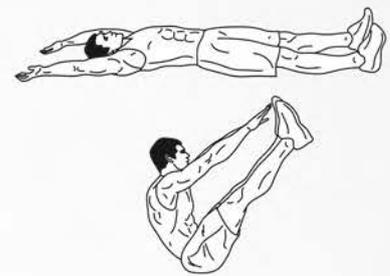
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



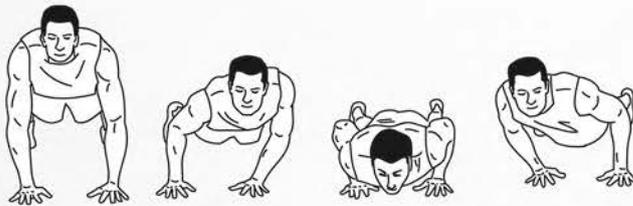
**20** split squats



**20** single leg bridges



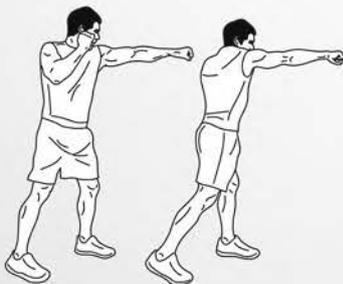
**20** V-ups



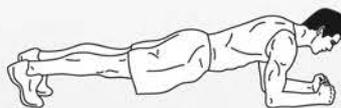
**10** circle push-ups



**10** cross tricep extensions



**40** punches



**40sec** elbow plank hold



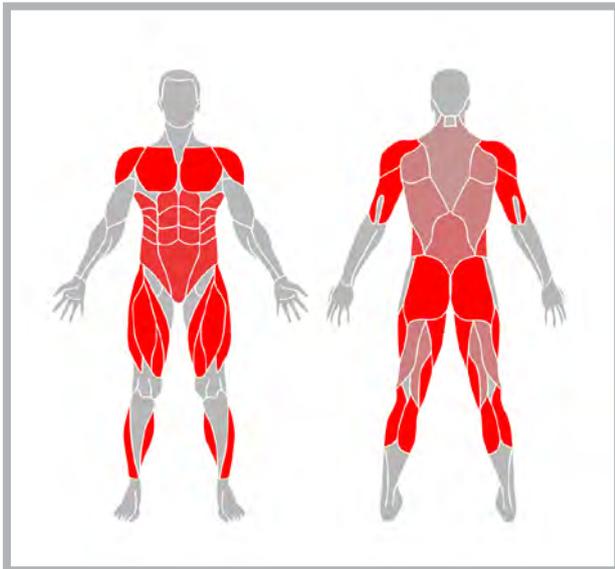
**40sec** side elbow plank

# 5

## Ants in My Pants

Ants In My Pants lives up to its billing because you literally have zero downtime here. With exercises that flow from standing up to floor and back the workout uses Jumping Jacks to jack-up the pressure pushing not just your calf muscles to the limit but also your VO2 Max. Remember your heels never touch down during Jumping Jacks and your fingertips meet at the apex point over your head. Master it!

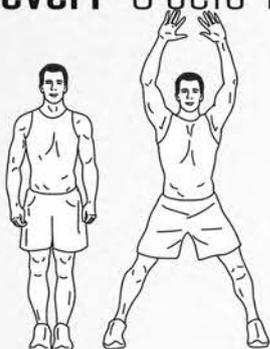
**Focus: High Burn**



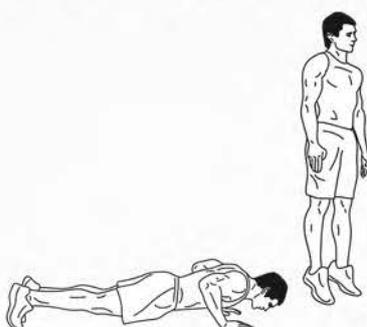
# Ants in My Pants

DAREBEE **HIIT** WORKOUT @ [darebee.com](http://darebee.com)

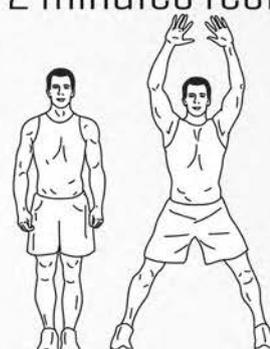
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



**20sec** jumping jacks



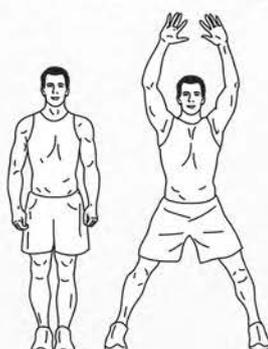
**20sec** burpees



**20sec** jumping jacks



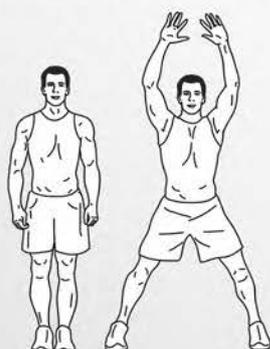
**20sec** wide plank hold



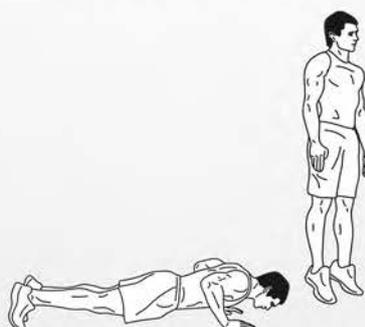
**20sec** jumping jacks



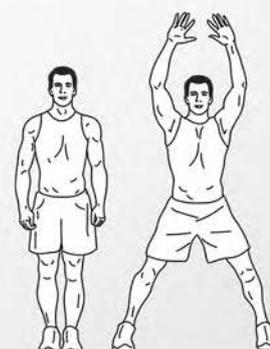
**20sec** wide plank hold



**20sec** jumping jacks



**20sec** burpees



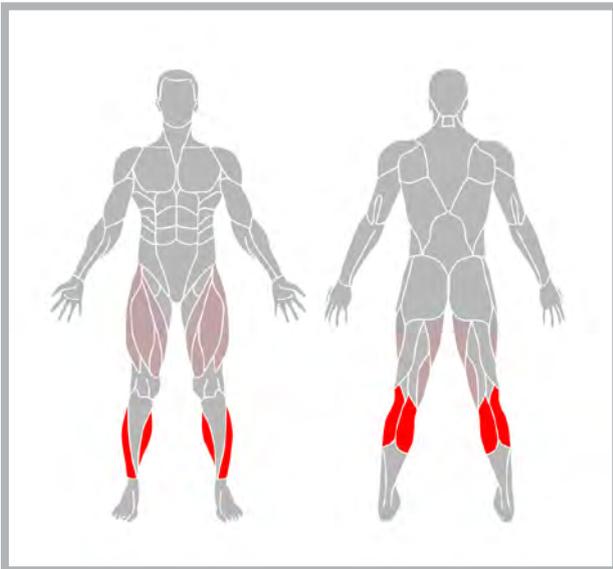
**20sec** jumping jacks

# 6

## Anywhere Cardio

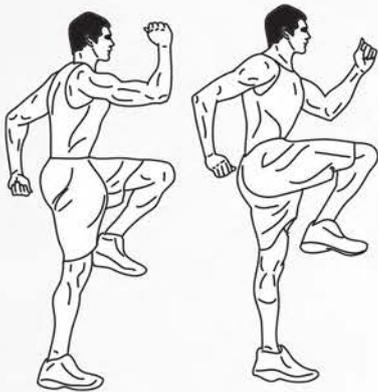
You need, maybe a couple of minutes in total and a tiny space to stand and you have got yourself an awesome cardiovascular workout that will get your body going and your heart revving. Anywhere Cardio is a light, fast workout that's perfect for those times when time, space and even focus are in short supply. Have it on your horizon and you will never be stuck for a workout when the odds are against you.

### Focus: High Burn

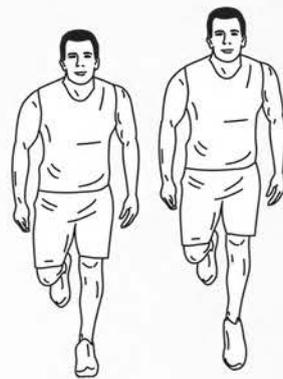


# anywhere cardio

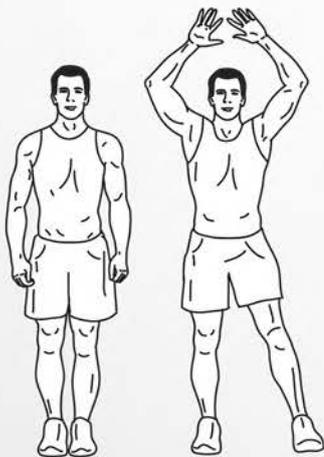
DAREBEE WORKOUT @ [darebee.com](http://darebee.com)



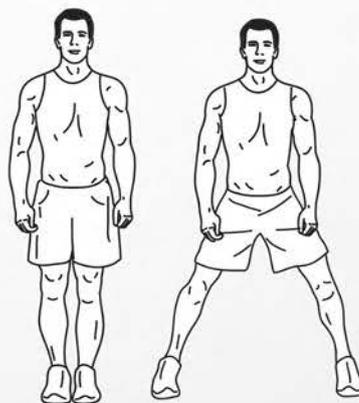
**40** march steps x **4 sets** in total  
20 seconds rest in between sets



**40** hops on the spot x **2 sets** in total  
no rest between sets 1 set per leg



**40** side jacks x **4 sets** in total  
20 seconds rest in between sets



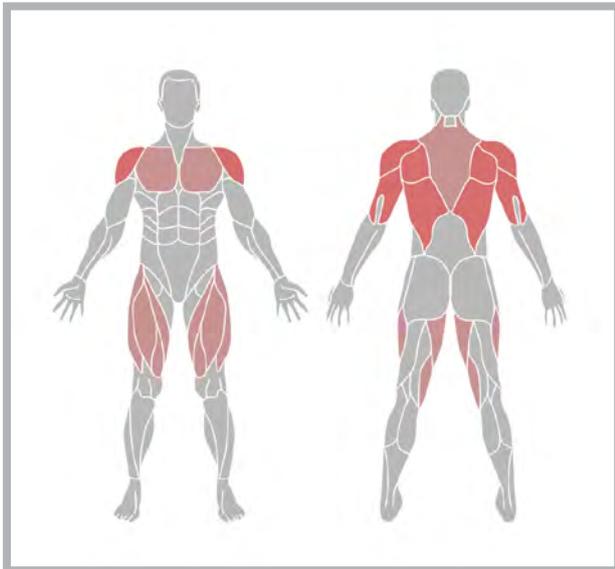
**40** half jacks x **4 sets** in total  
20 seconds rest in between sets

# 7

## Back to Basics

Basic training provides a firm foundation upon which we can build a stronger, fitter physique. Back to Basics is a workout that is, to all appearances, easy. Yet it works a large number of satellite muscle groups that engage when we are performing complex athletic moves. By raising the bar at this very basic level, this is the workout you need to turn to when you're contemplating getting fitter and you ask, "How can I start?"

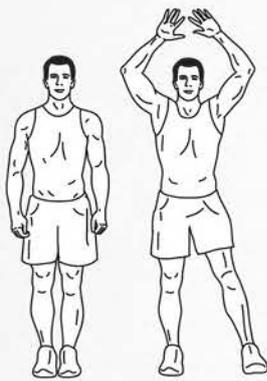
### Focus: High Burn



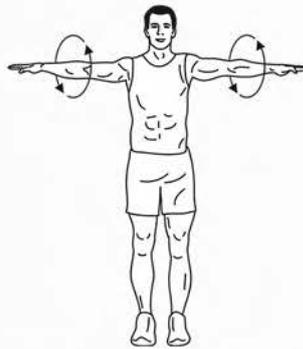
# Back to Basics

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

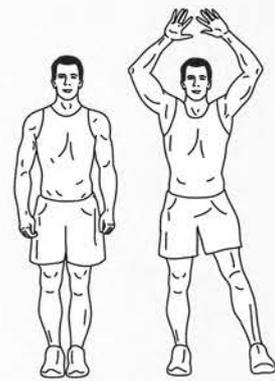
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



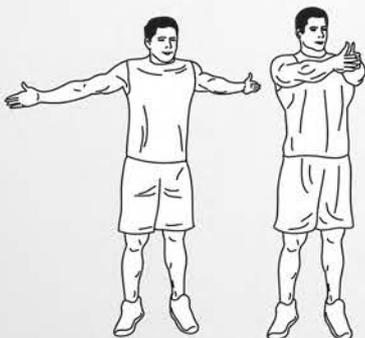
**20** step jacks



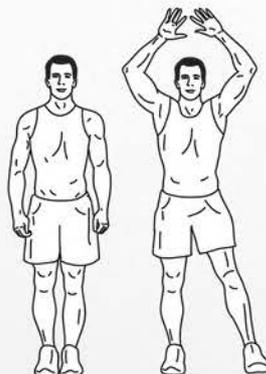
**20** raised arm circles



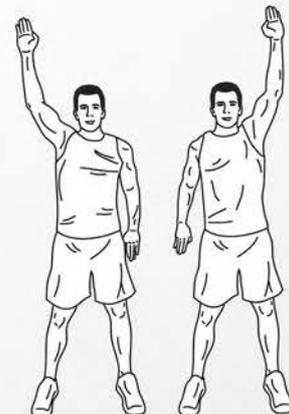
**20** step jacks



**20** chest expansions



**20** step jacks



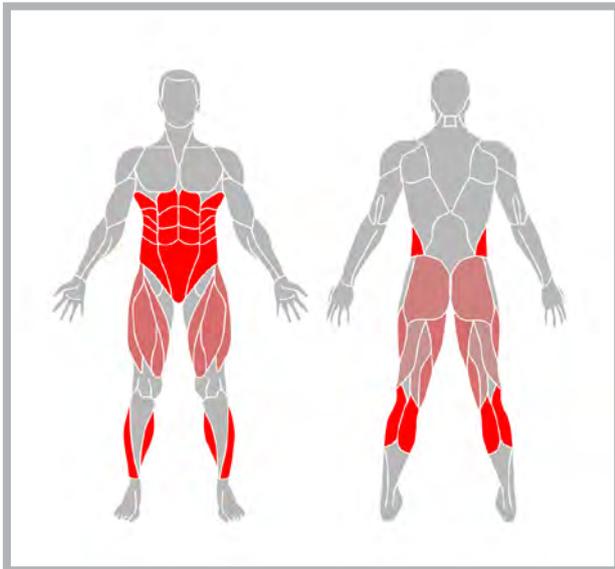
**20** alt chest expansions

# 8

## Beer Belly

While there is no workout routine, set of exercises or program that will allow you to lose weight locally, there are exercise routines that will tighten your abs, work your core and raise your body temperature putting you, squarely, in the sweatzone. The Beer Belly workout is one of them.

**Focus: High Burn & Abs**



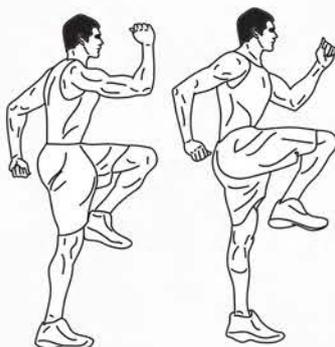
# BEEER BELLY

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

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



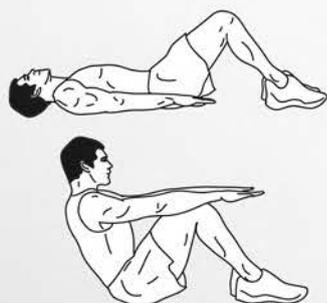
**20** high knees



**20** march steps



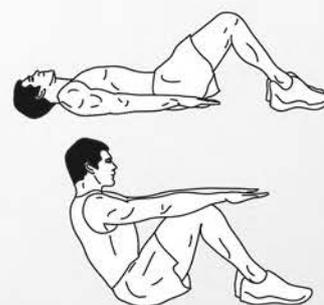
**20** high knees



**20** sit-ups



**20** sitting twists



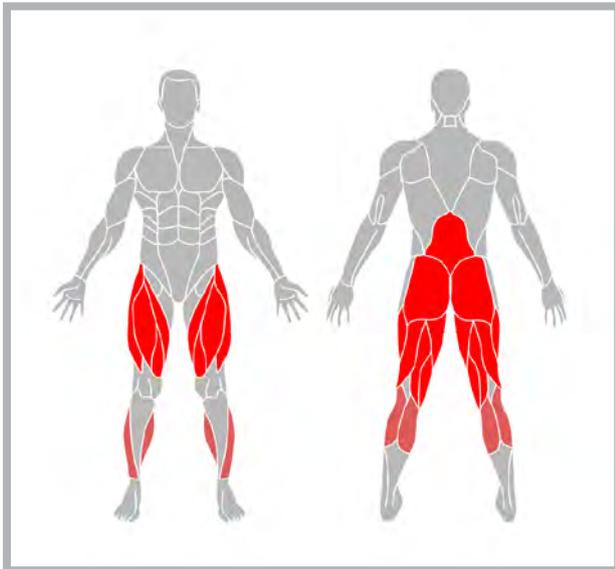
**20** sit-ups

# 9

## Bubble Butt

Glutes are powerhouses. They don't just make jeans and shorts look good, they also help athletic performance at every level. Strong glutes make you faster, stronger and capable of delivering more explosive power to virtually every movement. Bubble Butt is a workout that delivers on all these promises.

**Focus: Strength & Tone**



# BUBBLE BUTT

DAREBEE WORKOUT  
© [darebee.com](https://darebee.com)

2 minutes rest  
between exercises



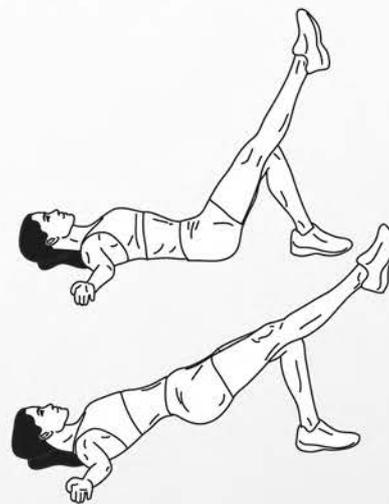
**20** squats x **4 sets** in total  
20 seconds rest between sets



**20** plank back kicks x **4 sets** in total  
2 sets per leg | 20 seconds rest



**20** lunge step-ups x **4 sets** in total  
2 sets per leg | 20 seconds rest



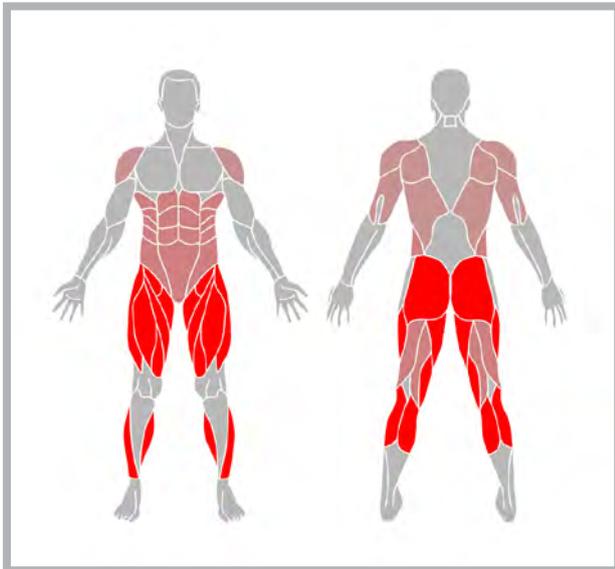
**20** single leg bridges x **4 sets** in total  
2 sets per leg | 20 seconds rest

# 10

## Burn & Build

Difficulty Level II workouts play an incredibly important role when it comes to fitness. They keep us revving when we don't really want to exercise hard. They provide great workouts for those difficult transition periods when we are beginning to level up and they help recuperation. Burn & Build does not disappoint. It does all of these things and it does them really, really well. Use it wisely and it will serve you well.

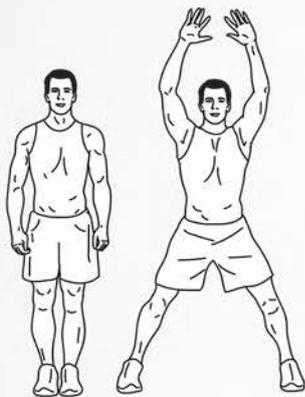
### Focus: High Burn



# Burn & Build

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

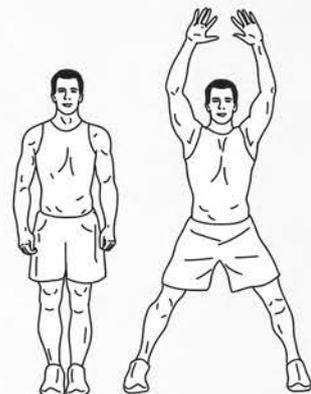
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



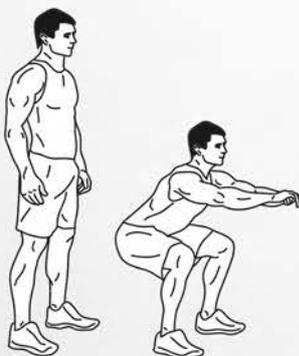
**20** jumping jacks



**10** squats



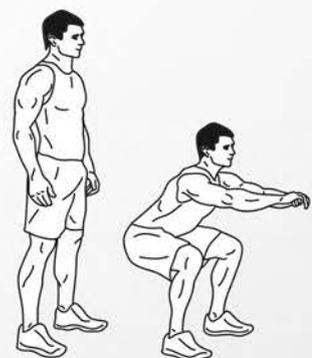
**20** jumping jacks



**10** squats



**20** high knees



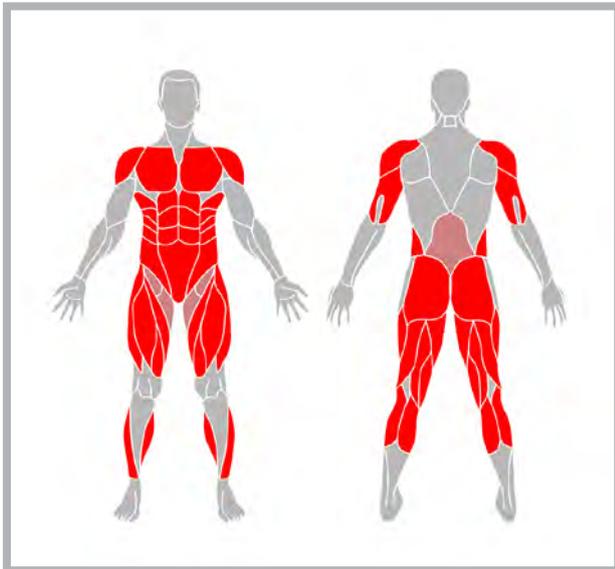
**10** squats

11

## Busy Bee

When it comes to being busy none of us has a lot of time which is why it is so important to train smart as well as hard. The Busy Bee workout makes sure you get everything you need in an intensive burst of activity that moves the entire body, challenging almost every muscle.

**Focus: High Burn**



# Busy Bee

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

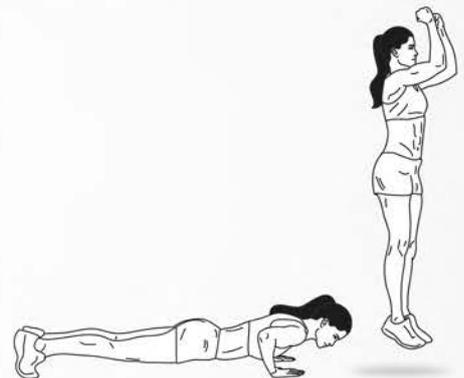
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



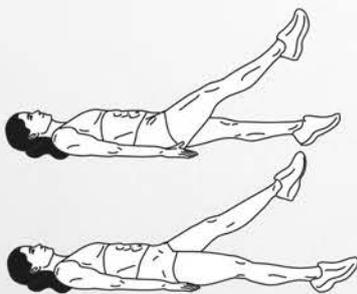
**20** high knees



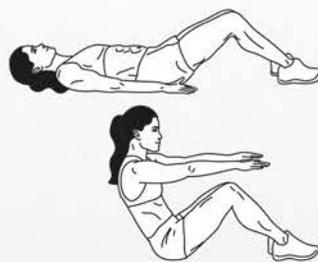
**10** lunge step-ups



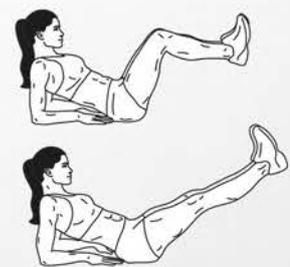
**5** burpees



**20** flutter kicks



**10** sit-ups



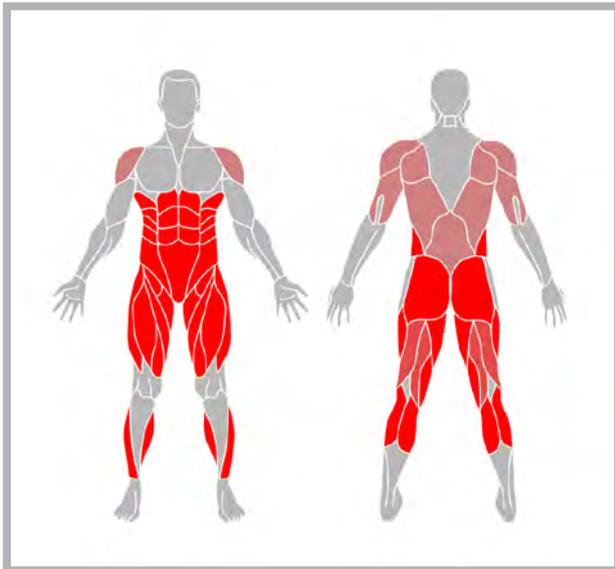
**5** crunch kicks

# 12

## Cardio & Core Burn

Focus on fat burning and chisel your core with the Cardio & Core Burn Workout. You will get sweaty without ever leaving the comfort of your own home. Go as fast as you can through the circuit until the finish line, the plank. Hold the plank for as long as you possibly can - a minimum of 20 seconds.

**Focus: High Burn**



# cardio & core burn

DAREBEE  
WORKOUT

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



**20** high knees



**4** climber taps



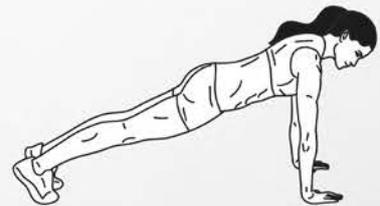
**20** high knees



**4** plank rotations



**20** high knees



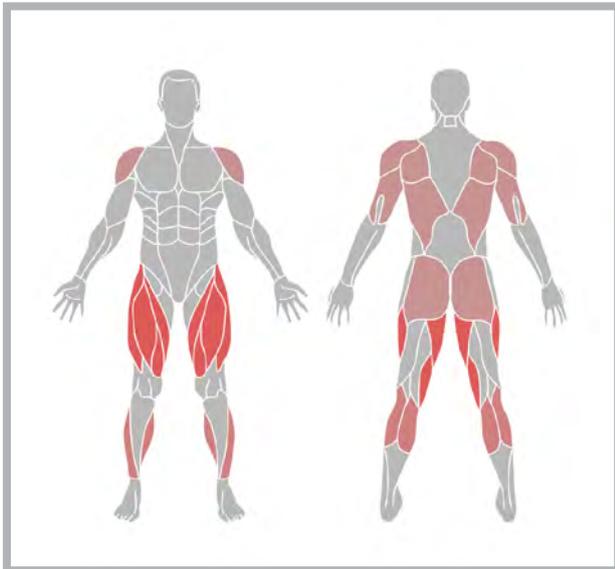
**20-count** plank hold

# 13

## Cardio Fix

Cardio Fix workout is perfect for when you are short on time, recovering from an injury (or a hard workout) or just getting into circuit training cardio routines. It's perfect for beginners. Get your heart rate up, your blood flowing and sweat pouring with the Cardio Fix Workout! Keep moving until the circuit is done, don't take any breaks between exercises - go through the circuit as fast as you can for maximum results.

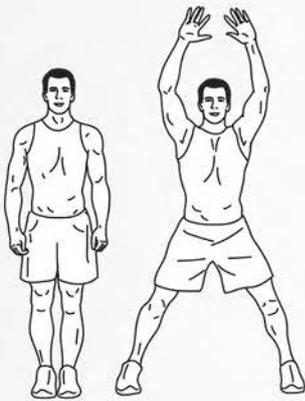
**Focus: High Burn**



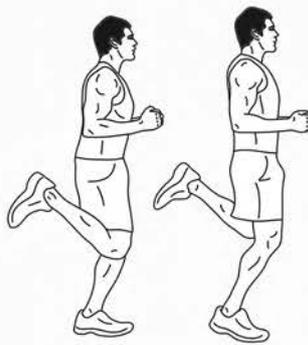
# Cardio Fix

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

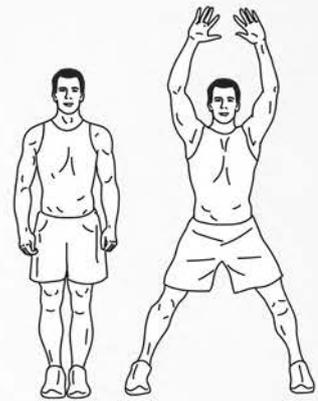
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



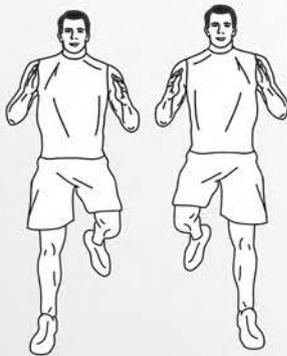
**20** jumping jacks



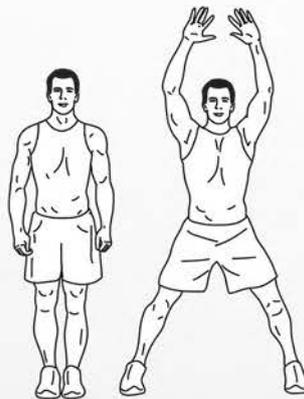
**10** butt kicks



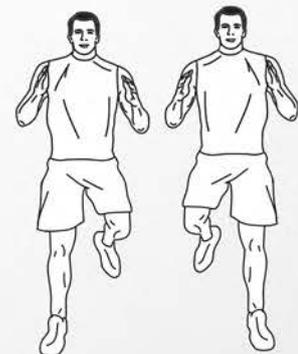
**20** jumping jacks



**10** side-to-side hops



**20** jumping jacks



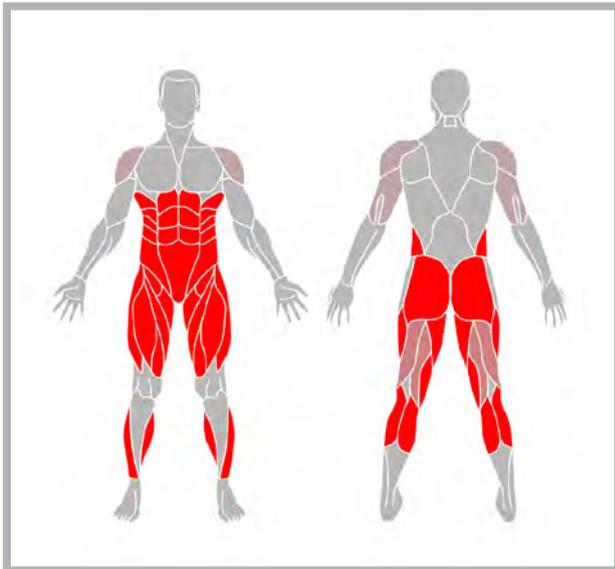
**10** side-to-side hops

14

# Chopper

If someone urges you to get to the chopper you know it ain't going to be easy. For a start just calling it "chopper" means you're in a tight spot with time running out and the hordes bearing down upon you. Plus you're probably out of ammo and have nowhere to hide either. Good thing the Get To The Chopper workout is here to help you get fit enough to make it before they get you.

**Focus: High Burn**



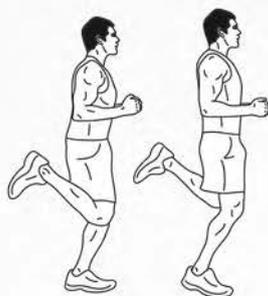
# get to the chopper

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

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



**20sec** high knees



**20sec** butt kicks



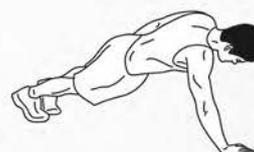
**20sec** high knees



**20sec** one-arm plank



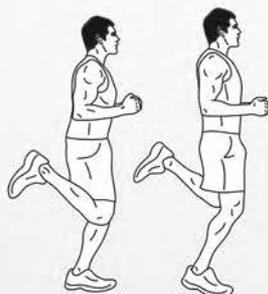
**20sec** high knees



**20sec** one-arm plank



**20sec** high knees



**20sec** butt kicks



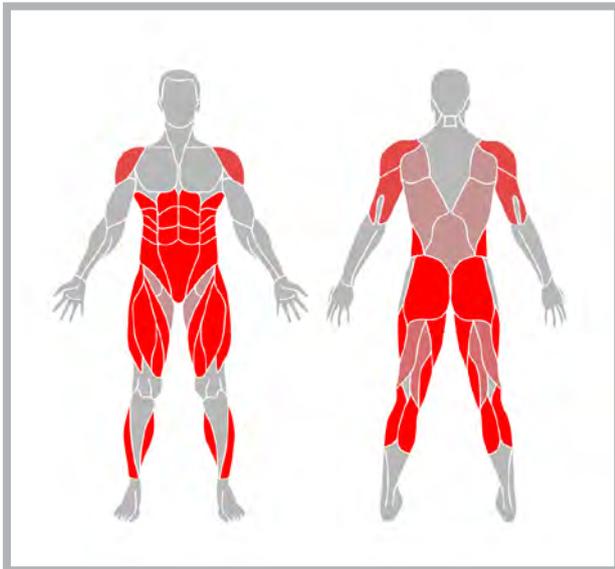
**20sec** high knees

15

## Coda

Take your cardio to the next level with the CODA workout. It has the best of everything and it has the worst of everything - catch your breath and dare it again! Who Dares, Wins.

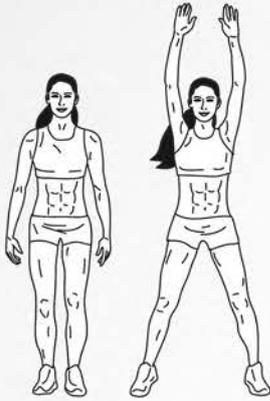
**Focus: High Burn**



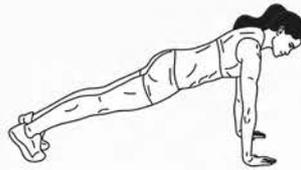
# COOPA

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

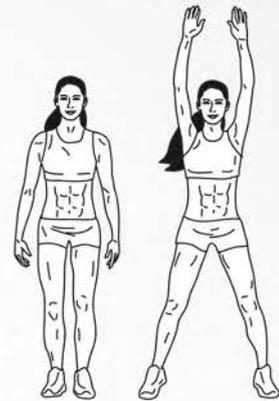
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



**20sec** jumping jacks



**20sec** plank hold



**20sec** jumping jacks



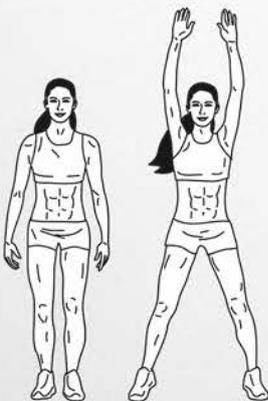
**20sec** plank hold



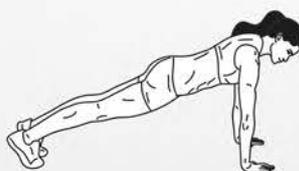
**20sec** basic burpees



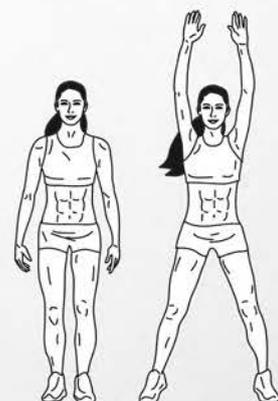
**20sec** plank hold



**20sec** jumping jacks



**20sec** plank hold



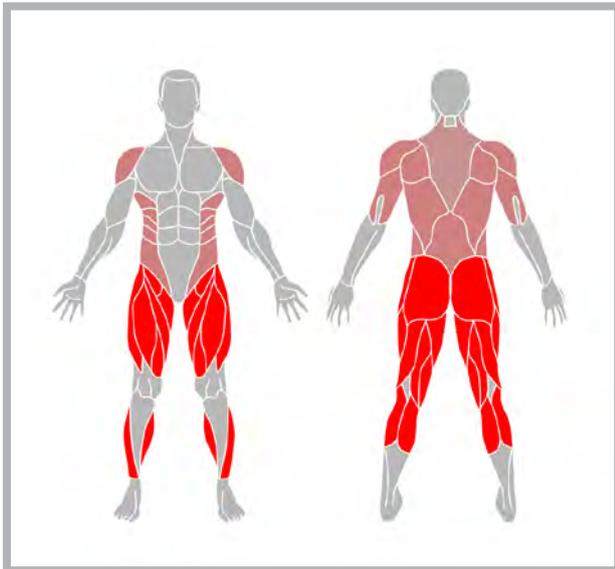
**20sec** jumping jacks

# 16

## Combat HIIT Express

Side kicks and straight punches are the body's go-to weapons of mass destruction. They're also a great way to harness physical power, build coordination, improve balance and generate greater strength and speed. Combat HIIT Express, as the name suggests, takes you through basic punching and kicking routines at high intensity. It will make you fitter, stronger and more efficient in the way you move.

**Focus: High Burn**



# COMBAT HIIT EXPRESS

WORKOUT BY  
DAREBEE

[@ darebee.com](https://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest

**30sec** side kicks

**30sec** punches

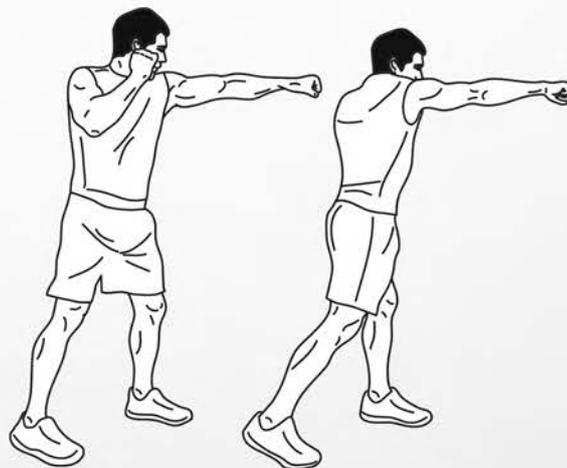
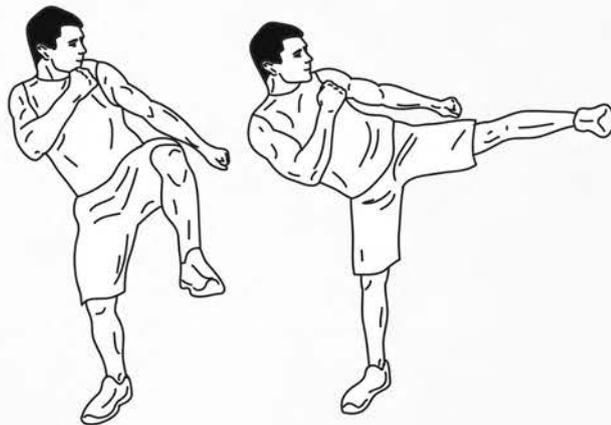
**30sec** side kicks

**30sec** punches

**30sec** side kicks

**30sec** punches

done

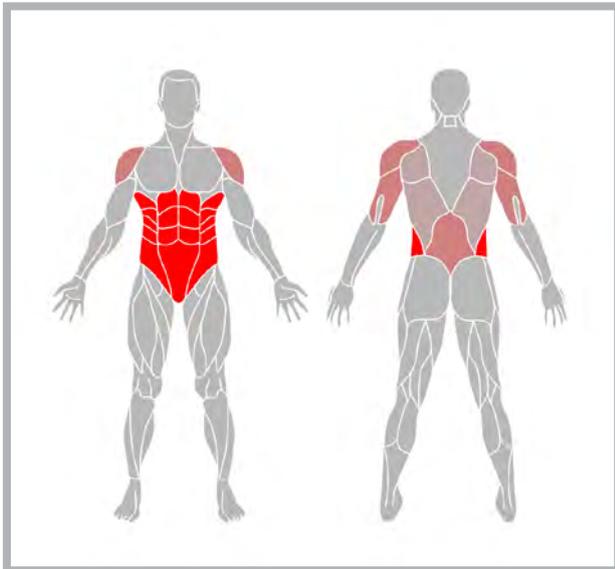


17

## Core Twister

Abs need work. They require different exercises that place a different load on each of the four abdominal muscle groups. Core Twister lives up to its name. It works the core. It will push your abs. It will make you functionally more powerful by allowing the power transfer from the lower body to the upper one and vice versa to happen with as little loss of energy as possible. To do all that, you need to do the Core Twister workout.

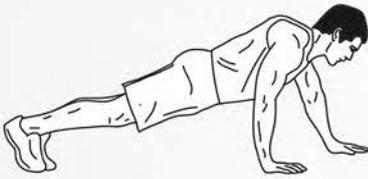
**Focus: Abs & Core**



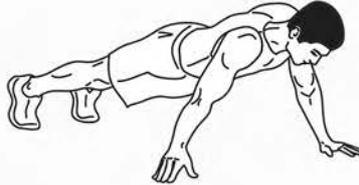
# CORE TWISTER

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

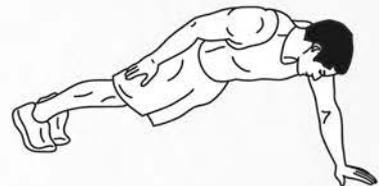
Switch sides and repeat the sequence again.



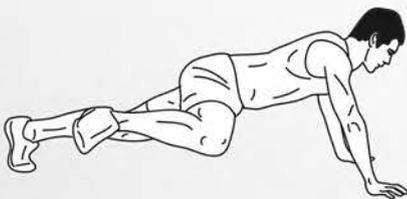
**20 seconds**  
staggered plank hold



**20 seconds**  
archer plank hold



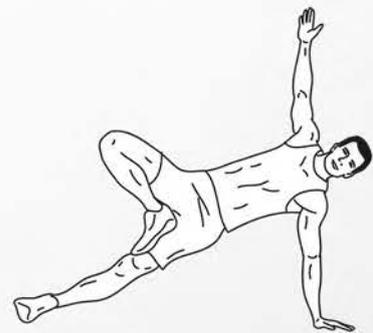
**20 seconds**  
one-arm plank hold



**20 seconds**  
knee-to-the-side  
plank hold



**20 seconds**  
raised leg plank hold



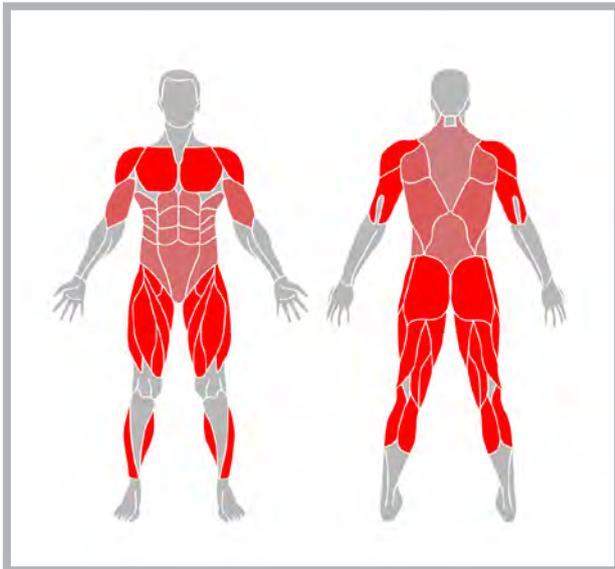
**20 seconds**  
tucked-in  
side plank hold

# 18

## Critical Hit

When put together in the right combo that loads muscle groups and taxes the aerobic system combat skills are the fastest way there is to achieve gains in speed, balance, coordination and power. Critical Hit does not disappoint. It loads the body's major muscle groups, taxes VO2 capacity and tests endurance and recovery time. Put this one on your horizon and work at it until you can do it with a smile all the way.

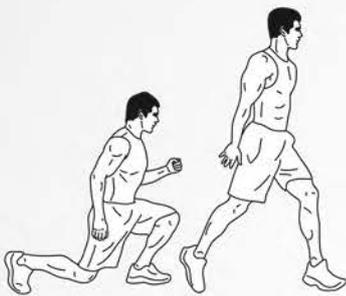
### Focus: Combat



# CRITICAL HIT

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

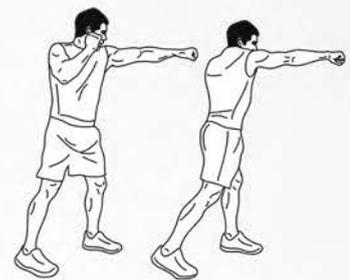
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



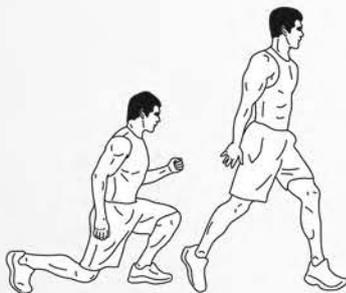
**10** jumping lunges



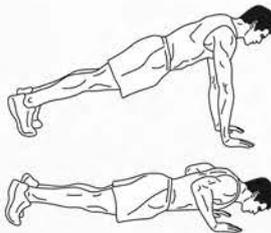
**20** knee strikes



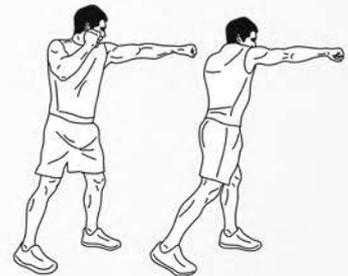
**20** punches



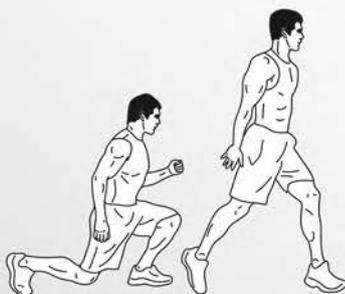
**10** jumping lunges



**20** push-ups



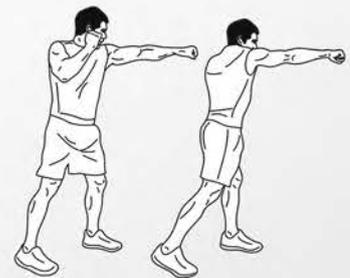
**20** punches



**10** jumping lunges



**20** knee strikes



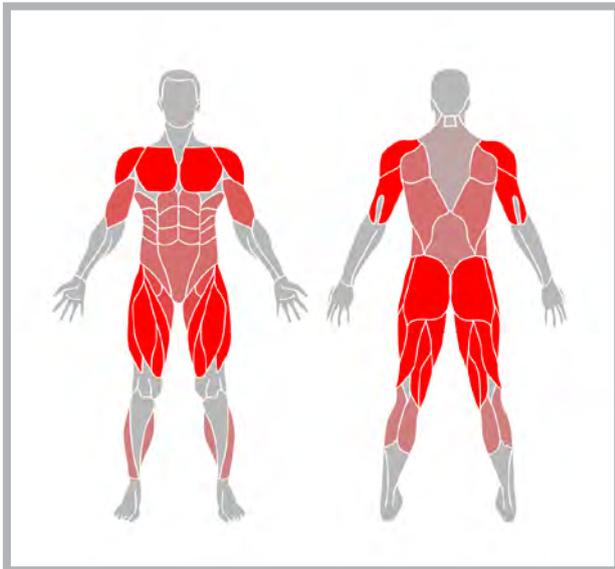
**20** punches

# 19

## Crushing It!

Crushing It! is a fun yet grueling combat workout. It's simple yet it recruits all major muscle groups. It demands concentration and a decent amount of coordination. Simple moves + decent numbers + smart circuit = excellent ROI. Mind your form and go slow when doing push-ups. You don't want speed here, you want to focus on your technique and harness gravity to help you hyperload and challenge your muscles.

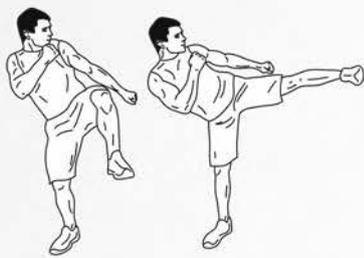
### Focus: Combat



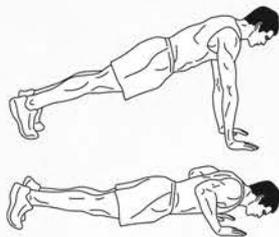
# Crushing it!

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

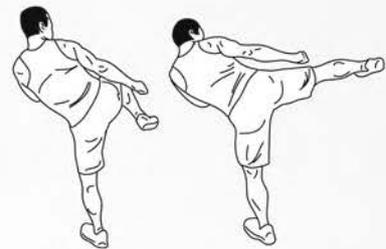
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



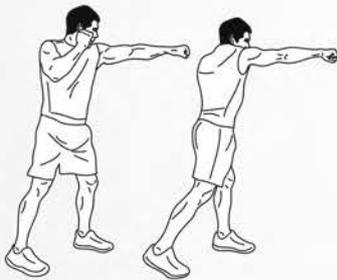
**10** side kicks ( left )



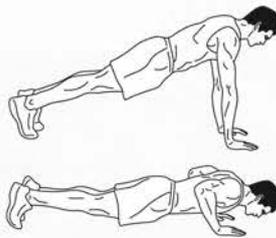
**10** push-ups



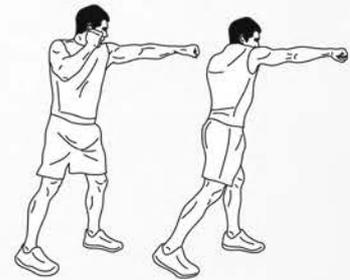
**10** side kicks ( right )



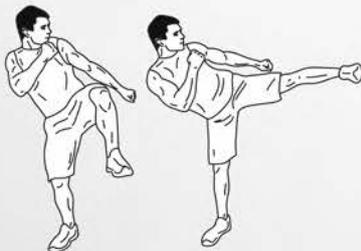
**20** punches



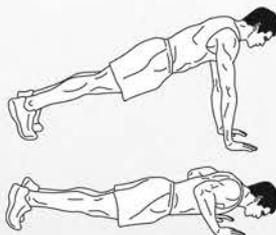
**10** push-ups



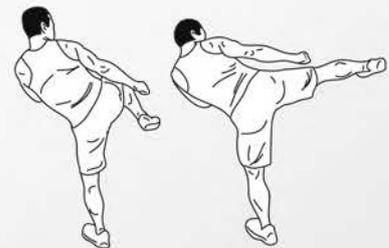
**20** punches



**10** side kicks ( left )



**10** push-ups



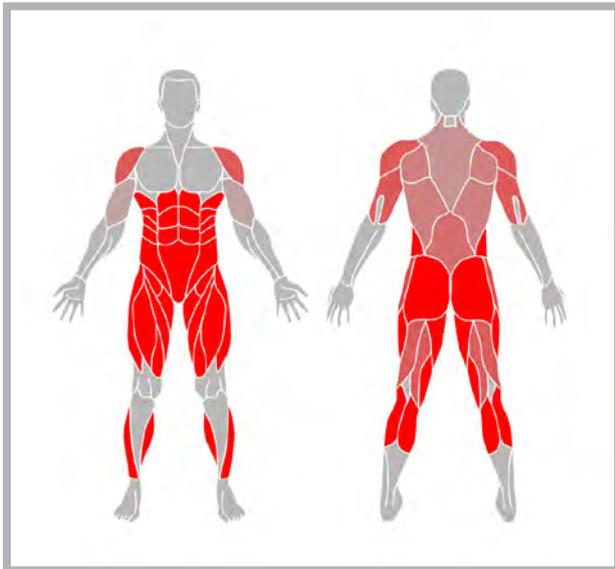
**10** side kicks ( right )

20

# Cyberpunk

Sensibilities of control, focus, self-determination and transformation spill over into real life. The Cyberpunk workout is here to help you realize them all.

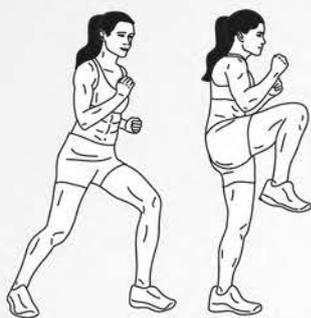
**Focus: Strength & Tone**



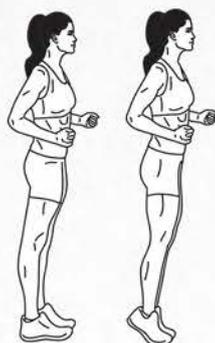
# CYBERPUNK

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

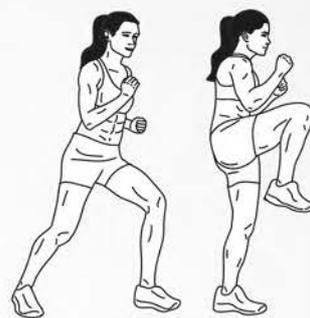
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



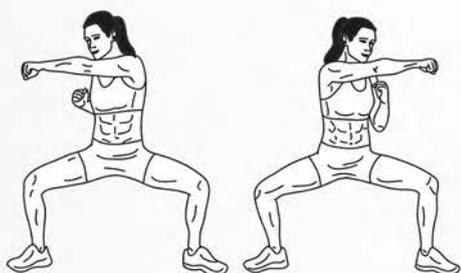
**20** knee strikes



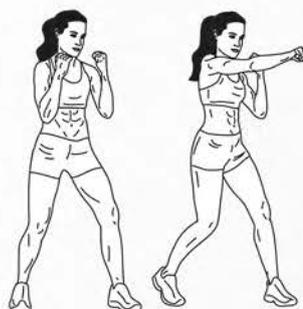
**6** calf raises



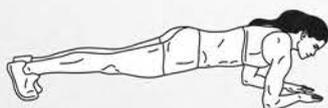
**20** knee strikes



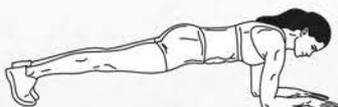
**20** squat hold punches



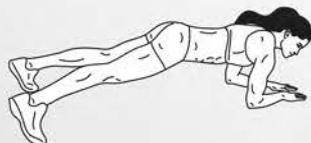
**20** punches



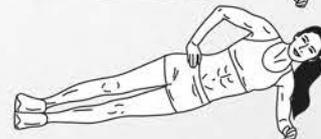
**10** elbow plank step outs



**6** elbow plank knee-ins



**10** side bridges

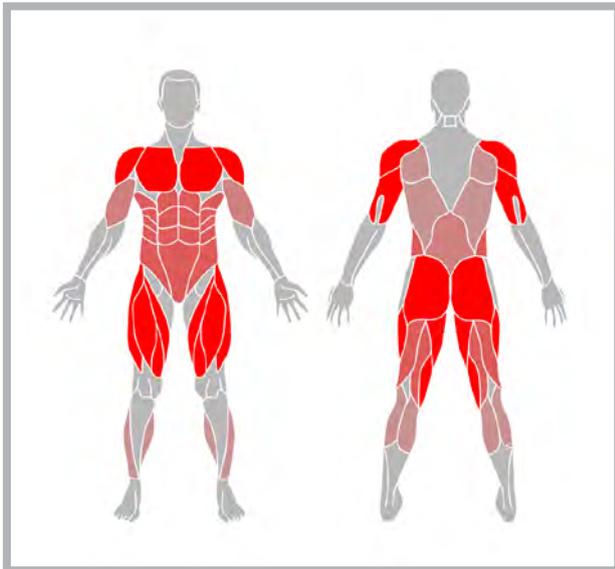


# 21

## Deathsquad

Deathsquad is a full body, strength workout that begins to exert its influence on the body's muscles shortly after you get through the very first set. Although it's just level III in difficulty, it doesn't take long before fatigue kicks in and then you're working through that figurative wall the other side of which lies the physical strength you crave.

**Focus: Strength & Tone**



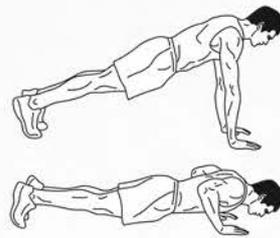
# DEATHSQUAD

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

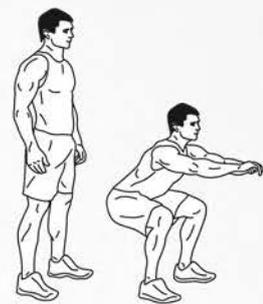
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



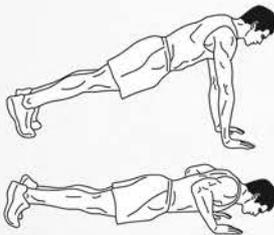
15 squats



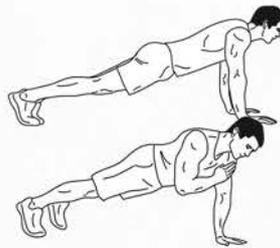
5 push-ups



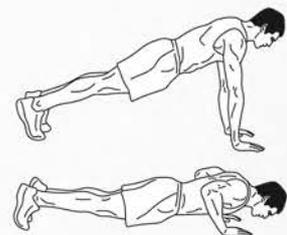
15 squats



5 push-ups



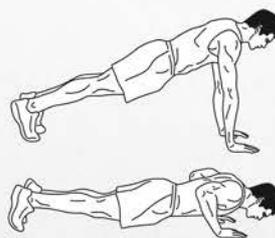
30 shoulder taps



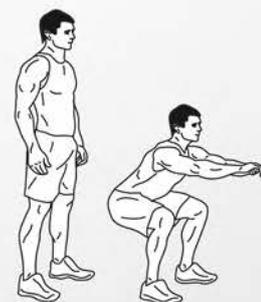
5 push-ups



15 squats



5 push-ups



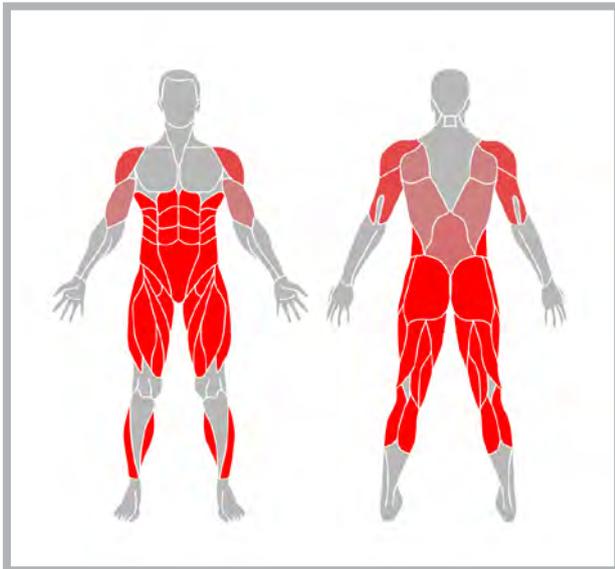
15 squats

# 22

## Defiant

Reach for the stars! Be defiant and keep on moving forward until you reach your goals. Make sure you lower your knee all the way to the floor, almost touching it, when performing lunges. Go slow throughout the circuit and mind your form.

**Focus: Strength & Tone**



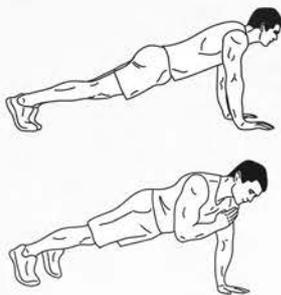
# DEFIANT

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

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



**10** lunges



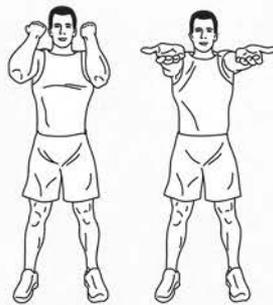
**10** shoulder taps



**10** plank rotations



**10** lunges



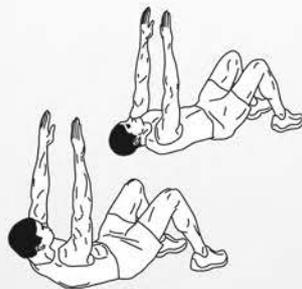
**30** bicep extensions



**10** calf raises



**10** lunges



**10** high crunches



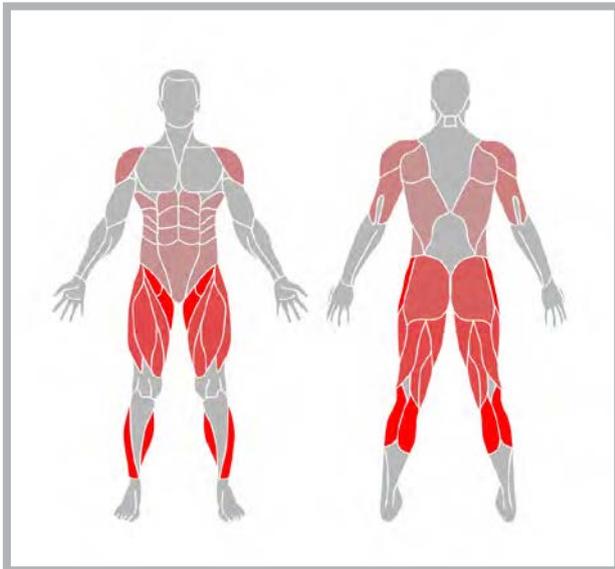
**10** knee-to-elbows

# 23

## Do Over

A difficulty level II workout can still deliver solid physical performance benefits, even to advanced fitness athletes if it is performed at Level III with EC and that's because, like each workout it challenges the body differently forcing a new adaptation response which means it helps you get fitter regardless. Plus this is a workout which can be performed by anyone at virtually any level of fitness which means it is also a good challenge to have on your horizon.

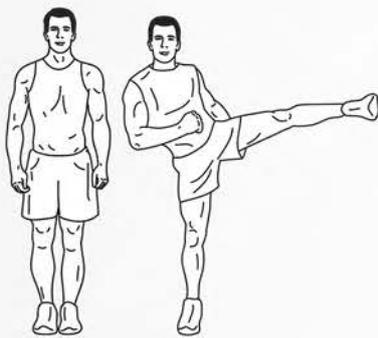
### Focus: High Burn



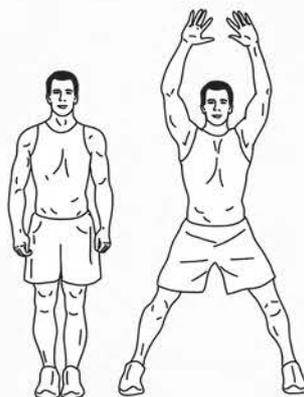
# THE DO OVER

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

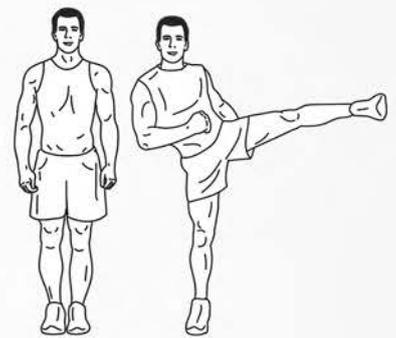
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



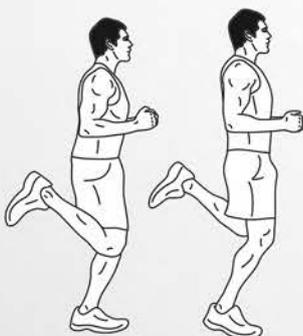
20 side leg raises



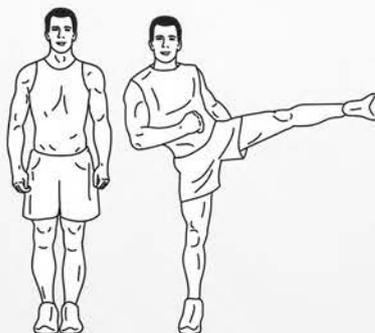
20 jumping jacks



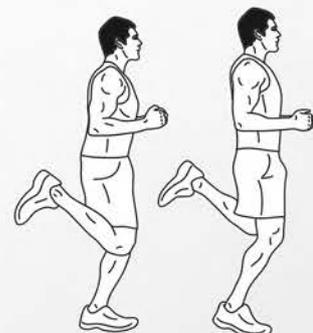
20 side leg raises



20 butt kicks



20 side leg raises



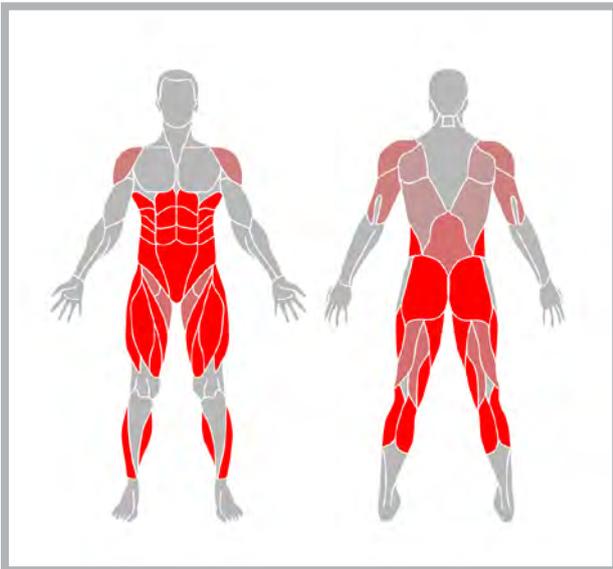
20 butt kicks

# 24

## Expedited Delivery

Expedited delivery is zippy and even the floor exercises are designed to put a load on muscles and tendons that are used in the rest of the workout. That makes it a challenge to get through without a groan (or two) which means it will work to bring up your body temperature and put you in the sweatzone, fast.

### Focus: High Burn



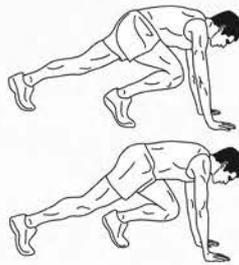
# EXPEDITED DELIVERY

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

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



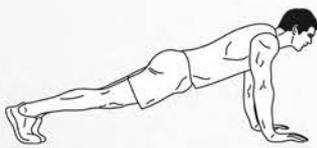
**20sec** high knees



**20sec** climbers



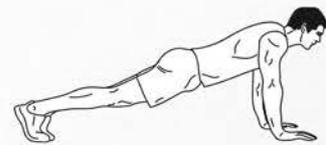
**20sec** high knees



**20sec** plank hold



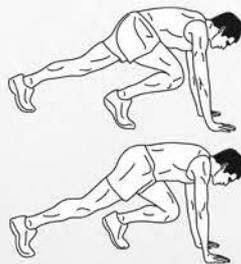
**20sec** high knees



**20sec** plank hold



**20sec** high knees



**20sec** climbers



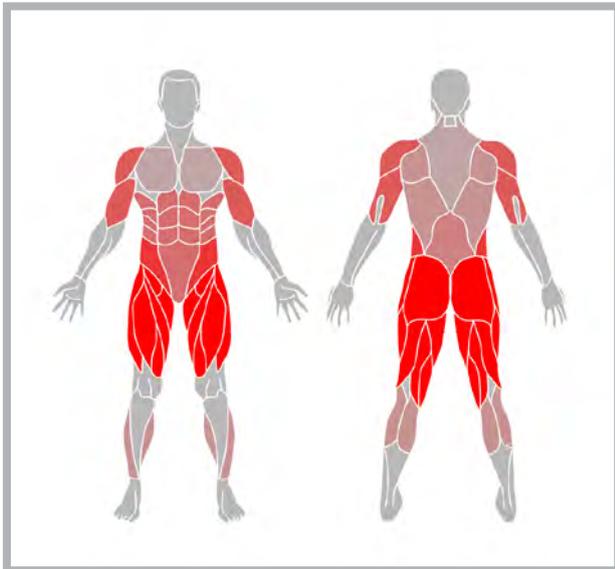
**20sec** high knees

25

## Extra Spice

Life is meant to be spiced up which is why Extra Spice is a total body workout that comes with the usual focus on form and quality of movement through every set.

**Focus: High Burn**



# EXTRA SPICE

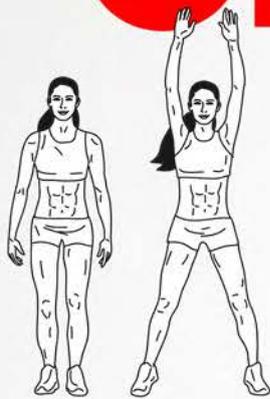
DAREBEE WORKOUT  
@ [darebee.com](https://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

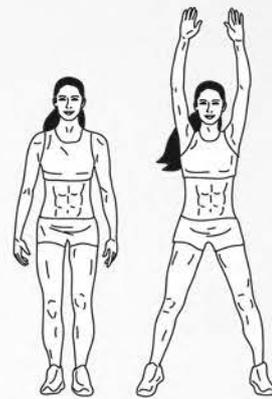
2 minutes rest



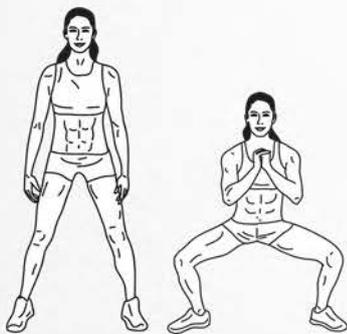
**15** jumping jacks



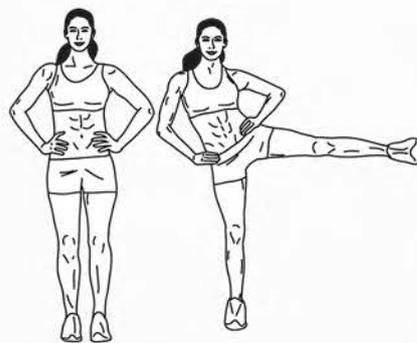
**10** knee-to-elbows



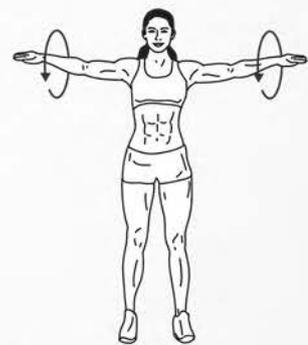
**15** jumping jacks



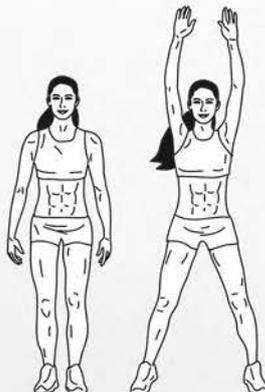
**10** goblet squats



**10** side leg raises



**15** raised arm circles



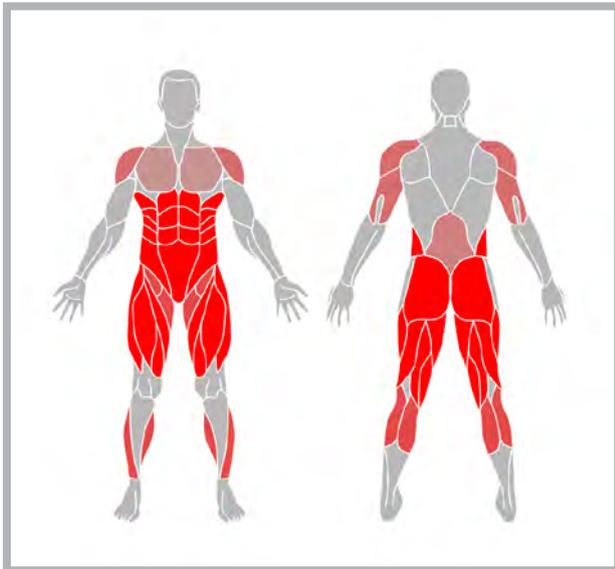
**15** jumping jacks

# 26

## Fab Abs

The abs and core are the junction at which lower body strength is translated into upper body power. But for that to happen you need strong abs and a strong core. Fab Abs works all of that in a dynamic and static fashion. The cross-mix delivers a potent abs workout that demands you raise your knees to waist height during High Knees and keep your body as absolutely straight as you possibly can during plank.

### Focus: High Burn & Abs



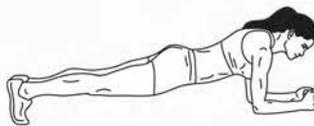
# FAB ABS

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

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



**20sec** high knees



**20sec** elbow plank hold



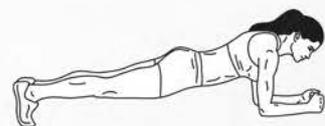
**20sec** high knees



**20sec** elbow plank hold



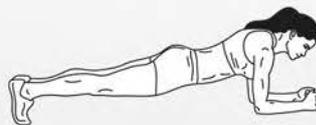
**20sec** climbers



**20sec** elbow plank hold



**20sec** high knees



**20sec** elbow plank hold



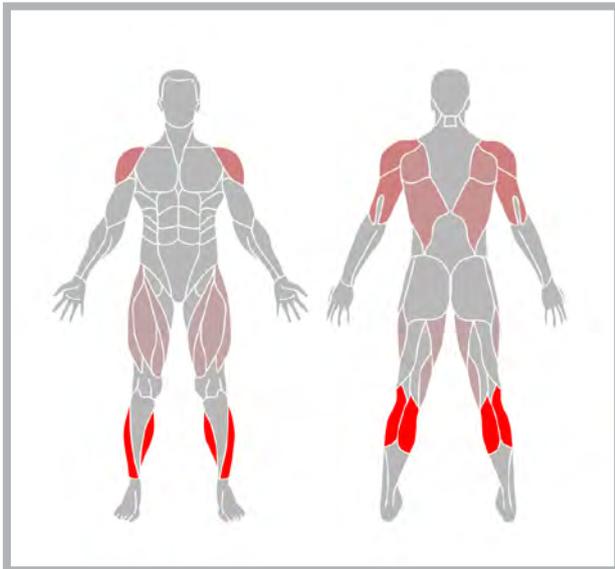
**20sec** high knees

27

## Feel Good

Exercise is one of the best ways to get an instant mood boost. This quick and easy workout is just what doctor prescribed. Go flat out throughout the circuit, it's going to be worth it!

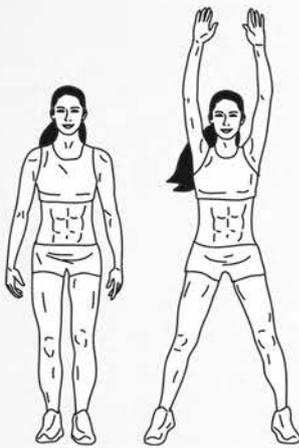
**Focus: High Burn**



# feelgood

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

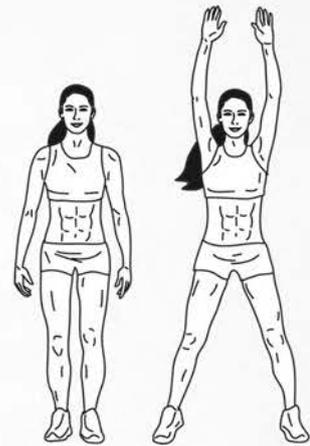
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



**10** jumping jacks



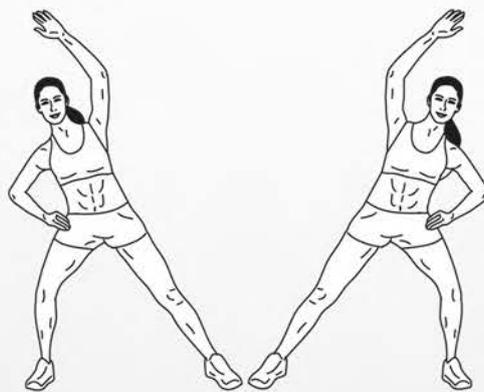
**2** hop heel clicks



**10** jumping jacks



**2** hop heel clicks



**10** side jacks



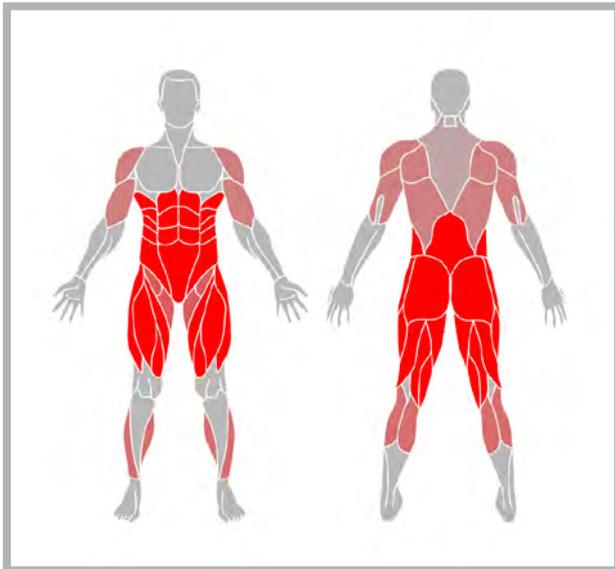
**2** hop heel clicks

28

## Femme Fatale

Get into character, be a special agent and feel empowered, capable and dangerous with the Femme Fatale workout. Combat moves, groundwork and tendon strengthening exercises will transform your body into one focused, fit, fighting machine.

**Focus: Strength & Tone**

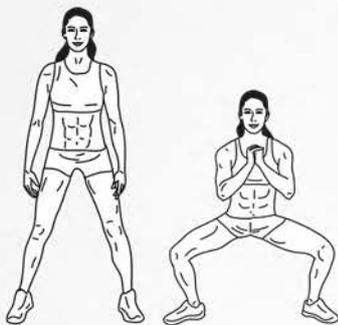


# FEMME FATALE

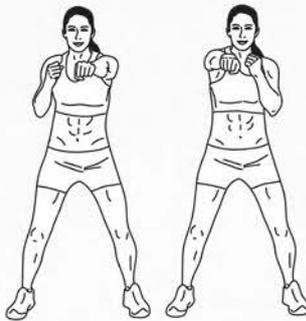
DAREBEE  
WORKOUT

© [darebee.com](https://darebee.com)

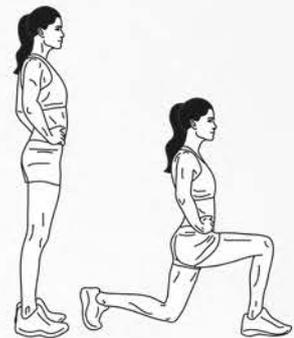
LEVEL I 3 sets  
LEVEL II 5 sets  
LEVEL III 7 sets  
2 minutes rest



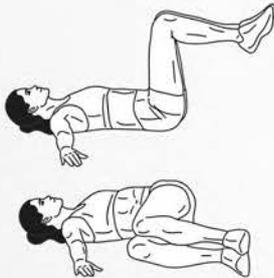
**10** goblet squats



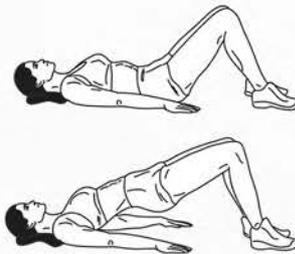
**20** punches



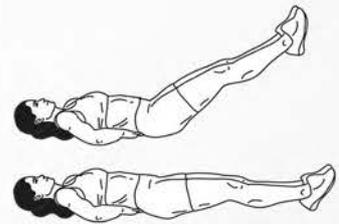
**10** lunges



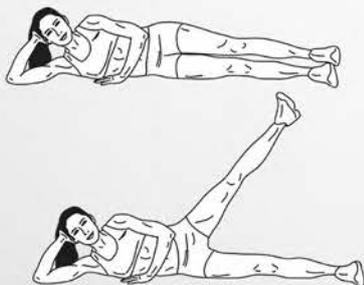
**10** half wipers



**10** bridges



**10** leg raises



**20** side leg raises



**20** crunches

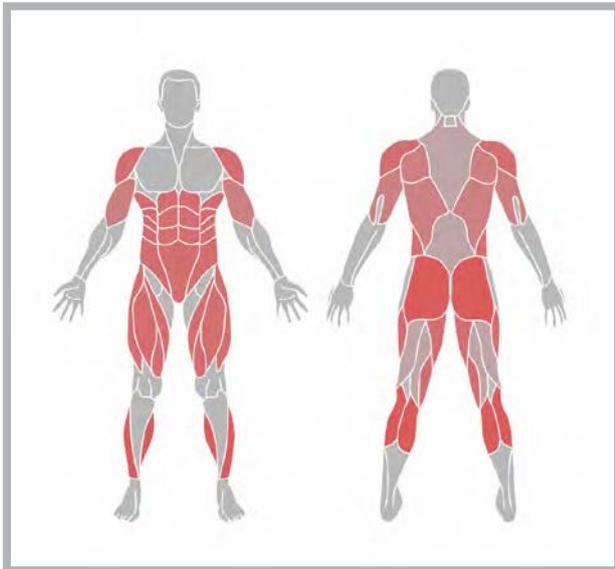


**20** sitting twists

# Fresh Start

Fresh Start is the kind of workout you should be looking at if you're getting back into training after a lay-off due to injury or other circumstances. It's light, it's fast, it's energizing and it will help your body remember how it should move.

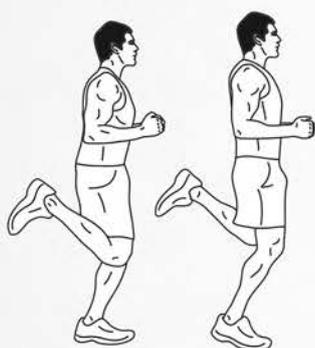
## Focus: High Burn



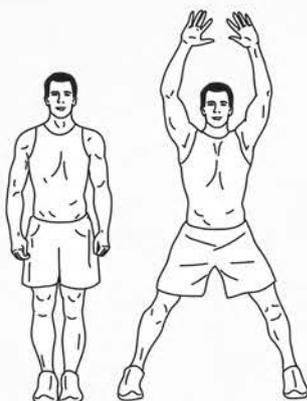
# FRESH START

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

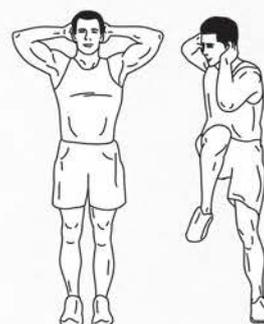
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



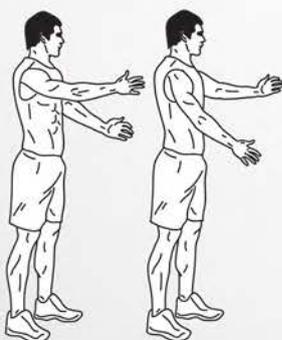
**10** butt kicks



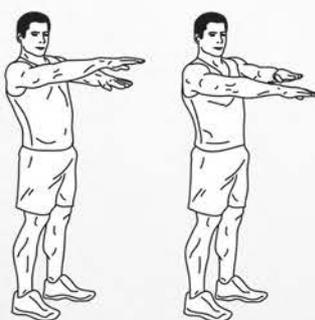
**10** jumping jacks



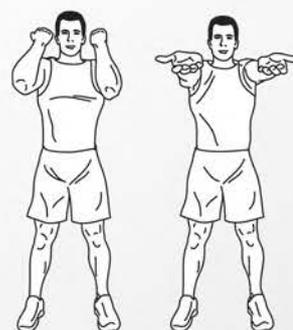
**10** knee-to-elbow



**20** scissor chops



**20** arm scissors



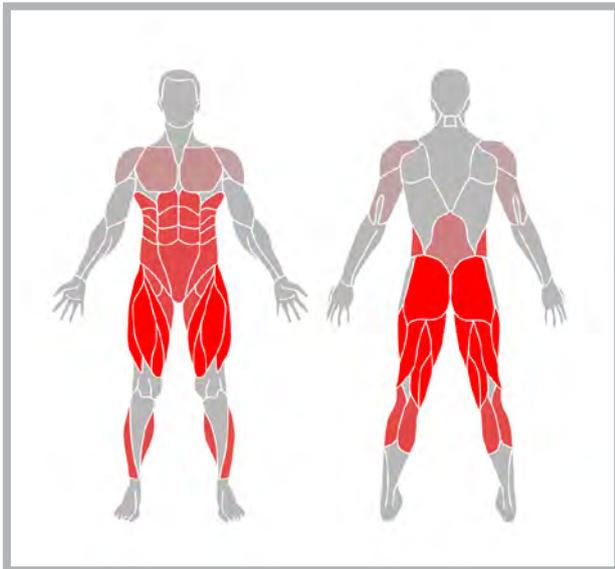
**20** bicep extensions

30

# Genesis

It's always hard in the beginning but if you stick with it, in the end it's all worth it. The Genesis workout is pure fire, it will break you to remake you. Bear with it, give it your all, persevere and, once you conquer it, nothing will ever feel like too much to overcome. This is how toughness is nurtured and how iron will is forged. Keep moving, as fast as you can until the time is done, catch your breath and do it again. Bring your knees up as high as you can, as far in as you can and don't forget to breathe!

## Focus: High Burn



# GENESIS

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

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



**20sec** high knees



**20sec** knee-to-elbows



**20sec** high knees



**20sec** climbers



**20sec** high knees



**20sec** climbers



**20sec** high knees



**20sec** knee-to-elbows



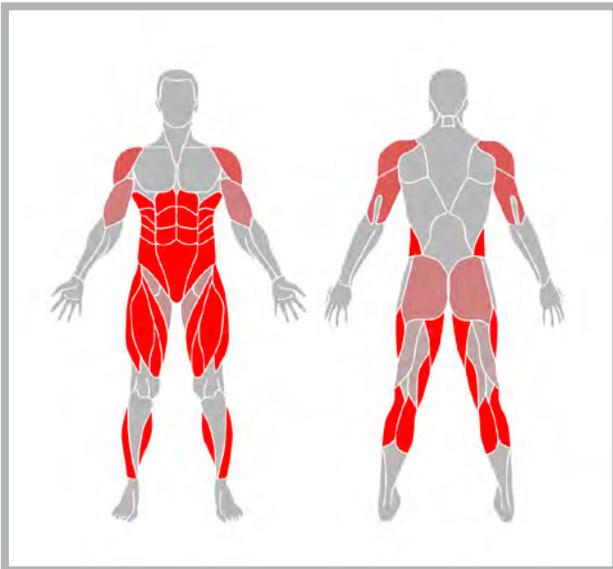
**20sec** high knees

# 31

## Get It Done

This workout is perfect for when you just need to - Get It Done. It will challenge your lungs and work your core without overtaxing your system delivering just the right amount of burn, at the right time. It's fairly easy to follow, there are no complex moves, but it will work your entire body nonetheless. Keep your arm up throughout the second row and keep your elbows pointing forward during bicep extensions - don't drop your arms down, for maximum results.

### Focus: High Burn



# GET IT DONE

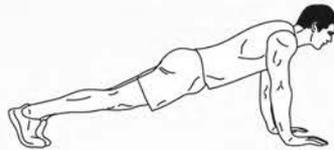
DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

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

2 minutes rest between sets



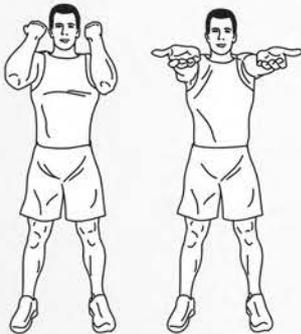
**20sec** high knees



**20sec** plank hold



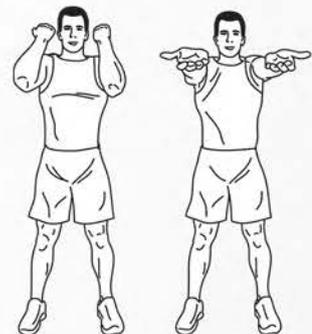
**20sec** high knees



**20sec** bicep extensions



**20sec** raised arm hold



**20sec** bicep extensions



**20sec** high knees



**20sec** plank hold



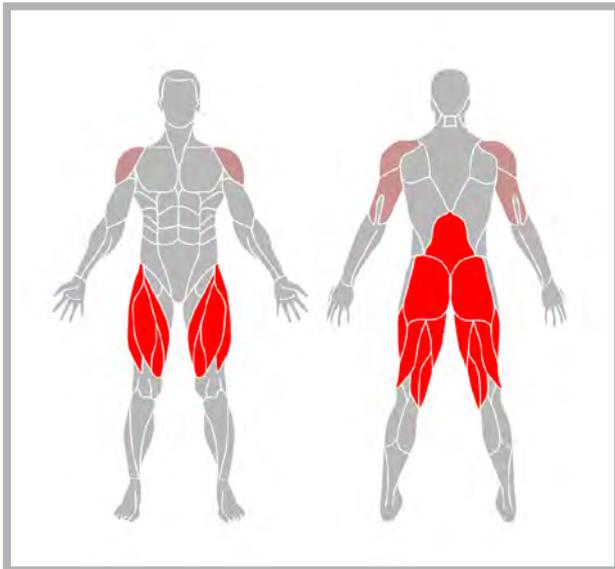
**20sec** high knees

32

# Good Morning Yoga

Mind and body, working together create an unstoppable combination making you healthier, more focused and stronger. This foundation is built incrementally with small, measured steps which is where Good Morning Yoga workout comes in. Designed to help you meet each and every day on your terms, this is the kind of workout that changes you inside and out.

## Focus: Wellbeing



# GOOD MORNING YOGA

BY DAREBEE

@ [darebee.com](https://darebee.com)

Hold each pose for 30 seconds then move on to the next one.



1. mountain pose



2. fierce pose



3. forward bend



4. wide squat pose



5. hero pose



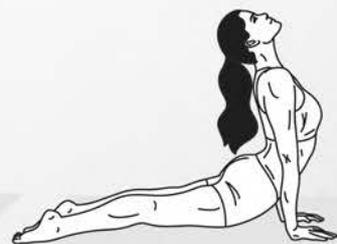
6. child pose



7. cat pose



8. cow pose



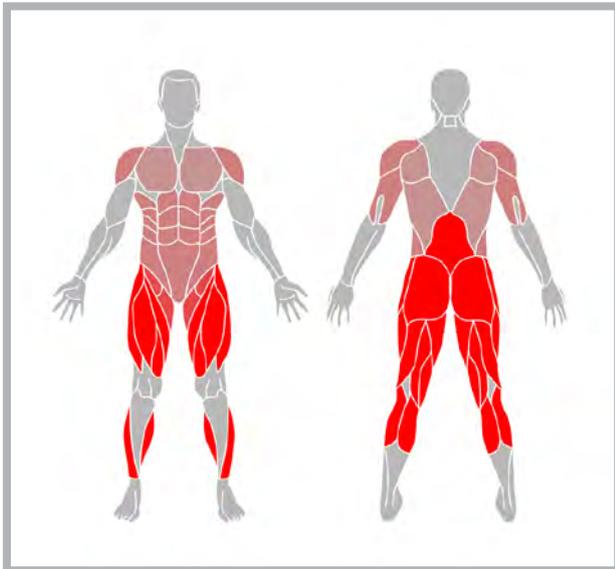
9. upward dog pose

# 33

## Grit & Grace

As the title suggests - this workout helps you develop grit and grace through endurance and agility exercises combined in a single circuit. Keep your pace steady during jumping jacks, speed up and go all out during pacer steps and mind your form during squat hold, deadlifts and side leg raises. Do half of the reps on one side first and then do the rest on the other.

### Focus: High Burn



# GRIT & GRACE

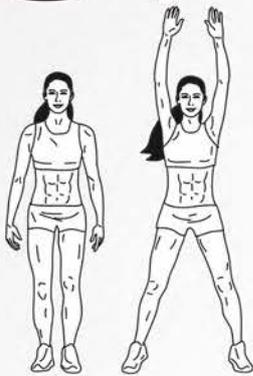
WORKOUT  
BY DAREBEE  
@ [darebee.com](https://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



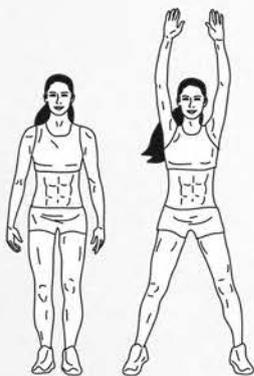
**30** jumping jacks



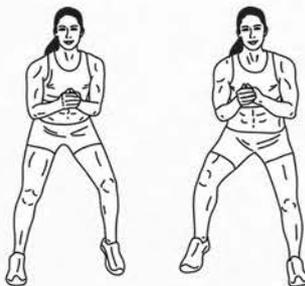
**20** pacer steps



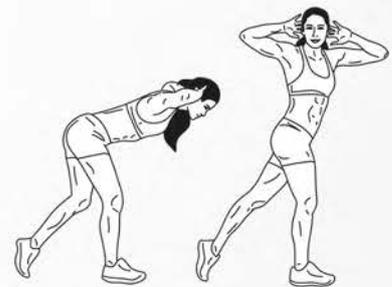
**10** squat hold calf raises



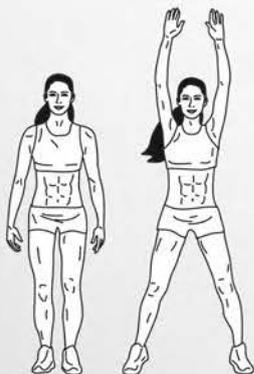
**30** jumping jacks



**20** pacer steps



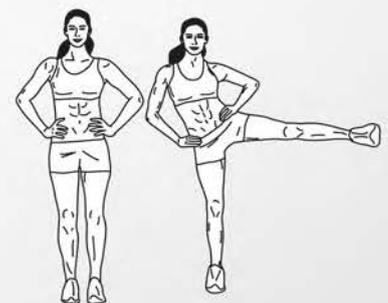
**10** deadlifts with twist



**30** jumping jacks



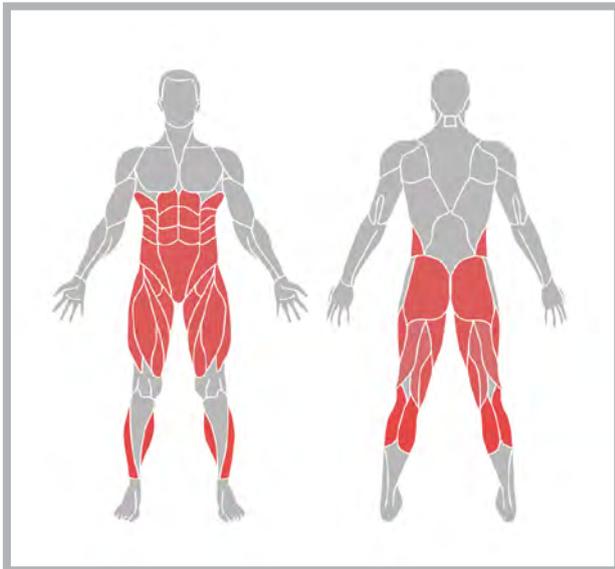
**20** pacer steps



**10** side leg raises

Exercise creates physical stresses in the body that trigger the adaptive response that changes us physically. The pathway through which this change happens requires hormone signals that activate specific cellular mechanisms. The Gut is a workout that sets you down the path to help your gut bacteria help you get fitter, stronger and healthier.

**Focus: High Burn**



# THE GUT

DAREBEE WORKOUT

@ [darebee.com](http://darebee.com)

Level I 3 sets

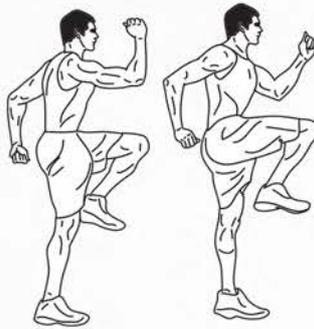
Level II 5 sets

Level III 7 sets

2 minutes rest

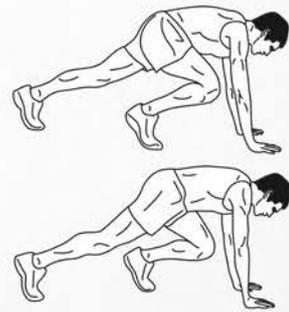
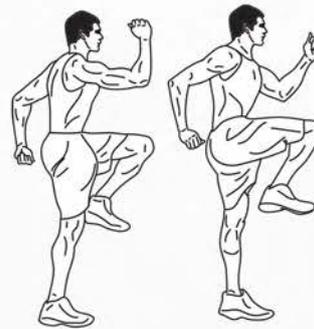
10 march steps

10 high knees



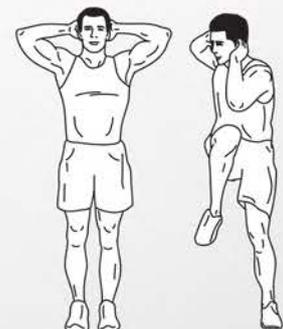
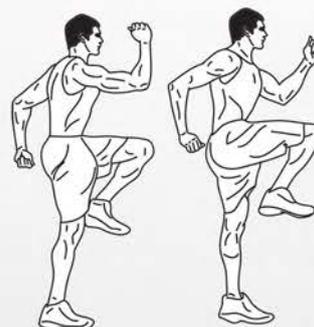
10 march steps

10 climbers



10 march steps

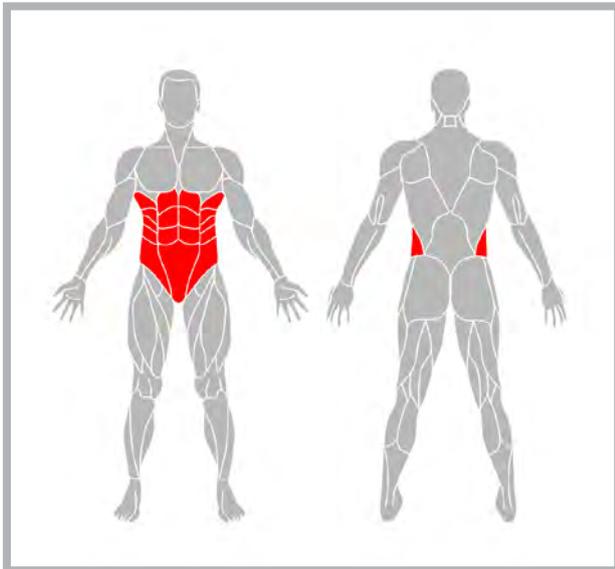
10 knee-to-elbow



## Hello, abs!

Strong abs change the performance of every physical activity. They facilitate and preserve power transfer from the lower body to the upper one and vice versa. They affect the way we sit and walk, how quickly we tire and even how explosively we can move. Strong abs require almost daily exercise to develop and maintain. The Hello, Abs! workout is your go-to workout for daily abs exercises. You'll be pleasantly surprised by the results.

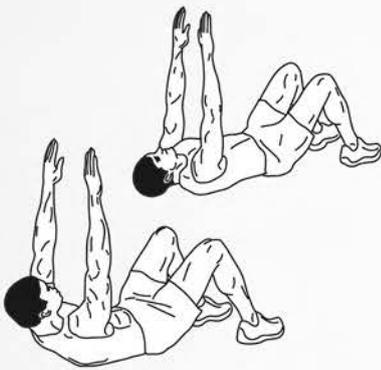
### Focus: Abs



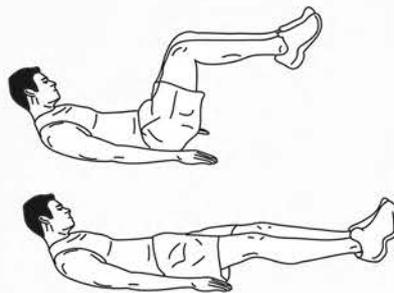
# Hello, abs!

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



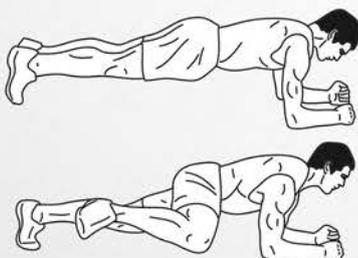
**20** high crunches



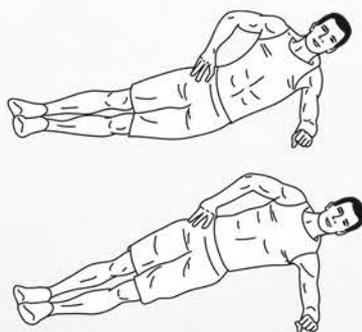
**20** crunch kicks



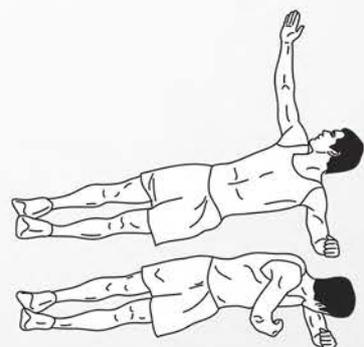
**20** knee-to-elbow crunches



**20** plank crunches



**20** side bridges



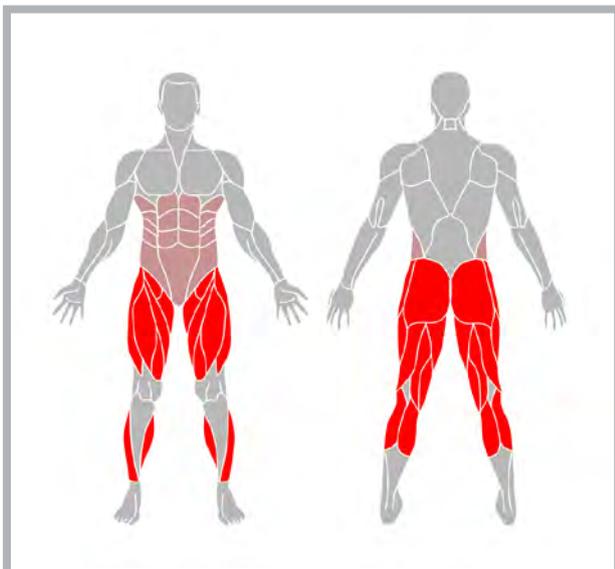
**20** side plank rotations

# 36

## Hero

Be your own hero - write your own story! The Hero workout will help you feel stronger, more confident and more in control of your body and your life. Bring your knee all the way to the floor when doing lunges. Go flat out when performing high knees.

**Focus: High Burn**



# I AM MY OWN

# HERO

DAREBEE WORKOUT

@ [darebee.com](https://darebee.com)

Repeat 5 times in total

up to 2 minutes rest in between



**12** lunges



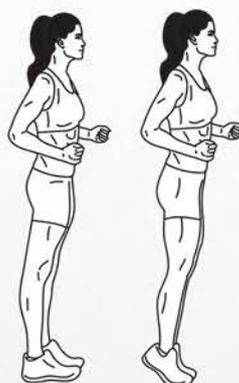
**20** high knees



**12** side lunges



**20** high knees



**12** calf raises



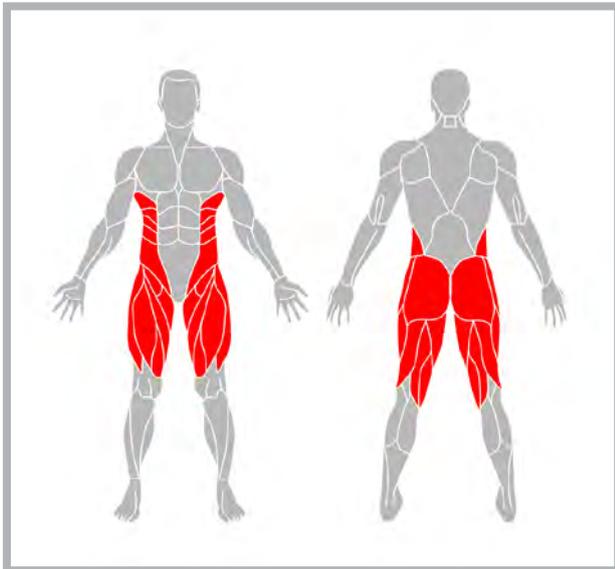
**20** high knees

37

## Hip Dips

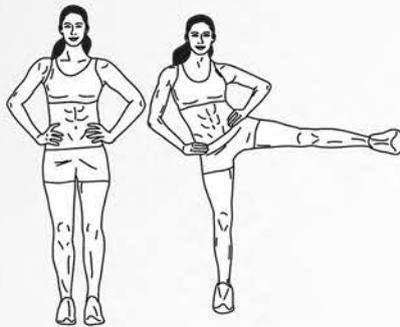
The pelvic area joins the lower body to the upper one and, as such, is key to both the transfer of locomotion and the transport of power from lower body muscles to upper ones (and vice versa). Training it is exactly what Hip Dips is designed to do.

**Focus: Strength & Tone**



# HIP DIPS

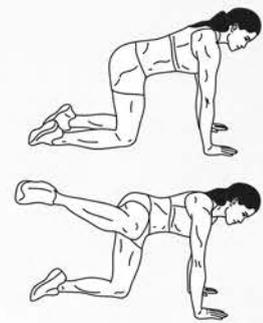
DAREBEE WORKOUT © [darebee.com](https://darebee.com)



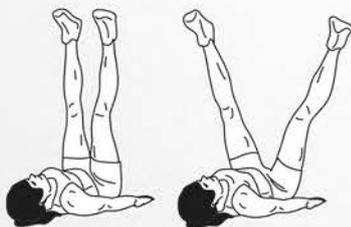
**20** side leg raises  
**x 4 sets** in total  
20 seconds rest  
between sets



**20** side-to-side lunges  
**x 4 sets** in total  
20 seconds rest  
between sets



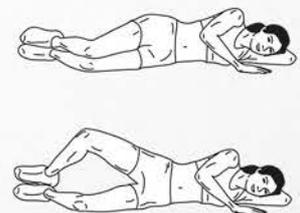
**20** side leg extensions  
**x 4 sets** in total  
20 seconds rest  
between sets



**20** V-extensions  
**x 4 sets** in total  
20 seconds rest  
between sets



**20** half wipers  
**x 4 sets** in total  
20 seconds rest  
between sets



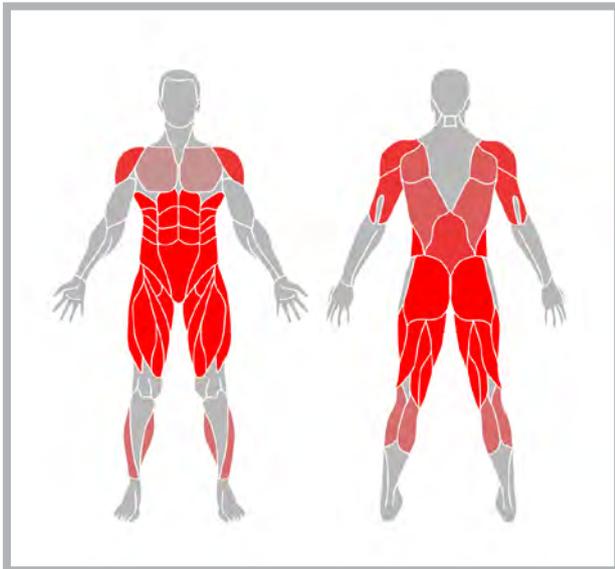
**20** clamshells  
**x 4 sets** in total  
20 seconds rest  
between sets

38

## Holistic

The Holistic workout only uses a small set of exercises but each of these uses a large number of muscle groups and attendant satellite muscle groups to produce results in the entire body. If you're looking for a workout that will help you feel strong, capable and awesome then this has to be high on your list.

**Focus: Strength & Tone**

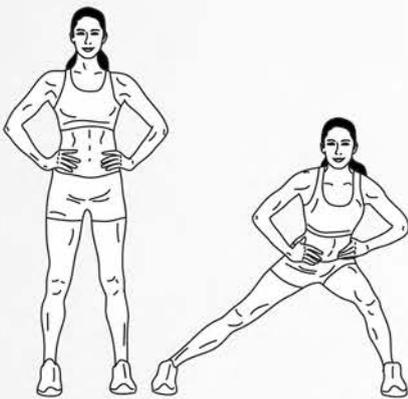


**EVERYTHING IS CONNECTED**

# **HOLISTIC**

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

5 sets | 2 minutes rest between sets



**20** side lunges



**10** tricep dips



**20** bridges



**20-count** hollow hold



**10** knee-to-elbow  
crunches



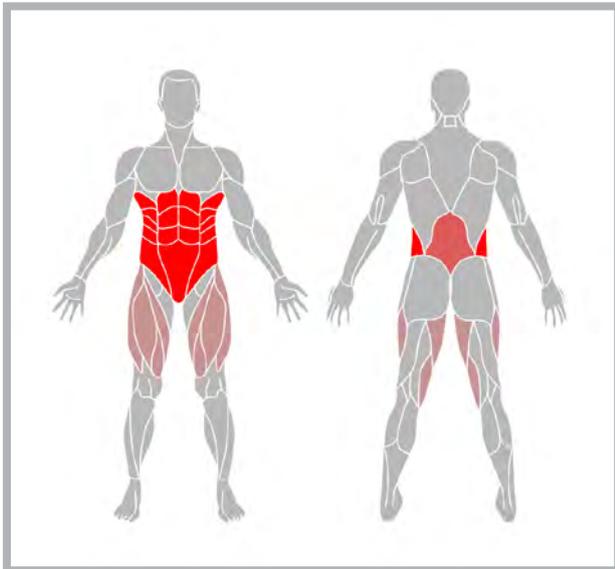
**20-count** O-pose hold

39

## Homemade Abs

Abs need constant work in order to be strong, supple and well-defined. The Homemade Abs workout helps you keep your abs in shape by targeting the four major abdominal muscle groups.

**Focus: Abs**



# homemade **abs**

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



**4** knee-to-elbows



**10** leg raises



**4** knee-to-elbows



**10** crunches



**4** knee-to-elbows



**10** crunches



**4** knee-to-elbows



**10** leg raises



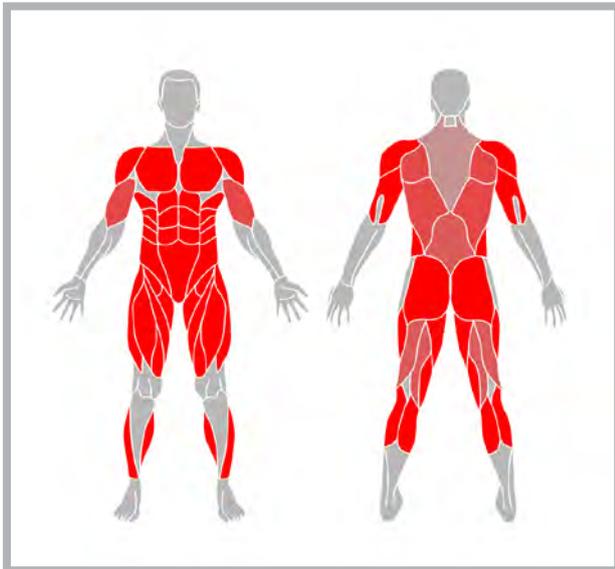
**4** knee-to-elbows

40

## Homemade Hero

In Homemade Hero you rest by training your core, which means that during the more active part of this HIIT workout you really need to up the intensity and get the numbers in, even if it means reducing the quality of your form. The benefits are stronger, leaner muscles and an aerobic system that will let you catch the bus every time you run for it.

### Focus: High Knees



# HOMEMADE HERO

DAREBEE **HIIT** WORKOUT

@ [darebee.com](https://darebee.com)

Level I 3 sets

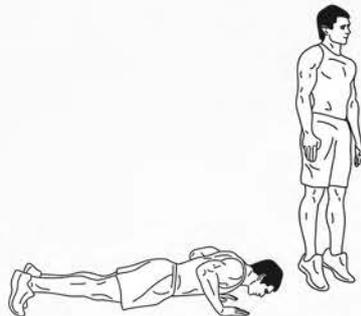
Level II 5 sets

Level III 7 sets

2 minutes rest



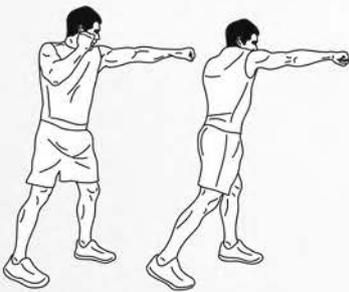
**20sec** high knees



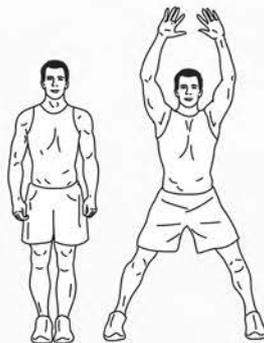
**20sec** burpees



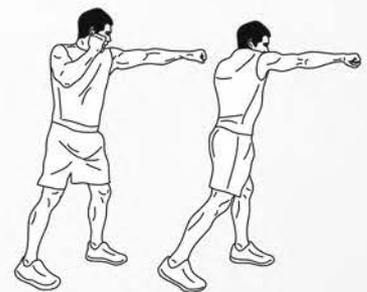
**20sec** high knees



**20sec** punches



**20sec** jumping jacks



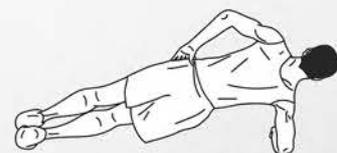
**20sec** punches



**20sec** side plank (right)



**20sec** elbow plank



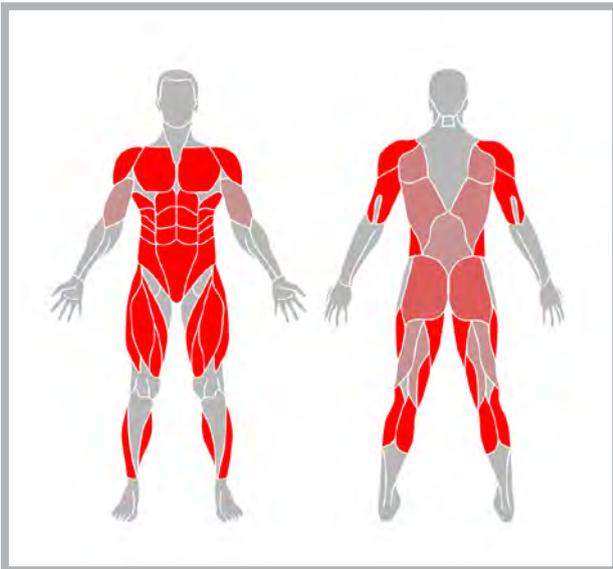
**20sec** side plank (left)

41

## Huff & Puff

When it comes to HIIT speed and rep count are important because they help maintain intensity and it's intensity that delivers results. So, really, for Huff & Puff as for all of the High Intensity Interval Training workouts you want to start as fast and hard as you can, improve on it after the first set or two and then maintain the intensity by keeping track of the rep count for each exercise. That way you're really pushing against the edges of your ability and forcing your body to improve.

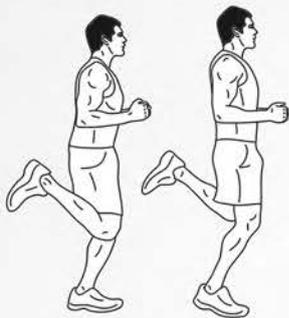
### Focus: High Knees



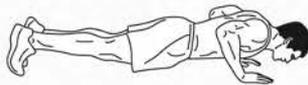
# HUFF & PUFF

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

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



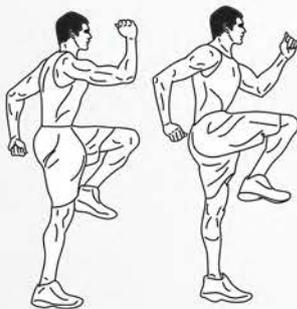
**20sec** butt kicks



**20sec** push-up plank hold



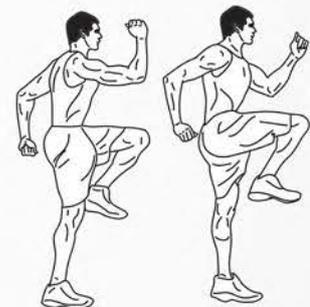
**20sec** butt kicks



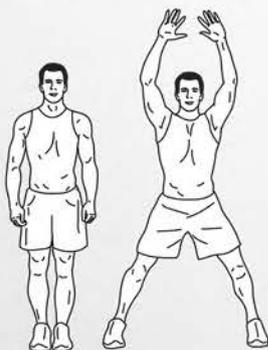
**20sec** march steps



**20sec** high knees



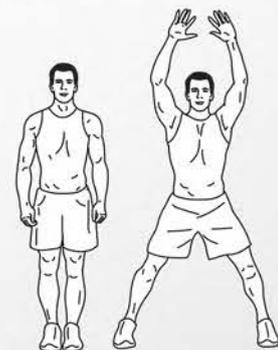
**20sec** march steps



**20sec** jumping jacks



**20sec** push-up plank hold



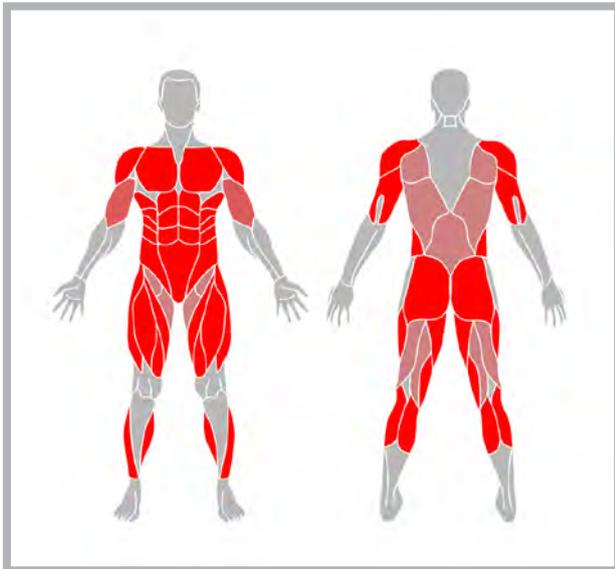
**20sec** jumping jacks

42

## Inquisitor

Some workouts should come with a warning. The Inquisitor makes some pretty hefty demands in the body's ability to recruit and then coordinate large muscle groups, fascial strength, tendons and satellite muscle groups in order to generate controlled power. The result is a workout that is definitely not for beginners, but it should be in your exercise event horizon.

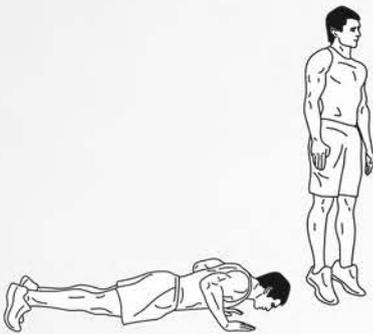
**Focus: High Burn**



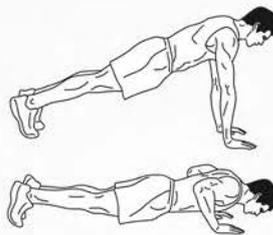
# INQUISITOR

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

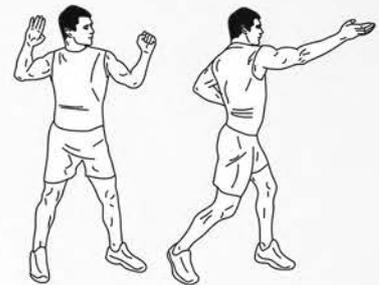
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 burpees



10 push-ups



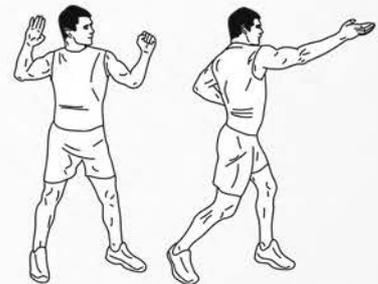
20 knife hand strikes



10-count squat hold



10 jump squats



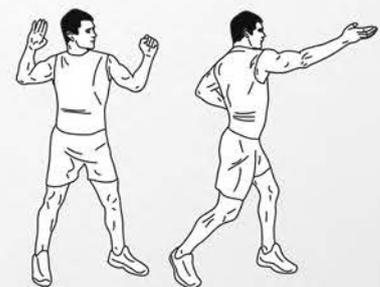
20 knife hand strikes



10 high knees



10 knee strikes



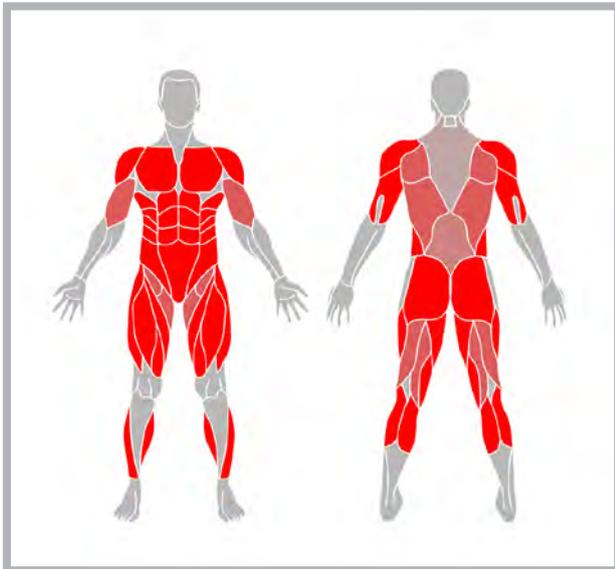
20 knife hand strikes

# 43

## Into The Fire

Combining a number of gravity-fighting moves and combat moves Into The Fire is a workout designed to challenge strength, endurance and coordination. This is a difficulty Level IV workout which means it's not really suitable for those who are new to fitness or for those coming back in from a long lay-off, but it should definitely be on your horizon.

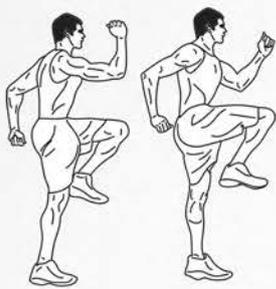
### Focus: High Knees



# INTO THE FIRE

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

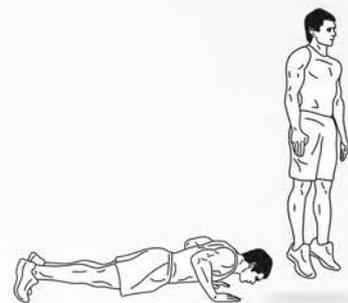
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



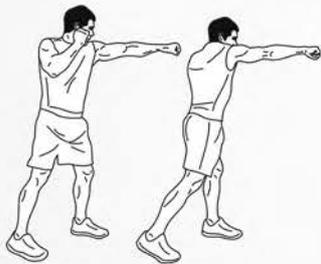
**30sec** march steps



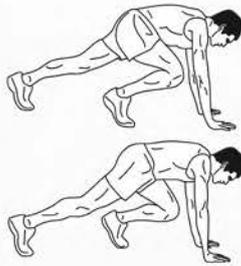
**15sec** high knees



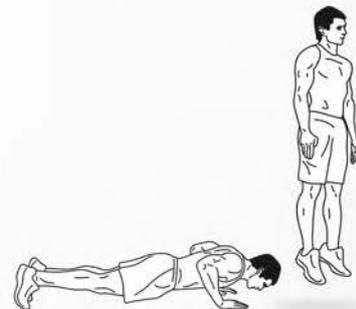
**15sec** burpees



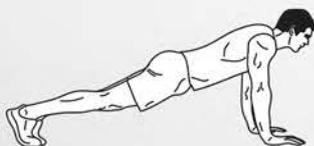
**30sec** punches



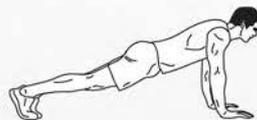
**15sec** climbers



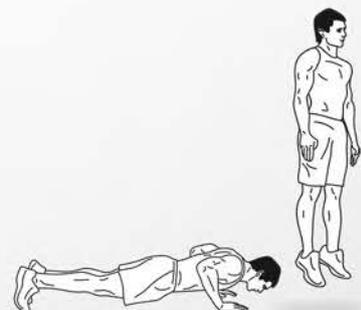
**15sec** burpees



**30sec** plank hold



**15sec** shoulder taps



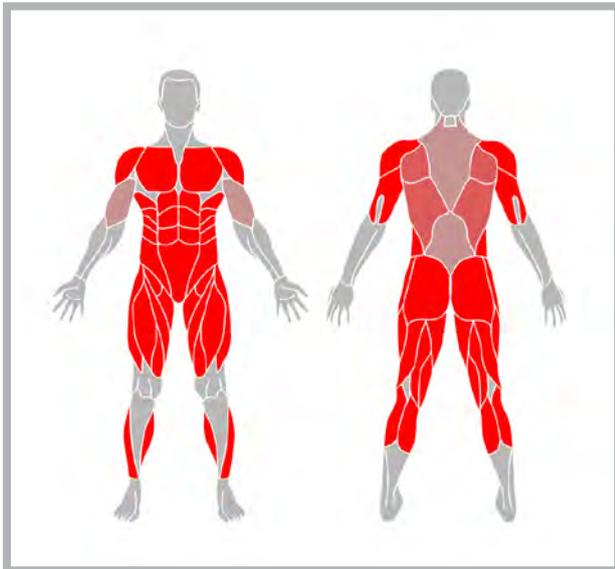
**15sec** burpees

44

## Lady Knight

Awaken the warrior inside with the Lady Knight Workout. Go slow and focus on form for this one - make sure your knee almost reaches the floor when performing lunges.

**Focus: Strength & Tone**



# Lady Knight

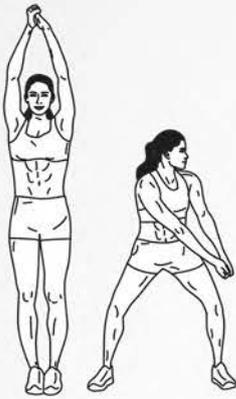
DAREBEE WORKOUT  
© [darebee.com](http://darebee.com)

Level I 3 sets

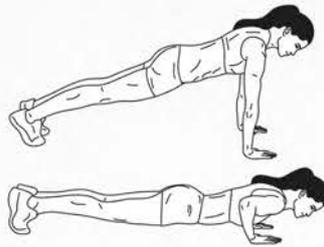
Level II 5 sets

Level III 7 sets

2 minutes rest



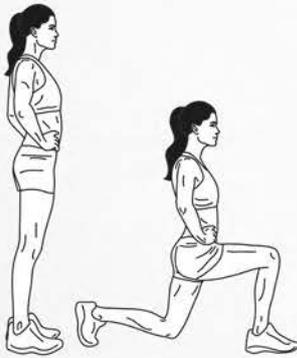
20 cross chops



6 push-ups



20 cross chops



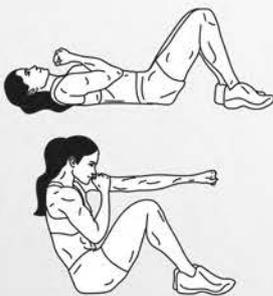
6 lunges



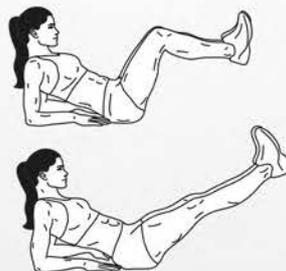
6 side lunges



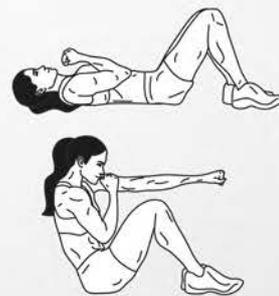
6 lunges



6 sit-up punches



6 crunch kicks



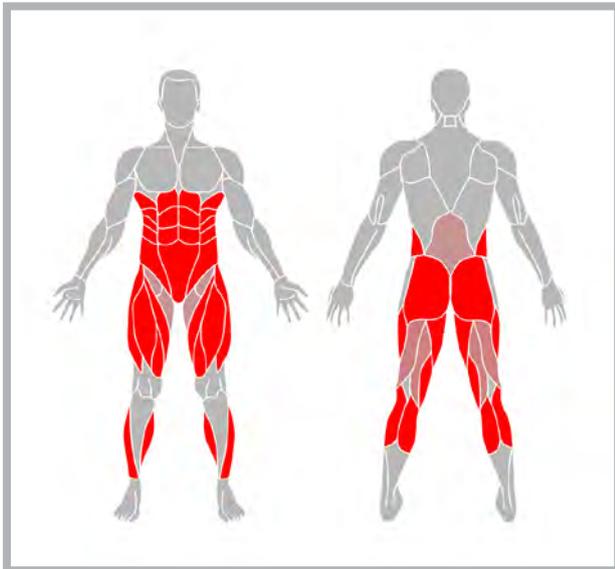
6 sit-up punches

45

## Lean & Mean

There are a few things you need to get lean: a high-burn workout that will work large muscle groups, force you to use up a lot of oxygen and get you into the sweatzone fast. Exercises that keep on applying a load to your muscles. And a combination that forces you to recruit a large number of muscle groups. Lean and Mean combines all that. You now just need to power through it. Maintain perfect form.

**Focus: High Burn**



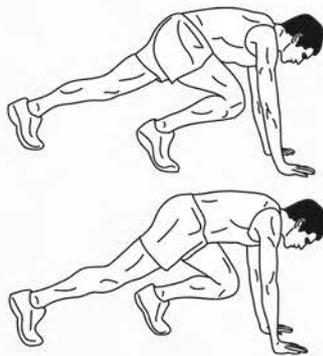
# LEAN & MEAN

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

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



**40** high knees



**40** climbers



**40** high knees



**20** knee-to-elbows



**20** leg raises



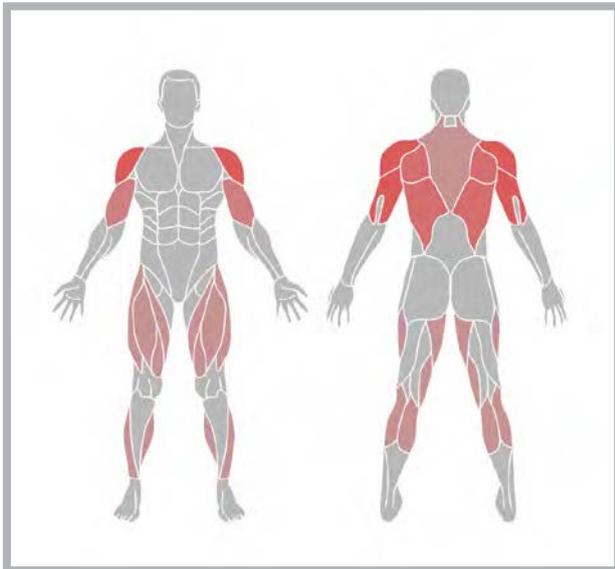
**20** knee-to-elbows

46

## Live Long

We now know that exercise is key to a longer and healthier life. To live long and, hopefully, prosper add a minimum of 15 minutes of cardiovascular exercise to your day. It all adds up and eventually makes a big difference in how you look and feel. Go through the circuit as fast as you can, catch your breath and go again.

**Focus: Strength & Tone**



# LIVE LONG

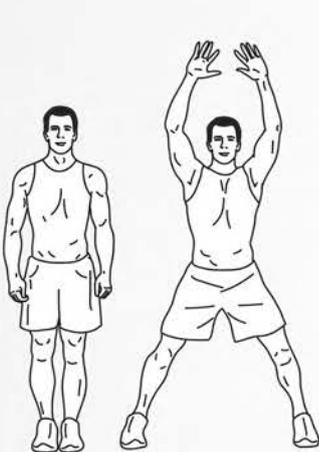
DAREBEE WORKOUT  
@ [darebee.com](https://darebee.com)

Level I 3 sets

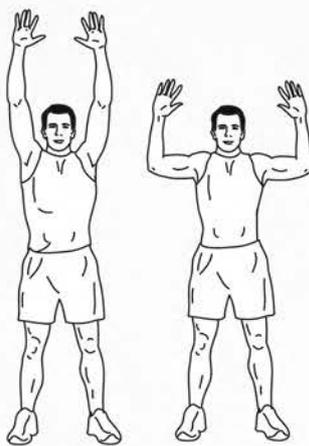
Level II 5 sets

Level III 7 sets

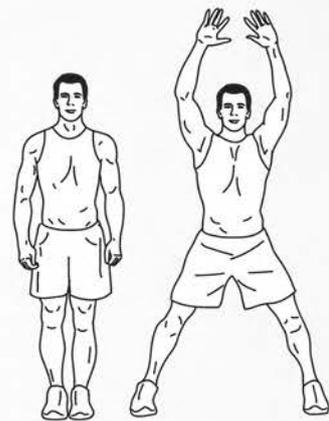
2 minutes rest



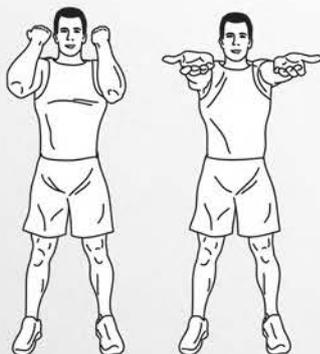
**10** jumping jacks



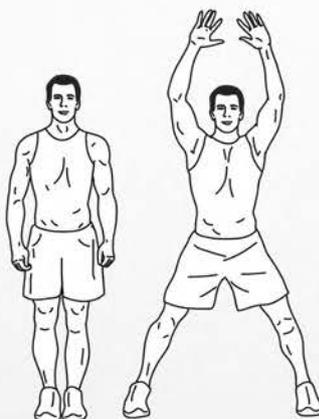
**20** standing W-extensions



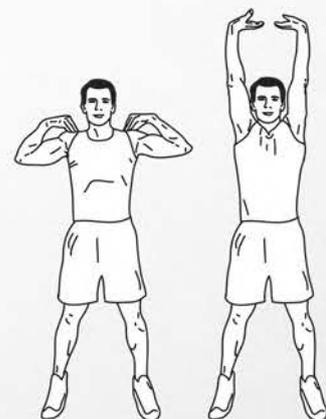
**10** jumping jacks



**20** bicep extensions



**10** jumping jacks



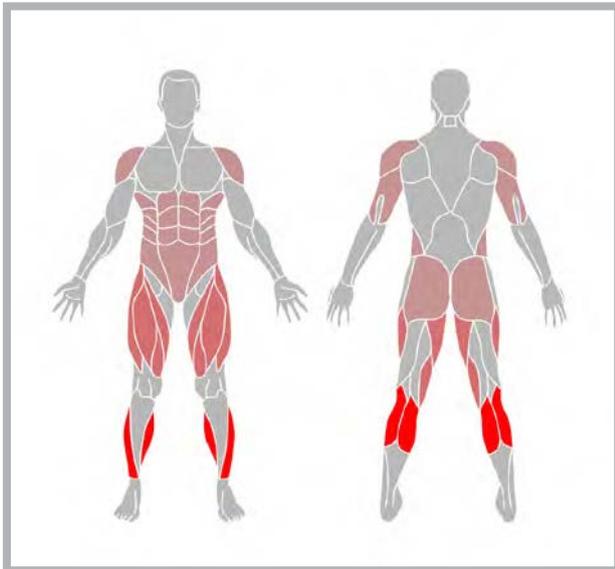
**20** shoulder taps

47

## Lunch

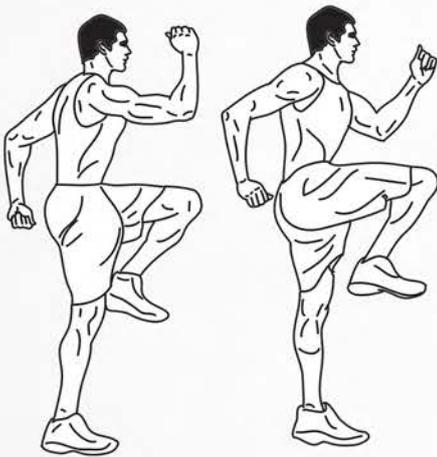
Earn Your Lunch is a quick but intense workout you can literally do before your lunch (or during your lunch break). The best part? You will only need 10 minutes in total (including breaks!). It's guaranteed to make you work for your meal. You can go at your own pace but - if you can and the environment allows it - go flat out!

**Focus: High Burn**



# EARN YOUR **LUNCH** WORKOUT

by DAREBEE © [darebee.com](http://darebee.com)



**1 minute** march steps (warmup)

**1 minute** high knees

**1 minute** rest

**1 minute** high knees

done

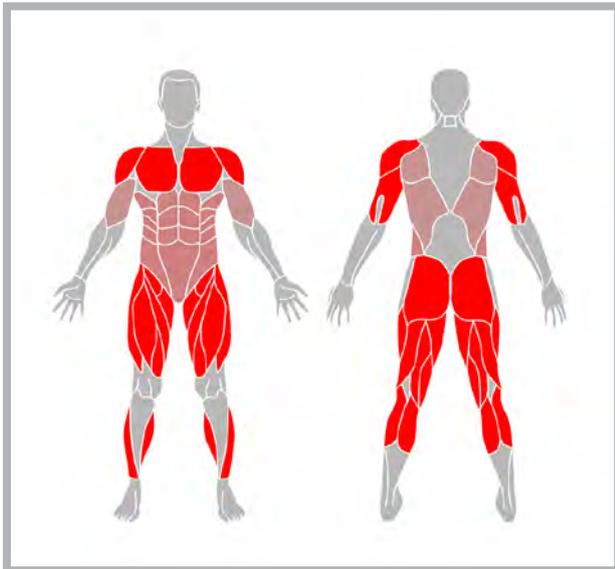


48

## Make My Day

If you want to move fast, change directions quickly, fight with devastating effectiveness, then you need to either relocate to a planet with a lower gravity or reduce the mass of your body, effectively making yourself lighter. The Make My Day workout does just that, by making you feel lighter. Successive exercise spit your bodyweight against gravity and you end up gasping for breath. This is not suitable for beginners. Then again if you got reading this far, you're most probably not a beginner.

**Focus: High Burn**



# GO AHEAD

# MAKE MY DAY

DAREBEE WORKOUT

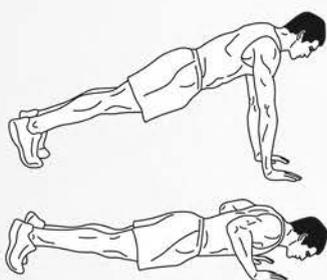
© [darebee.com](http://darebee.com)

LEVEL I 3 sets

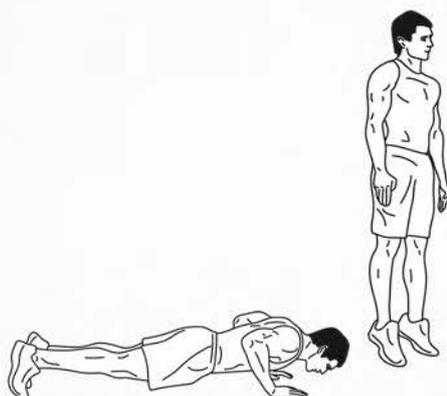
LEVEL II 5 sets

LEVEL III 7 sets

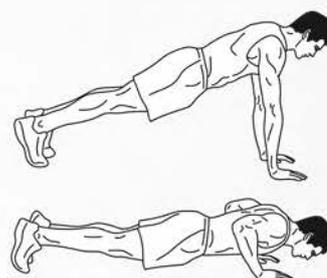
REST up to 2 minutes



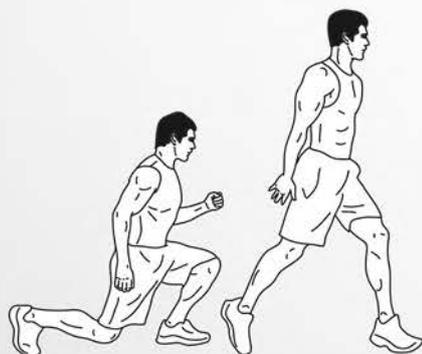
**10** push-ups



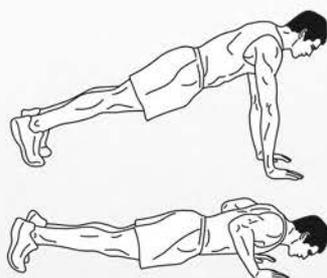
**10** burpees



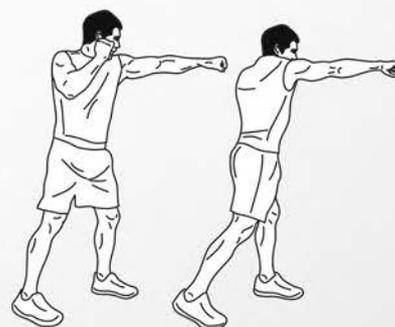
**10** push-ups



**10** jumping lunges



**10** push-ups



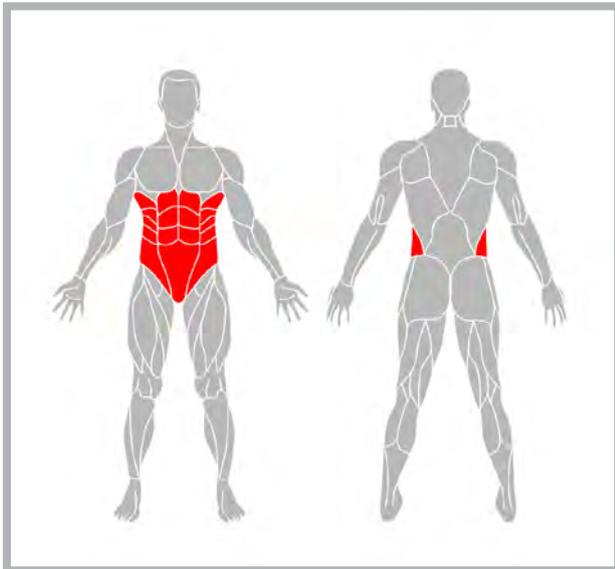
**30** punches

49

## Micro Shred

Abs are there to be worked frequently, at an accessible level. Micro Shred is only a difficulty Level II workout but add it to the routines you go to when you're not busy discovering the limits of your physical capability and feel the difference it will make to your basic abs and core strength.

**Focus: Abs**



# MICRO SHRED

WORKOUT by DAREBEE @ [darebee.com](http://darebee.com)



**20** crunches



**10** leg raises



**20** crunches

**10** leg raises

**20** crunches

**10** leg raises



**20** crunches

**10** leg raises

**20** crunches

**10** leg raises

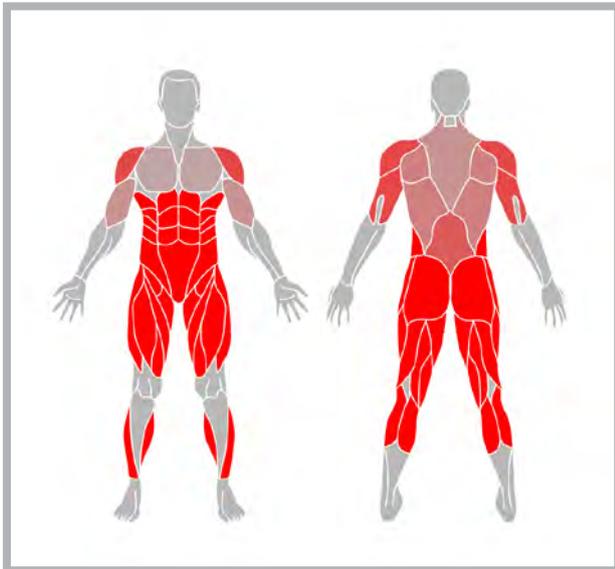
done

50

# Monkey!

Get your Monkey on! Crawl, jump and kick as if you were trapped under a mountain for 500 years. Liberate your body and your muscles and get back into action. Try to go from climbers to burpees and back to climbers on the fly, with no pauses.

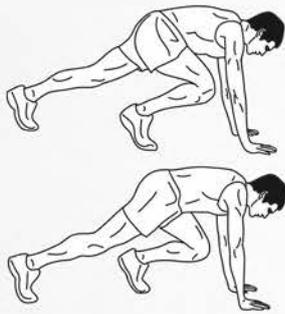
**Focus: Combat**



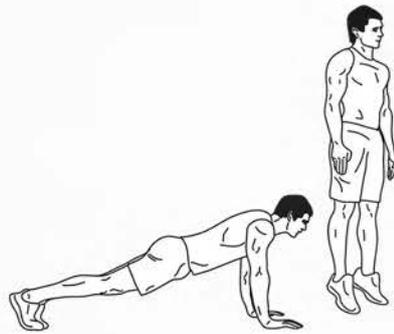
# MONKEY!

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

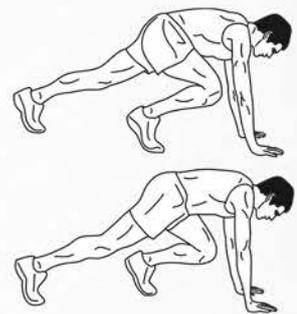
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



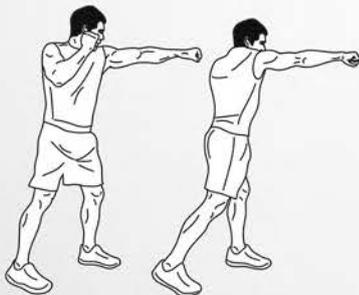
**10** climbers



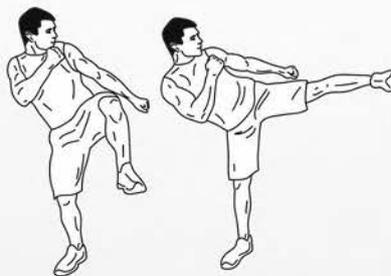
**10** basic burpees



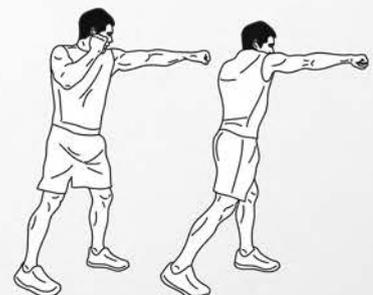
**10** climbers



**20** punches



**20** side kicks



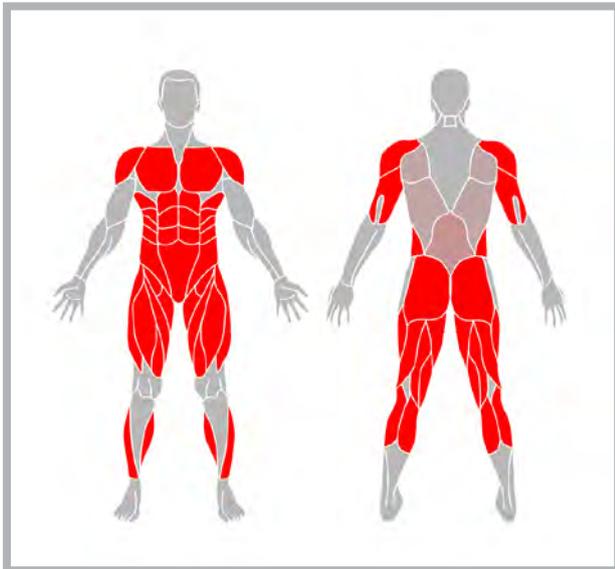
**20** punches

51

# Monster Inside

Monster Inside is a strength workout that leverages the body's own weight to produce a set of exercises designed to work virtually every muscle of the body bar the back. On days when you don't feel like anything other than a workout that helps you hone your physical strength and creates the basis for further progress this is the perfect exercise routine to go for.

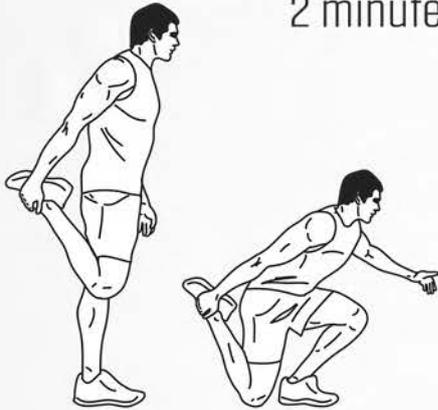
**Focus: Strength & Tone**



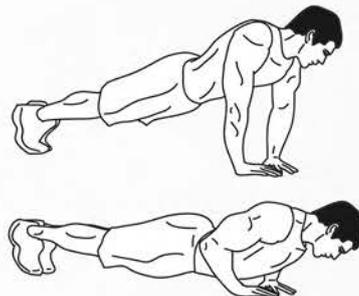
# MONSTER INSIDE

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

2 minutes rest between exercises



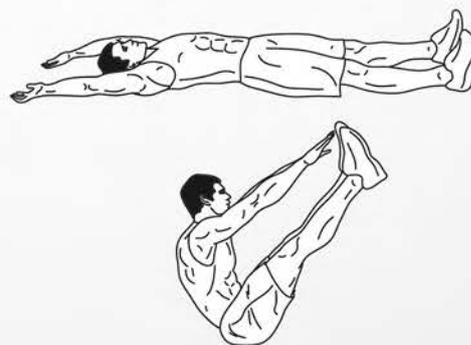
**20** shrimp squats **x 3 sets** in total  
20 seconds rest between sets



**12** close grip push-ups  
**x 3 sets** in total | 20 seconds rest



**20** knee-to-elbow crunches  
**x 3 sets** in total | 20 seconds rest



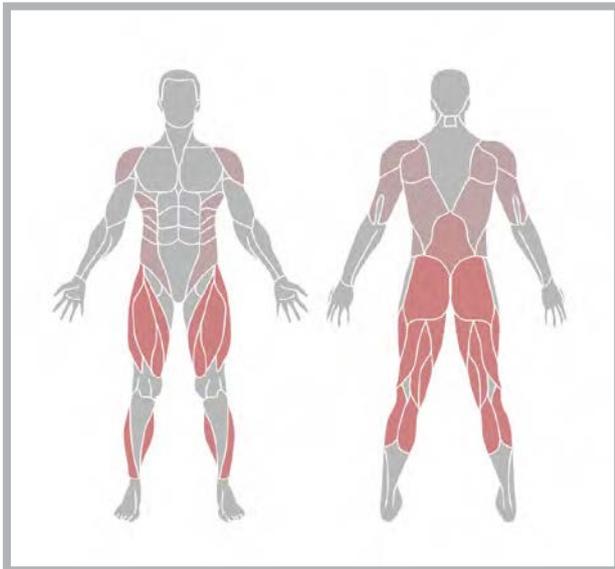
**12** V-ups **x 3 sets** in total  
20 seconds rest between sets

52

## Morning Stretch

Stretching helps conditions tendons and muscles, increases flexibility, can prevent injury and actually leads to greater strength. The Morning Stretch workout is one of those 'little' routines that help you become unstoppable and stay that way.

**Focus: Wellbeing**



# *morning*

# *stretch*

by DAREBEE

@ [darebee.com](https://darebee.com)

30 seconds each



shoulder stretch #1



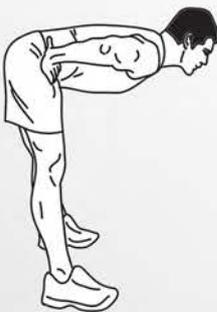
shoulder stretch #2



upper back stretch



core stretch



hamstring stretch



glute stretch



quad stretch



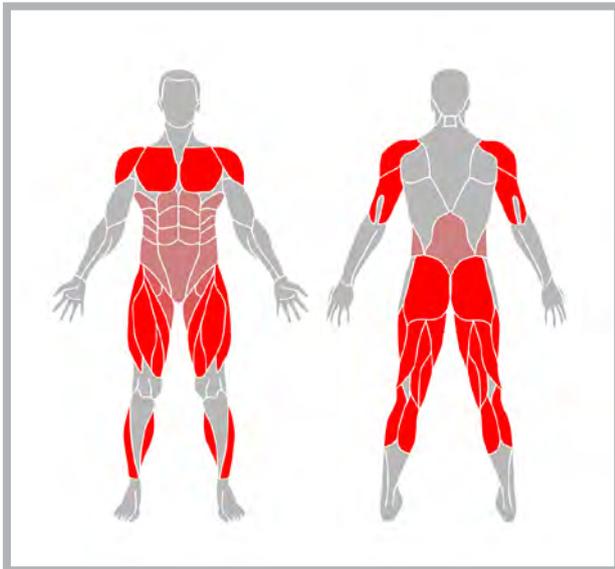
calf raise hold

53

## Nix

If you're ready to test your lung capacity, aerobic fitness, recovery rate and endurance then welcome to The Nix workout. Moving large muscle groups, explosively, many times is a guarantee to use up any on-board fuel stored in the muscles and the bloodstream and activate the Krebs Cycle to give you a satisfying burn. This is a difficulty Level V workout which means that it's not really suitable for beginners. But it is definitely the kind of workout you want to own some day.

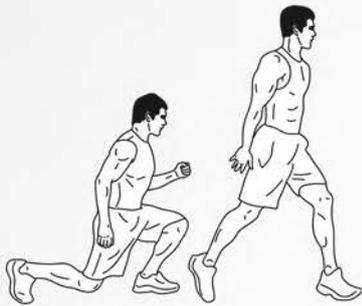
### Focus: High Knees



# The Nix

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

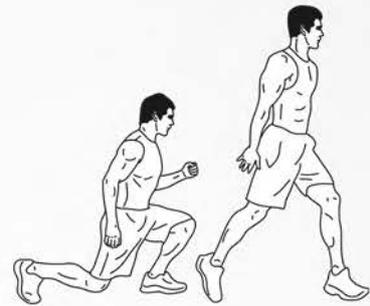
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



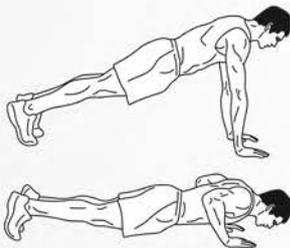
**20** jumping lunges



**40** high knees



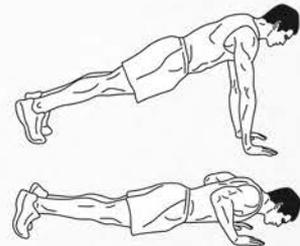
**20** jumping lunges



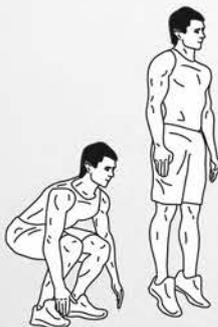
**20** push-ups



**40** high knees



**20** push-ups



**20** jump squats



**40** high knees



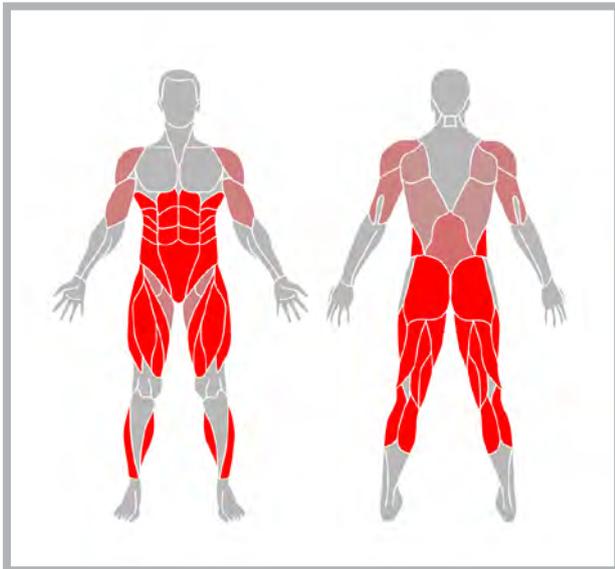
**20** jump squats

54

## No Surrender

You know that the moment you get a workout called No Surrender it's really a challenge because surrender is what you'd want to do. Resist the fatigue that's designed to build up and maintain your output throughout each set. This one's all about the intensity.

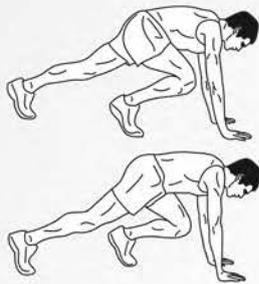
**Focus: High Burn**



# NO SURRENDER

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

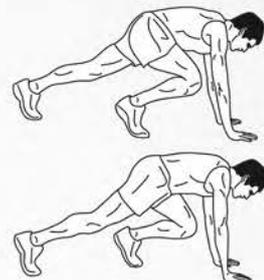
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



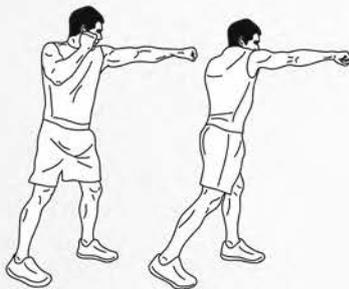
**20sec** climbers



**20sec** high knees



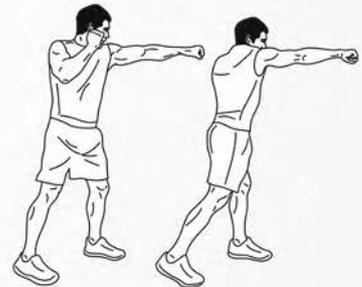
**20sec** climbers



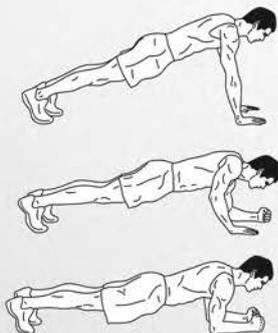
**20sec** punches



**20sec** high knees



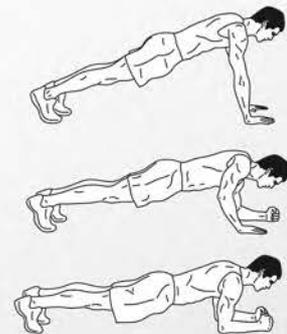
**20sec** punches



**20sec** up & down planks



**20sec** high knees



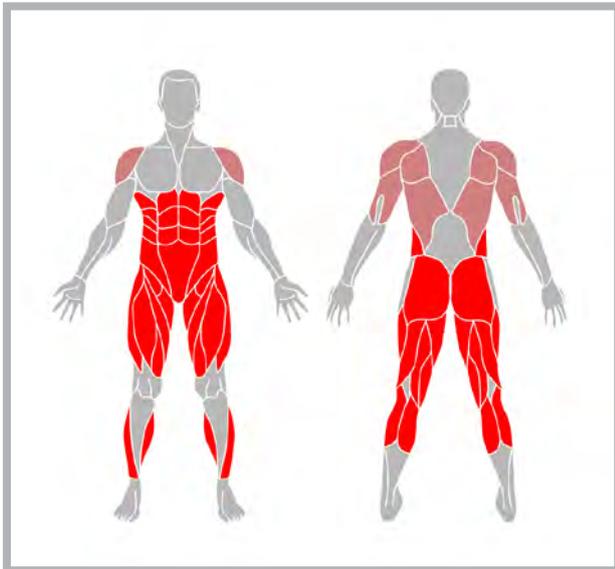
**20sec** up & down planks

55

# Odyssey

The Odyssey took ten years to deliver a result and a lot of personal struggle. Luckily, The Odyssey workout is geared to train you to get there a little bit faster and hard as it may seem, the personal struggle is nothing like its namesake.

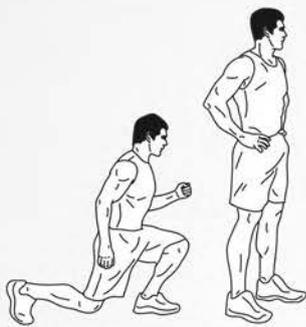
**Focus: Strength & Tone**



# THE ODDYSSEY

DAREBEE **HIIT** WORKOUT @ [darebee.com](http://darebee.com)

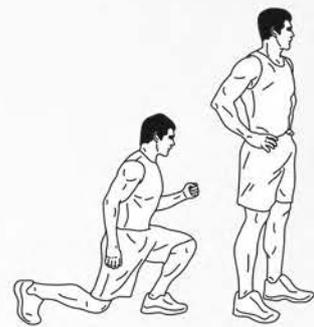
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



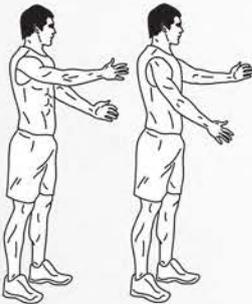
**20sec** reverse lunges



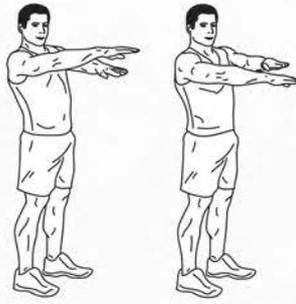
**20sec** calf raises



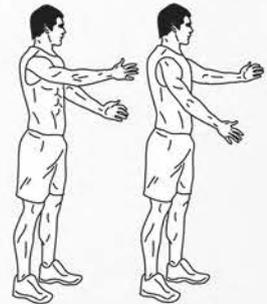
**20sec** reverse lunges



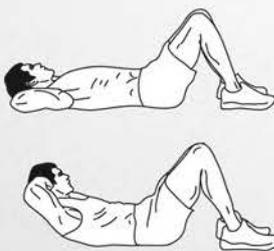
**20sec** scissor chops



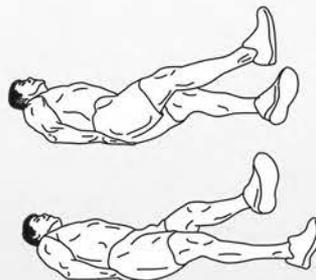
**20sec** arm scissors



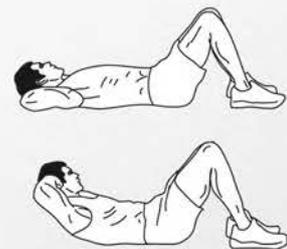
**20sec** scissor chops



**20sec** crunches



**20sec** scissors



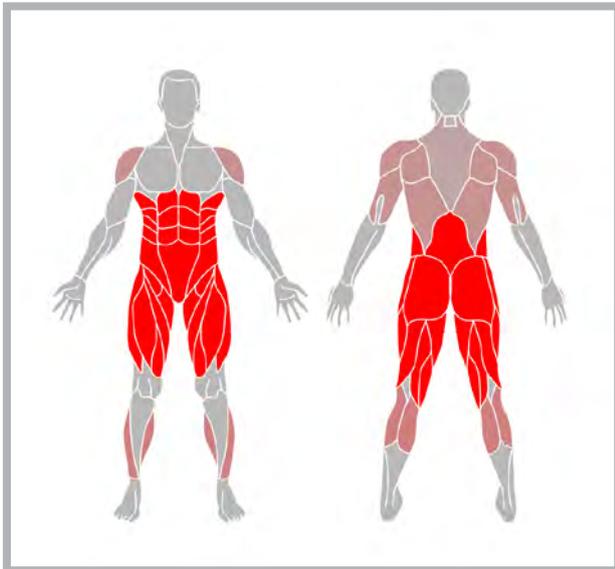
**20sec** crunches

# 56

## Off Day

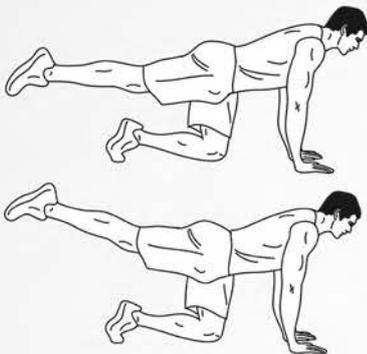
On days when all you really want to do is stay in bed and watch Netflix you really need to get your body moving and your blood circulating. There are many reasons why you should, both mental and physical, but we won't go into them here. The Off Day workout is what you need. It's easy to do. It targets the whole body. It will not exhaust you. It will stop you from losing precious ground in your fitness and motivation.

**Focus: Strength & Tone**

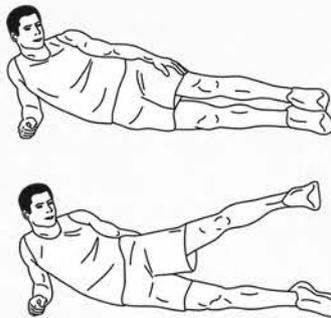


# OFF DAY

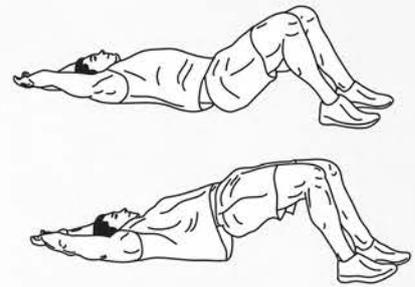
DAREBEE WORKOUT @ [darebee.com](https://darebee.com)



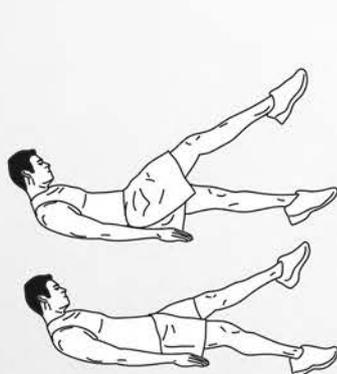
**40** leg swings  
switch sides and repeat



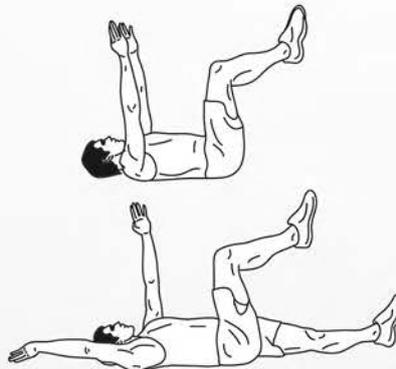
**40** side leg raises  
switch sides and repeat



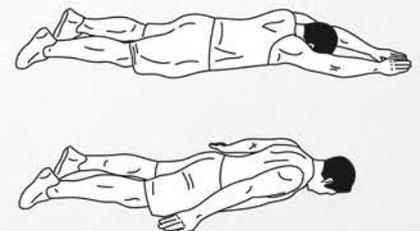
**10** bridges x **4** sets  
30 seconds rest



**10** flutter kicks x **4** sets  
30 seconds rest



**10** dead bugs x **4** sets  
30 seconds rest



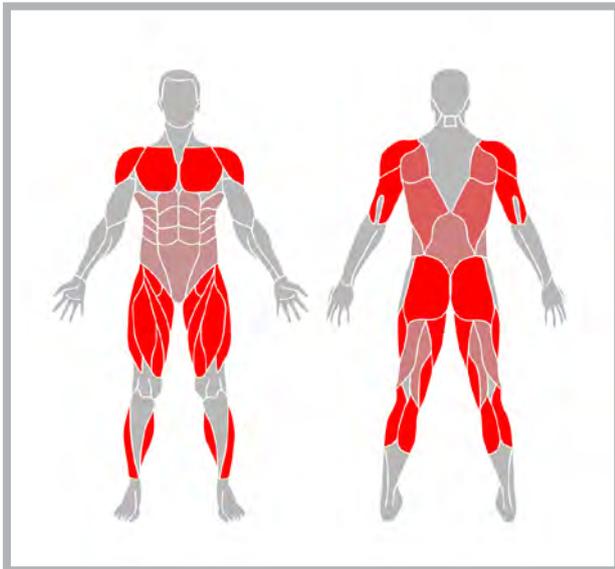
**10** reverse angels x **4** sets  
30 seconds rest

57

## One-Minute

One minute is all it takes to hit all the right muscle groups if the intensity of the workout is high enough. The One-Minute workout demands that you go flat out during each of the exercises, minimising down time as you transition from one to the next. While it may not be a truly hard workout it is, nonetheless one that will push all the right “get fitter” buttons.

**Focus: High Burn**

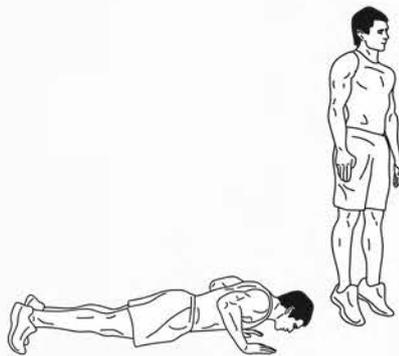


# ONE-MINUTE WORKOUT

BY DAREBEE © [darebee.com](http://darebee.com)



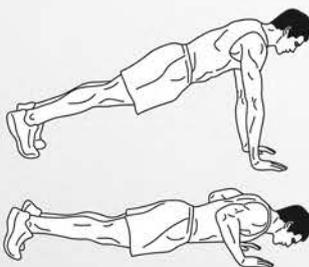
**10sec** high knees



**10sec** burpees



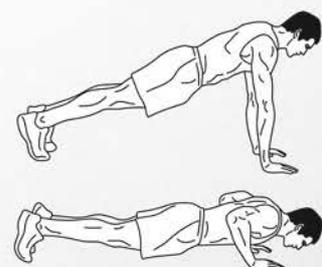
**10sec** high knees



**10sec** push-ups



**10sec** high knees



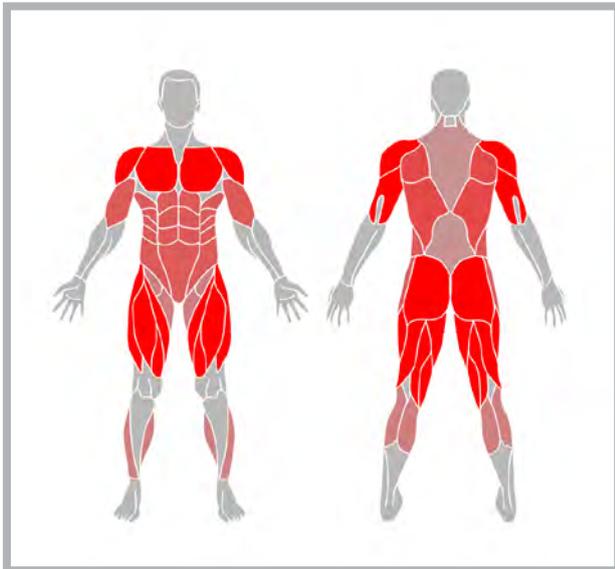
**10sec** push-ups

58

## Onna Bugeisha

Embrace your inner warrior and manifest your inner samurai with the Onna-Bugeisha Workout. This is a tough routine but so are you. This is your opportunity to be bold, be fearless, be - exceptional! Don't be afraid to put some power behind your kicks and punches as you go through the circuit.

**Focus: Combat**



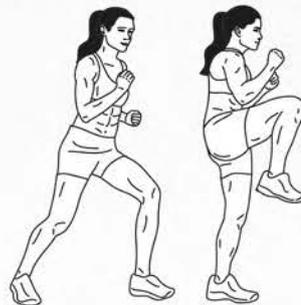
# ONNA BUGEISHA

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

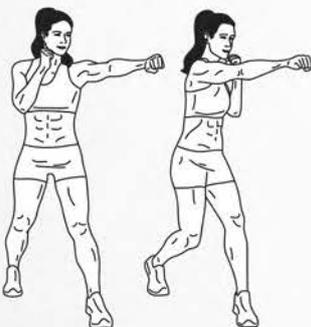
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



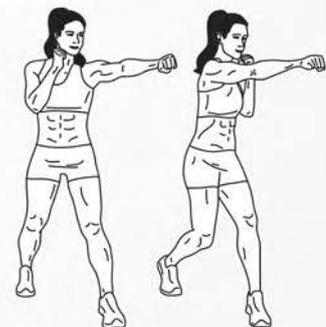
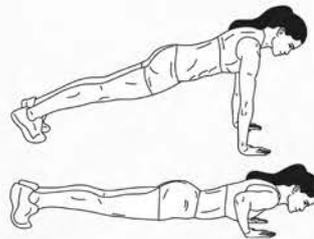
**30** knee strikes



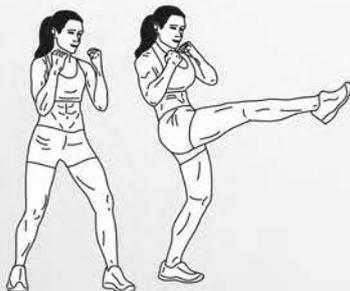
**30combos** knee strike + elbow strike



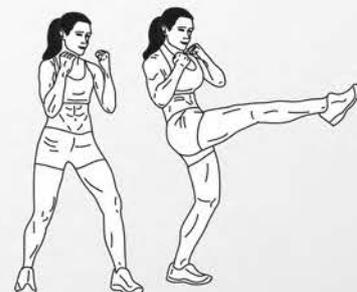
**30** punches (jab + cross)



**30combos** push-up + jab + cross



**30** front kicks



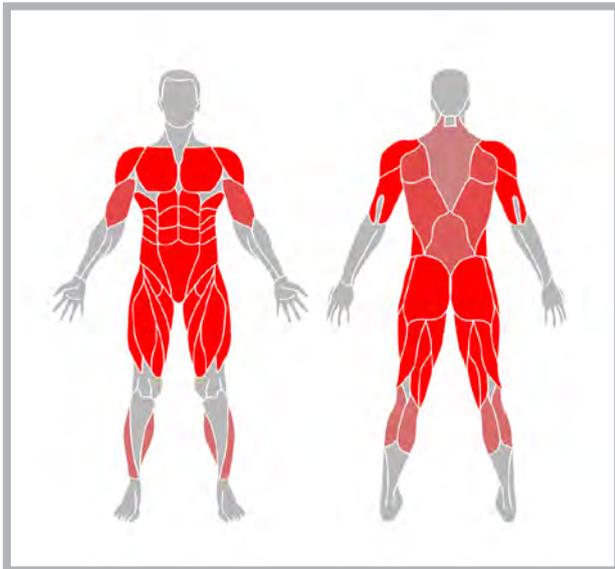
**30combos** squat + front kick

59

## Outlaw

Outlaw is a combat moves, abs and core strength workout. It will make you sweat but it won't push you aerobically. It's not designed to. Go slow and steady in each move, pay attention to form and exercise muscles in their entire range of motion. The end result is a controlled, balanced workout that helps you maintain your edge.

**Focus: Strength & Tone**



# OUTLAW

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

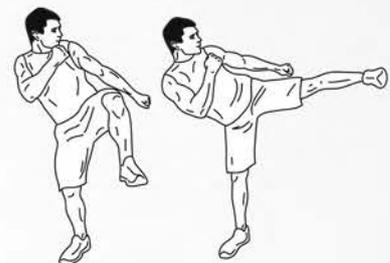
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



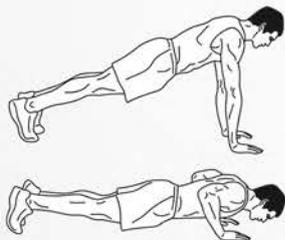
**15** squats



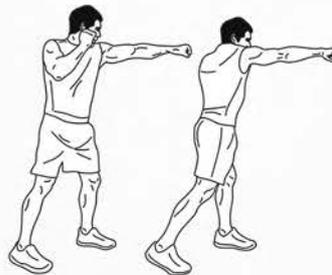
**30** knee strikes



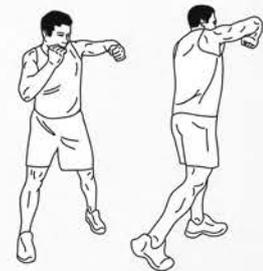
**30** side kicks



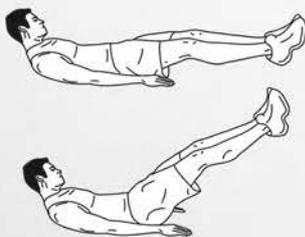
**15** push-ups



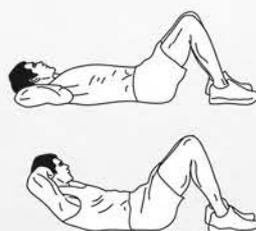
**30** punches



**30** hooks



**15** leg raises



**30** crunches



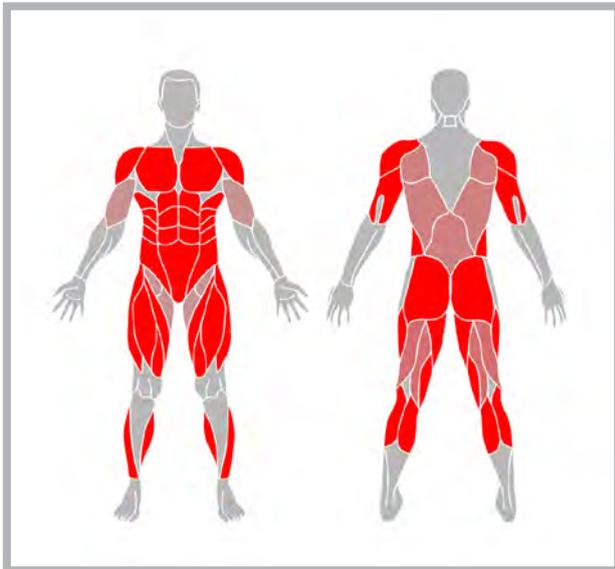
**30** sitting twists

60

# Overkill

Overkill is a high-load, fast-paced workout that needs you to minimize the transition downtime between exercises and make your body flow as you go from one to the next. This loads your muscles, lungs and cardiovascular system, gets you into the sweatzone fast and challenges your VO2 Max performance.

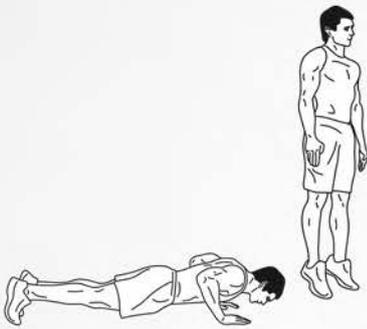
**Focus: High Burn**



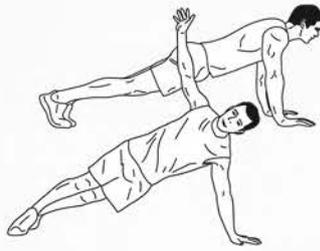
# OVERKILL

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

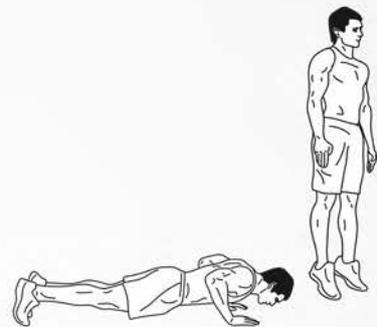
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



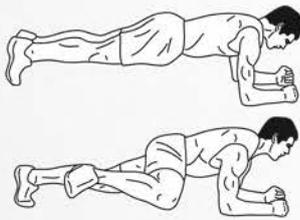
4 burpees



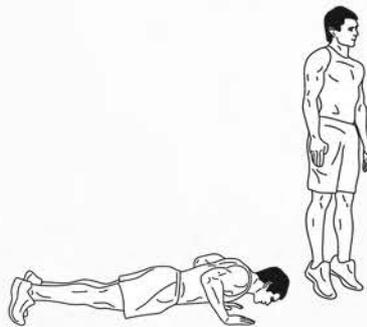
10 plank rotations



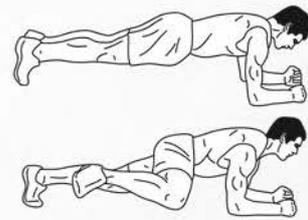
4 burpees



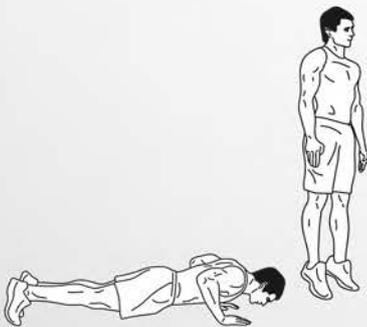
10 plank crunches



4 burpees



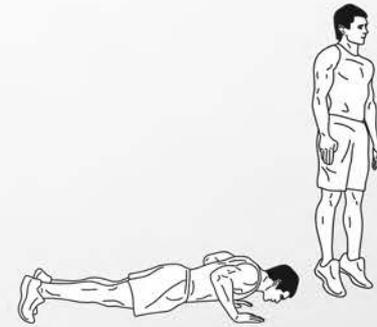
10 plank crunches



4 burpees



10 plank rotations



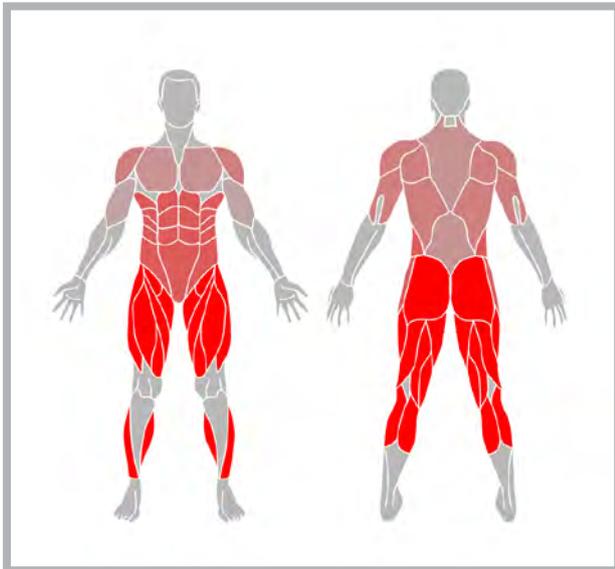
4 burpees

61

## Over The Rainbow

Hyperload your muscles and then try to keep your balance! It's a lot harder than it looks. This workout is not just challenging (and extremely effective), it's also a lot of fun. Take a jump over the rainbow and see how you fair. You can change legs during balance hold halfway through or you can change sides at every set - it's up to you!

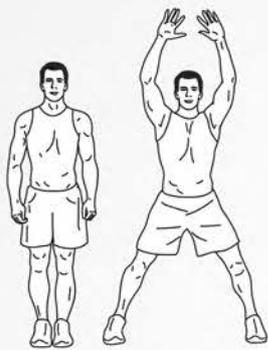
**Focus: High Burn**



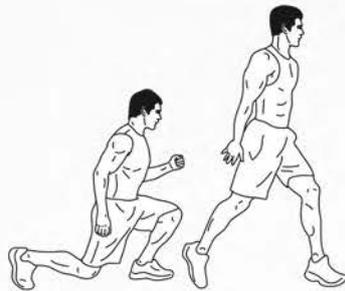
# OVER the RAINBOW

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

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



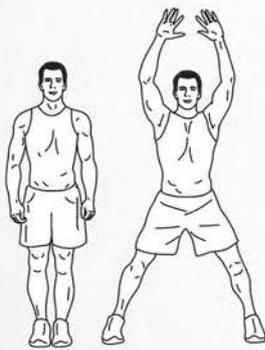
**30sec** jumping jacks



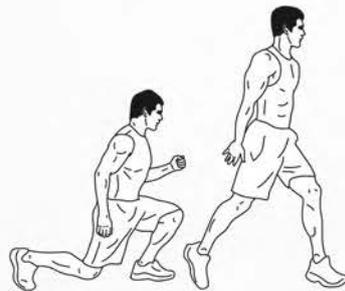
**10sec** jumping lunges



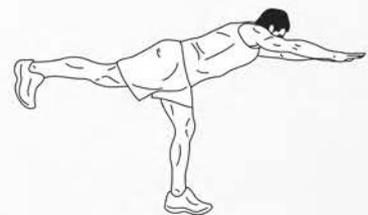
**20sec** balance hold #1



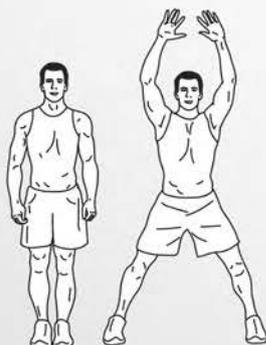
**30sec** jumping jacks



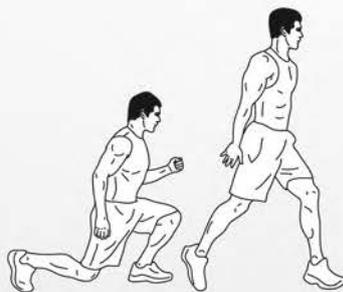
**10sec** jumping lunges



**20sec** balance hold #2



**30sec** jumping jacks



**10sec** jumping lunges



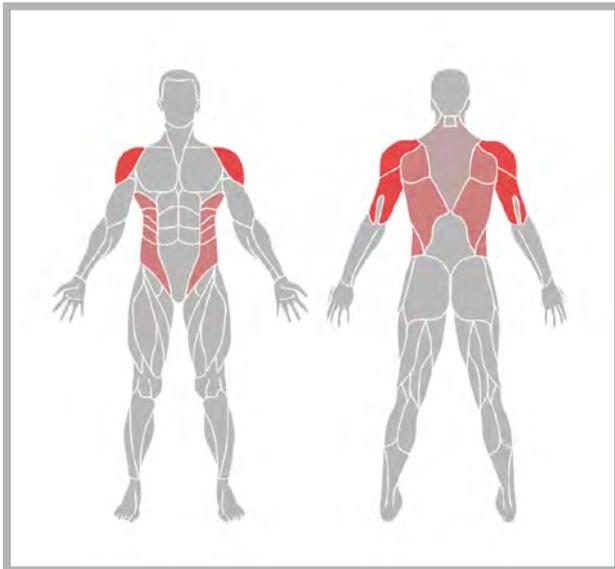
**20sec** balance hold #3

62

## Pack A Punch

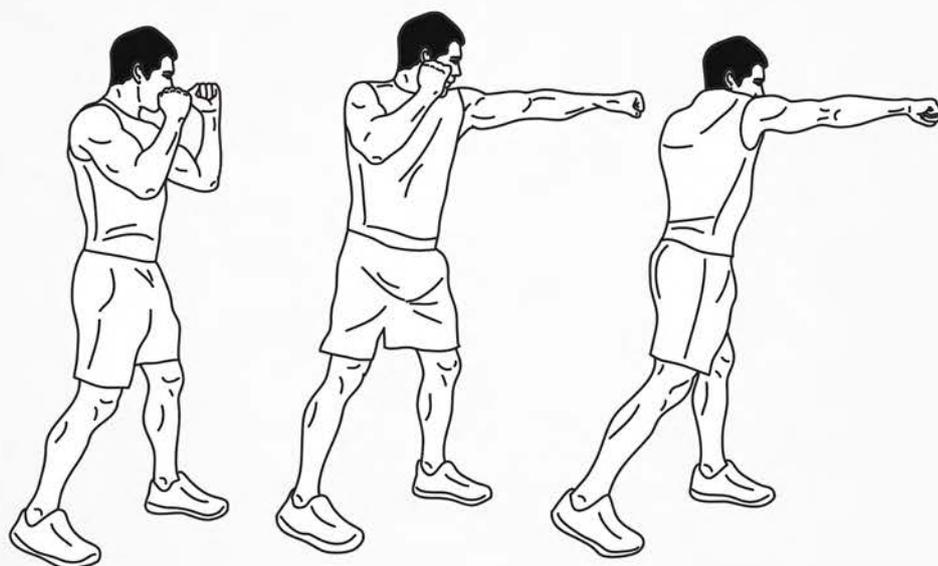
Compared to our size and weight our upper body is weak. This is why it takes the entire body to put power behind our punches. The Pack A Punch workout aims to address the imbalance by helping you develop the reflexive movements that repetitive exercise helps develop. Great for days when you don't have a lot of time to workout too.

**Focus: Combat, Upperbody**



# PACK A PUNCH

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)



**3min** punches

**30sec** rest

**3min** punches

**30sec** rest

**3min** punches

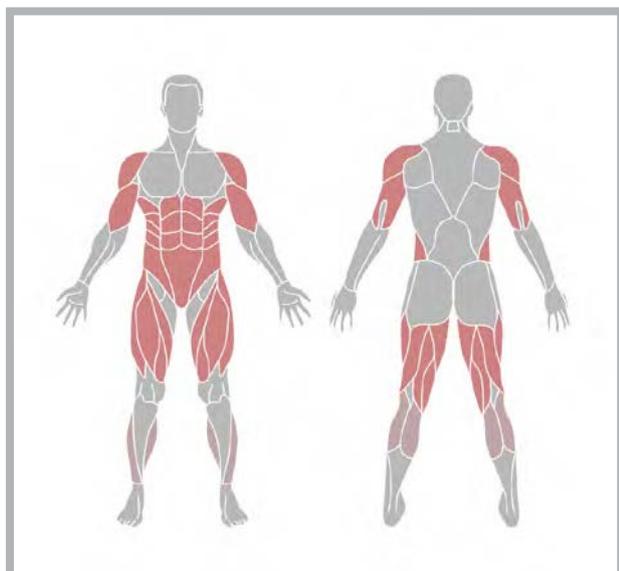
done

63

## Party Time

The Party Time Workout is perfect for recovery or as an active rest day routine. Get more out of it by picking up the pace and going through the circuit as fast as you can.

**Focus: High Burn**



# IT'S PARTY TIME

DAREBEE  
WORKOUT

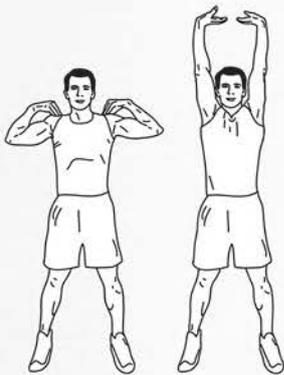
@ [darebee.com](https://darebee.com)

LEVEL I 3 sets

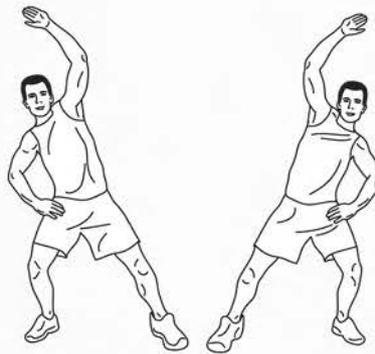
LEVEL II 5 sets

LEVEL III 7 sets

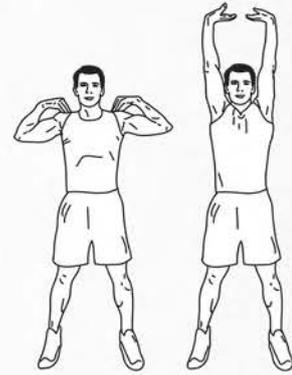
REST up to 2 minutes



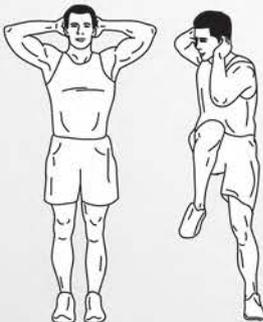
**20** shoulder taps



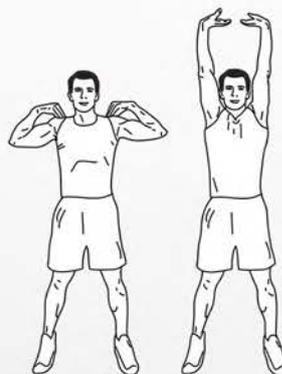
**10** side jacks



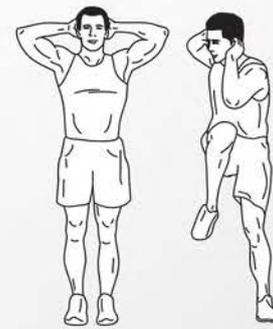
**20** shoulder taps



**10** knee-to-elbows



**20** shoulder taps



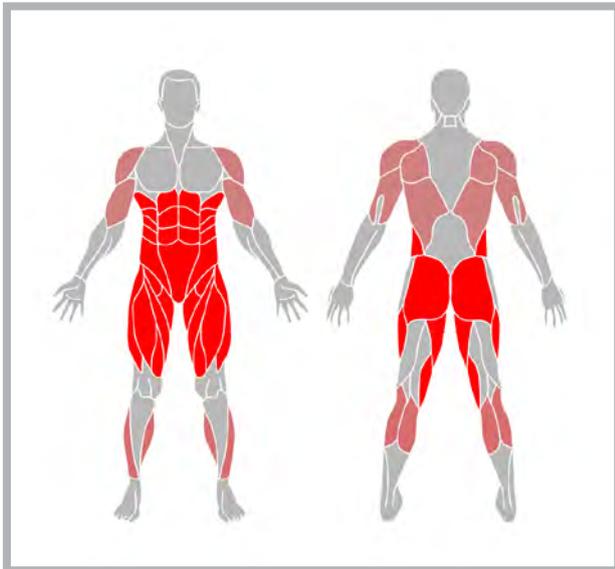
**10** knee-to-elbows

# 64

## Permission Granted

The Permission Granted Workout is a full-body beginner-friendly routine for all fitness levels. It is a high burn workout with core and abs finish. During the circuit, focus on form rather than speed. Bring your knees to your waist when doing high knees and bring elbows in line with your shoulders when performing W-extensions.

### Focus: High Burn



# PERMISSION

# GRANTED

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

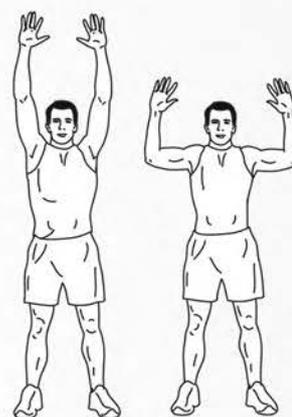
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



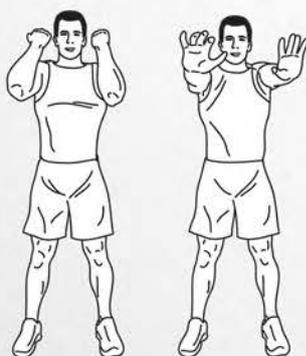
**20** high knees



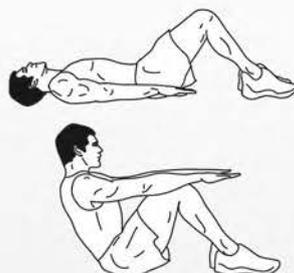
**8** squats



**20** standing W-extensions



**20** bicep extensions



**8** sit-ups



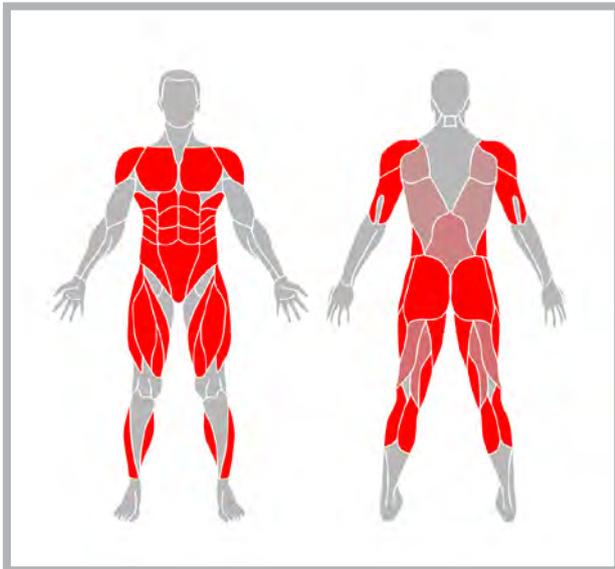
**8** sitting twists

65

## Player

When you have jump squats and push ups in one workout you just know you need to also add up and down planks as your downtime, core-training moment which means The Player is the workout to turn to. Especially designed to promote better fascial strength and fitness this is a workout that helps unleash the power of your body. Great for everyone doing contact sports, playing basketball or needing that total body explosion.

**Focus: Strength & Tone**

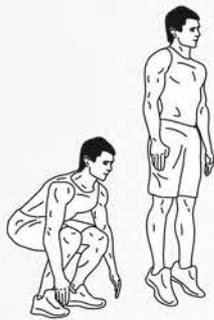


# the Player

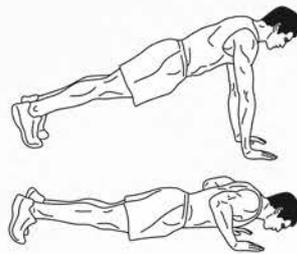
DAREBEE WORKOUT

@ [darebee.com](http://darebee.com)

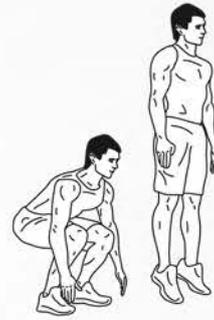
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



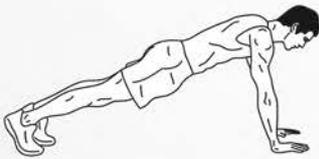
10 jump squats



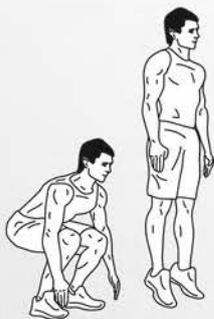
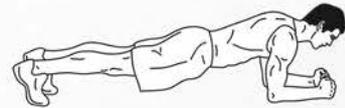
10 push-ups



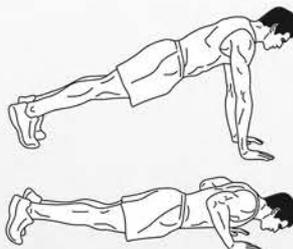
10 jump squats



10 up and down planks



10 jump squats



10 push-ups



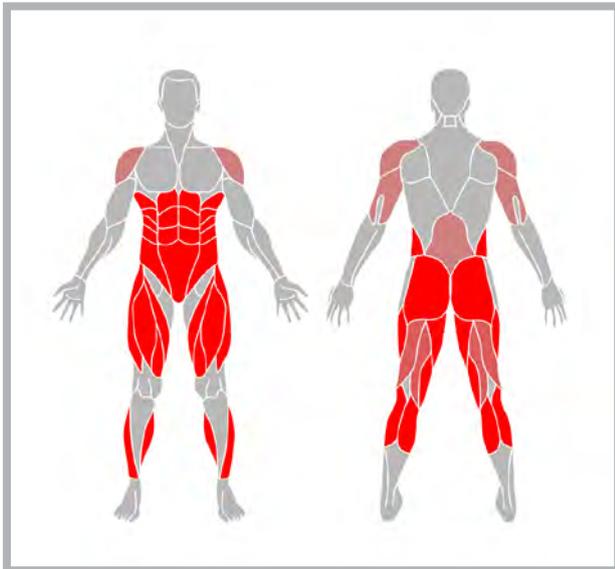
10 jump squats

66

## Pouncer

The Pouncer workout will work your abs but it won't neglect the rest of your body. It looks deceptively easy and with just two alternating, time-based exercises you'd be tempted to think it is. The Pouncer has a bite however that begins to make itself felt after the first set. Treat with care. Come back to it often.

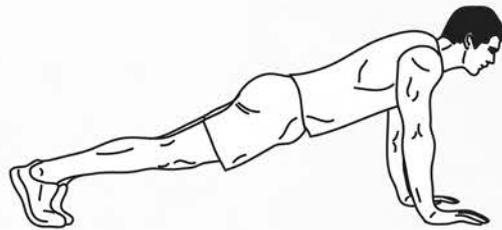
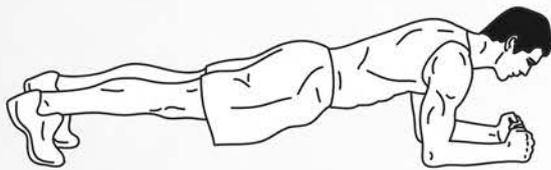
**Focus: High Burn**



# POUNCE

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

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



**20sec** elbow plank

**10sec** basic burpees

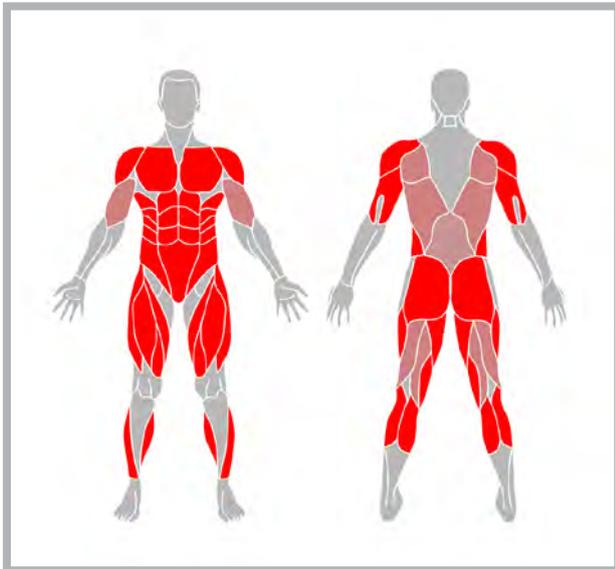
done

67

# Powerbuilt

Powerbuilt may not look difficult but as a difficulty Level IV workout it is one that will let you know immediately that you've started to build up a load. Many muscle groups are recruited for each exercise making this a go-to choice for building up muscle strength. Pay attention to form and stay focused throughout. Your body will know the difference the day after.

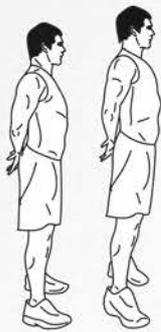
**Focus: Strength & Tone**



# POWERBUILT

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

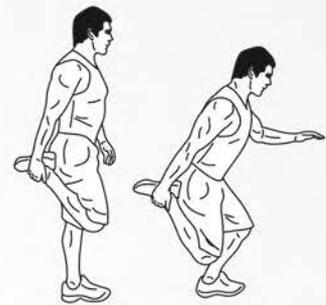
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



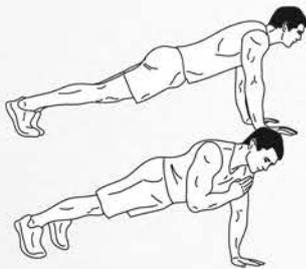
**20** calf raises



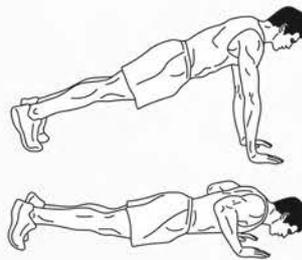
**10** squats



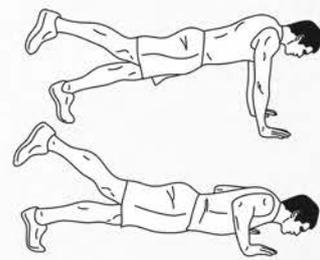
**6** half shrimp squats



**20** shoulder taps



**10** push-ups



**6** single leg push-ups



**20** sitting twists



**10** sit-ups



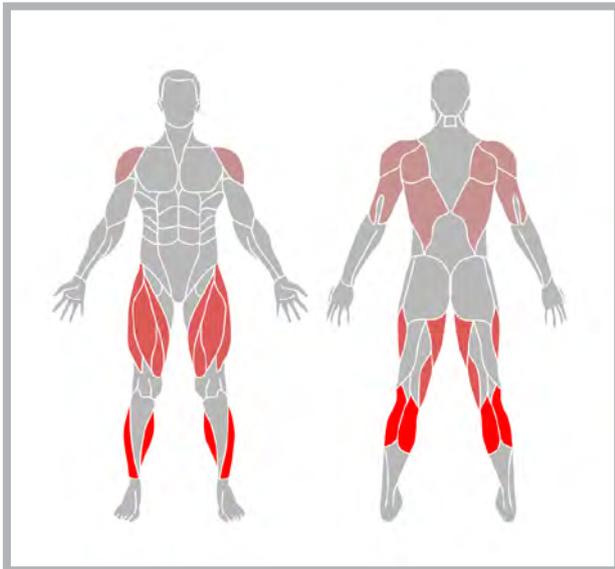
**6** knee-in & twist

68

## Power Burner

Power Burner is a Darebee workout that uses specific upper and lower body muscle groups and a little bit of impact to deliver a fascial fitness routine that helps with the body's natural elasticity and agility and helps build up explosive power. Its difficulty level is deceptive. Do it fast enough and with complete range of motion in each exercise and you have a fitness routine that will get you into the sweatzone fast.

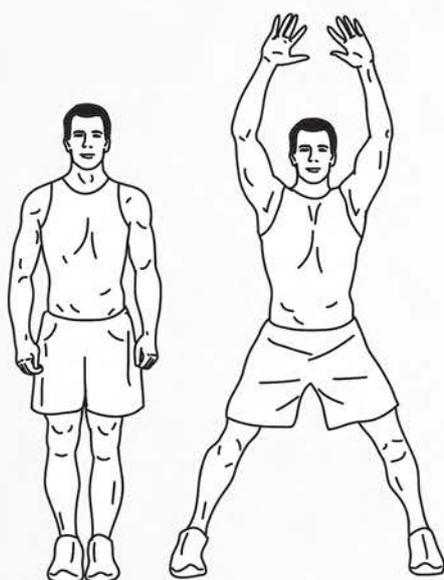
**Focus: High Burn**



# POWER BURNER

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

5 sets | 2 minutes rest between sets



**20** jumping jacks

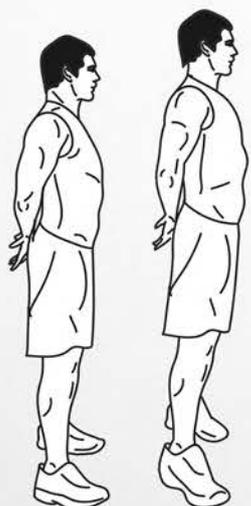
**5** calf raises

**20** jumping jacks

**5** calf raises

**20** jumping jacks

**5** calf raises



**20** jumping jacks

**5** calf raises

**20** jumping jacks

**5** calf raises

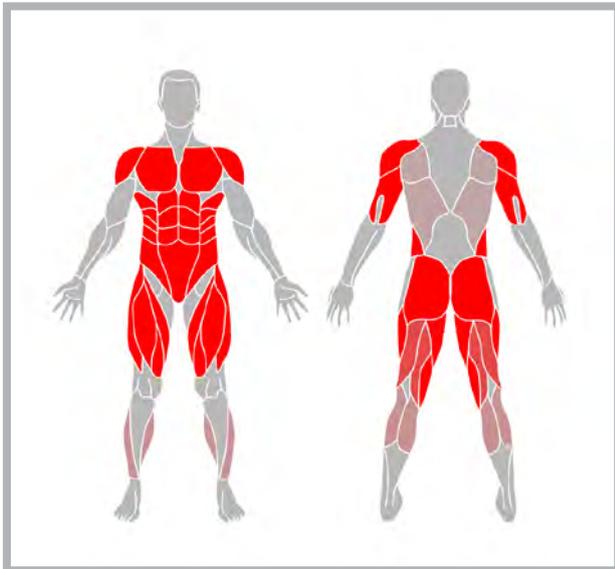
done

69

## Power Gainer

Power Gainer delivers what it promises by strengthening major muscle groups in both upper and lower body, recruiting tendons and satellite muscle groups and increasing joint stability. This is a deceptive-looking workout that utilizes just four exercises to challenge the whole body.

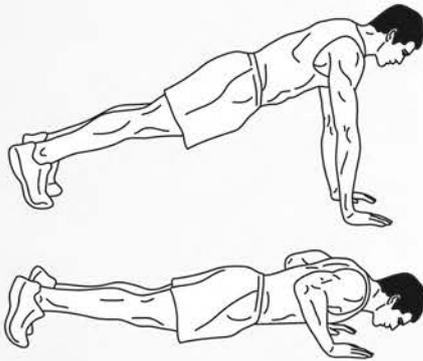
**Focus: Strength & Tone**



# POWER GAINER

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

2 minutes rest between exercises



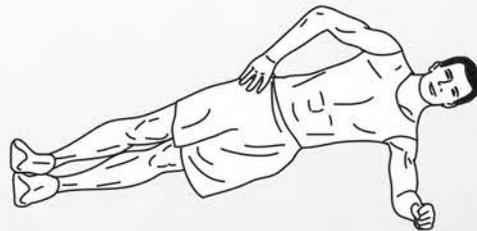
**30** push-ups x **3 sets** in total  
30 seconds rest between sets



**60sec** wall-sit x **3 sets** in total  
30 seconds rest between sets



**3 minutes** elbow plank hold  
once, in one go



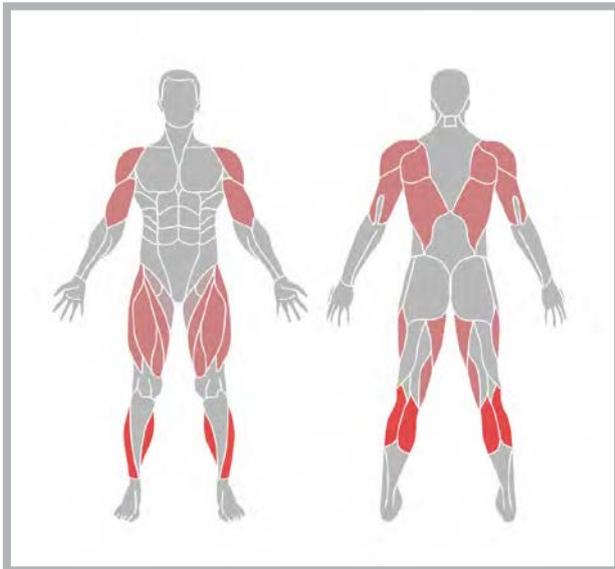
**3 minutes** side elbow plank hold  
once, in one go

70

## Pump & Burn

Pump & Burn is the workout you go to when you feel too tired to workout heavy. It's designed to be fast, light and energetic. It will keep you revving when you do not want to rev. Perfect for streamlining your body it has a strong aerobic component that will help you improve your endurance. Master it. You know you want to.

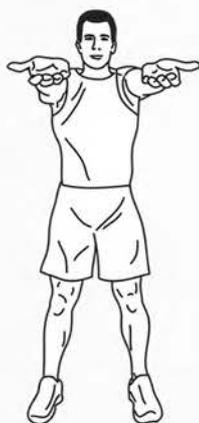
### Focus: High Burn



# PUMP & BURN

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

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



**20** bicep extensions

**10** jumping jacks

**20** bicep extensions

**10** jumping jacks

**20** bicep extensions

**10** jumping jacks



**20** bicep extensions

**10** jumping jacks

**20** bicep extensions

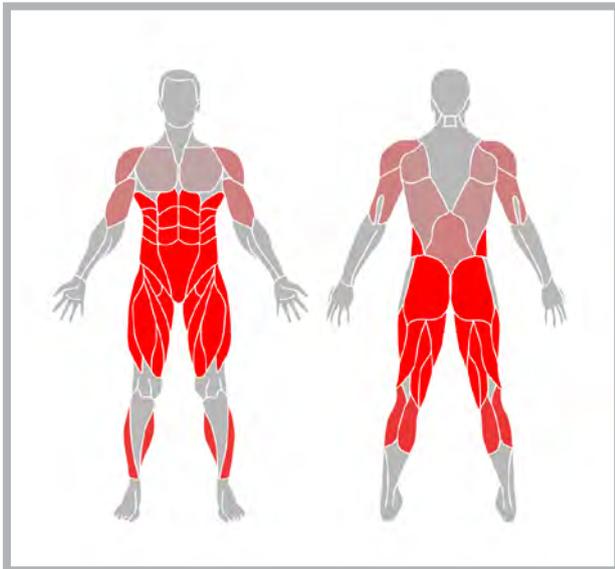
**10** jumping jacks

71

## Quick HIIT

Sometimes you just need to HIIT it QUICK! Go flat out, de-stress, take over the world - you can do this! It has it all: cardio, combat, abs and core; all combined in one bad-ass workout. Keep your body straight while holding the plank. Don't drop your arms when transitioning from punches to squat hold punches.

### Focus: High Knees



# QUICK HIT

WORKOUT  
BY DAREBEE  
@ [darebee.com](https://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

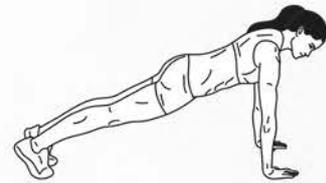
2 minutes rest



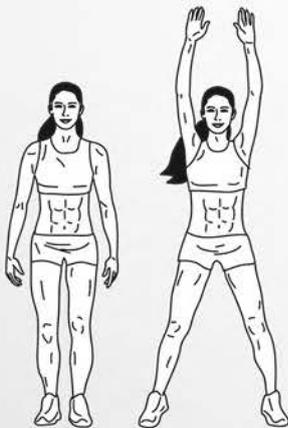
**20sec** high knees



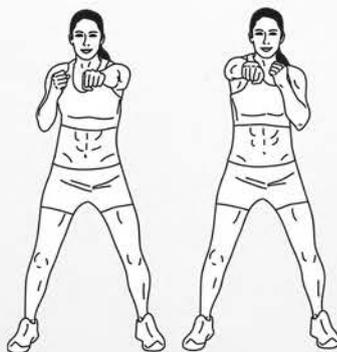
**20sec** climbers



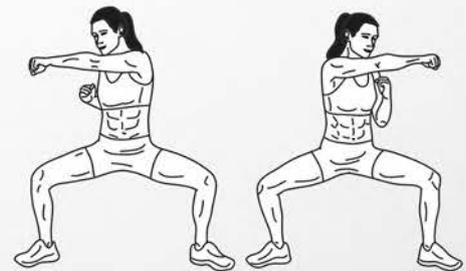
**20sec** plank hold



**20sec** jumping jacks



**20sec** punches



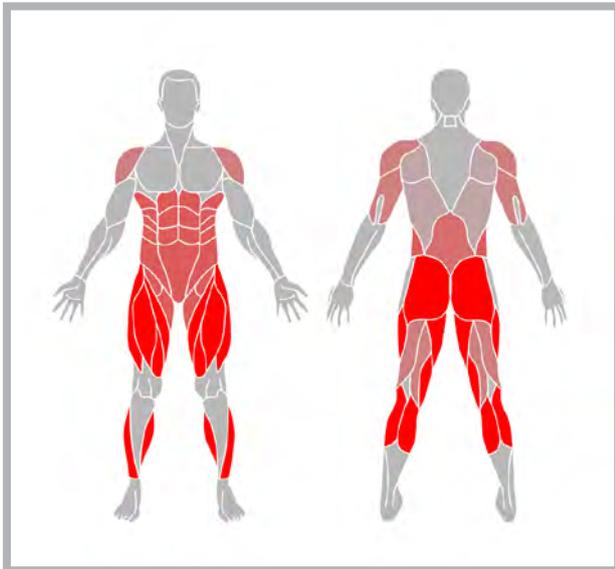
**20sec** squat hold punches

72

## Rambler

Lower body work utilizes many muscle groups and requires a lot of coordination. It also burns significant amounts of oxygen to power all this. The Rambler is an HIIT workout designed to help you burn hot fast. Go for maximum rep count in each exercise in the allotted time and try to maintain the count throughout each set.

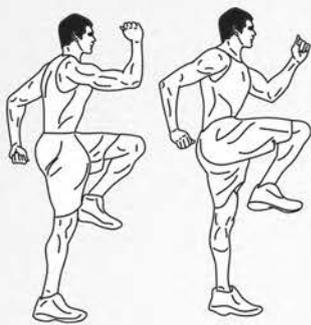
### Focus: High Knees



# The Rambler

DAREBEE **HIIT** WORKOUT © [darebee.com](http://darebee.com)

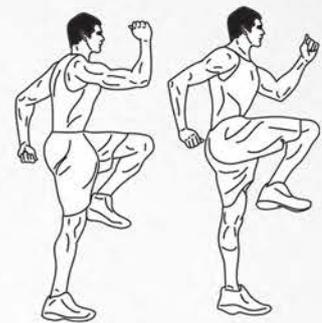
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



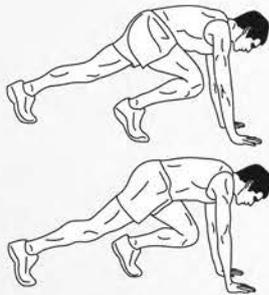
**20sec** march steps



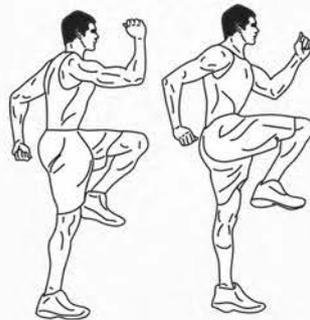
**20sec** high knees



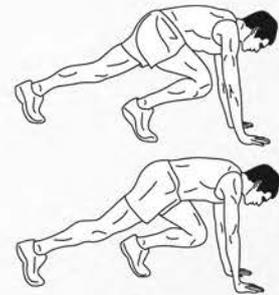
**20sec** march steps



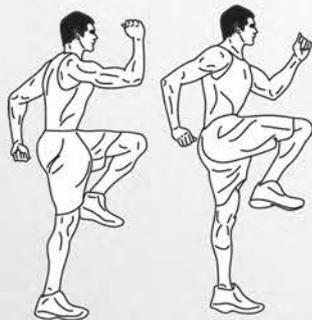
**20sec** climbers



**20sec** march steps



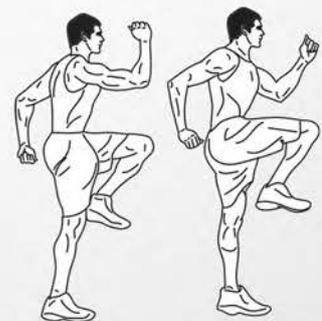
**20sec** climbers



**20sec** march steps



**20sec** high knees



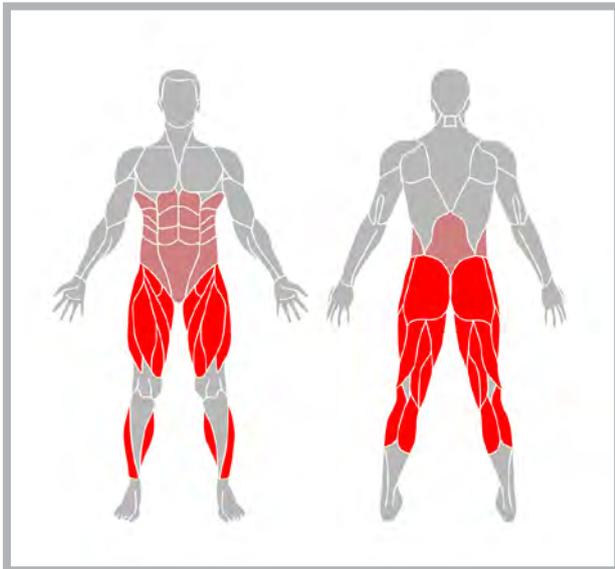
**20sec** march steps

73

## Rascal

Rascal uses two exercises in alternating load mode to give you a fast, energizing, workout that delivers on effort and sweat but doesn't drain your energy banks. On a busy day when you might have to choose between a workout and staying fresh and sharp for that all-important meeting Rascal is just the thing you need.

**Focus: High Burn**



# Rascal

DAREBEE WORKOUT © [darebee.com](https://darebee.com)

5 sets | 2 minutes rest between sets



**10** high knees

**2** jumping lunges

done

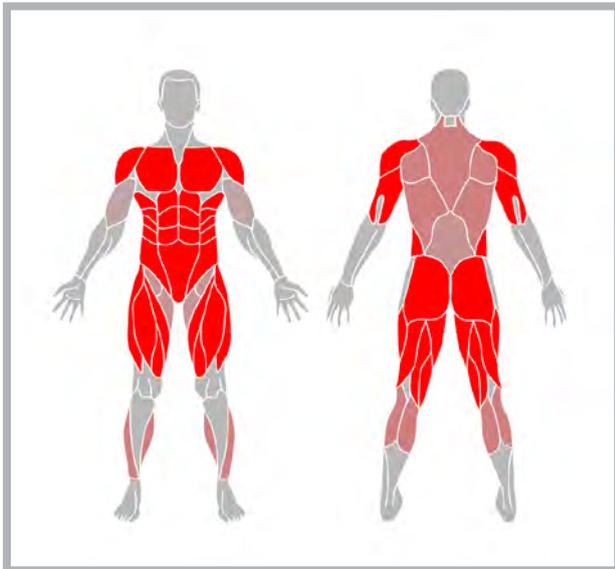


74

## Ravager

The Ravager is a workout that keeps on giving. Don't be fooled by its simple structure and low rep count - it will make your muscles sing. Keep an even pace through the circuit and keep your head off the floor in the final ab work row for the best results.

**Focus: Strength & Tone**



# RAVAGER

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

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



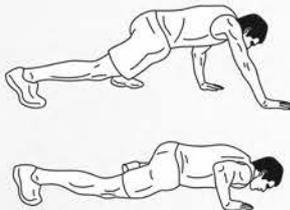
**10** lunges



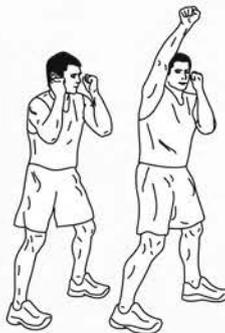
**20** squats



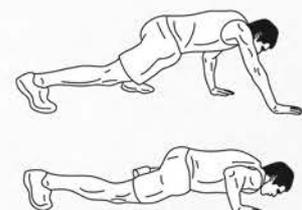
**10** lunges



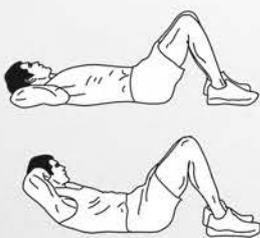
**10** dragon push-ups



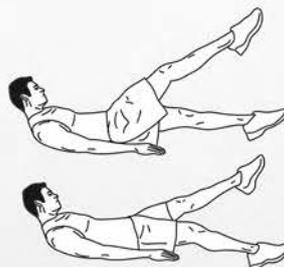
**20** overhead punches



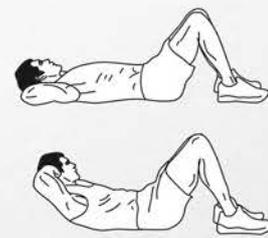
**10** dragon push-ups



**10** crunches



**20** flutter kicks



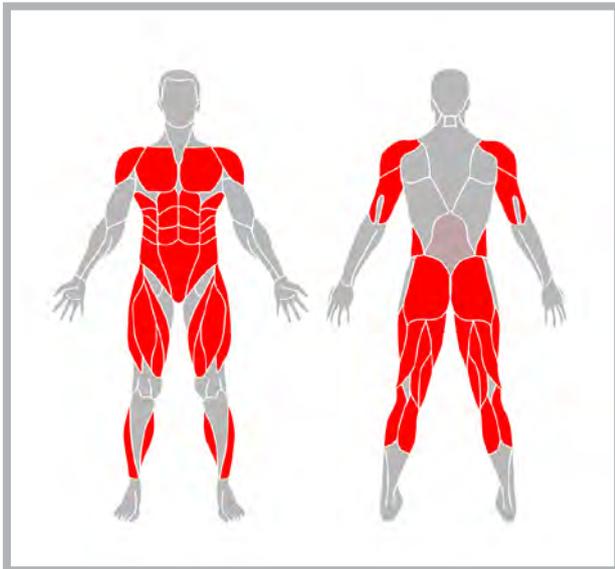
**10** crunches

75

## Raw Grit

Raw Grit will make you sweat, but it will not get you out of breath. This is a strength-building workout. Focus on technique. Make sure your form is as perfect as you can make it each time and maintain quality of execution throughout the workout.

**Focus: Strength & Tone**



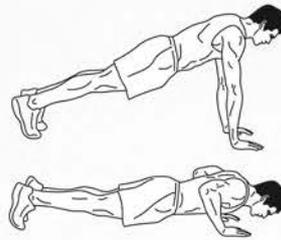
# RAW GRIT

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

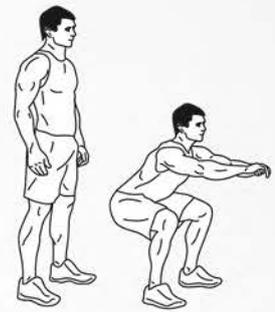
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



20 push-ups



20 squats



20 calf raises



20 lunges



20 calf raises



20 heel taps



20 crunches



20 heel taps

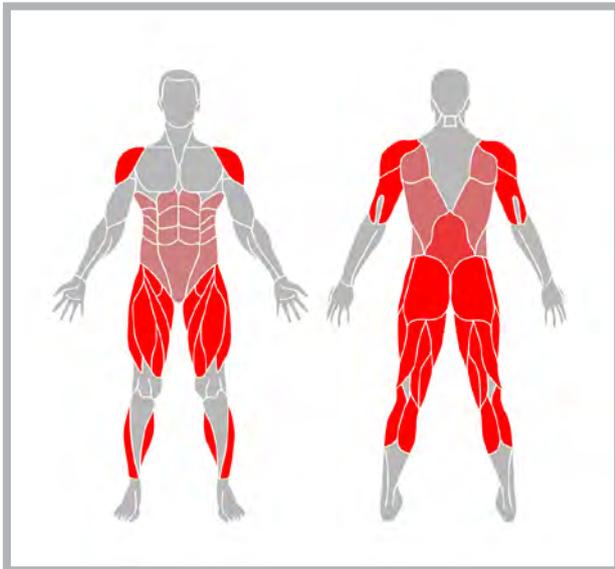


76

## Reconstructor

Remake your body, rebuild your muscles and find new strength. Well, after all that hype the Reconstructor workout had better deliver and yeah, that it does. Designed to load all your major muscle groups at almost the same time, it leaves you very little recovery time while you're exercising which means that you will definitely feel like you've worked hard with this one.

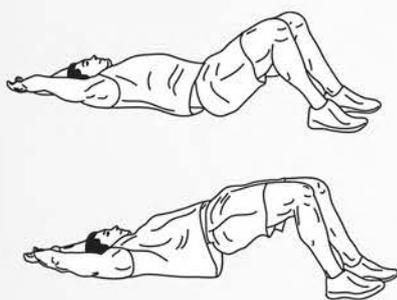
**Focus: Strength & Tone**



# RECONSTRUCTOR

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

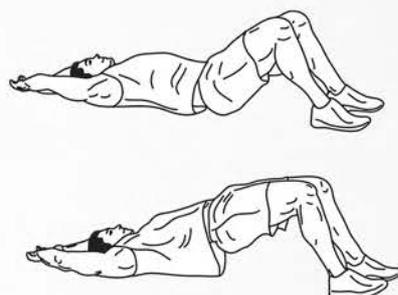
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 bridges



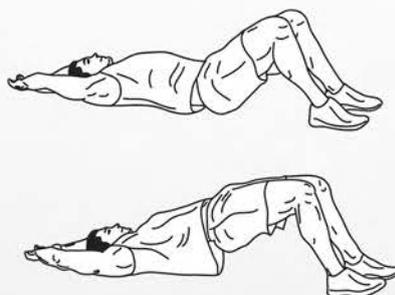
20 get-ups



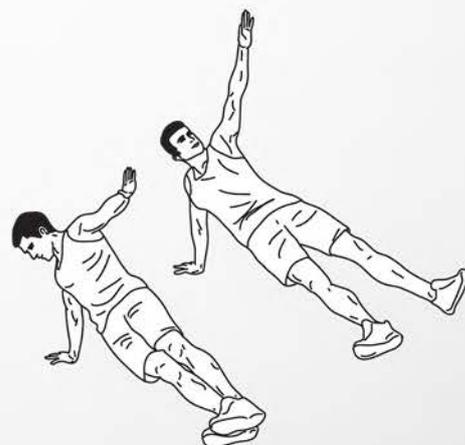
10 bridges



20 reverse plank kicks



10 bridges



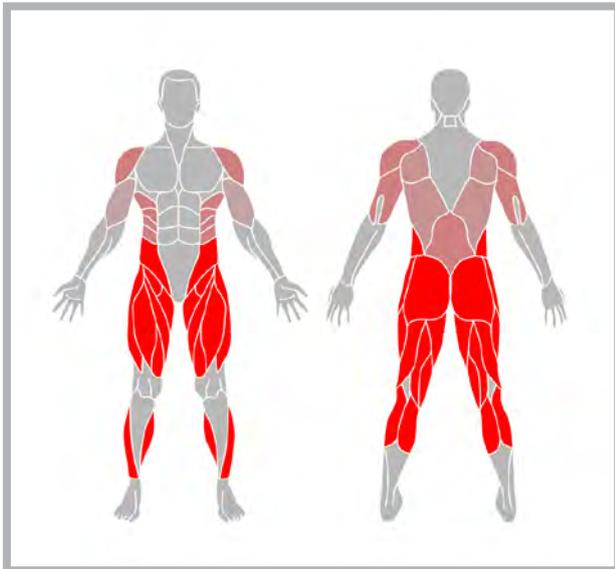
20 side plank tilts

77

## Rectifier

HIIT exercises up your fitness level, improve VO2 Max and help you get fitter, faster. The Rectifier workout targets your whole body. Like every time-based workout reps and intensity are more important than form so you really want to try and get as many reps in for each exercise as you can and not drop your performance level as you go through the sets.

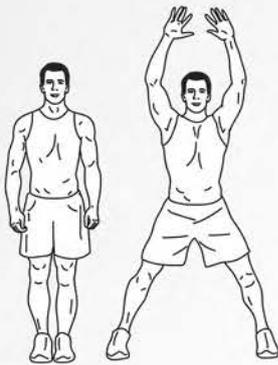
### Focus: High Knees



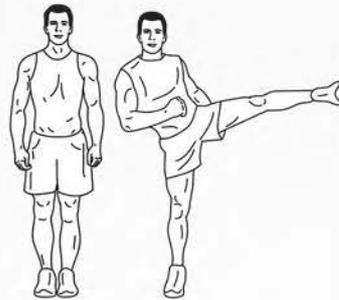
# RECTIFIER

DAREBEE **HIIT** WORKOUT © [darebee.com](https://darebee.com)

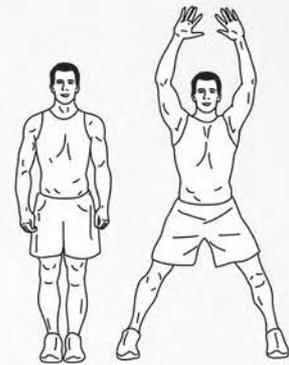
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



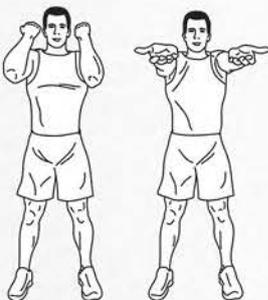
**20sec** jumping jacks



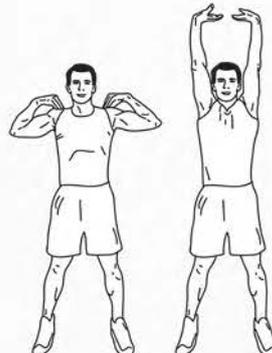
**20sec** side leg raises



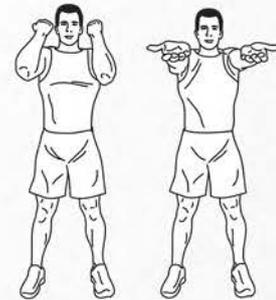
**20sec** jumping jacks



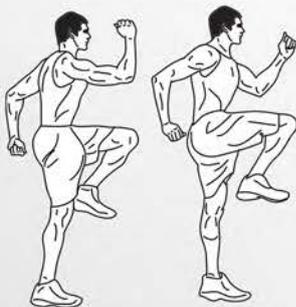
**20sec** bicep extensions



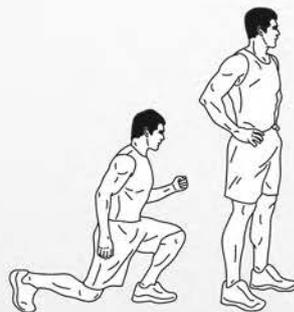
**20sec** standing shoulder taps



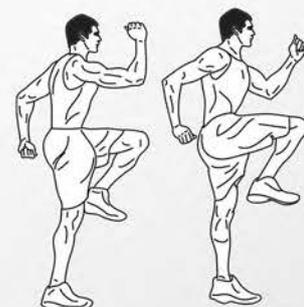
**20sec** bicep extensions



**20sec** march steps



**20sec** reverse lunges



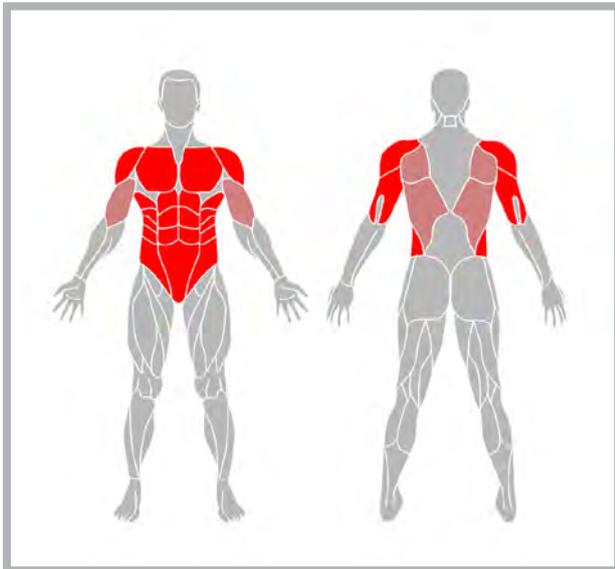
**20sec** march steps

78

## Red Reaper

Chisel your upper-body strength and reinforce your core, become harder to kill with the Red Reaper Workout. Keep your body straight, tighten up your abs, take a deep breath - and dive in!

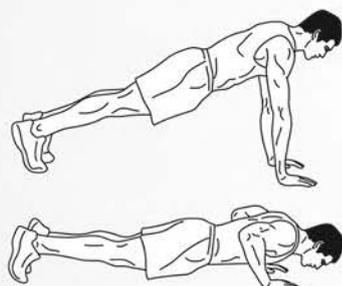
**Focus: Upperbody Strength**



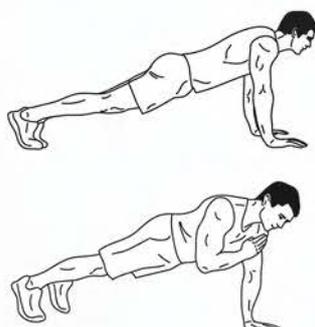
# RED REAPER

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

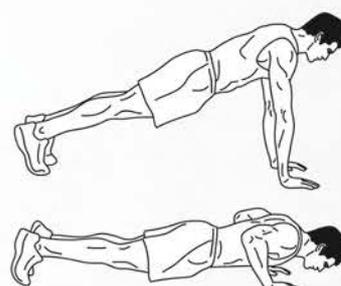
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**15** push-ups



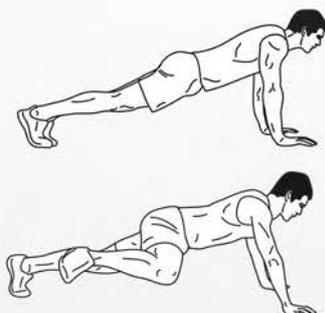
**30** shoulder taps



**15** push-ups



**15-count** plank hold



**30** plank side crunches



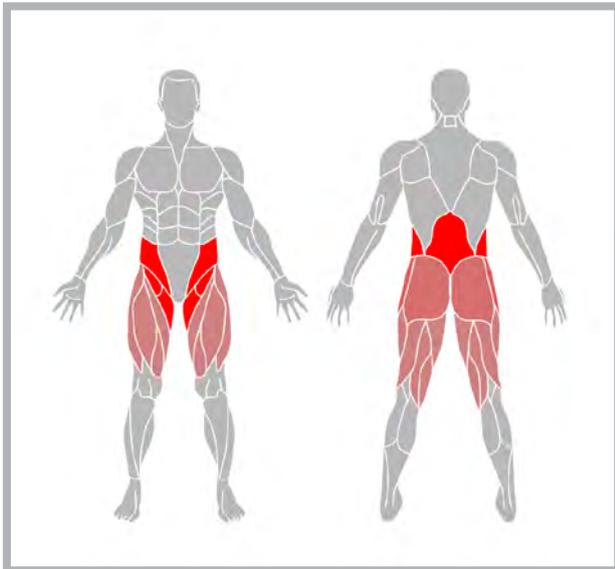
**15-count** plank hold

79

## Rest & Rec

Res & Rec is a deceptively named workout, at least as far as the first part of its name is concerned. The exercises target tendons and support muscle groups that are not normally targeted during regular workouts. As such it helps to build up a good sense of body control. Do not neglect to add this workout to the arsenal of body modification ones you have already. (You do have a list, right?).

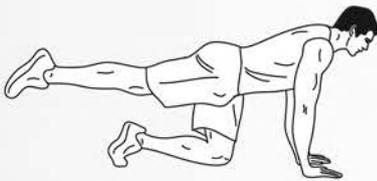
### Focus: Wellbeing



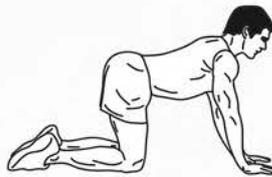
# REST & REC

DAREBEE  
RECOVERY  
WORKOUT

© [darebee.com](http://darebee.com)



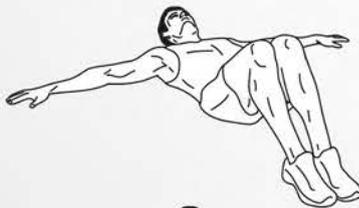
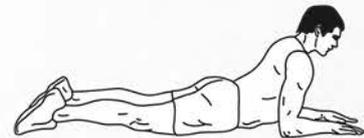
**40** knee-ins



**10** back stretch #1



**10** back stretch #2



**40** knee rolls



**10** butterfly stretch



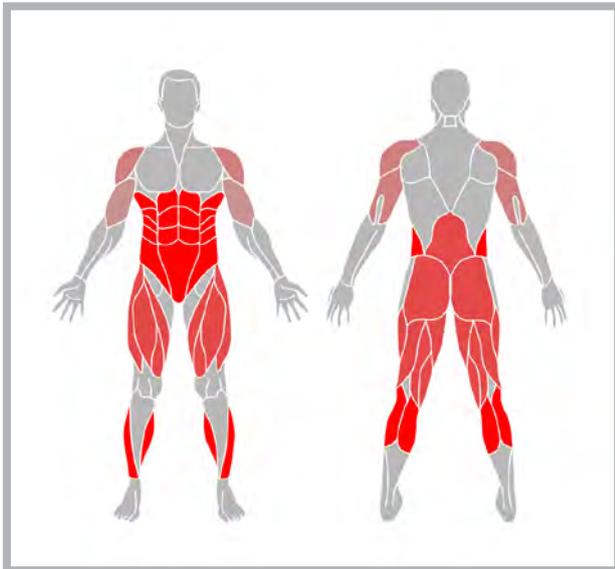
**10** forward fold

80

## Reviver

Get back on track with the Reviver Workout. It's an accessible HIIT workout ideal for when you are sore or in recovery but still need an exercise fix. Keep your arms up during bicep extensions and tighten up your core during planks.

### Focus: High Knees



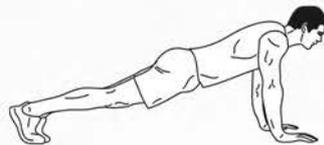
# REVIVER

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

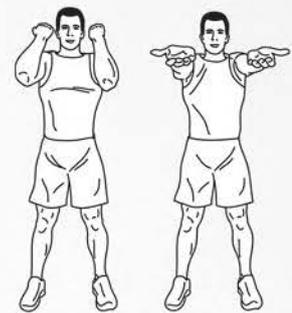
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



**30sec** high knees



**20sec** plank hold



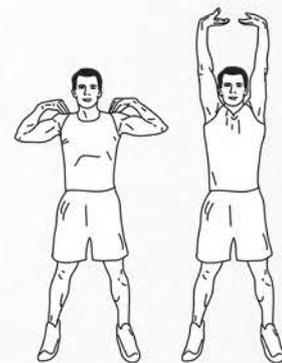
**10sec** bicep extensions



**30sec** high knees



**20sec** plank hold



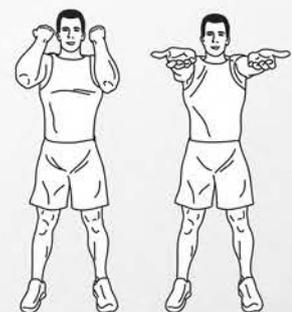
**10sec** shoulder taps



**30sec** high knees



**20sec** plank hold



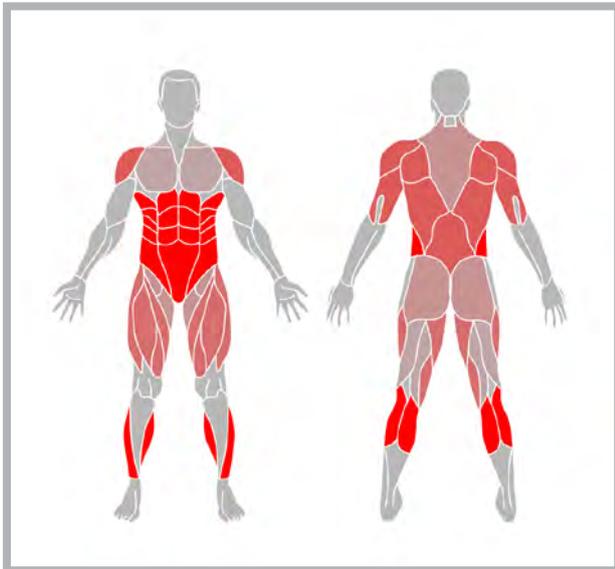
**10sec** bicep extensions

81

## Rewired

The Rewired Workout is hard enough to get you working but not too demanding to make you regret it. If you feel it's time to shake off the cobwebs and give your system a full defrag - this is the workout for you. Keep your body straight during planks and go full out during jumping jacks.

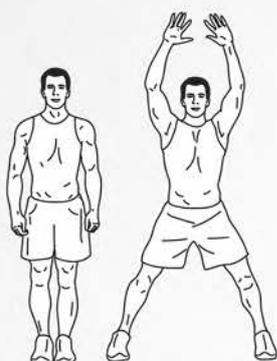
### Focus: High Knees



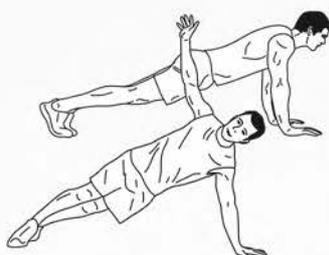
# REWIRED

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

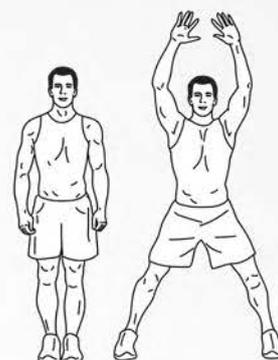
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



**20sec** jumping jacks



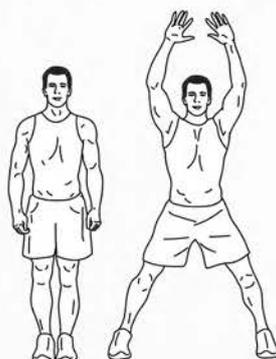
**20sec** plank rotations



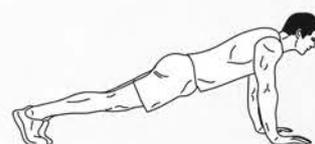
**20sec** jumping jacks



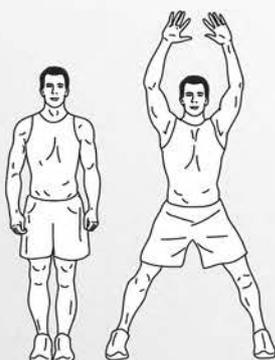
**20sec** plank hold



**20sec** jumping jacks



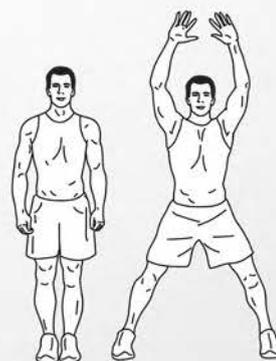
**20sec** plank hold



**20sec** jumping jacks



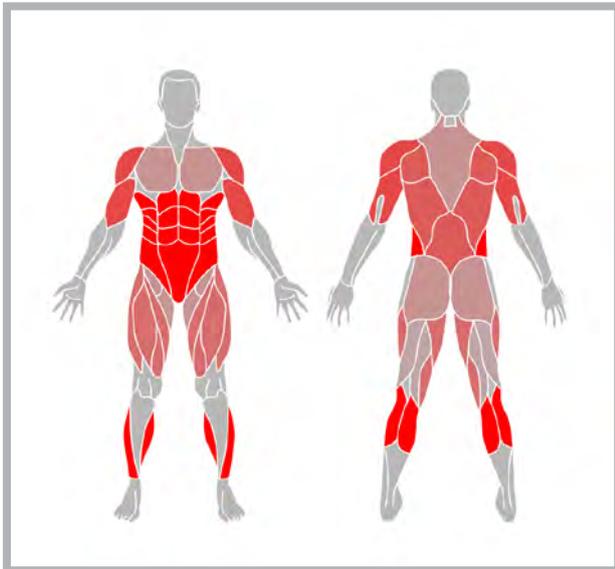
**20sec** plank rotations



**20sec** jumping jacks

Combat moves when coupled with callisthenics produce an interesting challenge: muscles have to work ballistically and with resistance which means the dynamic range of motion is challenged both ways. Ricochet provides a workout that will tire you out faster than you expect and will challenge your conditioning. Then again that's what you're here for.

## Focus: High Knees

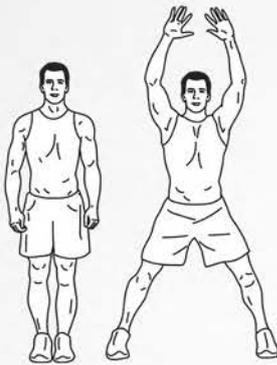


# RICOCHET

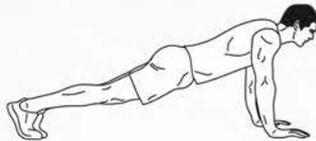
DAREBEE **HIIT** WORKOUT @ [darebee.com](http://darebee.com)

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

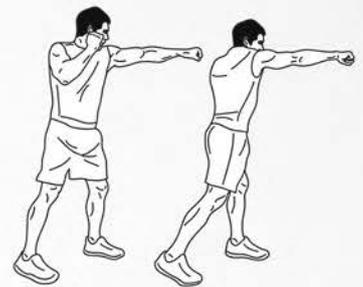
2 minutes rest between set



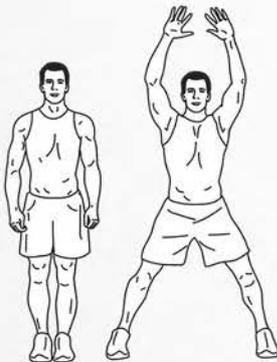
**30sec** jumping jacks



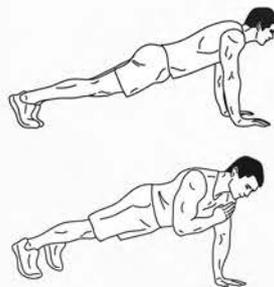
**15sec** plank hold



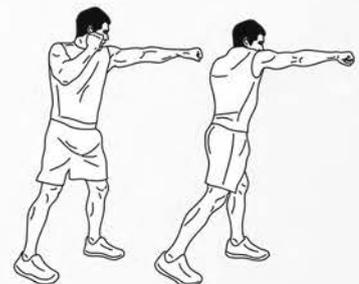
**15sec** punches



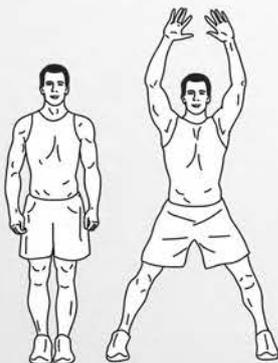
**30sec** jumping jacks



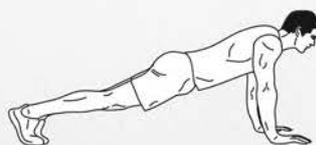
**15sec** shoulder taps



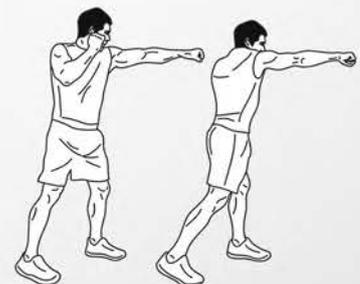
**15sec** punches



**30sec** jumping jacks



**15sec** plank hold



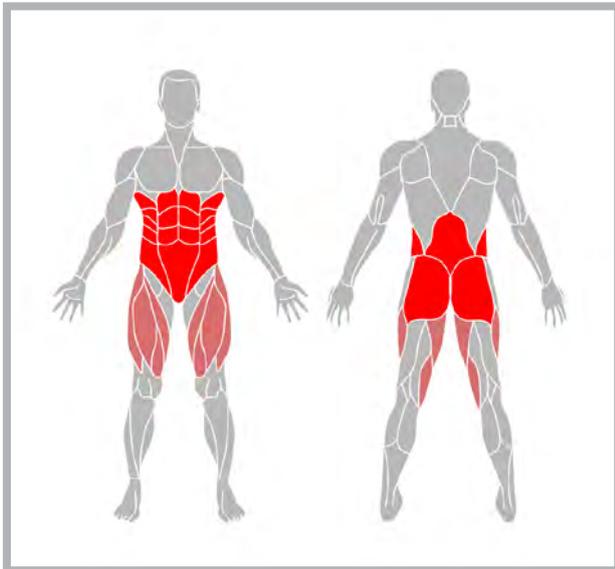
**15sec** punches

83

## Rockin' Abs

Rockin' Hard Abs don't just happen. This routine will help you get closer to the abs of steel! And it will also work those glutes in the process. Go slow and focus on form. When performing leg raises lower your feet almost all the way to the floor but don't drop them, then raise them back up again.

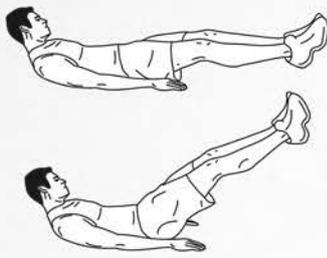
**Focus: Abs**



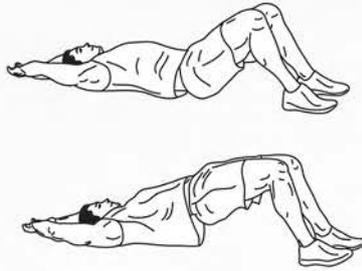
# rockin' abs

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

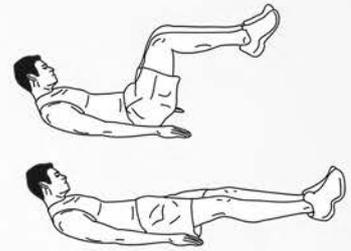
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



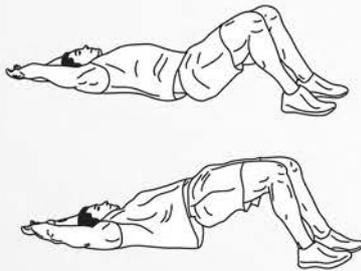
10 leg raises



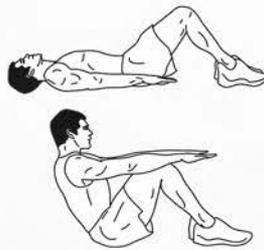
5 bridges



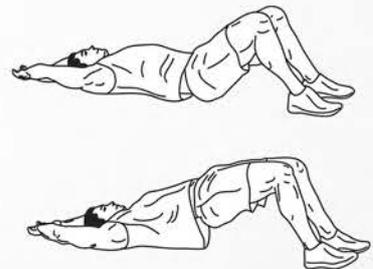
10 crunch kicks



5 bridges



10 sit-ups



5 bridges

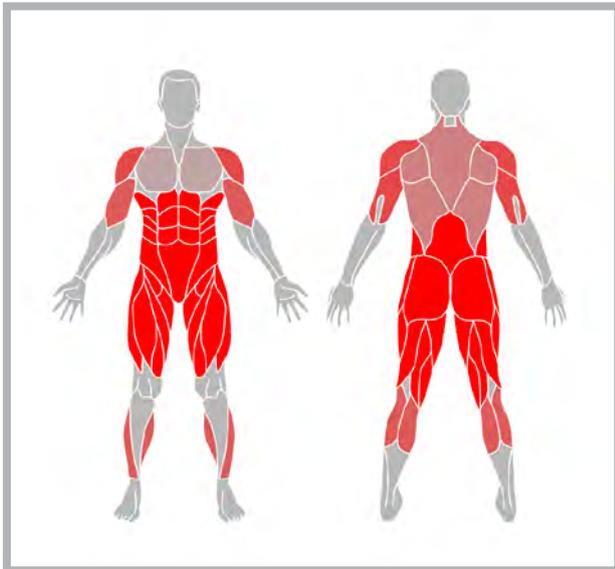


10 sitting twists

# Rogue Build

Become harder to kill with the Rogue Build Workout! Keep your core tight and stabilize your body for push-up shoulder taps and shoulder taps - placing your feet further apart can help with that. Keep your arms up when performing punches and guard your chin.

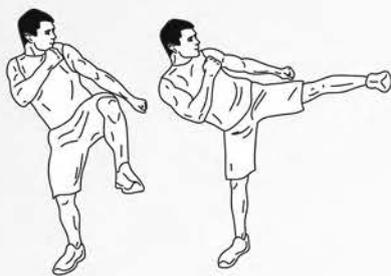
## Focus: Combat



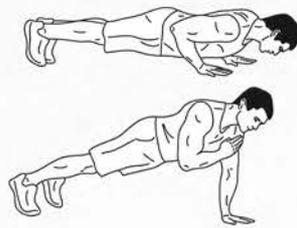
# ROGUE BUILD

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

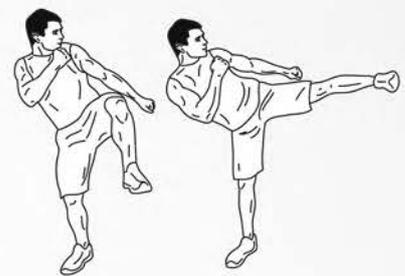
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



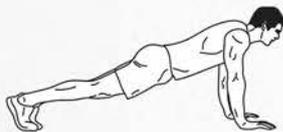
**20** side kicks



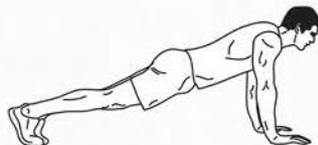
**10** push-up shoulder taps



**20** side kicks



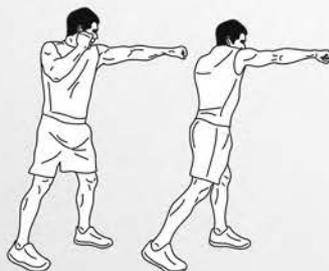
**10** shoulder taps



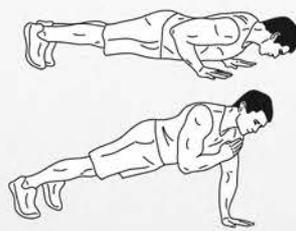
**10-count** plank hold



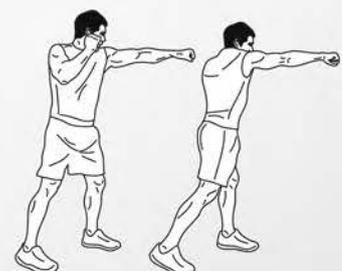
**10** shoulder taps



**20** punches



**10** push-up shoulder taps



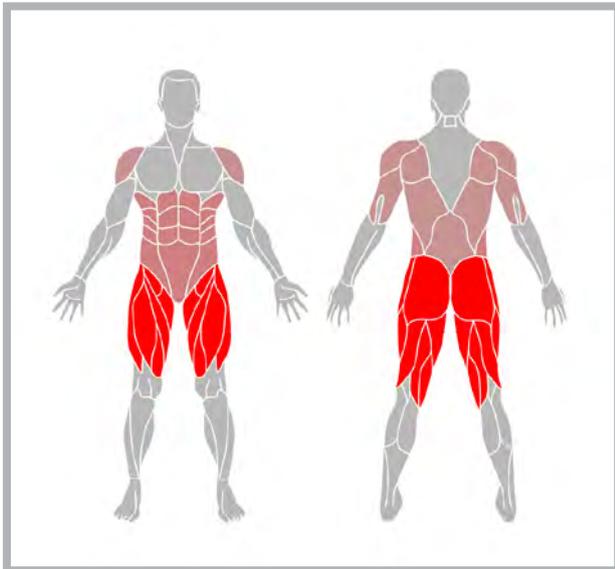
**20** punches

85

## Siren

Work on your cardio, balance and coordination with the Siren Workout. Focus on form and on controlling your breathing throughout the circuit. Once you've done jumping jacks, try to take even, deep breaths as you do the exercises that come afterwards. Finally, when performing side leg raises raise your leg past your waist and change sides with every repetition.

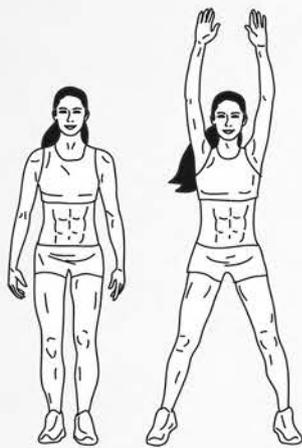
**Focus: High Burn**



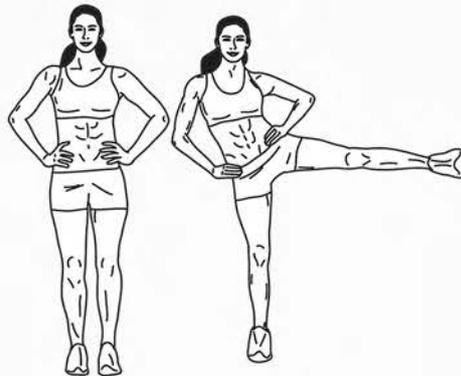
# SIREN

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

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



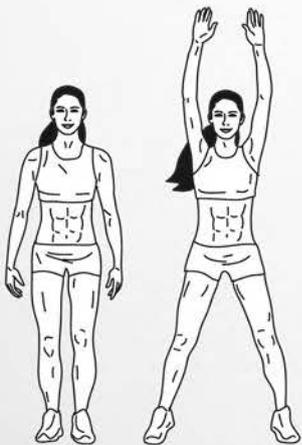
**20** jumping jacks



**20** side leg raises



**20-count** balance hold



**20** jumping jacks



**20** knee-to-elbows



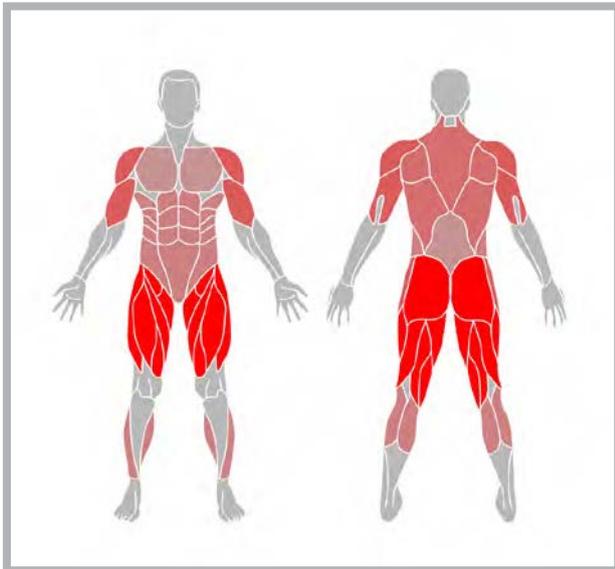
**20-count** balance hold

86

## Skybreaker

Unleash the power within and reach for the sky with the Skybreaker Workout! Fun but effective combo moves will work your entire body and recruit multiple muscle groups allowing you to reap the full spectrum of bodyweight training benefits. Let your body flow with this routine, mind your form but don't forget to enjoy the process!

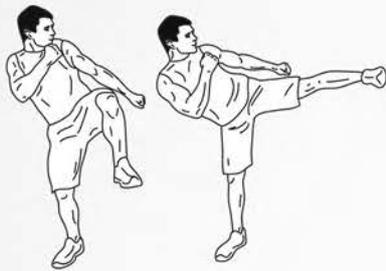
**Focus: Combat**



# Skybreaker

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

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



**20** side kicks



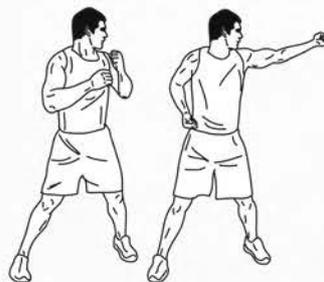
**20** overhead punches



**20** side kicks



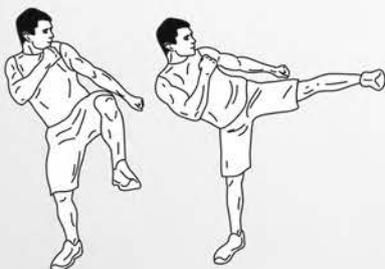
**20** overhead punches



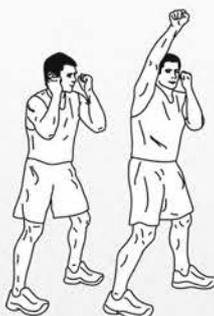
**20** backfists



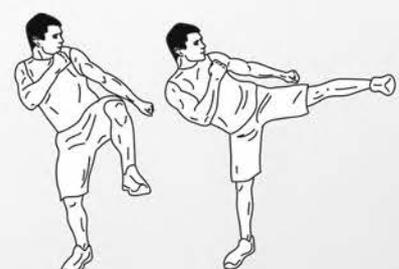
**20** overhead punches



**20** side kicks



**20** overhead punches



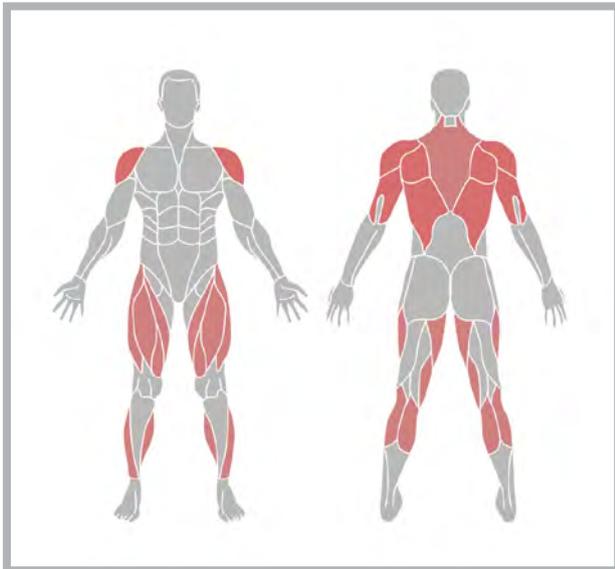
**20** side kicks

87

## Storm

Work your cardio and upper body at the same time with the Storm Workout. Keep your arms up throughout the top sequence and go flat out when doing jumping jacks to get the most out of this routine.

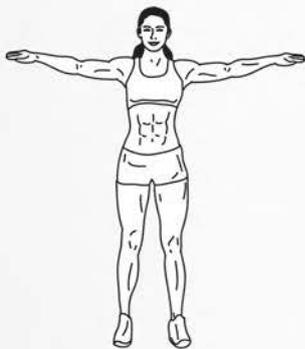
**Focus: High Burn**



# I Am THE STORM

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

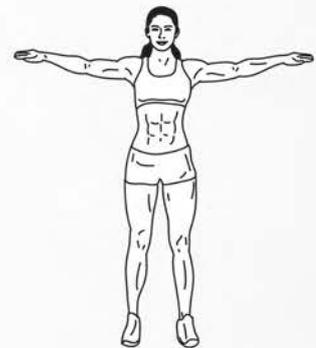
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



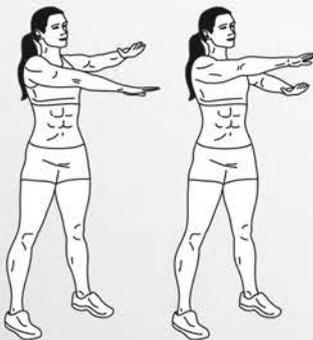
**20sec** raised arms hold



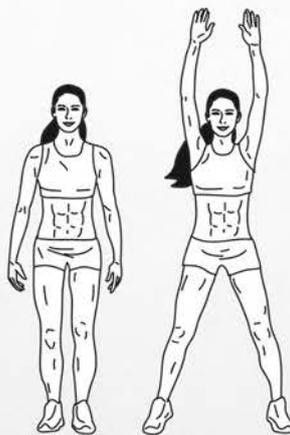
**20sec** raised arm circles



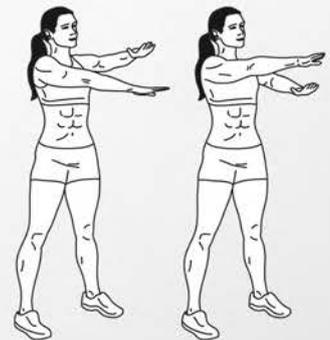
**20sec** raised arms hold



**20sec** arm scissors



**20sec** jumping jacks



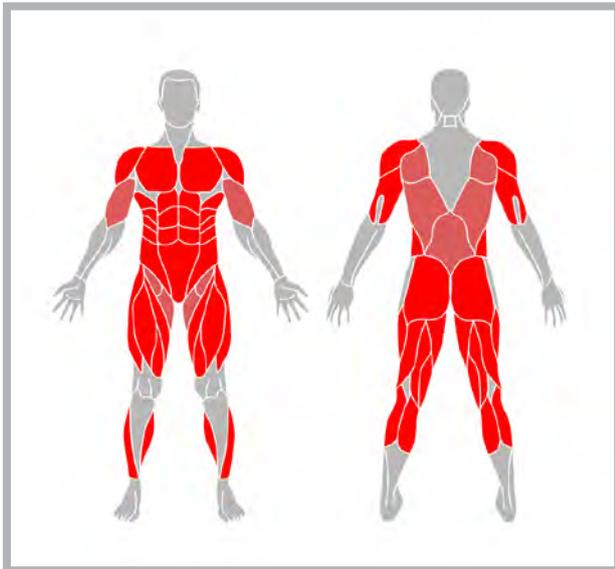
**20sec** arm scissors

88

## Strongman

The numbers count in Strongman as reps build up quickly and body temperature rises. This is a difficulty Level IV workout that helps build up muscle strength and resistance to fatigue. It targets the entire body and helps build up supporting muscle groups that aren't often targeted. It is a transformative workout. All you have to do is make it to the other side of it.

**Focus: Strength & Tone**



# STRONGMAN

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

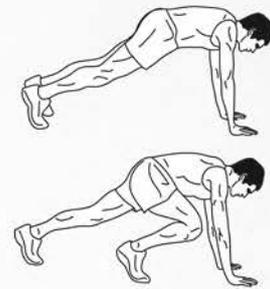
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



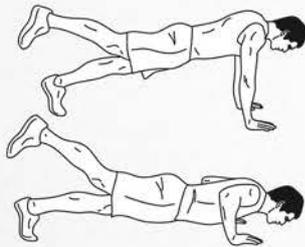
**20** squats



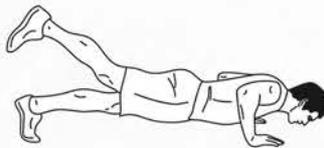
**20-count** squat hold



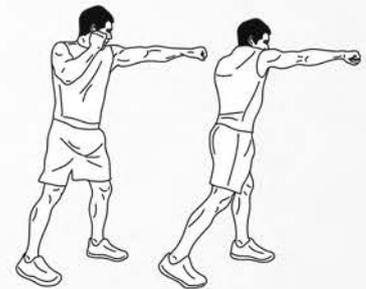
**20** slow climbers



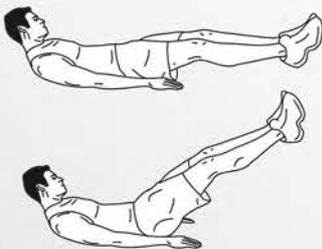
**20** raised leg push-ups



**20-count** push-up hold



**20** punches



**20** leg raises



**20-count** raised leg hold



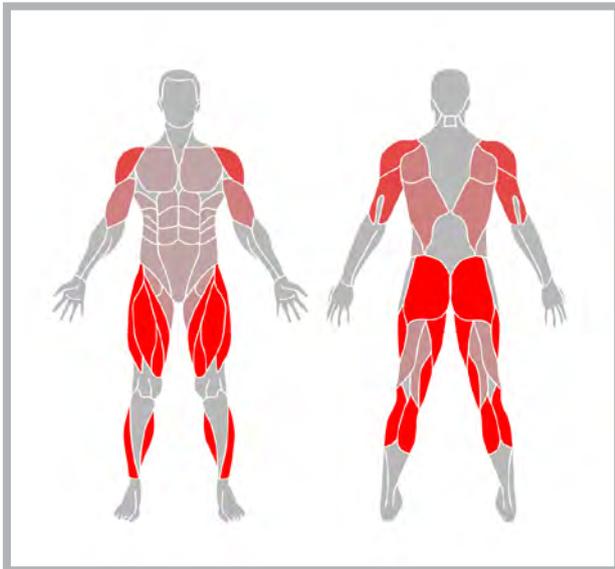
**20** sitting twists

89

## Super Burn

Get your body into the Super Burn zone with this workout for guaranteed super sweat! Go as fast as you can and try to hit the same number of reps every time you complete each exercise. Keep your arms up throughout the second row of exercises for Extra Credit and aim for a minimum of 10 basic burpees (no push-up) per 20 seconds each time to get the most out of this routine. Catch your breath and repeat!

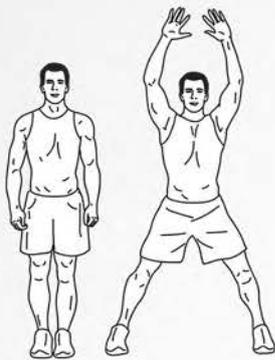
### Focus: High Burn



# SUPER BURN

DAREBEE **HIIT** WORKOUT @ [darebee.com](http://darebee.com)

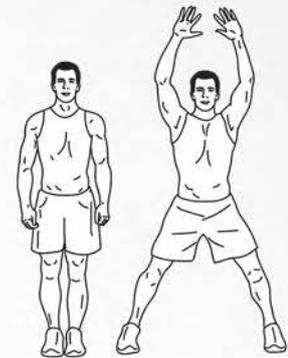
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



**20sec** jumping jacks



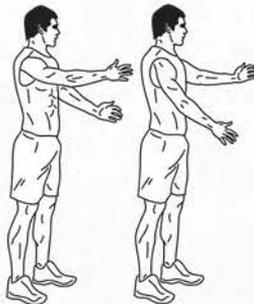
**20sec** split jacks



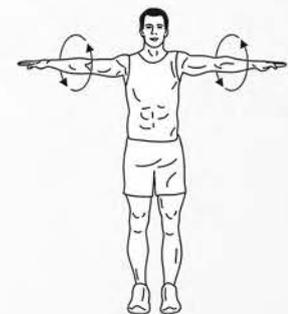
**20sec** jumping jacks



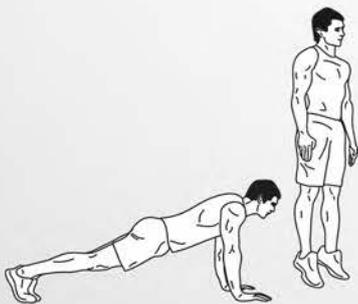
**20sec** arm circles



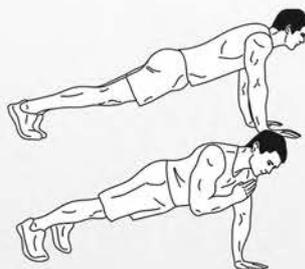
**20sec** scissor chops



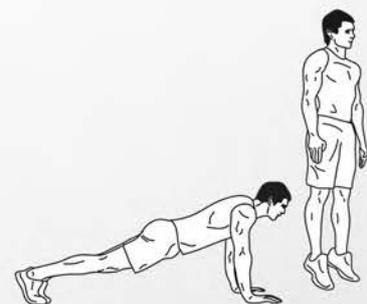
**20sec** arm circles



**20sec** basic burpees



**20sec** shoulder taps



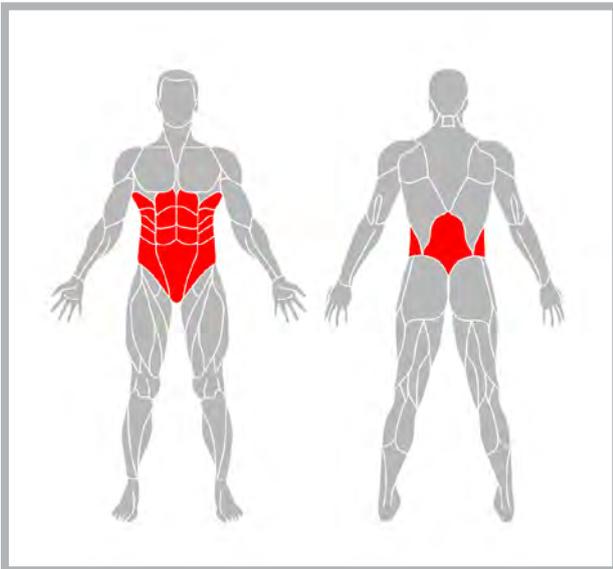
**20sec** basic burpees

90

## Superhero Abs

Superheroes battle evil and fight for good and it's almost a full-time job, but in their spare time they work on their abs (com'on you must have noticed!). To sport the kind of rippling, taut ab wall look that just pops when dressed in spandex, you need the Superhero Abs workout. This is a difficulty Level IV workout so beginners needn't apply (then again Superhero ranks never pull straight from beginners). Make this part of your regular workouts - think at least once a week, maybe more.

### Focus: Abs



# superhero **abs**

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

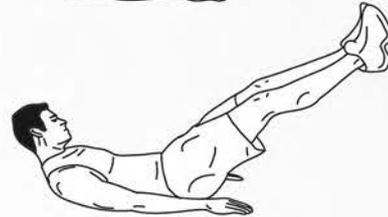
60 seconds rest between exercises



**20** knee-to-elbow crunches **x 4 sets**  
20 seconds rest between sets



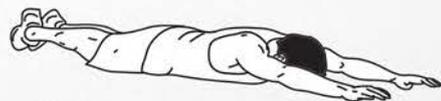
**20** leg raises **x 4 sets**  
20 seconds rest between sets



**2 minutes** elbow plank hold  
repeat once



**2 minutes** hollow hold  
repeat once



**10** superman stretches **x 4 sets**  
20 seconds rest between sets

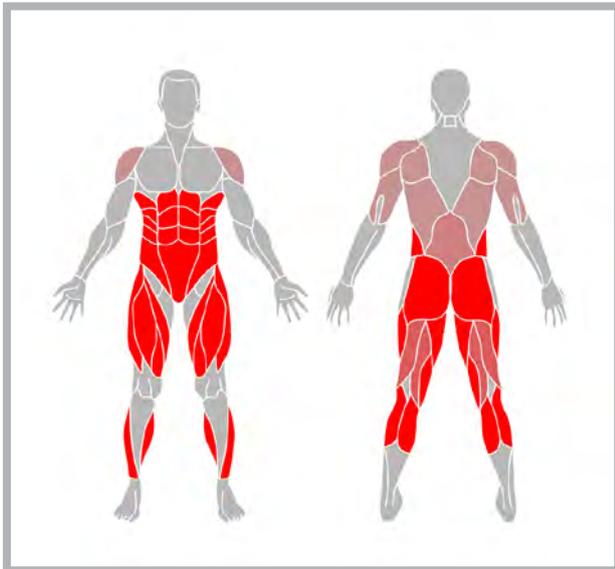


91

## Super HIIT

Every now and then you really feel like a “reset” HIIT session, the kind of session that will superheat your muscles, make you sweat hard and leave you feeling totally wiped out afterwards. There are good reasons for sessions like that and they have to do with levelling up. Bring your knees waist high during High Knees, sync your arms and legs, and try to get in as many reps as possible in each 20-second segment. Even done once a month this particular HIIT workout will deliver tangible benefits in overall physical performance.

### Focus: High Burn



# SUPER

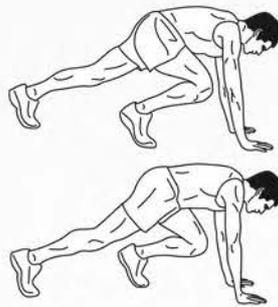
# HIIT

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

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



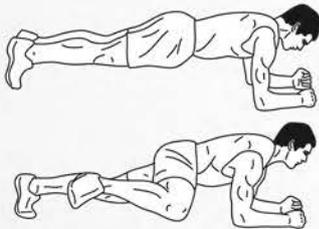
**20sec** high knees



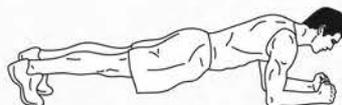
**20sec** climbers



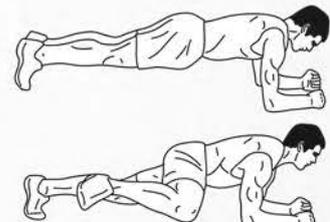
**20sec** high knees



**20sec** plank crunches



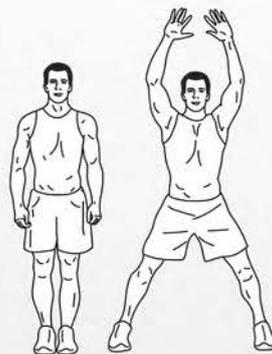
**20sec** plank hold



**20sec** plank crunches



**20sec** jump squats



**20sec** jumping jacks

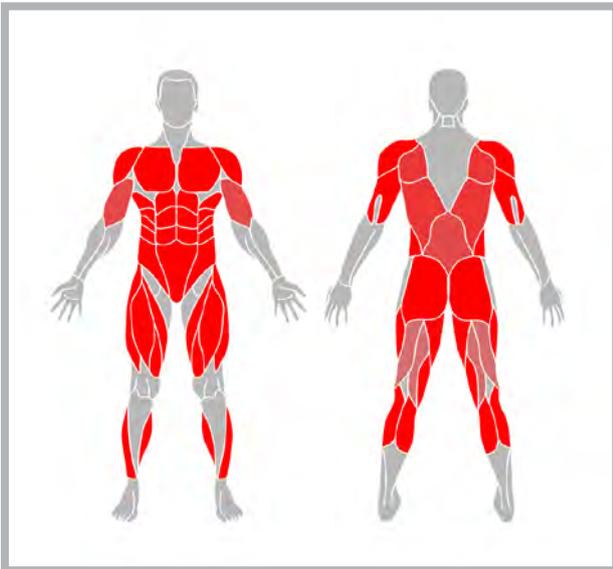


**20sec** jump squats

# Superhuman

If you've been a diehard Darebee fan from the very first day and have managed to do each one of our 999 workouts while balancing work, life and sanity we bow before you because you are, by now, truly superhuman, which means you're truly deserving of our 1000th offering. The Superhuman workout hyperloads almost every muscle in your body and then demands extra work from those tendons that power your supportive muscle groups and posture.

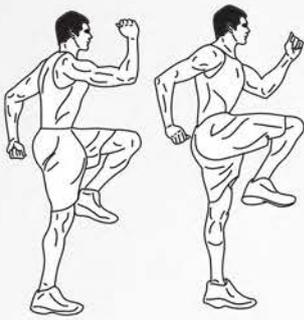
## Focus: High Burn



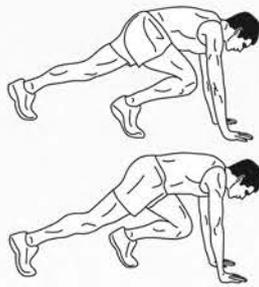
# SUPERHUMAN

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



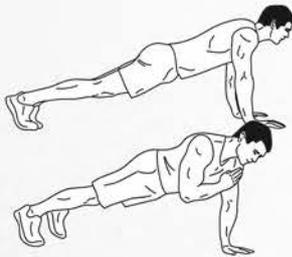
**40** march steps



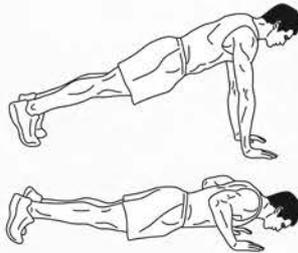
**40** climbers



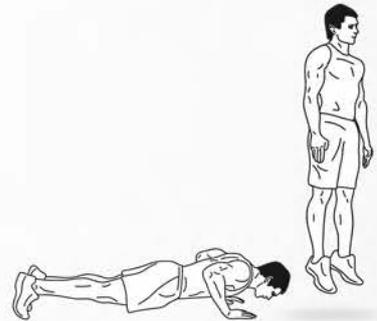
**80** high knees



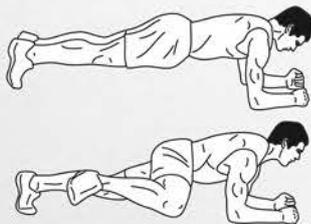
**20** shoulder taps



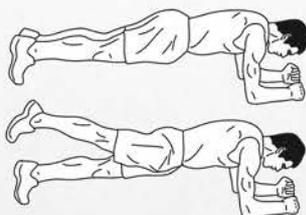
**20** push-ups



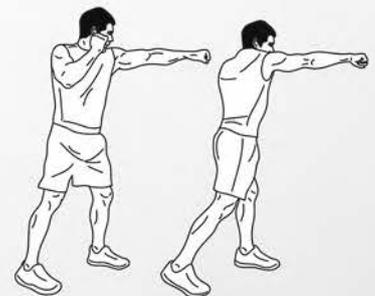
**20** burpees



**40** plank crunches



**40** plank leg raises



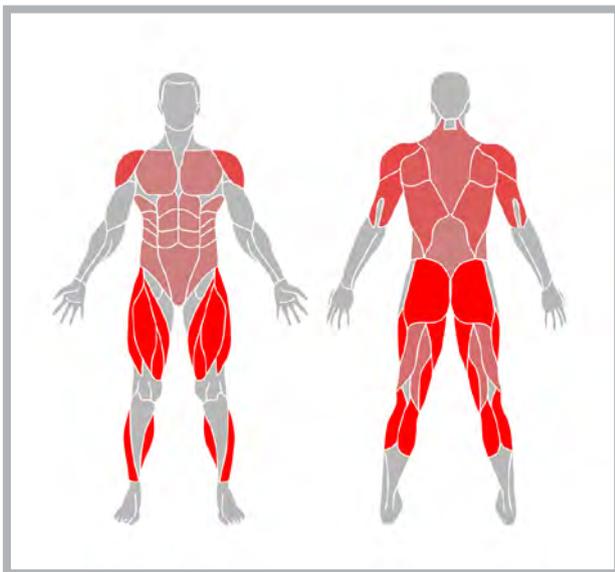
**80** punches

93

## Sweat Zone

Sweat Zone totally lives up to its name by using all of the body's major muscle groups in strong, dynamic movements and, in the process, utilizing a number of satellite muscle groups. This is a difficulty Level IV workout so you have been warned.

**Focus: High Burn**



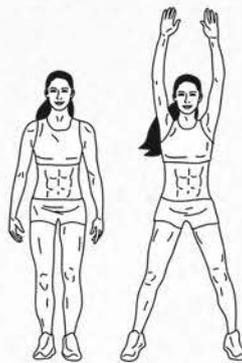
# SWEAT ZONE

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

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



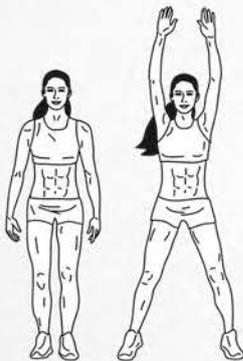
**20sec** basic burpees



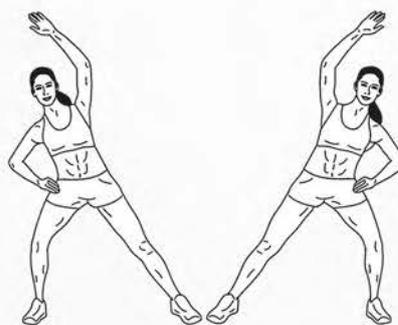
**20sec** jumping jacks



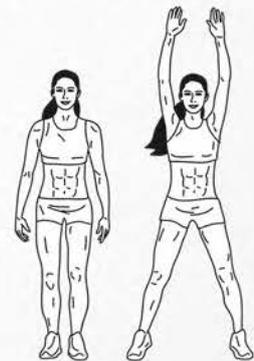
**20sec** basic burpees



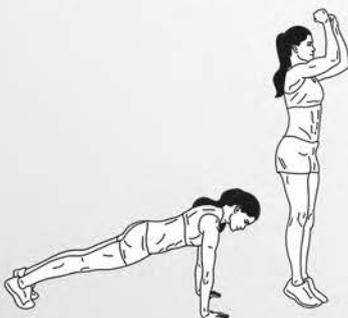
**20sec** jumping jacks



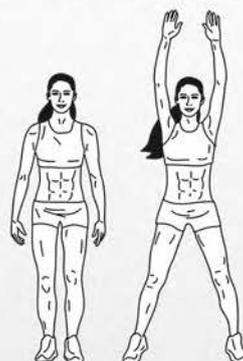
**20sec** side jacks



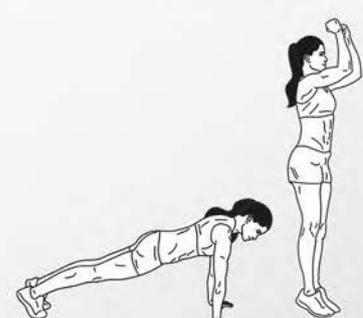
**20sec** jumping jacks



**20sec** basic burpees



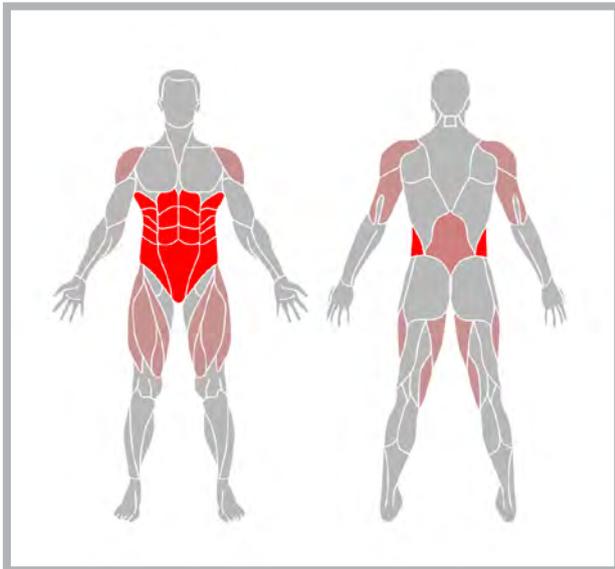
**20sec** jumping jacks



**20sec** basic burpees

Abs are more than just the ripped six-pack look. Strong abs help the body perform faster, with more power. They help maintain better posture, resist fatigue, amplify the transfer of strength from the upper to the lower body and vice versa and they support the lower back and spine better. As the name suggests Target: Abs is a workout that targets the abs. You know what you need to do.

## Focus: Abs

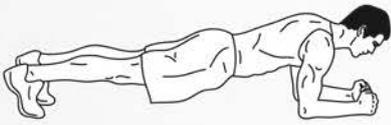


# target: **abs**

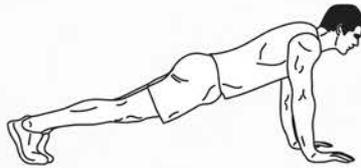
DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

30 seconds each exercise **3 sets in total**

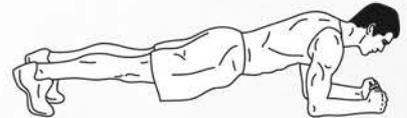
60 seconds rest between sets



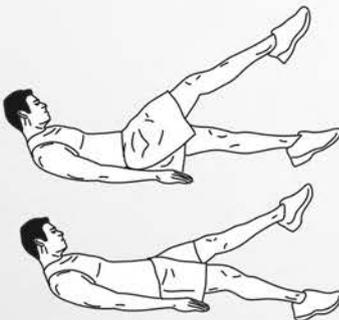
elbow plank hold



plank hold



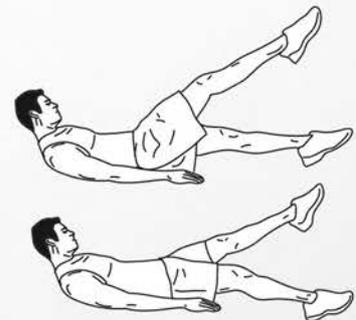
elbow plank hold



flutter kicks



raised legs hold



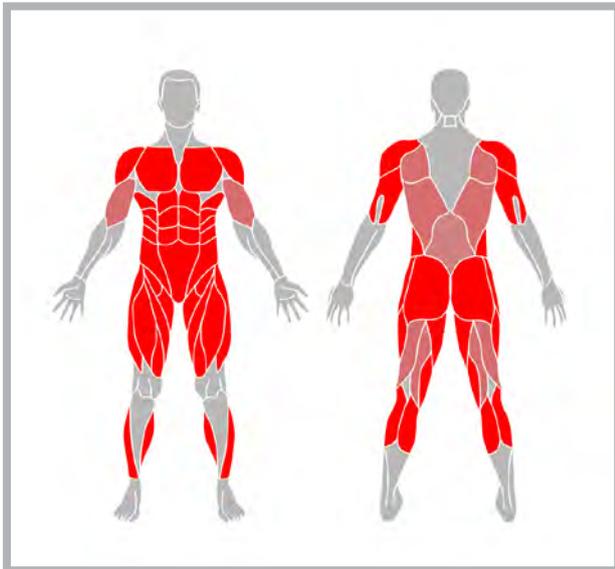
flutter kicks

95

## Ultimatum

Combat moves and the conditioning exercises that go with them never make for an “easy” workout which means that if it’s easy you want then this ain’t the workout you’re looking for. The Ultimatum takes you through one exercise after another, adding load upon load until your body aches and your abs shout “enough!”. Don’t listen to them. Go to the very end and do not stop.

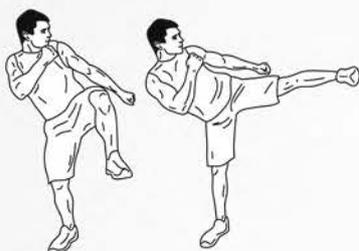
**Focus: Strength & Tone**



# *THE* **ultimatum**

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

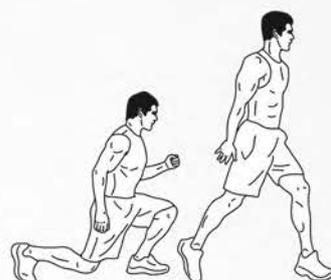
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



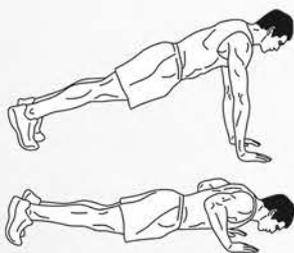
**40** side kicks



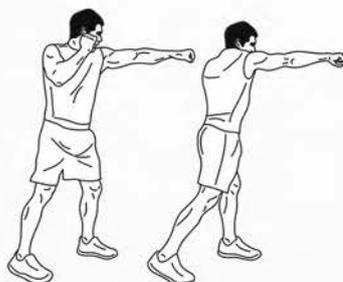
**20** calf raises



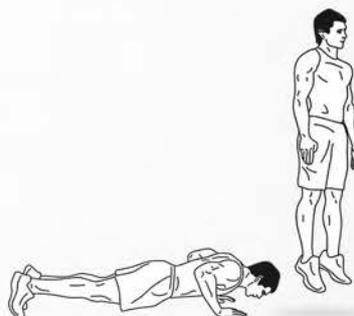
**20** jumping lunges



**20** push-ups



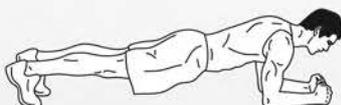
**40** punches



**20** burpees



**20sec** hollow hold



**20sec** elbow plank

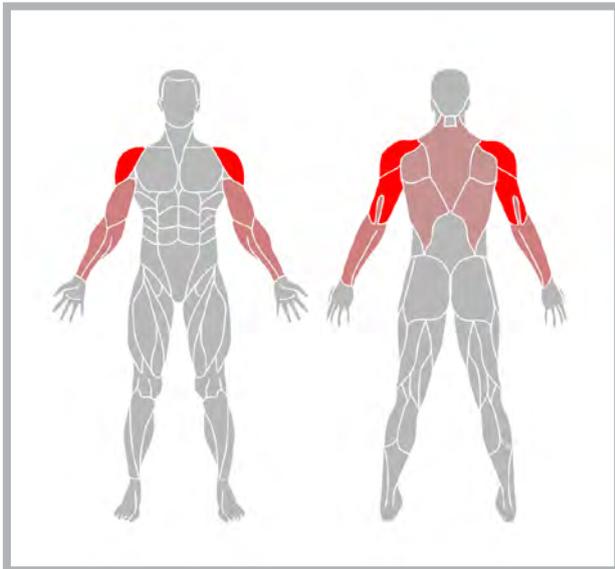


**40sec** side plank

# Upperbody Tendons

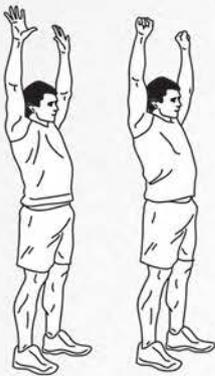
The Upper Body Tendon Strength workout will help you develop speed and power in your upper body movements. This is not a heavy workout so it should be one you get to do as frequently as possible in order to achieve the necessary structural changes in the tendons.

**Focus: Strength & Tone**

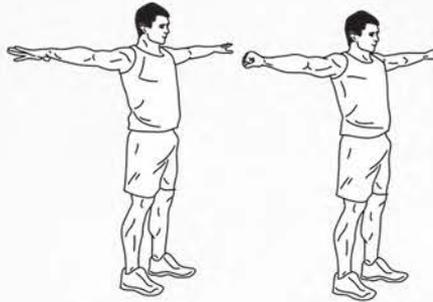


# UPPERBODY TENDON STRENGTH

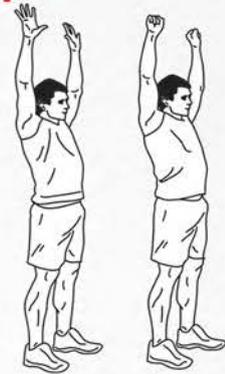
DAREBEE WORKOUT @ [darebee.com](http://darebee.com)



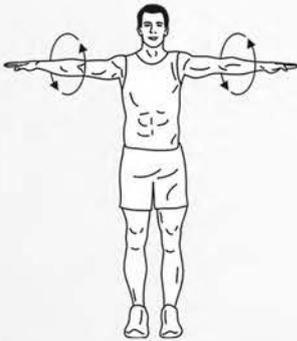
**30sec** clench/unclench  
overhead



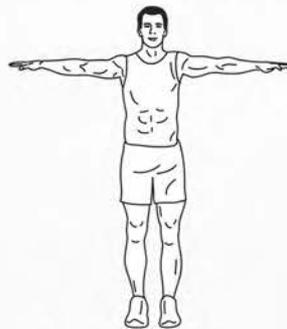
**60sec** clench / unclench  
arms raised to the side



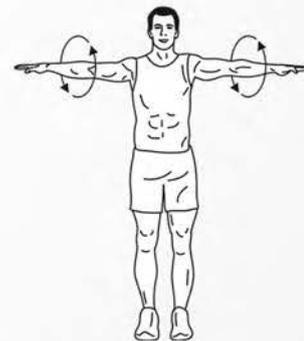
**30sec** clench/unclench  
overhead



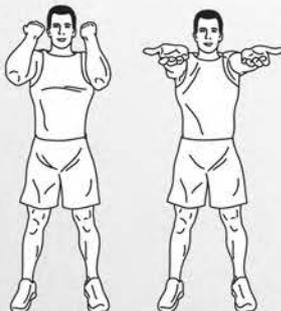
**30sec** raised arm circles



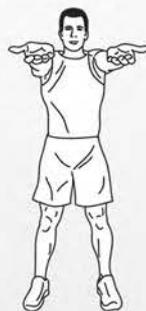
**60sec** hold



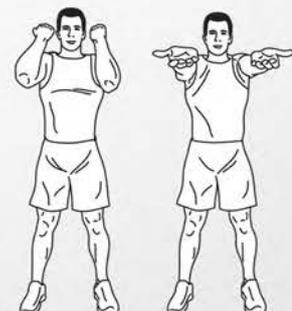
**30sec** raised arm circles



**30sec** bicep extensions



**60sec** hold

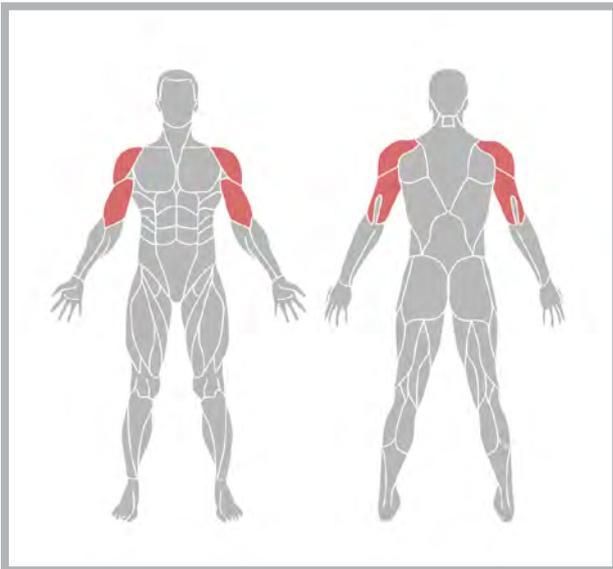


**30sec** bicep extensions

# Upperbody Works

Focus on form rather than speed. When performing bicep extensions, make sure your elbows are pointed forward - don't drop them down. Find your rhythm and stay with it throughout the circuit. Extend your arms all the way during bicep extensions and standing shoulder taps. Once the tensions builds up, you will know it is working.

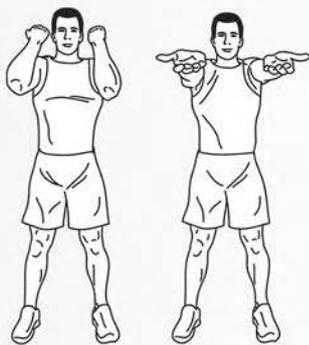
**Focus: Strength & Tone**



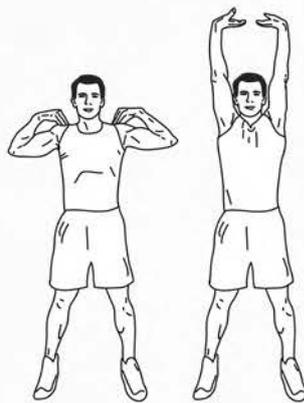
# upperbody works

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

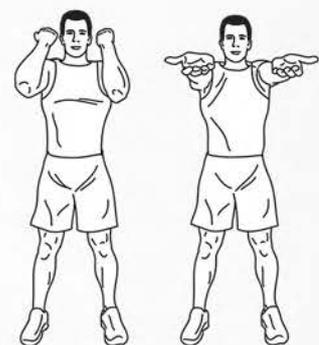
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



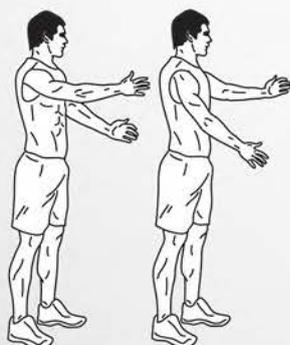
20 bicep extensions



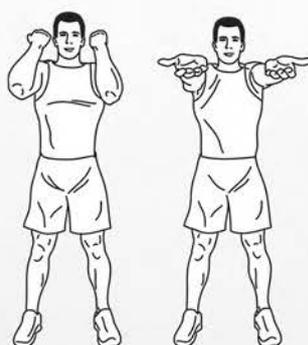
20 standing shoulder taps



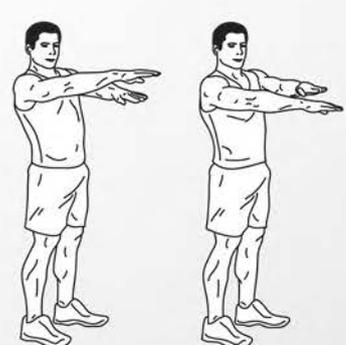
20 bicep extensions



20 scissors chops



20 bicep extensions



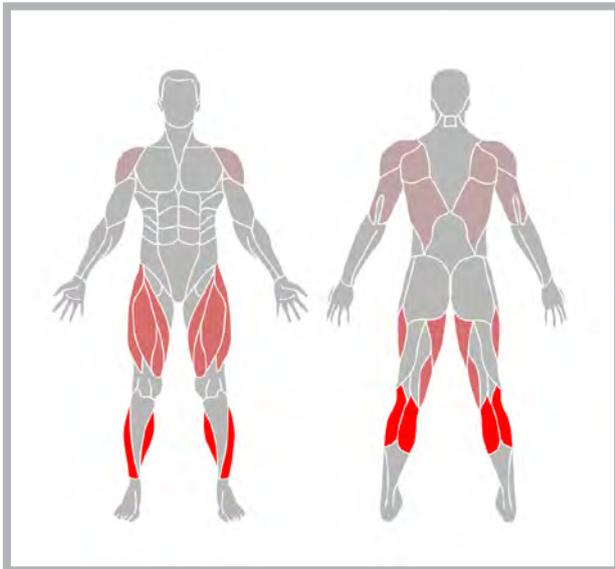
20 arm scissors

98

## Walk, Run, Repeat

We were made to walk and we were made to run. This means our body loves it when we work out the muscles that allow us to walk and run which is why Walk, Run Repeat is a workout that will make you feel good after you've finished.

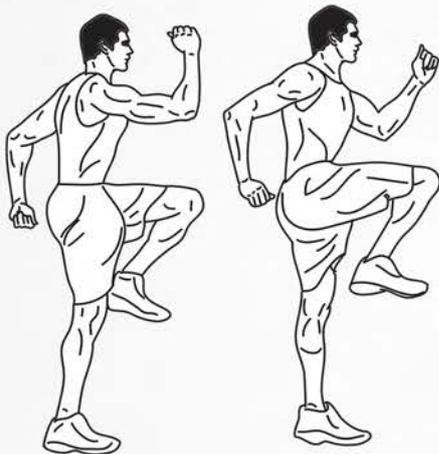
**Focus: High Burn**



**HIIT** WORKOUT  
BY DAREBEE  
© [darebee.com](http://darebee.com)

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

# WALK RUN REPEAT



**20 sec** march steps

**10 sec** high knees

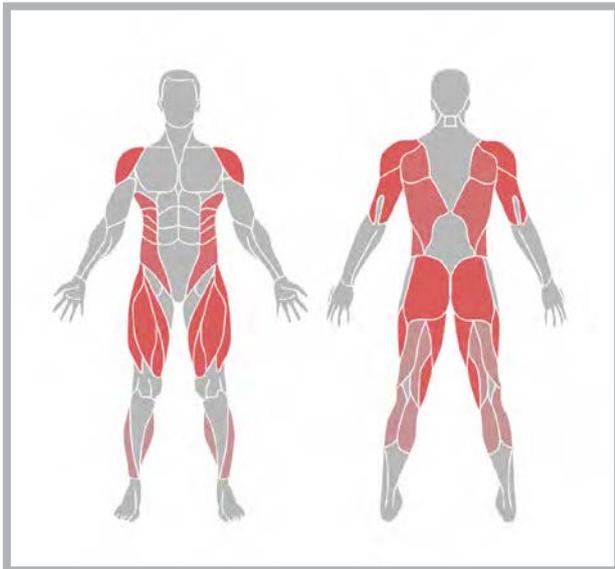
rest

99

# White Rabbit

Agility, flexibility and dexterity are a combination of body and mind. Your body will move well only when your mind has the necessary internal modelling to guide it. The White Rabbit workout helps you develop all of that which means you get to build up all those physical skills necessary for better body control.

**Focus: High Burn**



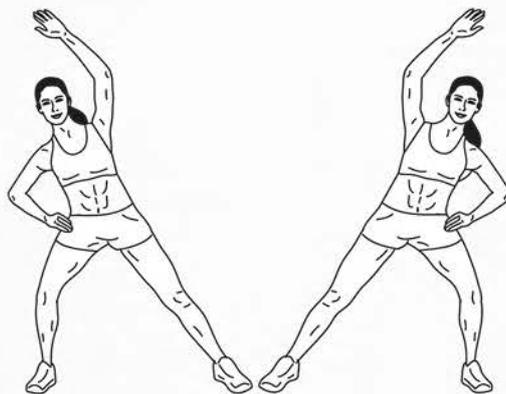
# white rabbit

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

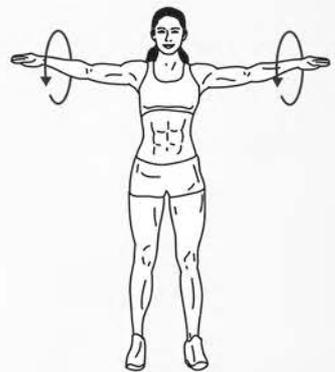
5 sets in total | 2 minutes rest between sets



**20** raised arm circles



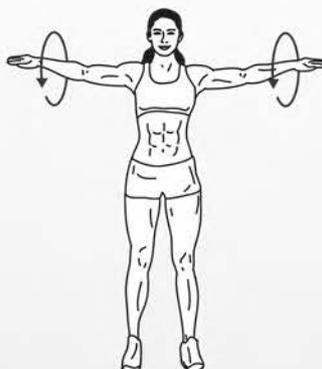
**20** side jacks



**20** raised arm circles



**20** march steps



**20** raised arm circles



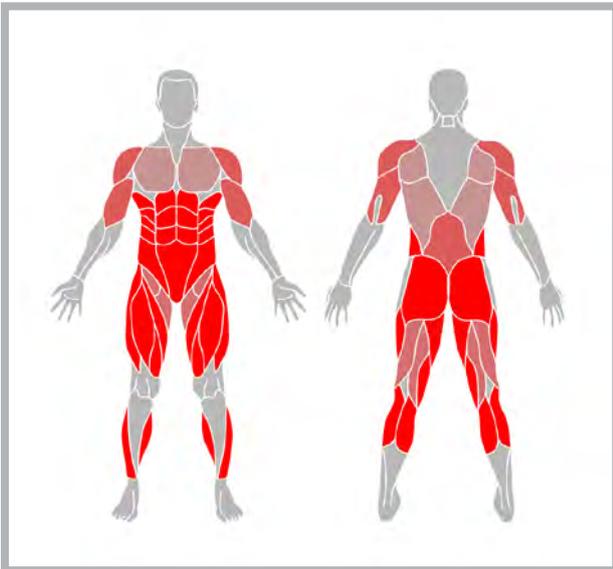
**20** march steps

100

## Zone

The Zone workout is our classic HIIT with just the right amount of burn to get you sweating but not enough to knock you out (it includes active breaks). It's perfect if you are looking to hit your abs and core and get your lungs a good run for their money. Classic, simple and to the point.

### Focus: High Burn



# THE ZONE

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

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



**20sec** high knees



**20sec** calf raises



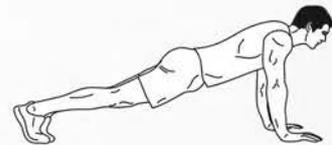
**20sec** high knees



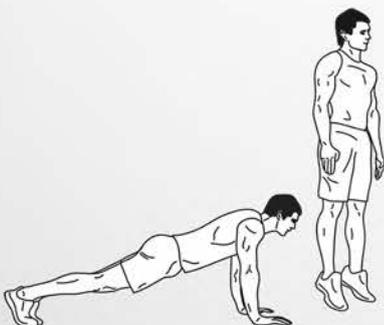
**20sec** plank hold



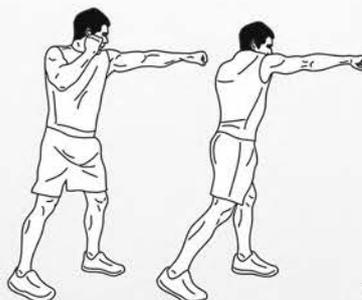
**20sec** elbow plank hold



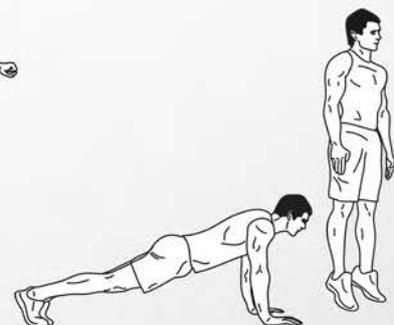
**20sec** plank hold



**20sec** basic burpees



**20sec** punches



**20sec** basic burpees

visual workouts and fitness programs at  
**DAREBEE | darebee.com**

This project is supported exclusively via donations  
and every dollar makes a difference.

Whatever you feel comfortable giving  
it will be greatly appreciated and it will make a difference  
in this project's future.

**donate \$1**  
and help to keep this project up

***PayPal***



+ other options







