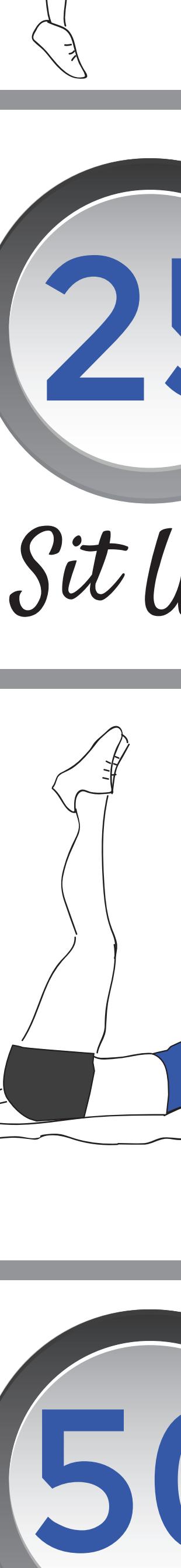




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# Full Body Workout At Home



50  
Jumping Jacks



25  
Push Ups



25  
Burpees



50  
High Knees



50  
Squat Jumps



25  
Sit Ups



25  
Leg Raises



50  
Dips



1  
Minute  
Plank



25  
Jump Lunges



25  
Tuck Jumps



50  
Mountain Climbers

## How to do Burpees

Squat

Kick feet back

Push up

Return to squat

Stand and end with jump

## How to do Squat Jumps

Squat

Stand and end with jump

Repeat 2 Times  
5 Min Cool Down

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# 6 Week Program: Beginner



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Government of **Western Australia**  
Department of Health

# Introduction – The Program

This program has been developed by an Exercise Physiologist to provide individuals at all fitness levels with a comprehensive exercise program that can be completed at home or wherever you feel most comfortable. It is designed to use your own body weight so very limited equipment is required.

The Beginner Program is designed for those who have a basic level of fitness (that is, they are able to walk comfortably for 30 minutes) or those who have completed the pre-beginner program.

If you are unsure of your fitness level we strongly recommend that you consult your doctor. To start, complete one session of the Pre-Beginner Program and if you find it too easy you may wish to move on to the Beginner Program.

**IMPORTANT:** Always consult a qualified medical professional before beginning any nutritional program or exercise program. The exercise suggestions are not intended to substitute for proper medical advice. Diabetes WA assumes no responsibility for injuries suffered while practicing any exercise program. If you have any chronic or recurring conditions such as high blood pressure, neck or back pain, arthritis, heart disease etc., please seek your physician's advice before starting any new exercise program.

## Benefits of Physical Exercise

This exercise program is tailored to improve both cardiovascular and musculoskeletal endurance and fitness. Exercise programs should contain both light resistance exercises and exercises that will increase heart rate at a safe level according to your fitness. Increasing your muscle mass helps with the breakdown of fats and the regulation of glucose levels in the blood stream. It also boosts metabolism so even after you finish exercising your body will continue to burn fat.

**By completing 30 minutes of moderate exercise per day you can:**

- Reduce your risk of heart attack and heart disease.
- Reduce your risk of stroke.
- Achieve and manage a healthy body weight.
- Lower your blood cholesterol.
- Lower the risk of type 2 diabetes.
- Lower the risk of some cancers, including colon cancer.
- Reduce feelings of stress, anxiety and depression.



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- Lower your blood pressure for those who have hypertension (high blood pressure).
- Strengthen your bones, muscles and joints, lowering the risk of osteoporosis.

## What to Expect

### How you should feel?

The exercises should feel challenging, but comfortable to complete. If you feel short of breath, stop exercising for a minute or two, regain your breath and then you should be able to continue. If you remain short of breath and/or are concerned, consult your doctor before continuing.

Your muscles may feel tired or even sore after carrying out the exercises in the program – this is normal! You are simply using muscles in a way you may not be used to. If you feel severe discomfort or you believe the pain is not muscular, consult your doctor immediately.



### What results can you expect?

#### Commitment is Key!

The results you can expect from this program will reflect your commitment to the program. Ensure you carry out the full program three times a week for the full six weeks.

You should also eat a balanced diet while carrying out this program. This will ensure you have the energy levels and nutritional balance to gain the full benefits.



# How to Use this Program

This exercise program is designed to be completed at least three times a week with the intention to increase to daily for eight weeks. The program can be completed at home, at your local park, or at a gym, wherever you feel most comfortable. Each session should take around 30 minutes to complete – if you complete the program in less time, repeat the resistance/cardiovascular section.

Once you have completed one fitness level program, or if the program becomes too easy, you may progress to the next level. The levels are as follows:

1. Pre-Beginner
2. Beginner
3. Intermediate
4. Experienced
5. Advanced

All programs include the following components:

## Flexibility

Stretching before and after you exercise is important, it helps to:

- Reduce muscle tension.
- Increase your range of motion.
- Prevent injuries to muscles and joints.
- Reduce your risk of back problems.
- Promote circulation.
- Reduce muscle soreness.

Improving flexibility makes exercising and everyday tasks easier by enhancing mobility in your joints and muscles.

## Resistance/ Cardiovascular

Resistance exercise improves muscles strength and tone, which helps protect your joints from injury. It also increases your muscle to fat ratio – when you gain muscle your body will continue burning fat even when you are resting.

Cardiovascular training (or ‘cardio’ for short) has many benefits. It is the key to weight loss and it also helps to:

- Strengthen your heart and lungs, and increase bone density
- Improve sleep and reduce symptoms of stress, anxiety and depression



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## Cool Down

It is important to cool down, especially after vigorous exercise. The body needs time to slow down and it aids in recovery – meaning you won’t wake up as sore tomorrow. Repeat the stretch component of the program to cool down and do a slow walk.

## How Do I Track My Progress?

Tracking your progress is easy!

**Weight:** Monitor your weight by weighing yourself on a fortnightly basis and record it on the tracking sheet provided.

**Blood Pressure:** You can track your blood pressure if you have a blood pressure monitor at home. Otherwise many pharmacies provide free blood pressure checks. An ideal blood pressure is approximately 120/80mmHg. If your blood pressure is much higher or lower than this, consult your doctor immediately and do not start the program.

**General Wellbeing:** Your general wellbeing and how you feel is a great indicator of how well the program is working. You may start feeling like you have more energy, you are stronger, you’re sleeping better and you may even feel happier on a day-to-day basis!

**Tracker Sheet:** We have included a tracker sheet where you can track your progress and tick off your exercises.



# Before you Begin - Do's and Don'ts

## Do

Speak to your doctor before starting this exercise program to check it is right for you.

Ensure you have appropriate enclosed footwear that provides you with comfort and support.

Ensure you drink enough water before, during and after physical exercise.

Tell a friend about your health and fitness goals. It is always easier to stay on track with a friend's support.

If you can't complete the exercise program daily, try to go for a 30-minute walk on the days you don't do the program.



## DON'T

Do not start any exercise program without consulting your doctor first.

If you feel severe pain or discomfort while completing this program, stop the program immediately and consult your doctor.



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# Pledge

I, ..... pledge to undertake this program to the best of my ability.

I pledge to remember that progress takes time, and to be proud of the commitment I am making to my health.

Sign .....

## Walking Styles

### Walk

A walk should be at a slow pace. Your heart rate should be slightly elevated from resting, but intensity will be about 3 or 4 out of 10.

### Power Walk

A power walk is a walk at a medium pace. Imagine you're late from your lunch break at work and need to get back to the office. Your heart rate should be elevated and intensity should be 5 or 6 out of 10.

### Jog

A jog is a medium to fast pace. Imagine you need to get across the road at a set of traffic lights and the red man has just begun to flash. Your heart rate will have noticeably increased and intensity should be 7 to 8 out of 10.

### Run

A run is a fast pace. Imagine a bus is approaching your stop and you are 100 meters away and you desperately need to catch it. Your heart rate will dramatically increase and the intensity will be 9 or 10 out of 10.



# Program - Weeks 1, 3, 5 & 7

## Flexibility

### Calf Stretch

(hold for 15 seconds per leg)

Pushing against a wall for stability, put one leg in front of the other and straighten your back knee. You should feel a stretch through your calf muscle in your back leg. Hold for 15 seconds and then change legs and hold for another 15 seconds.



### Lying Hamstring Stretch

(hold for 15 seconds per leg)

Lying on your back with legs out straight, lift one leg and hold behind the knee. Try to keep the leg as straight as possible and make sure your other leg does not lift from the floor. To increase the stretch, pull the leg closer and straighten the knee.



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# Program

Continued

## Lying Hip Flexor Stretch

(hold for 15 seconds per leg)

Lying on your back with both knees straight, bring one knee to your chest and use your hands to hug it close to you. You should feel the stretch through your hip and upper thigh on your straight leg.



## Lying Glute-Medius Stretch

(hold for 15 seconds per leg)

With both legs straight, bring one knee to your chest and then bring it across your body. You should feel the stretch through the side of your glutes. Make sure to keep your upper back and shoulders flat on the floor.



# Program Continued

## Resistance and Cardiovascular

Complete this section three times

### Walking

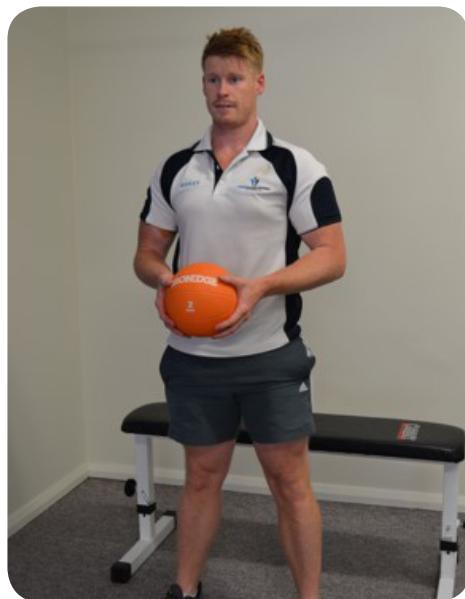
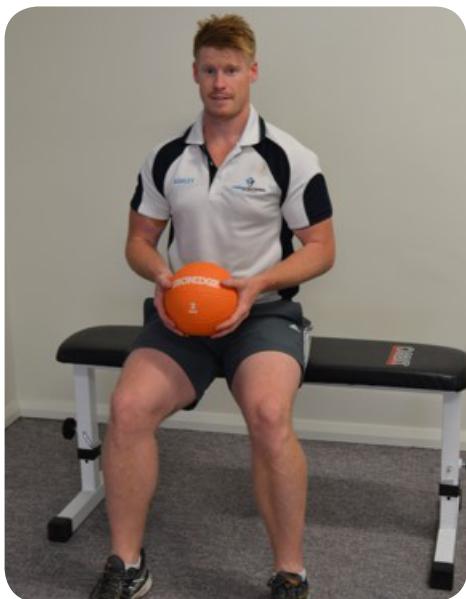
5 minutes

Walking at a pace that is comfortable for you.



### Sit to stand weights

Holding approximately 2kg of weight, sit on a bench or chair, and stand up holding the weight. If you do not own exercise weights, you may use anything you have around the house, such as a carton of milk or a water bottle.



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# Program Continued

## Bench Push-Ups

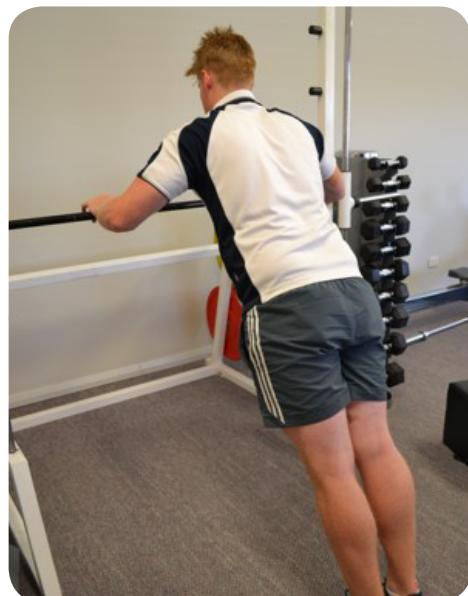
You can use any bench or chair for this exercise. With both hands on the bench, lower yourself into a push-up and then back up again ensuring your back is kept straight. The lower the bench, the harder the push-up will be.



## Wall Plank

**(2 x 30 second holds)**

Pressing against a wall or a bench, keep your back straight and hold this position. You should feel this activate your stomach muscles.. The lower the bench is, the harder this will be.



# Program - Weeks 2, 4, 6 & 8

**Flexibility** - Repeat as in Weeks 1, 3, 5 & 7

## Resistance and Cardiovascular

Complete this section three times

### Walking

5 minutes

Walking at a pace that is comfortable for you.



### Modified Mountain Climbers

Using a bench for support, lift one knee so the foot is off the ground, then quickly changing to the other leg and jumping one to the other.



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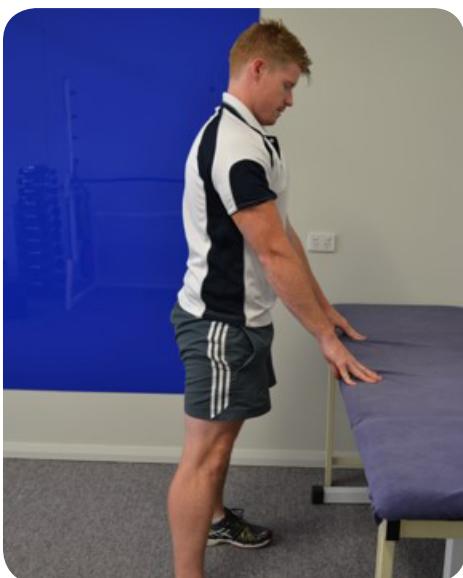
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# Program

Continued

## Supported Squats

Stand with your legs shoulder width apart and your feet pointed slightly outward. Holding a bench for support, make sure your weight is transferred to the heels of your feet and bend your knees. Squat as low as you can comfortably go and then stand again. Make sure your knees stay above your feet and they do not move beyond your toes.



## One Arm Row

Using a bench for support, hold a weight in one hand (start with 1 or 2kgs) and bring your elbow up behind you to lift the weight close to you. If you do not own a dumbbell, fill an empty milk carton with sand to give you some resistance.



# Program

Continued

## Wall Plank

(2 x 30 second holds)

Pressing against a wall or a bench, keep your back straight and hold this position. You should feel this activate your stomach muscles. The lower the bench is, the harder this will be.



Remember to cool down  
after exercise!



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Beginner		REVIEW PROGRESS AFTER WEEK 8																													
		Exercises		Week →		1	2	3	4	5	6	7	8	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3			
Flexibility	Calf stretch	Session →	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3		
	Lying hamstring stretch					15 sec hold per leg																									
	Lying hip flexor stretch						15 sec hold per leg																								
	Lying glute-medius stretch							15 sec hold per side																							
	Walking							15 sec hold per side																							
Cardio																															
Resistance	Sit to stand no weights OR with 2kg weight																														
	Bench push-ups																														
	Wall plank																														
	Modified mountain climbers																														
	Supported squats																														
	One arm row																														
	Wall plank																														
	Repeat Cardio																														
	Repeat Resistance for appropriate week																														
	Repeat Cardio																														
	Repeat Resistance for appropriate week																														
Cool Down	Slow walk																														
	Calf stretch																														
	Lying hamstring stretch																														
	Lying hip flexor stretch																														
	Lying glute-medius stretch																														
	Lying hamstring stretch																														



**For more information about the My Healthy Balance program please visit:**

**Visit:**

[www.myhealthybalance.com.au](http://www.myhealthybalance.com.au)

**Email:**

[support@myhealthybalance.com.au](mailto:support@myhealthybalance.com.au)

**For information about the Get on Track Challenge program please visit:**

**Visit:**

[www.getontrackchallenge.com.au](http://www.getontrackchallenge.com.au)

**Email:**

[support@getontrackchallenge.com.au](mailto:support@getontrackchallenge.com.au)



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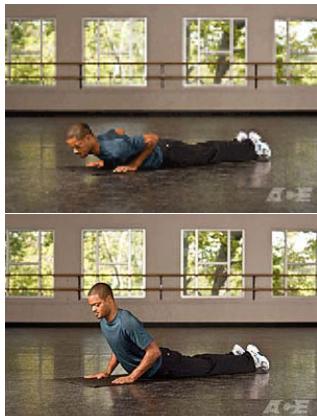


# ACE Fitness: At-Home (No Equipment) Workout

This workout provides a challenging total-body workout that can be done from the comfort of home with no equipment other than bodyweight and space.

## Warm-Up

Walk in place while doing some arm circles, shoulder rolls and other arm movements for 5 to 10 minutes. Then:



### Cobra

Hold position for 20-30 seconds, return to a comfortable resting position; rest 30 seconds, repeat stretch 1-2 more times.

**Step 1:** Starting Position: Lie prone (on your stomach) on an exercise mat or floor with your hands by your sides, positioned directly under your shoulders and hands facing forward. Extend your legs and plantar flex your ankles (toes point away from body).

**Step 2:** Upward Phase: Gently exhale and press your hips into the mat or floor and pull your chest away from the ground while keeping your hips stable. This will arch your low back and stretch the muscles in your chest and abdominal region. Hold this position for 15 - 30 seconds

**Step 3:** Downward Phase: Gently relax and lower your upper body to rest back upon the mat or floor.



### Cat-Camel

Move slowly through the range-of-motion for 6-10 repetitions; rest 30 seconds, repeat stretch 1-2 more times.

**Step 1:** Starting Position: Kneel on an exercise mat or floor, positioning your knees and feet hip-width apart, with your feet dorsi-flexed (toes pointing towards your body).

**Step 2:** Slowly lean forward to place your hands on the mat, positioning them directly under your shoulders at shoulder-width with your hands facing forward. Reposition your hands and knees as necessary so that your knees are directly under your hips and hands are directly under your shoulders

**Step 3:** Gently stiffen your core and abdominal muscles to position your spine in a neutral position, avoiding any sagging or arching.

**Step 4:** Upward (Cat) Phase: Gently exhale and contract your abdominal muscles, pushing your spine upwards towards the ceiling and hold this position for 10 - 15 seconds. Allow your head to fall towards your chest, maintaining alignment with the spine

**Step 5:** Downward (Cow) Phase: Slowly relax and yield to the effects of gravity. Let your stomach fall towards the floor (increasing the arch in your low back) and allow your shoulder blades to fall together (move towards the spine). Hold this position for 10 - 15 seconds before returning to your starting position



### Supine Pelvic Tilts

Perform 6-12 repetitions, rest for 45-60 seconds; repeat 1-2 more times for a total of 2-3 sets

**Step 1:** Starting Position: Lie supine (on your back) with your knees bent and both feet flat on the mat/floor and the knees aligned with the second toe of each foot. Abduct your arms (extend to side) with the palms supinated (facing up to the ceiling).

**Step 2:** Downward Phase: Exhale and gently contract your abdominal muscles to flatten your low back into the mat/floor. Avoid trying to lift your hips (tailbone) off the mat/floor. Hold this position briefly.

**Step 3:** Upward Phase: Inhale and slowly relax your abdominal muscles while gently contracting your erector spinae (low back muscles) to increase the arch in your low back. Avoid raising your hips off the mat/floor. Hold this position briefly before returning to your starting position.

## Workout



### Glute Bridge

Perform 12-15 repetitions; push hips up on 2-count/hold at the top for a 2 count/lower on a 4-count, rest for 30-45 seconds; repeat 1-2 more times for a total of 2-3 sets.

**Step 1:** Starting Position: Lie supine (on your back) on an exercise mat or the floor in a bent-knee position with your feet flat on the floor. Place your feet hip-width apart with the toes facing away from you. Gently contract your abdominal muscles to flatten your low back into the floor. Attempt to maintain this gentle muscle contraction throughout the exercise

**Step 2:** Upward Phase: Gently exhale while holding your abdominal contraction and press your hips upwards off the floor into extension by contracting your glutes (butt muscles). At the same time press your heels into the floor for more stability. Avoid pushing your hips too high as this generally increases the amount of hyperextension (arching) in your low back. Maintaining your abdominal contraction helps avoid excessive arching in your low back.

**Step 3:** Lowering Phase: Inhale and slowly lower yourself back towards your starting position.

**Step 4:** Progression: Gradually progress this exercise by starting with both feet together and extending one leg while in the raised position.



### Contralateral Limb Raises

Perform 12-20 repetitions, rest for 45-60 seconds; repeat 1-2 more times for a total of 2-3 sets

**Step 1:** Starting Position: Lie prone (on your stomach) on a mat with your legs extended, ankles slightly plantarflexed (toes pointing away from your shins), arms extended overhead with palms facing each other. Relax your head to align it with your spine.

**Step 2:** Upward Phase: Exhale, contract your abdominal/core muscles to stabilize your spine and slowly raise one arm a few inches off the floor keeping your arm extended and avoiding any rotation in your arm. Maintain your head and torso position, avoiding any arching in your back or raising of your head. Hold this position briefly.

**Step 3:** Downward Phase: Gently inhale and lower your arm back towards your starting position without any movement in your low back or hips.

**Exercise Variation (1):** From your starting position, contract your abdominal and core muscles to stabilize your spine and slowly extend one hip (raise one leg) a few inches off the floor keeping your leg extended, ankle plantarflexed (toes pointing away from your shins) and avoiding any rotation in your leg. Maintain your head and torso position, avoiding any arching in your back or raising of your head. Hold this position briefly before returning to your starting position.

**Exercise Variation(2):** From your starting position, contract your abdominal/core muscles to stabilize your spine and slowly extend one hip (raise one leg) a few inches off the floor while simultaneously raising the opposite arm a few inches off the floor. Keep both your leg and arm extended and avoiding any rotation in each. Maintain your head and torso position, avoiding any arching in your back or raising of your head. Hold this position briefly before returning to your starting position



## **Side Lying Hip Abduction**

Perform 12-20 repetitions with each leg, rest for 45-60 seconds; repeat 1-2 more times for a total of 2-3 sets

**Step 1:** Starting Position: Lie on your side on a mat/floor with your legs extended straight away from your body. Hold your feet together in neutral position (at 90 degrees to your shinbone) and your lower arm bent and positioned under your head for support, while the upper arm rests upon your upper hip. Your hips and shoulder should be aligned vertically to the floor. Your head should be aligned with your spine.

**Step 2:** Upward Phase: Exhale and gently raise the upper leg off the lower leg while keeping the knee extended and the foot in a neutral position (avoid flexion and extension). The hips should remain vertical to the floor and the knee of the raised leg should point straight away from you (do not rotate upward towards the ceiling or downward towards the floor). Continue raising the leg until the hips begin to tilt upwards or until you feel tension develop in your low back or oblique muscles.

**Step 3:** Downward Phase: Gently inhale and slowly return your raised leg to your starting position in a controlled manner. After completing your set, roll over and repeat with the opposite leg.



## **Side Lying Hip Adduction**

Perform 12-20 repetitions with each leg, rest for 45-60 seconds; repeat 1-2 more times for a total of 2-3 sets

**Step 1:** Starting Position: Lie on your side on a mat/floor with your legs extended, feet together in neutral position pointing away from your body (at 90 degrees to your shinbone). Keep your lower arm bent and positioned under your head for support while the upper arm rests upon your upper hip. Your hips and shoulder should be aligned vertically to the floor. Your head should be aligned with your spine. Slowly flex (move forward) your lower leg until it lies in front of your upper leg. Rest both feet on the floor and keep both legs extended with feet in neutral position.

**Step 2:** Upward Phase: Exhale and gently raise the lower leg off the floor while keeping the knee extended and the foot in a neutral position. The hips should remain vertical to the floor (knee of the raised leg should not rotate upward towards the ceiling or downward towards the floor). Continue raising the leg until your hips begin to tilt sideways or until you feel tension develop in your low back or oblique muscles.

**Step 3:** Downward Phase: Gently inhale and slowly return the raised leg to your starting position in a controlled manner. After completing your set, roll over and repeat with the opposite leg.



## **Side Plank with Straight Leg**

Hold position for 5-20 seconds, alternate sides; repeat 1-2 more times for a total of 2-3 sets

**Step 1:** Starting Position: Lie on your right side on an exercise mat with extended legs, placing your left leg directly over your right leg and stacking your feet one on top of the other. Place your right elbow directly under your shoulder, align your head with your spine and keep your hips and right knee in contact with the exercise mat.

**Step 2:** Upward Phase: Exhale, gently contract your abdominal / core muscles to stiffen your spine and lift your hips and knees off the mat, keeping contact with the side of your right foot and keep head aligned with your spine. Keep your right elbow positioned directly under your shoulder.

**Step 3:** Lowering Phase: Inhale and gently return yourself to your starting position. Alternate sides and repeat.



## **Push-up**

Perform 12-20 repetitions, rest for 45-60 seconds; repeat 1-2 more times for a total of 2-3 sets

**Step 1:** Starting Position: Kneel on an exercise mat or floor and bring your feet together behind you.

**Step 2:** Slowly bend forward to place your palms flat on the mat, positioning your hands shoulder-width apart with your fingers facing forward or turned slightly inward. Slowly shift your weight forward until your shoulders are positioned directly over your hands. Reposition your hands as needed to allow full extension of your body without any bend at the hips or knees. Stiffen your torso by contracting your core/abdominal muscles ("bracing"), your glute and quadriceps muscles and align your head with your spine. Place your feet together with your ankles dorsiflexed (toes pointed towards your shins).

**Step 3:** Downward Phase: Slowly lower your body towards the floor while maintaining a rigid torso and head aligned with your spine. Do not allow your low back to sag or your hips to hike upwards during this downward phase. Continue to lower yourself until your chest or chin touch the mat/floor. Allow your elbows to flare outwards during the lowering phase.

**Step 4:** Upward Phase: Press upwards through your arms while maintaining a rigid torso and head aligned with your spine. For extra strength think about pushing the floor away from you. Do not allow your low back to sag or your hips to hike upwards. Continue pressing until the arms are fully extended at the elbows.

**Step 5:** An alternative position is to turn your hands to face forwards and keep your your elbows close to your sides during the downward phase. This shifts the emphasis from the chest muscles onto the triceps and may reduce stresses in the shoulder joint.



## **Forward Lunge with Arm Drivers**

Perform 12-20 repetitions, rest for 45-60 seconds; repeat 1-2 more times for a total of 2-3 sets

**Step 1:** Starting Position: Stand with your feet together and your arms raised in front to shoulder height, with your elbows fully extended. Depress and retract your scapulae (pull your shoulders down and back) without arching your low back, and "brace" (engage your abdominal / core muscles) to stiffen your spine.



**Step 2:** In preparation to step forward, slowly lift one foot off the floor, stabilizing your body on the stance (supporting) leg. Avoid any sideways tilting or swaying in your upper body and try not to move the stance (supporting) foot. Hold this position momentarily before stepping forward. The raised (swing) leg should initiate contact with a heel strike first, slowly transferring your body weight into the leading (forward) foot placed firmly on the floor. As you load into this leg, avoid any sideways tilting or swaying in your upper body and try not to move the stance (supporting) foot.

**Step 3:** As you lunge forward, focus more on dropping your hips towards the floor rather than driving your hips forward. This will help control the amount of forward movement of your shinbone (forward tibial translation) over your foot. Continue lowering your body to a comfortable position or until your front thigh becomes parallel with the floor and your tibia (shinbone) is in a slight forward lean. While lunging, simultaneously, bend forward at your hips, maintaining a flat back and drive your extended arms towards the floor in front of you (hands should reach somewhere below your knees). This increases the load on your gluteal muscle group

**Step 4:** Firmly push off with your front leg, activating both your quads and glutes (thighs and butt muscles) to return to your upright, starting position.



## Side Lunge

Perform 12-20 repetitions, rest for 45-60 seconds; repeat 1-2 more times for a total of 2-3 sets



**Step 1:** Starting Position: Stand with your feet parallel facing forward and hip-width apart. Position your hands where comfortable to help you maintain your balance during the exercise. Stiffen your torso by contracting your core and abdominal muscles ("bracing"). Keep your head facing slightly upwards and shift your weight onto your heels.

**Step 2:** Inhale and gently unload your right leg, slowly stepping to the right while keeping your weight over your heels and both feet facing forward. Once your right foot is firmly placed on the floor, bend at the hips, pushing them backwards while simultaneously shifting your weight towards the right foot. Continue shifting your weight over the right foot until your tibia (shinbone) is vertical to the floor and your right knee is aligned directly over the second toe of your right foot. Your left leg should be near, or at full extension at the knee

and your body weight should still be distributed into the right hip. The heels of both feet should stay flat on the floor. Keep your left foot flat on the floor as you allow your weight to shift into your right hip and alternate. Feel free to position your arms where necessary to help maintain your balance, reaching for your right foot with your left hand will emphasize hip flexion (alternate with the right hand reaching for the left foot).

**Step 3:** Exhale and push off firmly with your right leg, returning your body to your starting position. Repeat the movement for the opposite side.



## Supine Reverse Crunches

Perform 6-12 repetitions, rest for 45-60 seconds; repeat 1-2 more times for a total of 2-3 sets. To increase the intensity of the exercise hold a small weight or medicine ball between the feet



**Step 1:** Starting Position: Lie in a supine (on your back) position on a mat with your knees bent, feet flat on the floor and arms spread out to your sides with your palms facing down. Gently exhale, stiffen your torso by contracting your abdominal/core muscles ("bracing") and slowly lift your feet off the floor, raising your knees directly above your hips while maintaining a 90 degree bend in the knees. Hold this position and breathe normally. Use your arms as a balance support.

**Step 2:** Upward Phase: Exhale, contract your abdominal, core and hip flexor muscles and slowly raise your hips off the mat, rolling your spine up as if trying to bring your knees towards your head (your hips and pelvis should move towards your rib cage). Avoid any change in the angle of your knees during the roll-up. Use your arms and hands to assist with maintaining your balance and continue to curl-up until your spine cannot roll any further. Hold this position briefly.

**Step 3:** Downward Phase: Gently inhale and lower your spine back towards the mat in a controlled fashion, moving your upper thighs backwards until they are positioned directly over your hips. Continue rolling out until your spine and pelvis (hips) contact the mat and your knees are positioned directly over the your hips with a 90 degree bend with your lower leg.



## **Bent-Knee Sit-up / Crunches**

Perform 6-12 repetitions, rest for 45-60 seconds; repeat 1-2 more times for a total of 2-3 sets. To increase the intensity of the exercise extend the body's lever arm by extending both arms straight over the head.

**Step 1:** Starting Position: Lie in a supine (on your back) position on a mat with your knees bent, feet flat on the floor and heels 12 - 18" from your tailbone.

**Step 2:** Place your hands behind your head, squeezing your scapulae (shoulder blades) together and pulling your elbows back without arching your low back. This elbow position should be maintained throughout the exercise. Align your head with your spine, but allow it to move into slight flexion (moving the chin towards the chest) during the upward phase of the exercise.

**Step 3:** Upward Phase: Exhale, contract your abdominal and core muscles and flex your chin slightly towards your chest while slowly curling your torso towards your thighs. The movement should focus on pulling your rib cage towards your pelvis (the neck stays relaxed while the chin is tucked towards the neck). Your feet, tailbone and lower back should remain in contact with the mat at all times. Continue curling up until your upper back is lifted off the mat. Hold this position briefly.

**Step 4:** Downward Phase: Gently inhale and slowly uncurl (lower) your torso back towards the mat in a controlled fashion keeping your feet, tailbone and low back in contact with the mat.

## **Cool-down**

Options: Walk-in place until your heart-rate drops down closer to a resting level. You may also practice some balancing poses and do a variety of stretches.



### **Cobra**

Hold position for 20-30 seconds, return to a comfortable resting position; rest 30 seconds, repeat stretch 1-2 more times.



### **Downward-facing Dog**

Hold position for 20-30 seconds, return to a comfortable resting position; rest 30 seconds, repeat stretch 1-2 more times.

**Step 1:** Starting Position: Kneel on an exercise mat or floor and bring your feet together behind you. Slowly bend forward to place your palms flat on the mat, positioning your hands shoulder-width apart with your fingers facing forward. Slowly lift yourself into a push-up position, shifting your hands until your shoulders are positioned directly over your hands. Reposition your feet as needed to allow full extension of your body. Stiffen your torso by contracting your core and abdominal muscles to prevent any arching in your low back or hiking of your hips towards the ceiling.

**Step 2:** Upward Phase: While maintaining a rigid torso and full extension in your arms and legs, slowly exhale and shift your weight backwards by pushing your hips backwards and upwards. Maintain your head alignment with your spine, but slowly move your head between your shoulders as your body moves backwards and attempt to push your heels towards the floor. Maintain the stiffness in your torso to prevent the tendency of your back to arch. Continue moving until your body forms an inverted-V, keeping both arms and legs extended and a neutral (flat) spine. Allow a slight bend in the knees if required to achieve the inverted-V position.

**Step 3:** Downward Phase: Inhale and return your body to the starting push-up position, maintaining the alignment of all your body segments.

**100 No-Equipment Workouts**

**Volume 2**

**2017**

N. Rey | [darebee.com](http://darebee.com)

# 100 workouts - Volume II

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| 23. Cardio Melt           | 58. Huntsman         | 92. Sniper           |
| 24. Cardio Sofa           | 59. Inferno          | 93. Splits           |
| 25. Caterpillar-Butterfly | 60. Initiation       | 94. Springboard      |
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| 29. Chase                 | 64. Iron Maiden      | 98. Top to Bottom    |
| 30. Chimera               | 65. Kamikaze         | 99. Valkyrie         |
| 31. Chisel                | 66. King of the Hill | 100. Watch Me        |
| 32. Code Zero             | 67. Kitsune          |                      |
| 33. Commander             | 68. Knockout         |                      |
| 34. Commando              | 69. Kraken           |                      |
| 35. Conqueror             |                      |                      |



# 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.

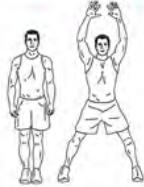
**All of the routines in this collection are suitable for both men and women, no age restrictions apply.**

# 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

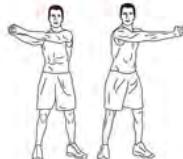
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



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 (your maximum)

### Difficulty Levels:

**Level I:** normal

**Level II:** hard

**Level III:** advanced

### 1 set

10 jumping jacks

20 high knees (10 each leg)

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

10 squats

20 lunges (10 each leg)

10-count plank (hold while counting to 10)

20 climbers (10 each leg)

10 plank jump-ins

to failure push-ups (your maximum)

### Up to 2 minutes rest between sets

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

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

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

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

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

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

Recommended rest time:

Level I: 2 minutes or less

Level II: 60 seconds or less

Level III: 30 seconds or less

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

**Video Exercise Library**  
<http://darebee.com/exercises>

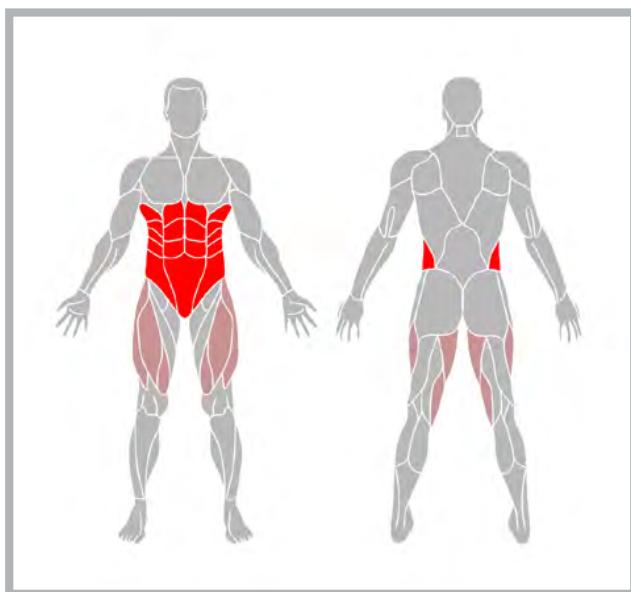
The workouts are organized in alphabetical order so you can find the workouts you favor easier and faster.

# 1

## 2-Minute Abs

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

### Focus: Abs



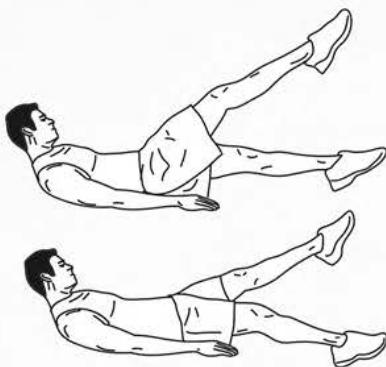
# 2-minute abs

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

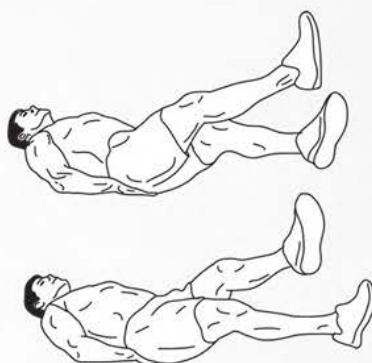
20 seconds each exercise | no rest between exercises



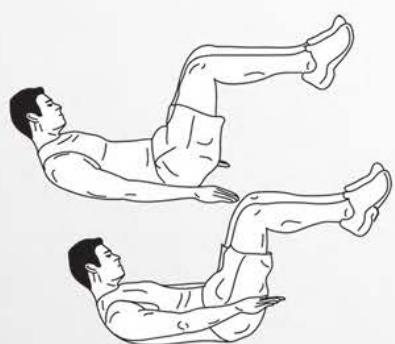
1. knee-to-elbow crunches



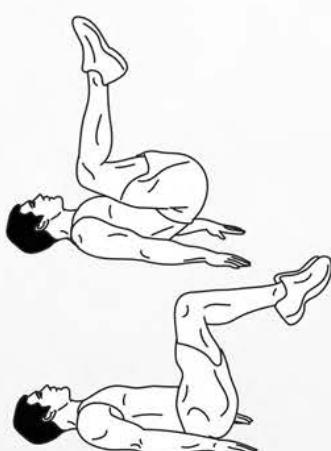
2. flutter kicks



3. scissors



4. hundreds



5. reverse crunches



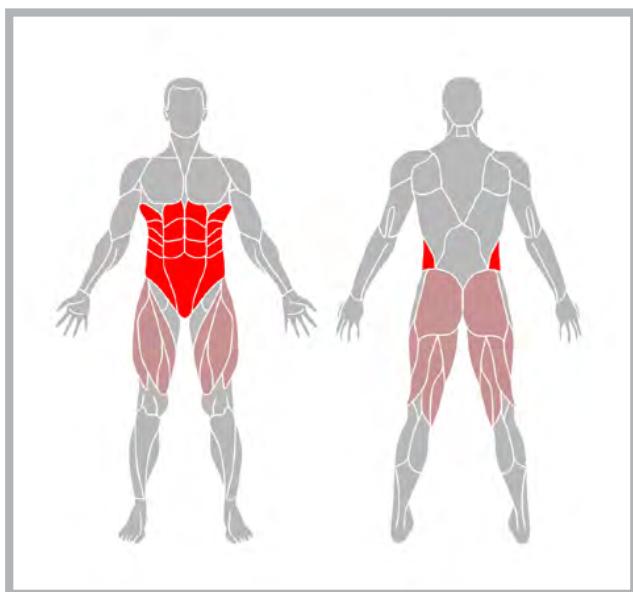
6. sitting twists

# 2

# Abs Upgrade

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

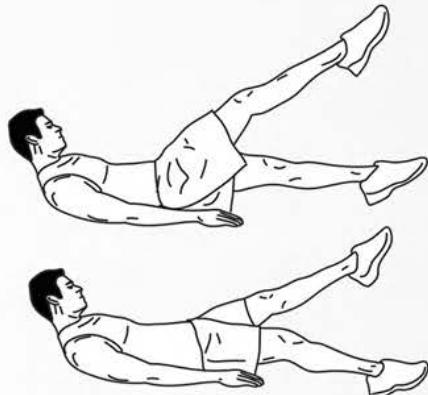
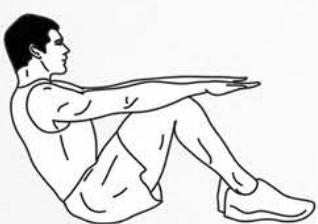
## Focus: Abs



# abs upgrade

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

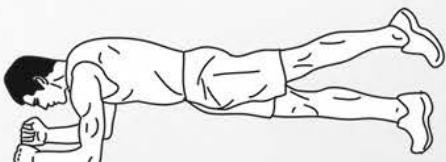
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



**20** sit-ups

**20** sitting twists

**20** flutter kicks



**20-count** raised leg hold

**20-count** plank

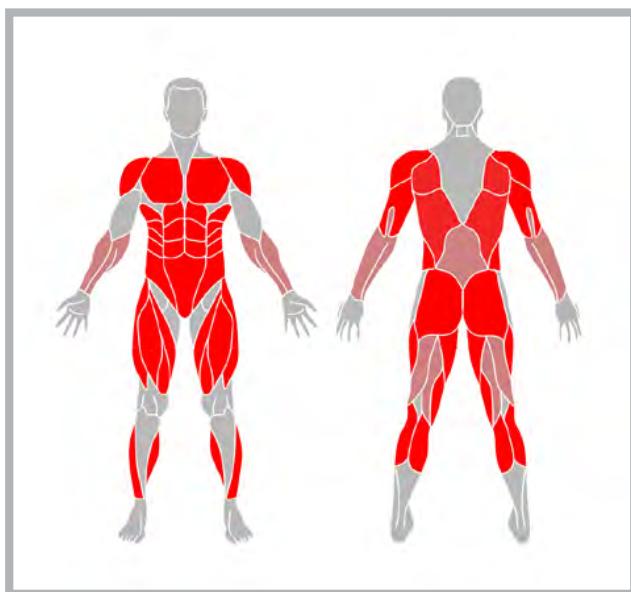
**20-count** raised leg plank

# 3

# Altered Carbon

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

**Focus: High Burn**



# ALTERED CARBON

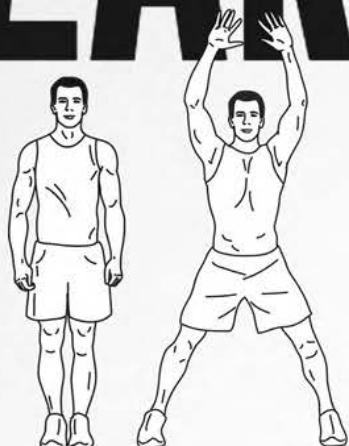
DAREBEE WORKOUT  
© [darebee.com](https://darebee.com)

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

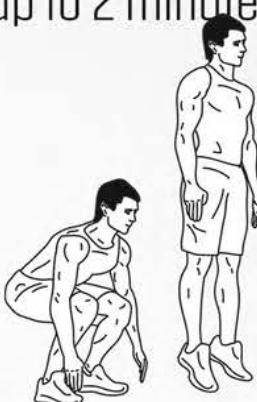
REST up to 2 minutes



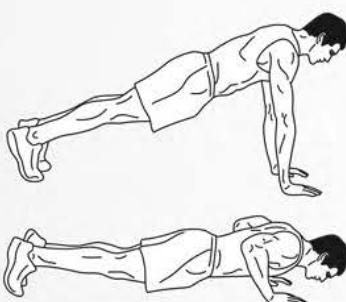
10 jumping jacks



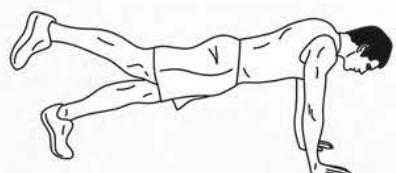
10 squats



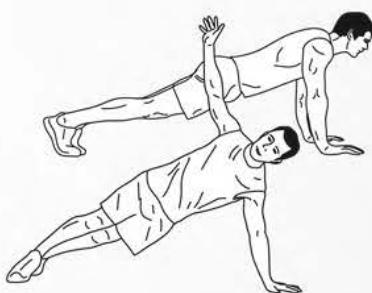
5 jump squats



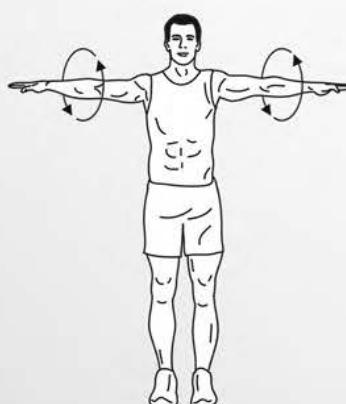
10 push-ups



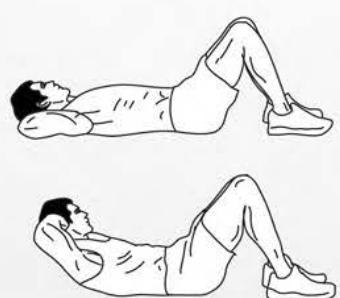
10-count raised leg hold



10 plank rotations



10 raised arm rotations



10 crunches



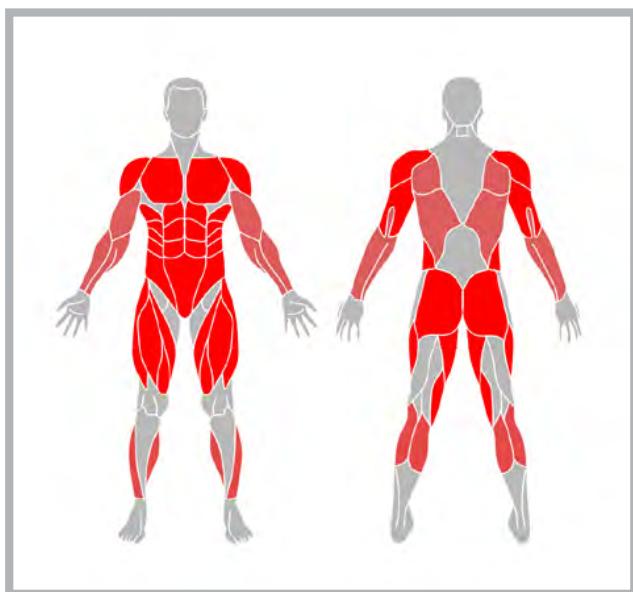
10 sitting twists

# 4

# Armory

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

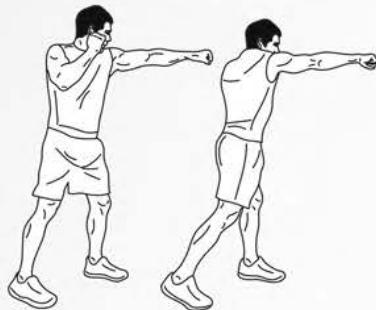
**Focus: Strength & Tone**



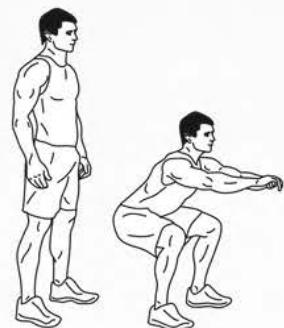
# ARMORY

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

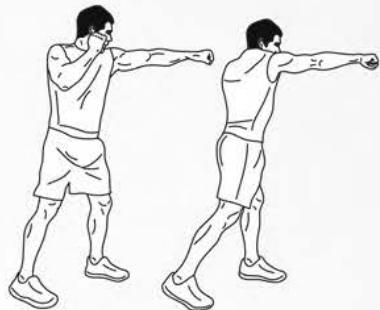
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**60** punches



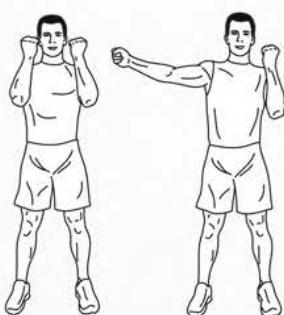
**10** squats



**60** punches



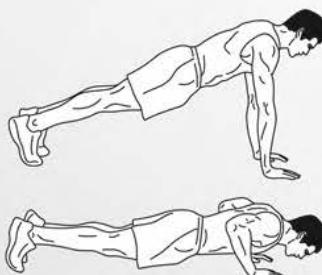
**10** squats



**60** side-to-side backfists



**10** squats



**10** push-ups



**30-count** elbow plank



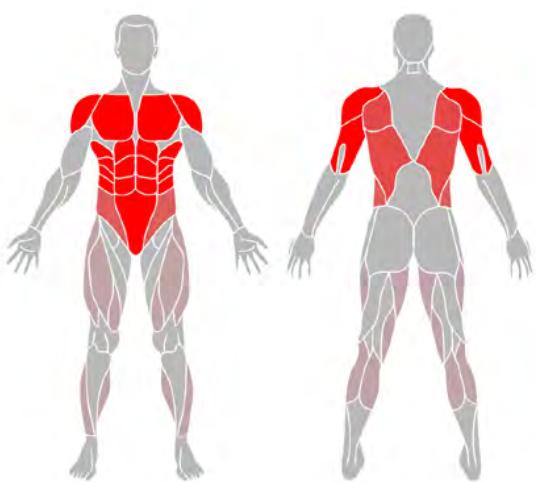
**30-count** side plank

# 5

# Banshee

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

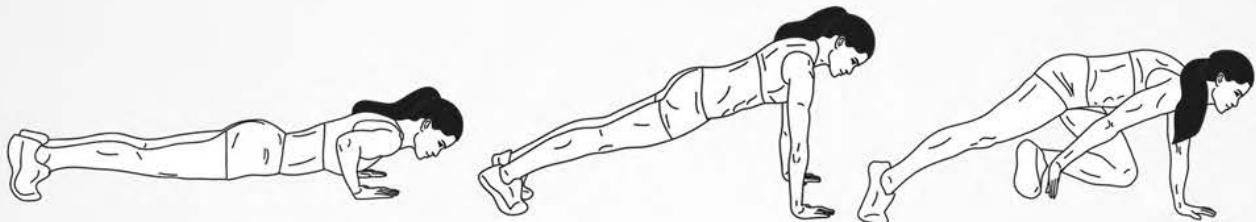
**Focus: Strength & Tone**



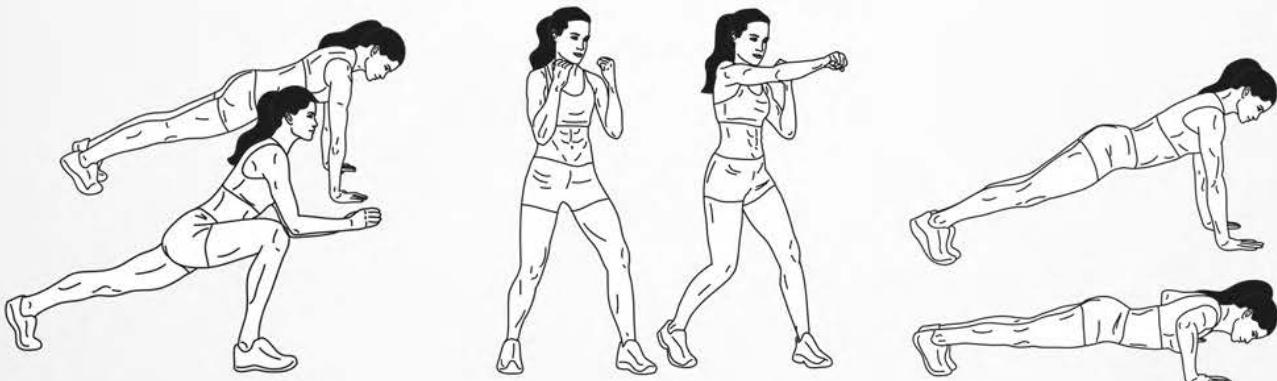
# BANSHEE

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

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



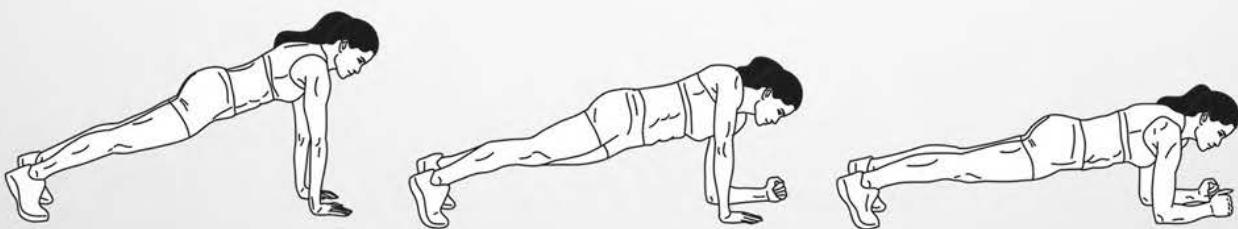
**10 combos** push-up + climber tap (each foot)



**10** plank into lunges

**40** punches

**10** wide grip push-ups



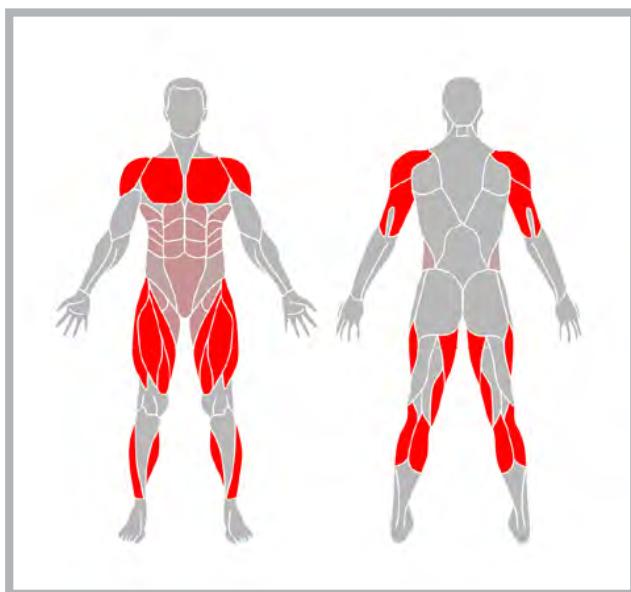
**10** up and down planks

# 6

## Bat Out of Hell

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

### Focus: High Burn

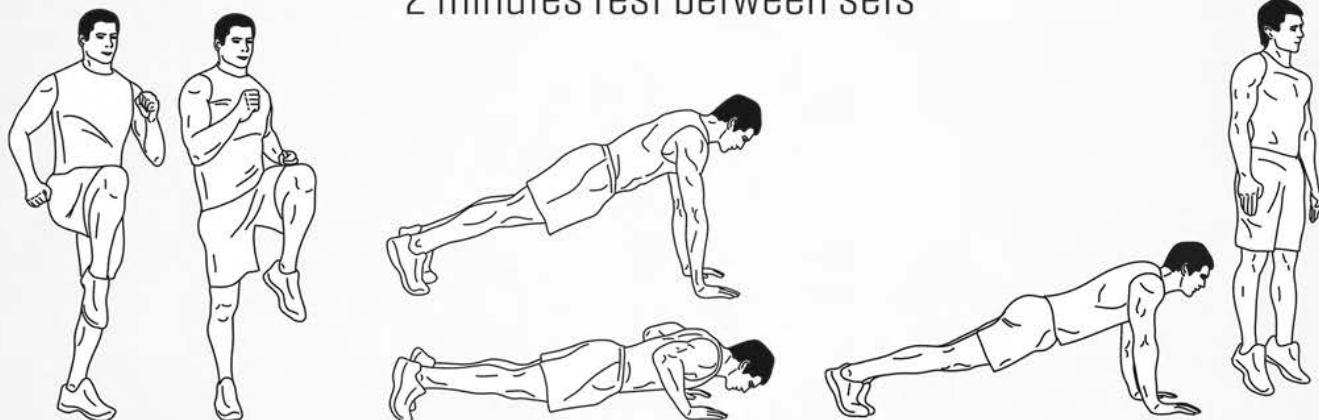


# BAT OUT OF HELL

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

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

2 minutes rest between sets



**40** high knees

**4** push-ups

**40** high knees

**4** basic burpees w/ jump

**40** high knees

**4** push-ups

**40** high knees

**4** basic burpees w/ jump

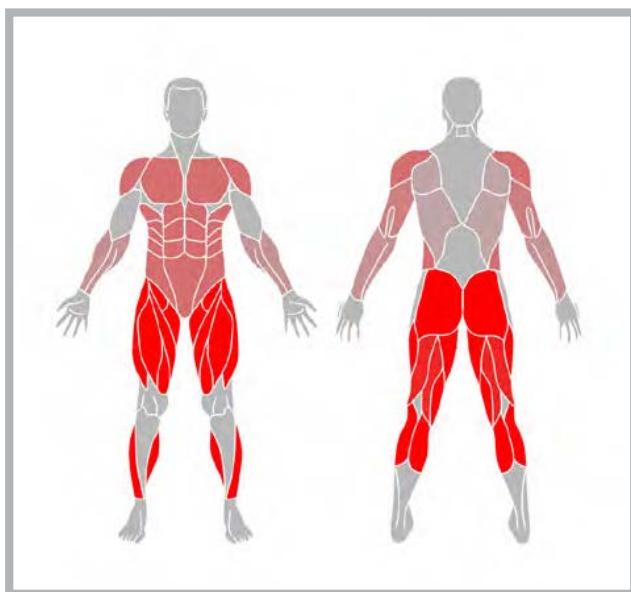
done

# 7

# BBQ Workout

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

## Focus: High Burn



# BBQ

DAREBEE WORKOUT

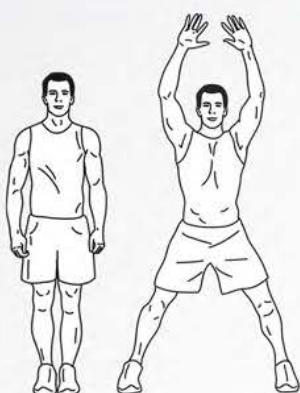
© [darebee.com](http://darebee.com)

LEVEL I 3 sets

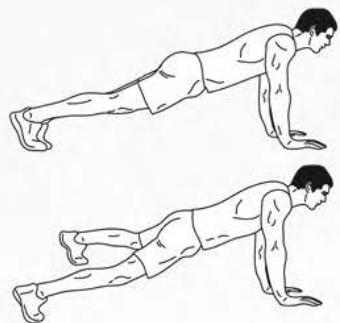
LEVEL II 5 sets

LEVEL III 7 sets

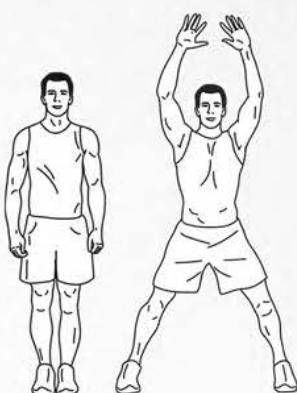
REST up to 2 minutes



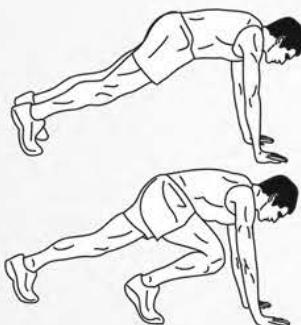
20 jumping jacks



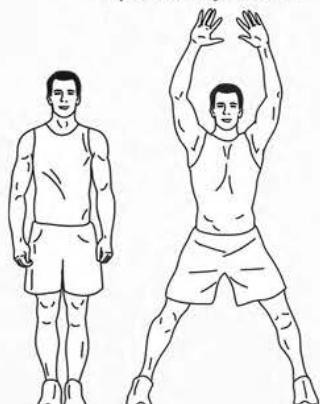
4 plank jacks



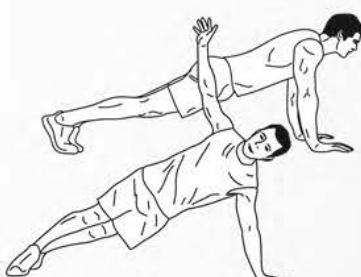
20 jumping jacks



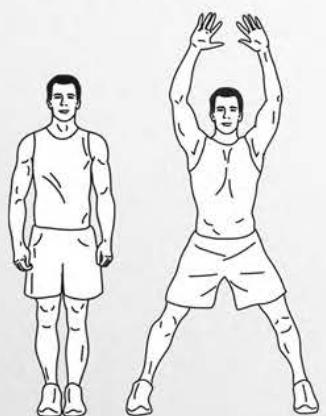
4 climbers



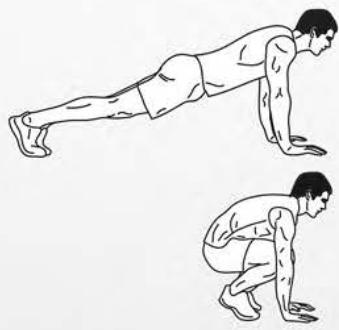
20 jumping jacks



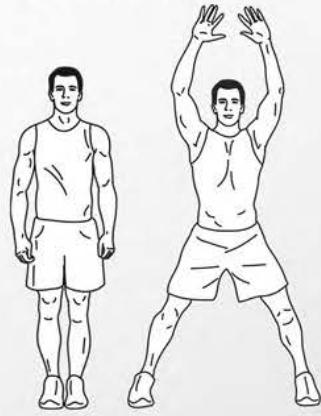
4 plank rotations



20 jumping jacks



4 plank jump-ins



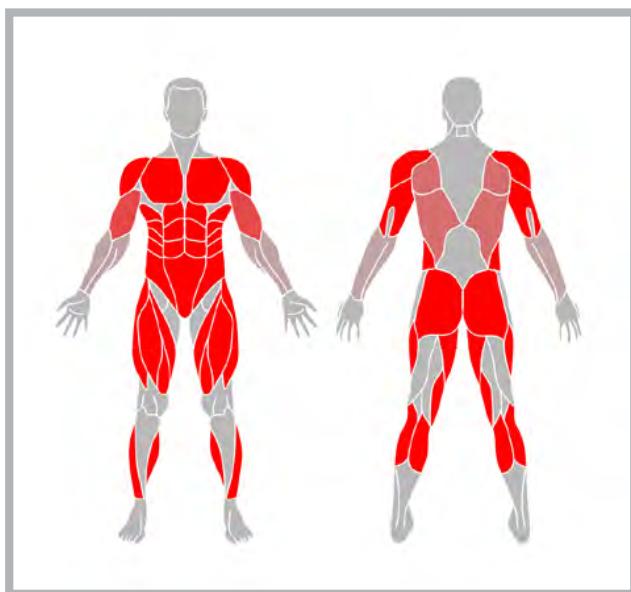
20 jumping jacks

# 8

## Berserker

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

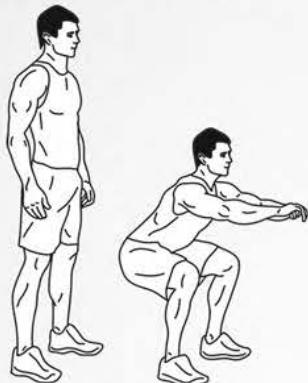
**Focus: Strength & Tone**



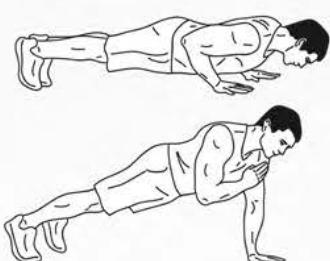
# BERSERKER

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

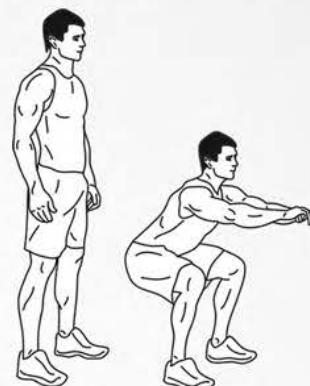
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 set REST up to 2 minutes



**20** squats



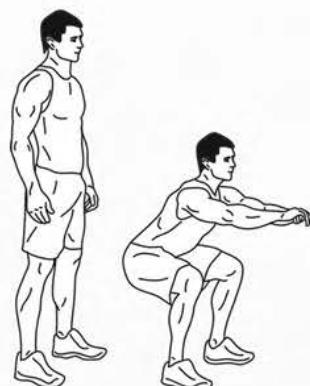
**10** push-up + shoulder tap



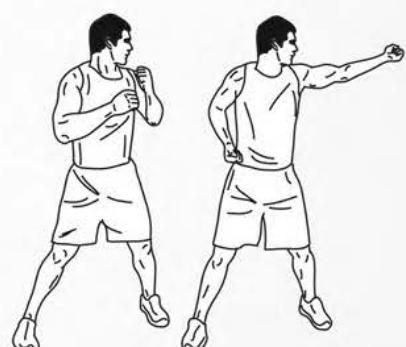
**20** squats



**10** walk-out + shoulder tap



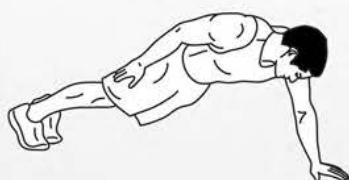
**20** squats



**20** backfists



**20sec** elbow plank



**20sec** one arm plank



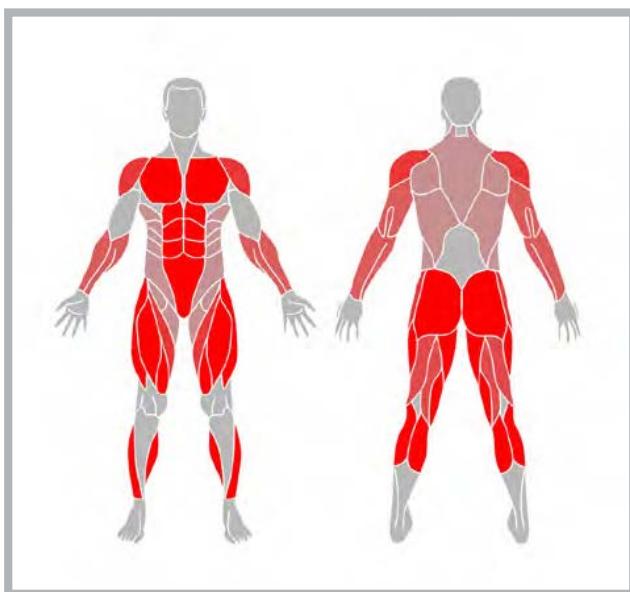
**20sec** side plank

# 9

## Big Bang

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

**Focus: High Burn**



# BIG BANG

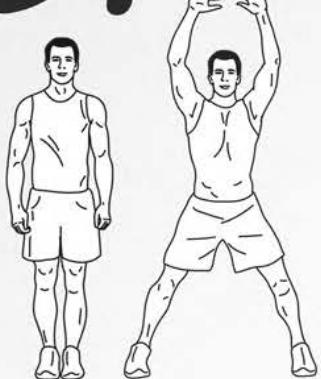
DAREBEE WORKOUT  
© [darebee.com](http://darebee.com)

LEVEL I 3 sets

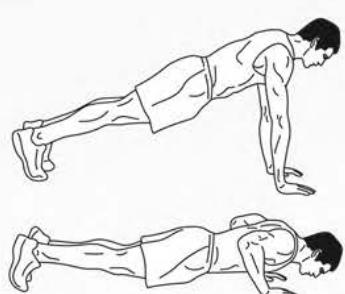
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



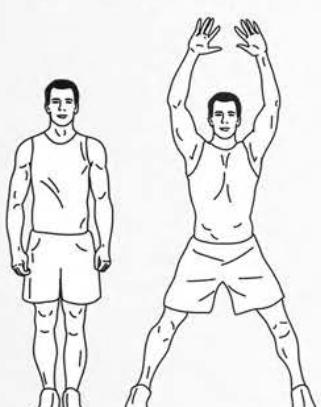
10 jumping jacks



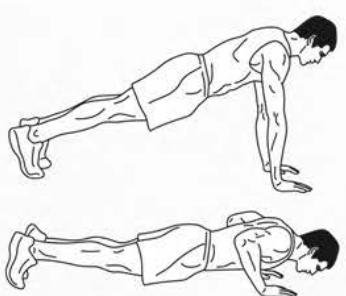
5 push-ups



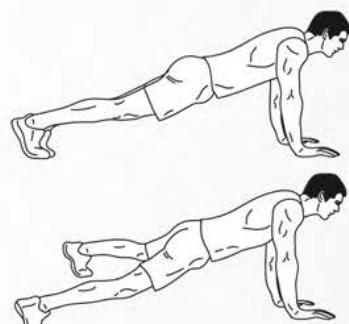
5 jump squats



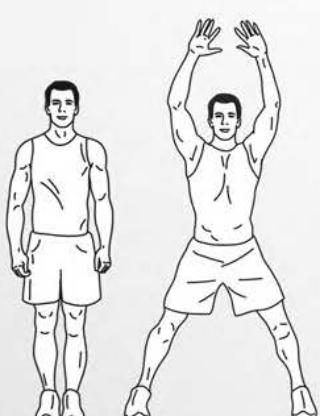
10 jumping jacks



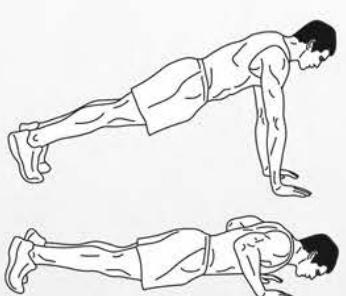
5 push-ups



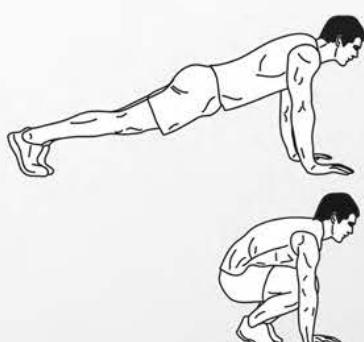
5 plank jacks



10 jumping jacks



5 push-ups



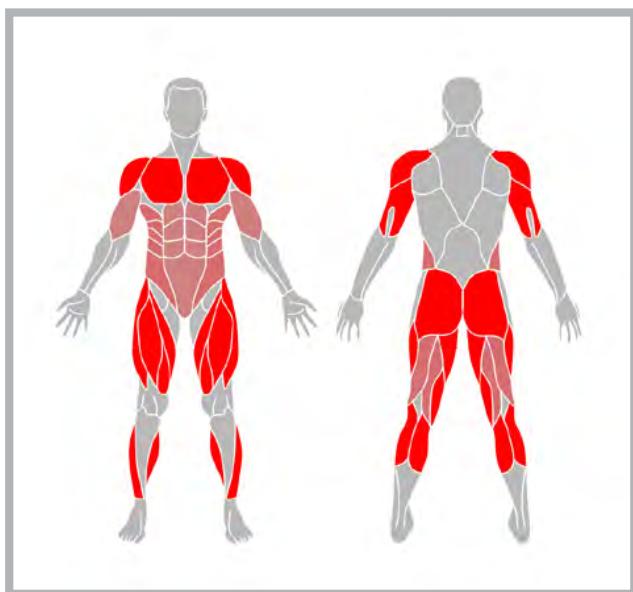
5 plank jump-ins

# 10

## Body Mod

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

**Focus: High Burn**



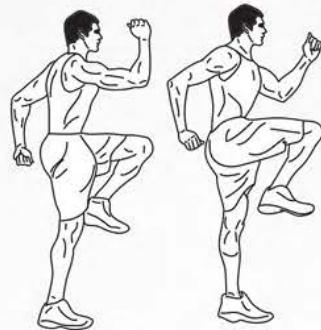
# BODY MOD

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

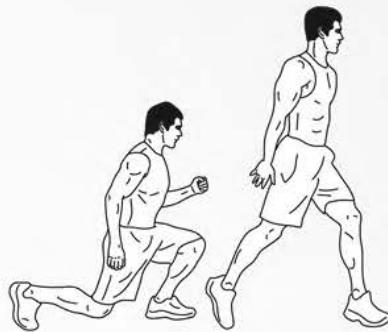
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



**20** high knees



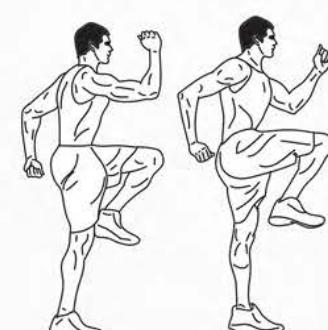
**20** march steps



**10** jumping lunges



**20** high knees



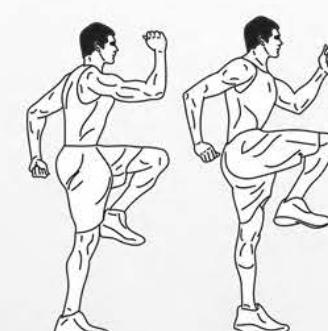
**20** march steps



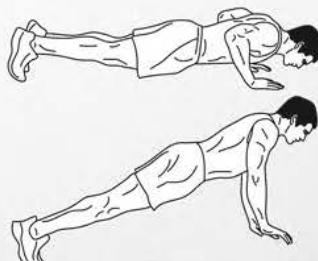
**10** jump squats



**20** high knees



**20** march steps



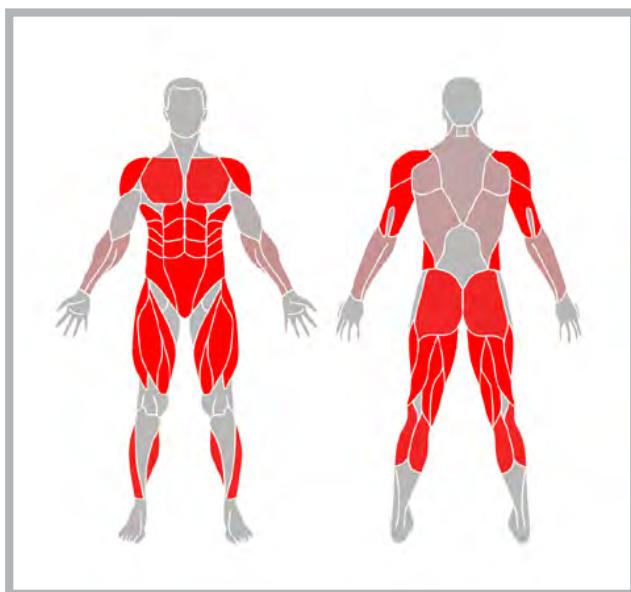
**10** power push-ups

11

## Body Patch

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

**Focus: Strength & Tone**



# BODY PATCH

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

LEVEL I 3 sets

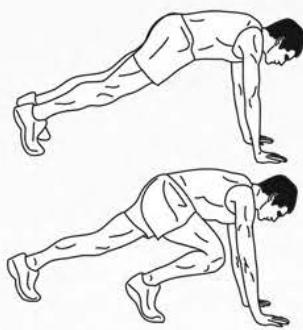
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



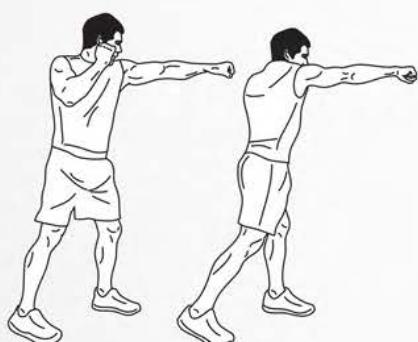
**20** squats



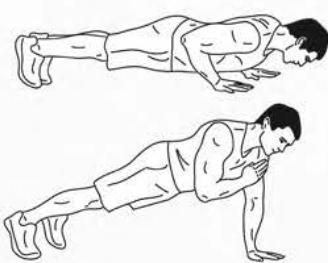
**20** slow climbers



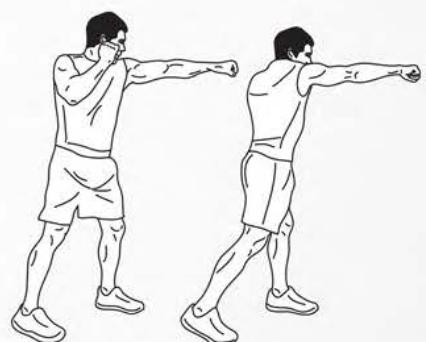
**20** lunges



**40** punches



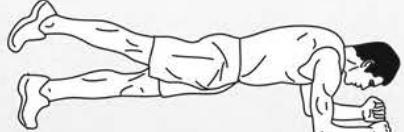
**20** push-up shoulder taps



**40** punches



**20-count** plank



**20-count** raised leg plank



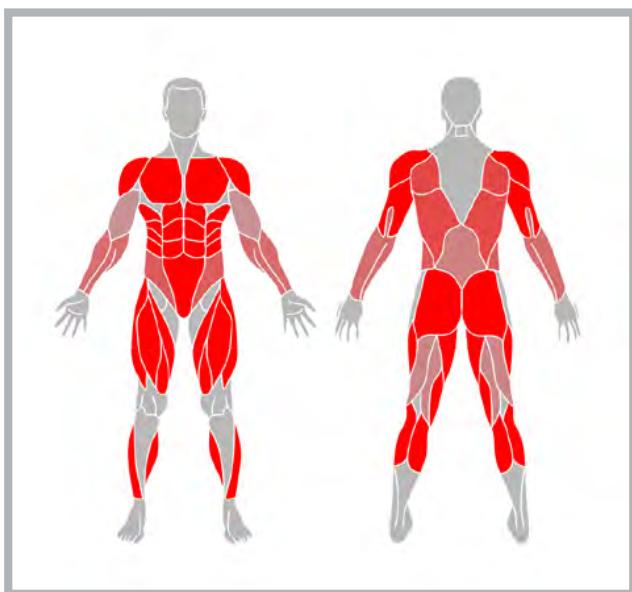
**20-count** side plank

# 12

# Bootcamp

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

**Focus: Strength & Tone**



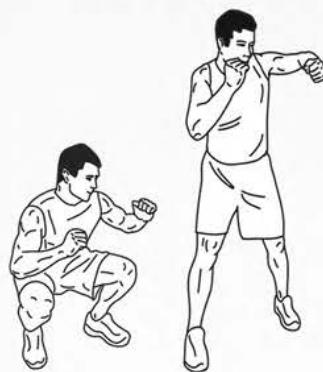
# BOOTCAMP

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

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



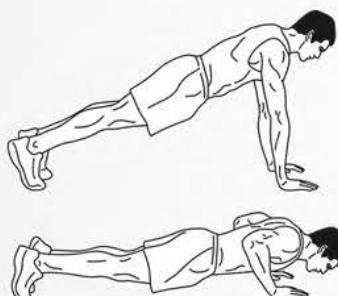
**20** squats



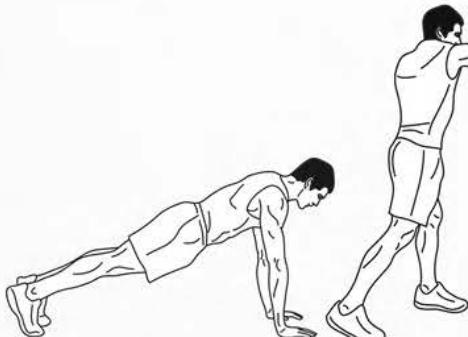
**20** squat + hook



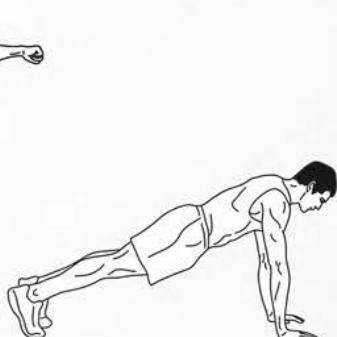
**20-count** squat hold



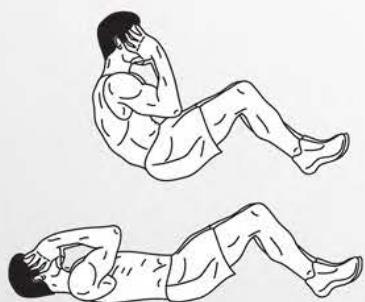
**10** push-ups



**10** plank step-out + punches



**10-count** plank



**10** sit-ups



**10** sit-up + punches



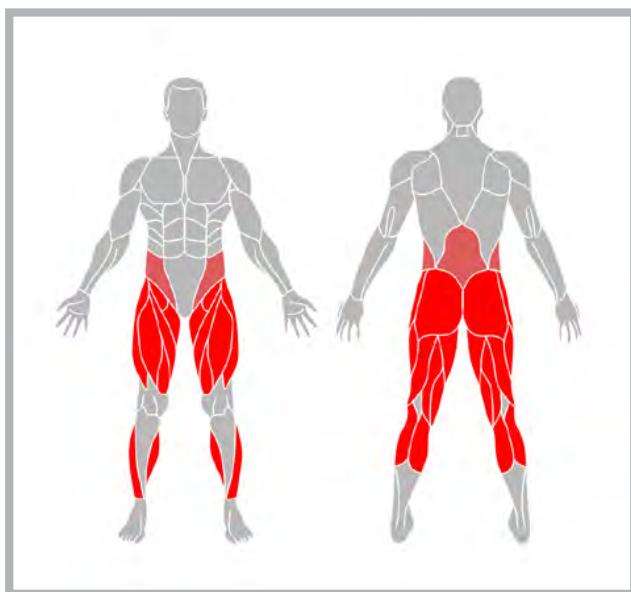
**10-count** sit-up hold

13

## Bottom Line

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

**Focus: Strength & Tone**



# THE BOTTOM LINE

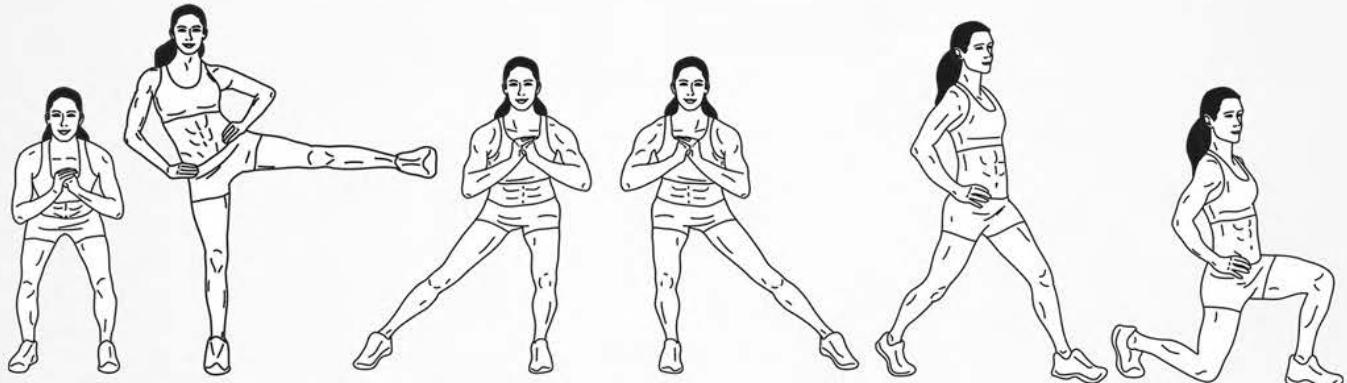
DAREBEE WORKOUT  
FOR LEGS & BUTTOCKS  
© [darebee.com](http://darebee.com)

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

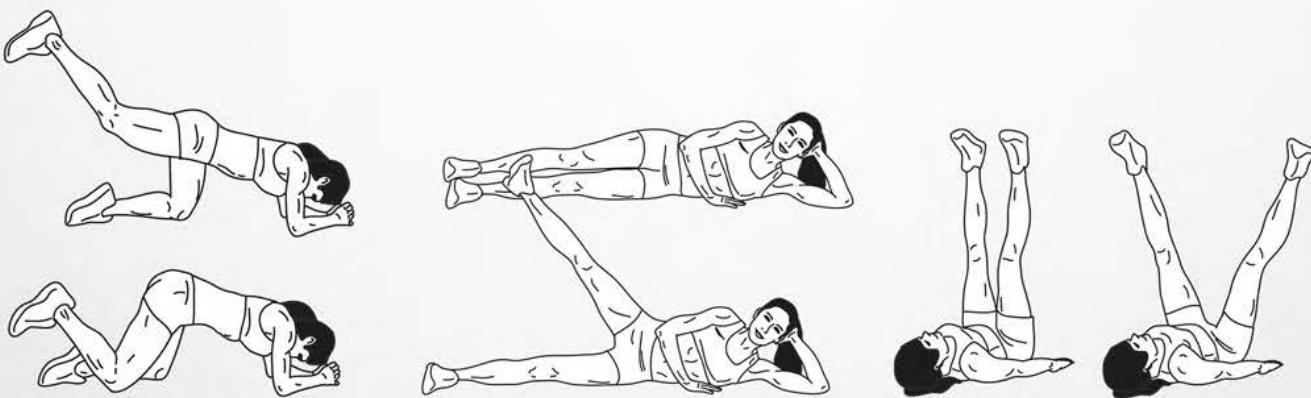
REST 2 minutes



**20** squat + side leg raise

**20** side-to-side lunges

**20** split lunges



**20** plank back kicks

**20** side leg raises

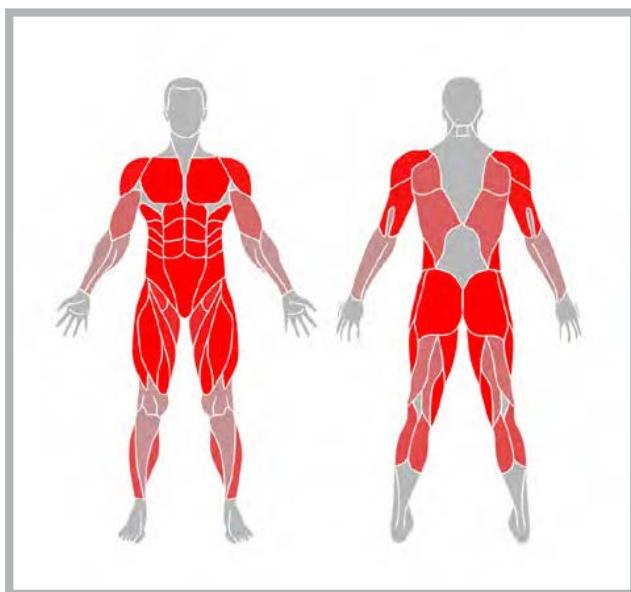
**20** split wipers

14

## Bounty Hunter

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

**Focus: Strength & Tone**



# BOUNTY HUNTER

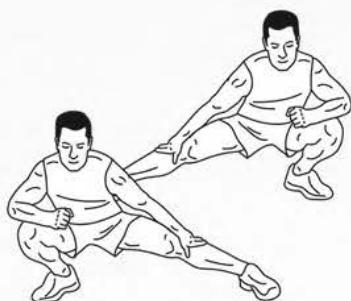
DAREBEE WORKOUT  
© [darebee.com](http://darebee.com)

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

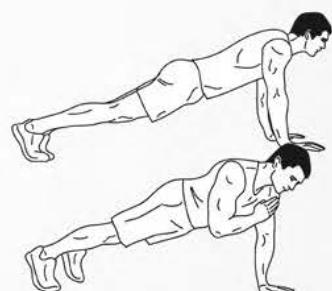
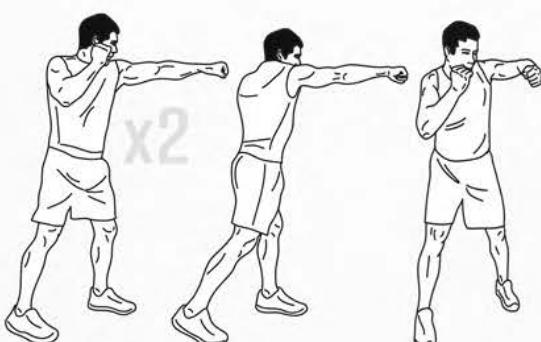
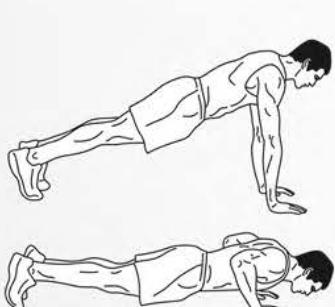
REST up to 2 minutes



**20** squat + side kick

**4** side-to-side lunges

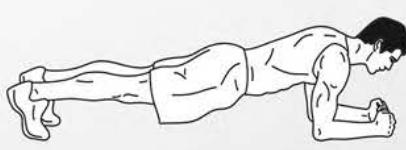
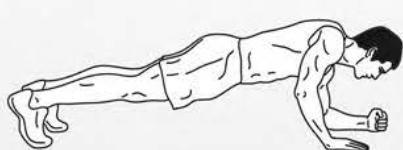
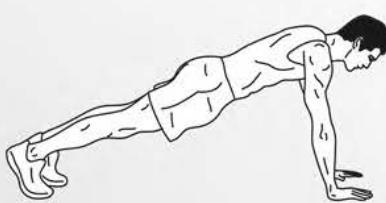
**20** knee strike + elbow strike



**20** push-ups

**20** jab + jab + cross + hook

**20** shoulder taps



**10** up and down planks

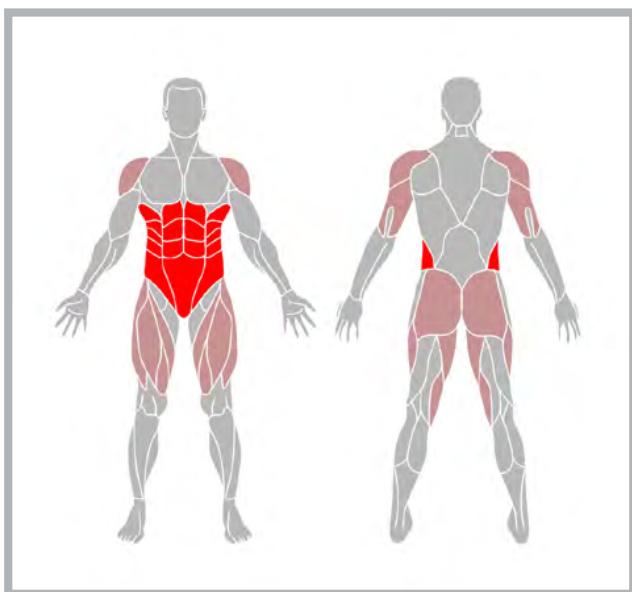
+ **10-count** elbow plank hold finish

15

## Boxer Abs

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

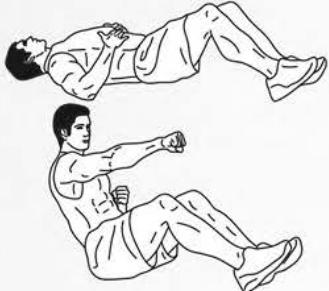
### Focus: Abs



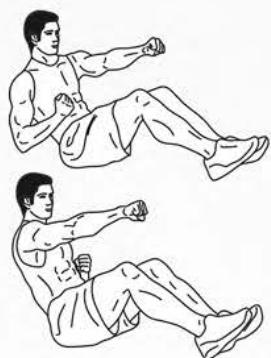
# BOXER | ABS

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

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



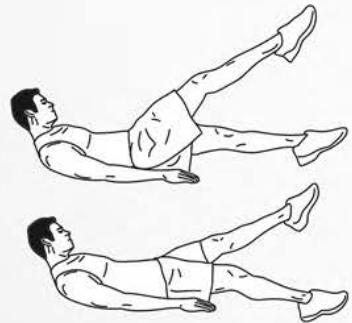
**30** sit-up punches



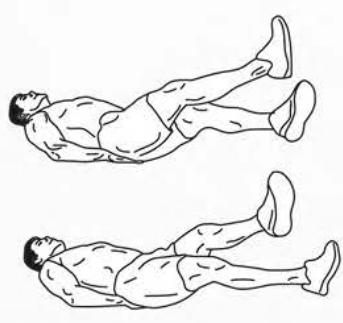
**30** siting punches



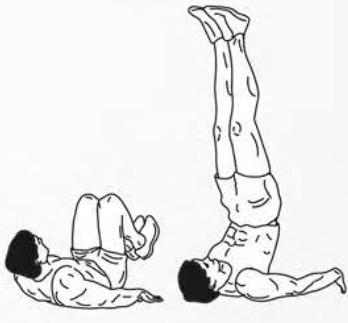
**30** knee-ins & twists



**30** flutter kicks



**30** scissors



**30** butt-ups



**30-count** plank



**30-count** raised leg plank



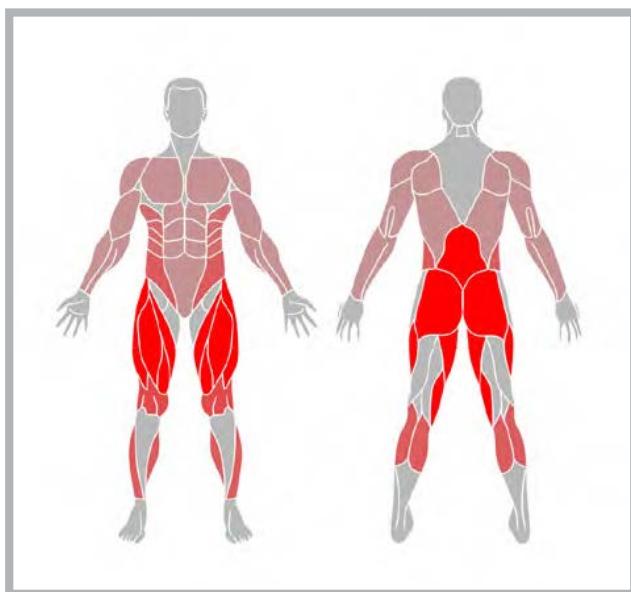
**30-count** side plank

# 16

## Boxer Flexibility

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

### Focus: Stretching



# BOXER | FLEXIBILITY

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

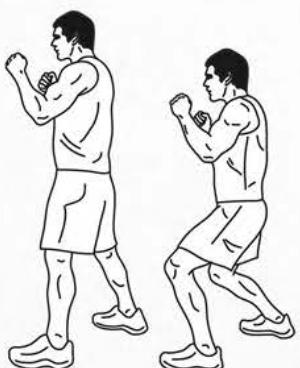
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST 2 minutes



**40** knee-to-elbow lunges

**20** forward & backward bends



**20** side-to-side tilts

**20** knee bends

**40-count** quad stretch



**20-count** back stretch

**20-count** arm stretch #1

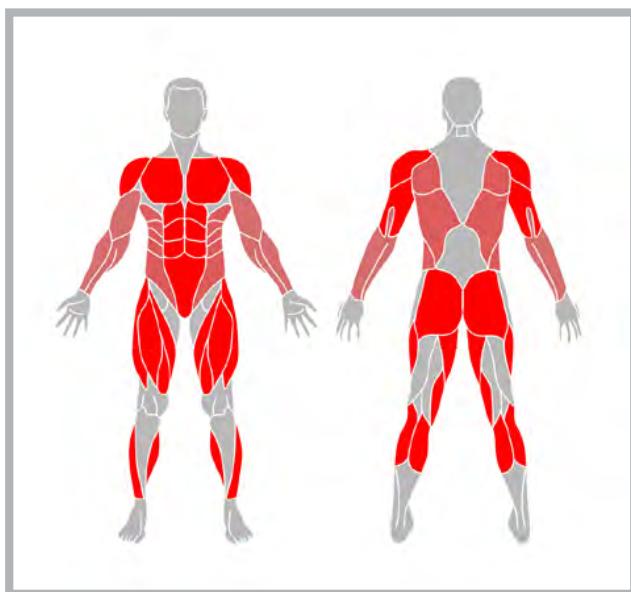
**20-count** arm stretch #2

17

## Boxer Power

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

**Focus: Strength & Tone**



# BOXER|POWER

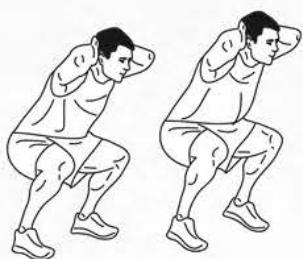
DAREBEE BOXING WORKOUT © [darebee.com](http://darebee.com)

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

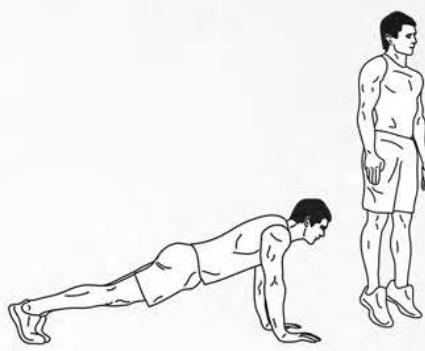
tip: last row can be done on a punching bag



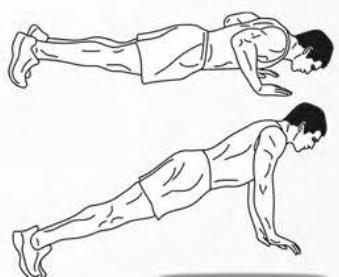
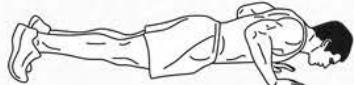
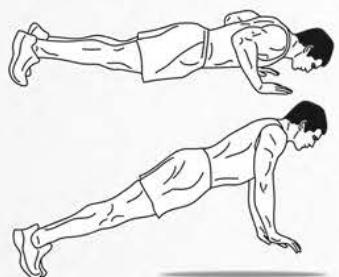
**20** jump knee tucks



**20** squat hops



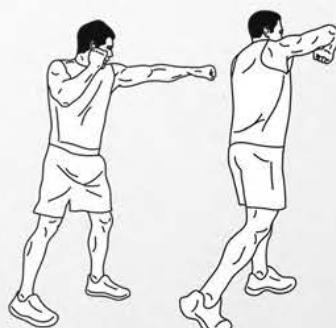
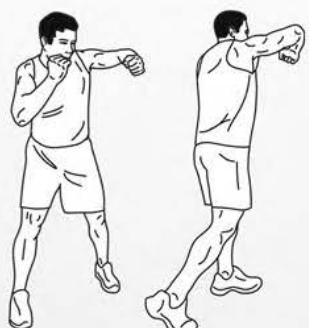
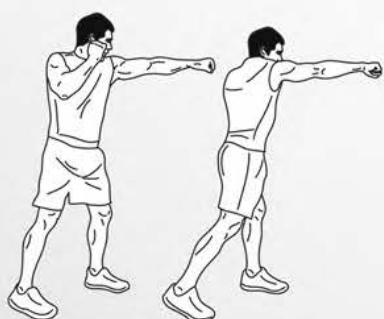
**20** basic burpees + jump



**10** power push-ups

**10-count** push-up plank

**10** power push-ups



**40** jab + cross

**40** hooks (left + right)

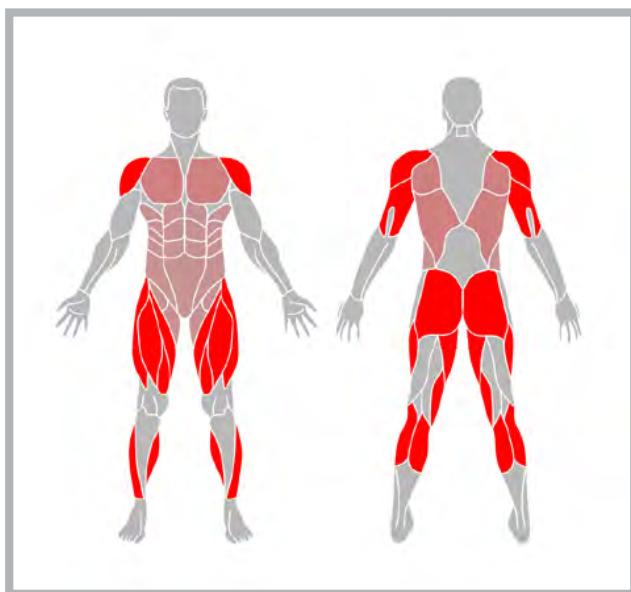
**40** jab + hook

# 18

# Cardio Combat

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

**Focus: High Burn**



# CARDIO COMBAT

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

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



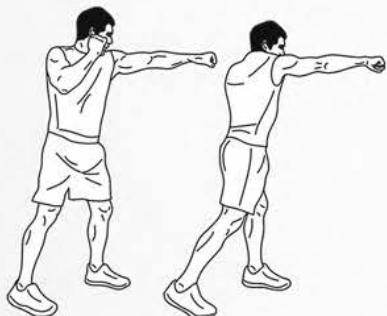
**20** high knees



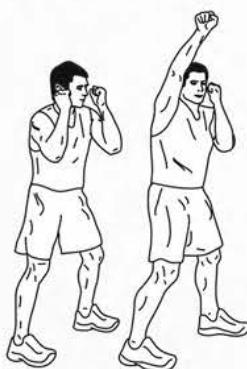
**10** march twists



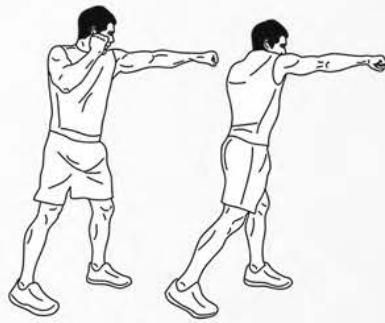
**20** high knees



**20** punches



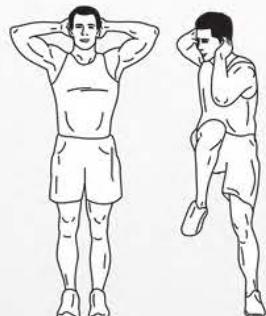
**10** overhead punches



**20** punches



**20** high knees



**10** knee-to-elbow

one side first, then the other side



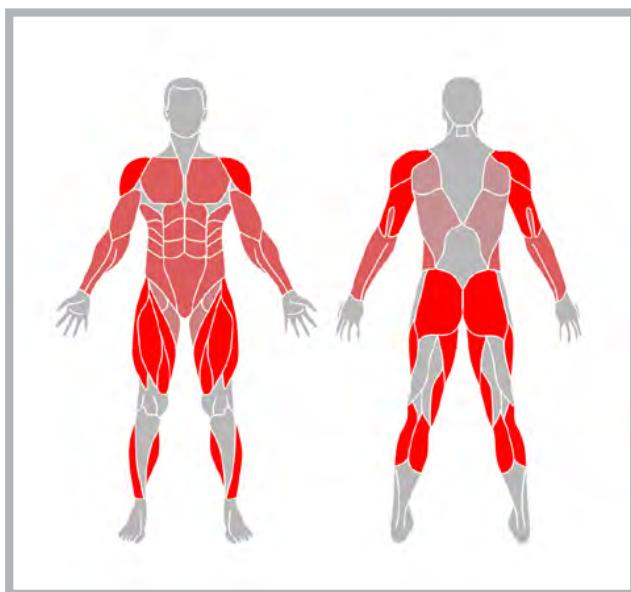
**20** high knees

19

## Cardio Demon

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

**Focus: High Burn**



# CARDIO DEMON

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

LEVEL I 3 sets

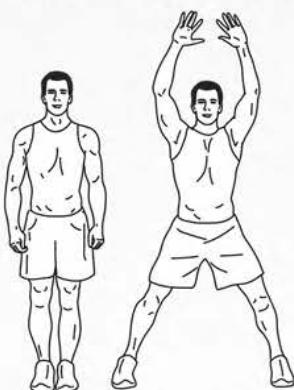
LEVEL II 5 sets

LEVEL III 7 sets

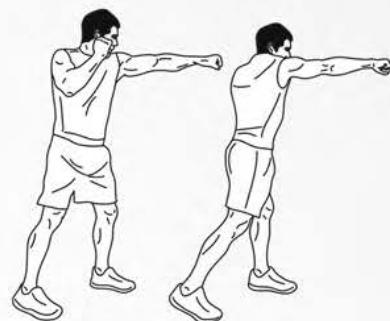
REST up to 2 minutes



**20** high knees



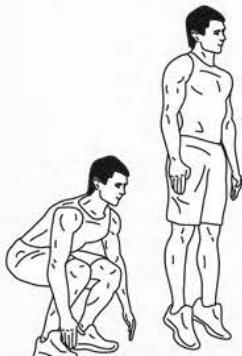
**20** jumping jacks



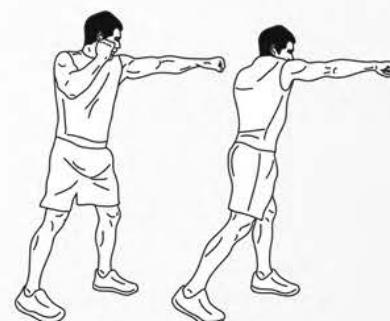
**20** punches



**20** high knees



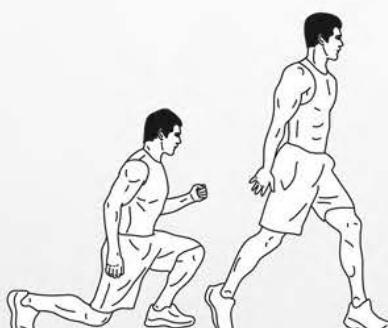
**20** jump squats



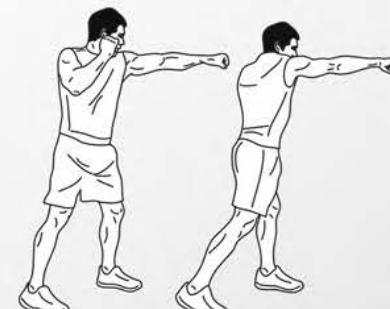
**20** punches



**20** high knees



**20** jumping lunges



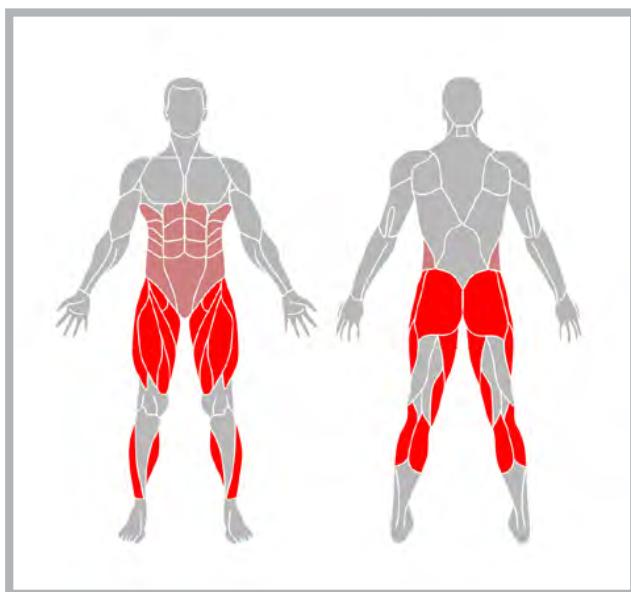
**20** punches

20

## Cardio Drill

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

**Focus: High Burn**



# CARDIO DRILL

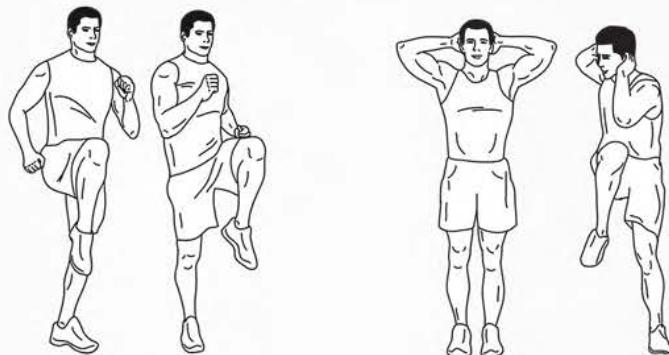
DAREBEE WORKOUT © [darebee.com](http://darebee.com)

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

## 3 combos:

**20** high knees

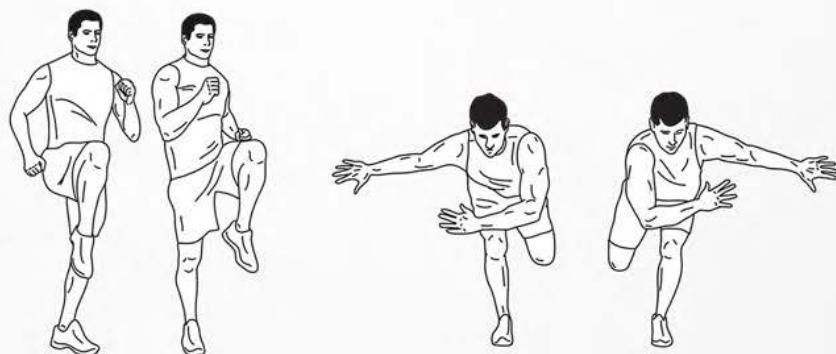
**4** knee-to-elbow



## 3 combos:

**20** high knees

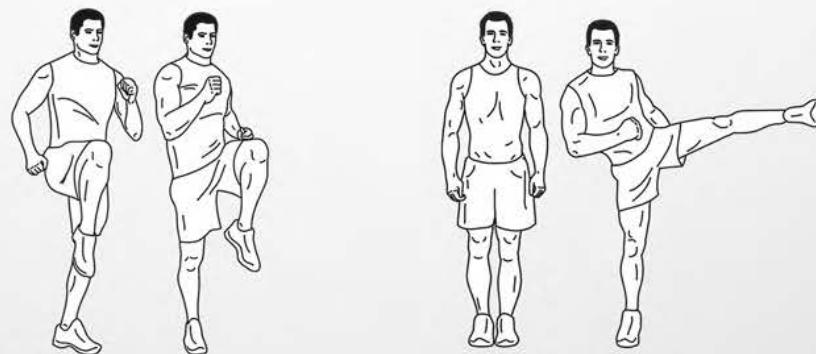
**2** side-to-side jumps



## 3 combos:

**20** high knees

**4** side leg raises

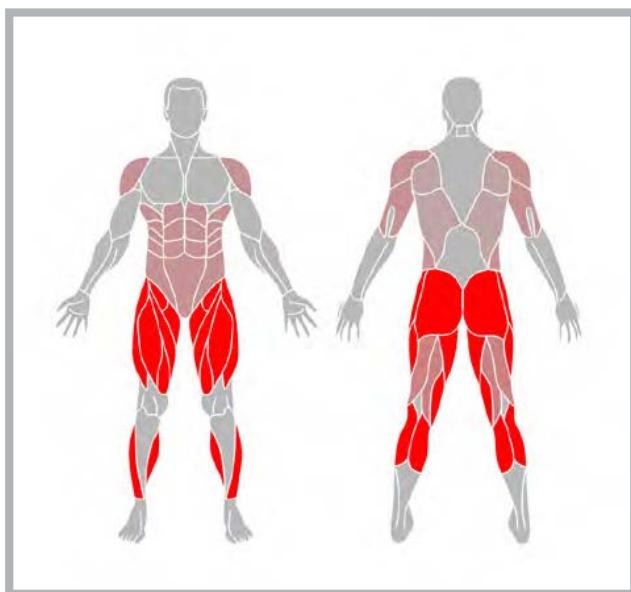


21

## Cardio Fire

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

**Focus: High Burn**



# CARDIO FIRE

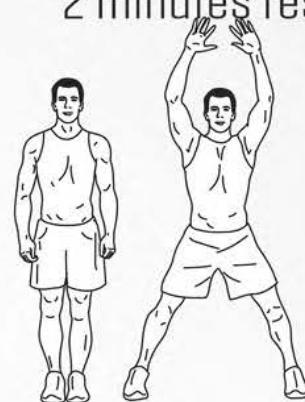
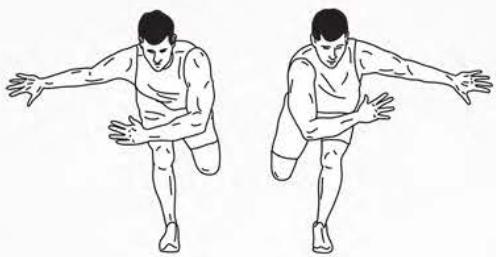
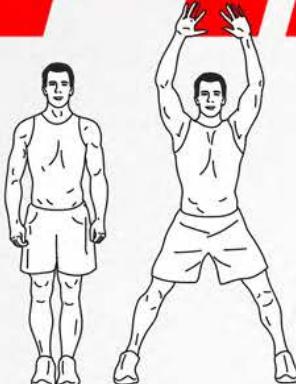
WORKOUT  
BY DAREBEE  
© [darebee.com](http://darebee.com)

**LEVEL I** 3 sets

**LEVEL II** 5 sets

**LEVEL III** 7 sets

2 minutes rest



**10** jumping jacks

**4** side-to-side jumps

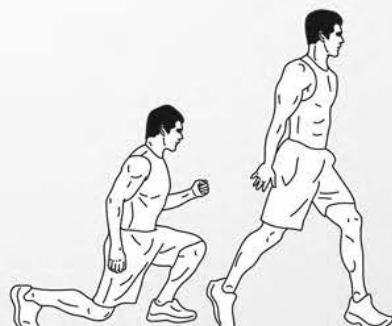
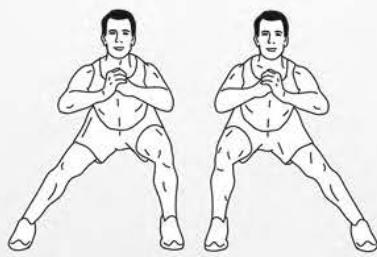
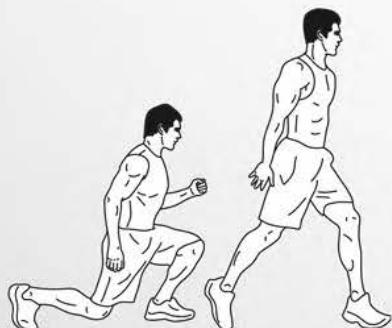
**10** jumping jacks



**10** high knees

**4** knee-to-elbow twists

**10** high knees



**10** jumping lunges

**4** side-to-side lunges

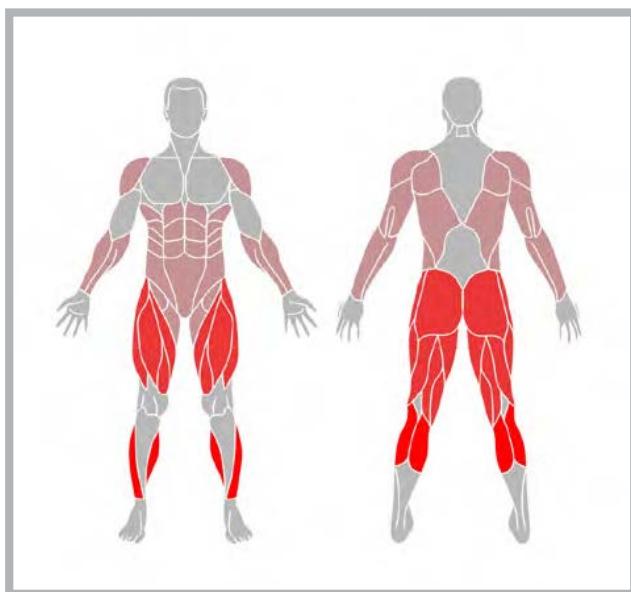
**10** jumping lunges

22

## Cardio Light

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

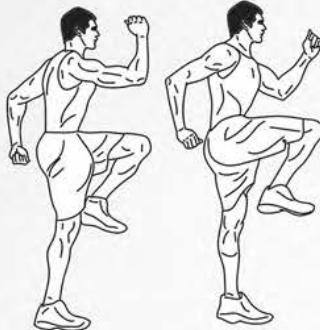
**Focus: High Burn**



# cardio light

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

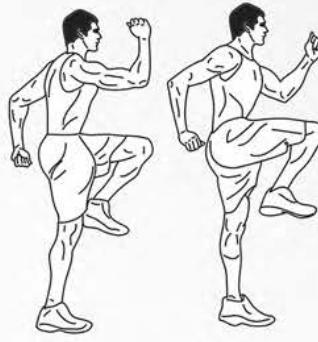
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**10** march steps



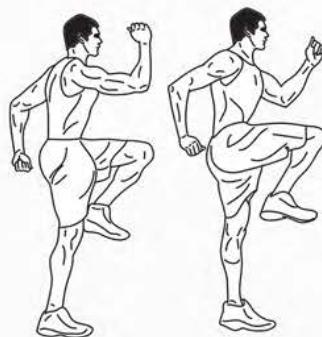
**20** step jacks



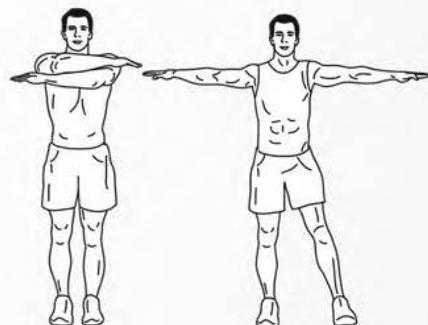
**10** march steps



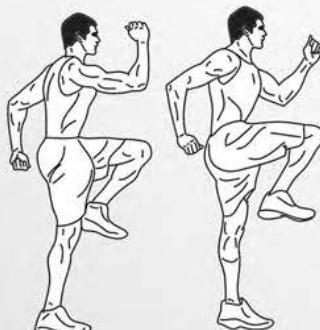
**20** side jacks



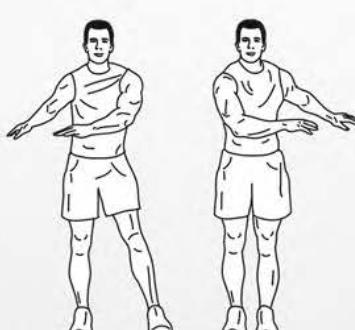
**10** march steps



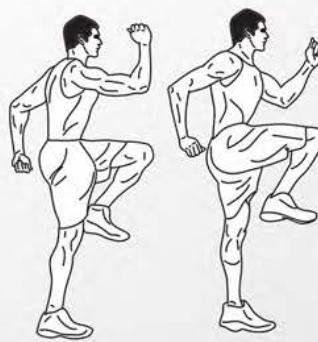
**20** scissor steps



**10** march steps



**20** side-to-side steps



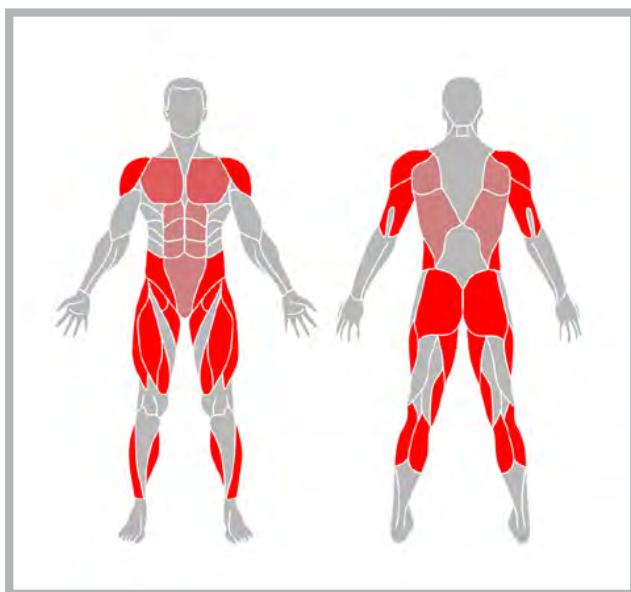
**10** march steps

**23**

## Cardio Melt

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

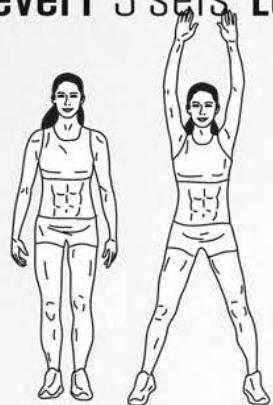
**Focus: High Burn**



# *cardio melt*

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

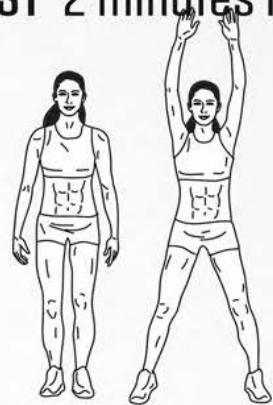
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets **REST** 2 minutes rest



**20** jumping jacks



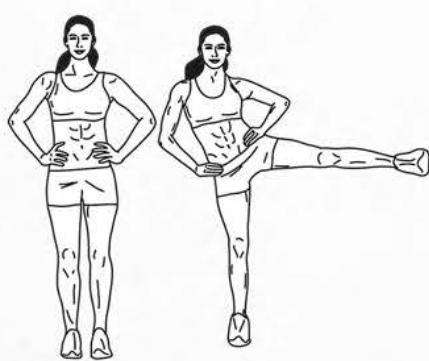
**20** arm circles



**20** jumping jacks



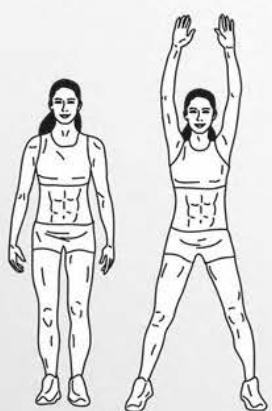
**20** arm circles



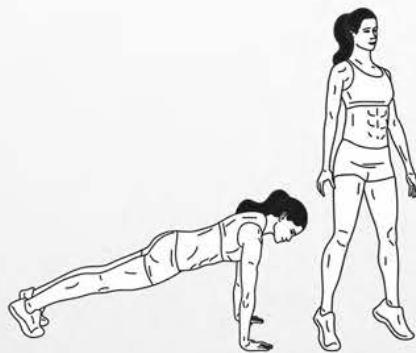
**20** side leg raises



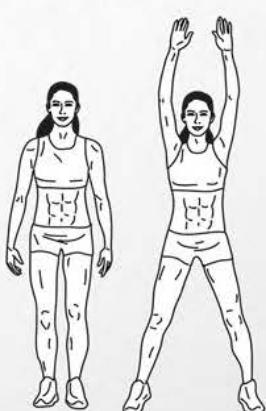
**20** arm circles



**20** jumping jacks



**20** basic burpees



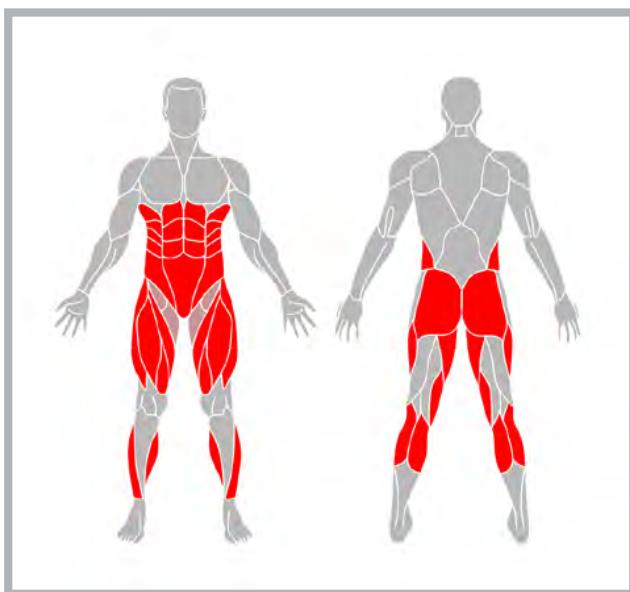
**20** jumping jacks

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## Cardio Sofa

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

**Focus: High Burn & Abs**



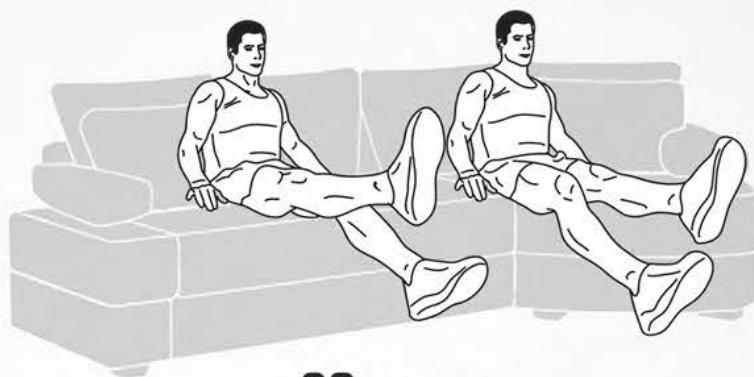
# cardio sofa

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

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



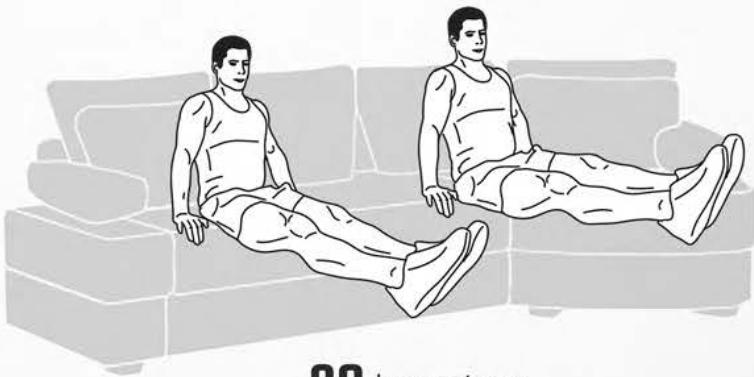
**40** high knees



**20** flutter kicks



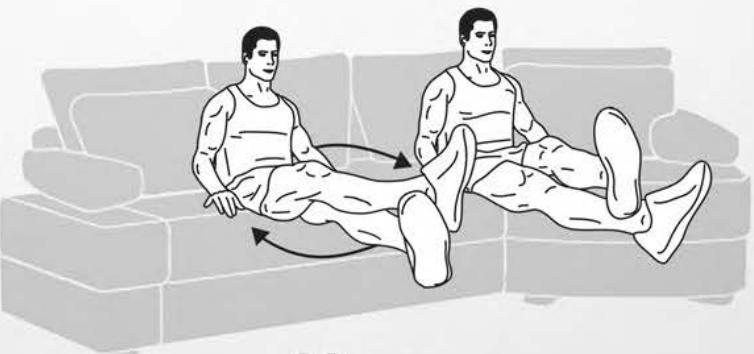
**40** high knees



**20** leg raises



**40** high knees



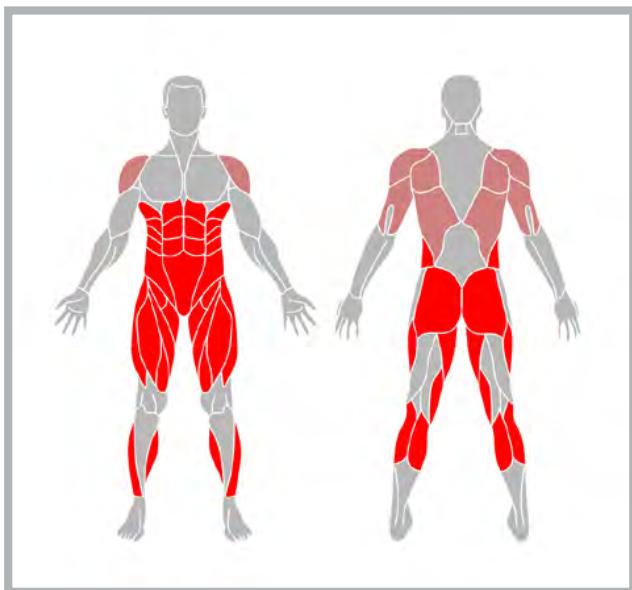
**20** scissors

25

## Caterpillar-Butterfly

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

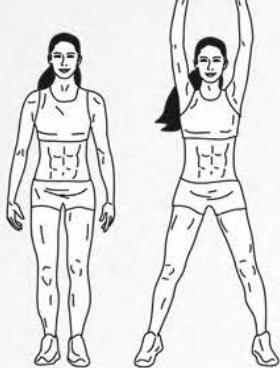
**Focus: High Burn**



# caterpillar- ***Butterfly***

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

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



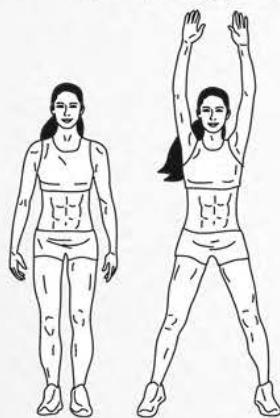
**20** jumping jacks



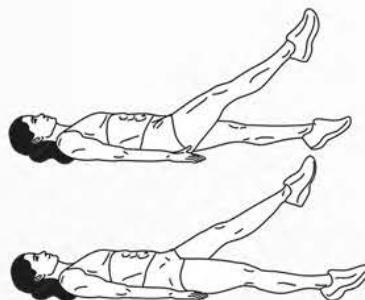
**10** butterfly sit-ups



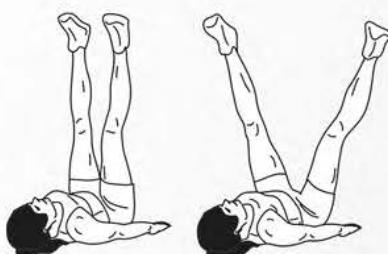
**10** sitting twists



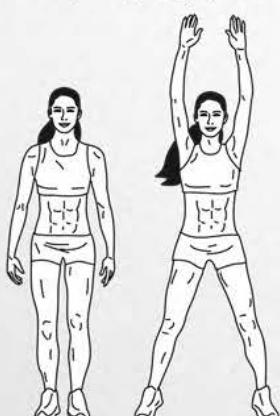
**20** jumping jacks



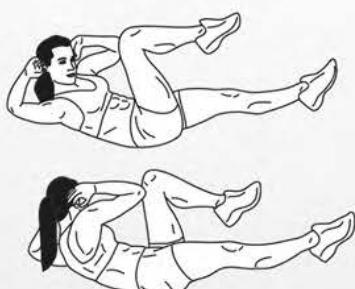
**10** flutter kicks



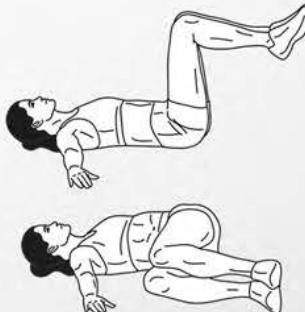
**10** V-wipers



**20** jumping jacks



**10** knee-to-elbow crunches



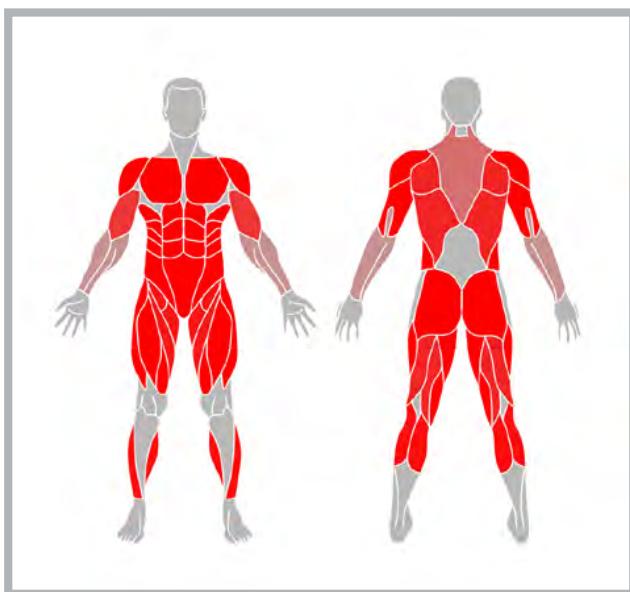
**10** half wipers

26

## Centurion

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

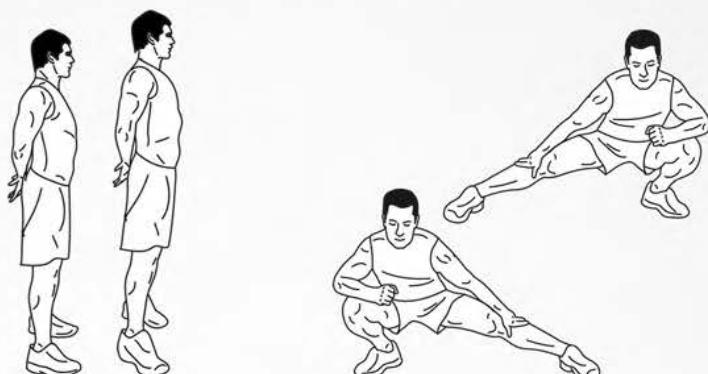
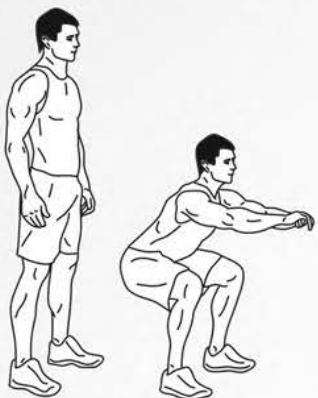
**Focus: Strength & Tone**



# CENTURION

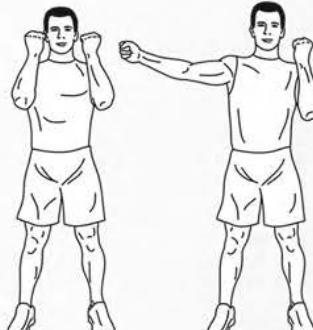
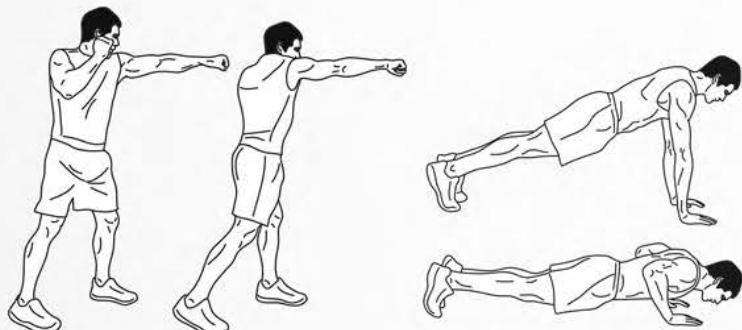
DAREBEE WORKOUT © [darebee.com](http://darebee.com)

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



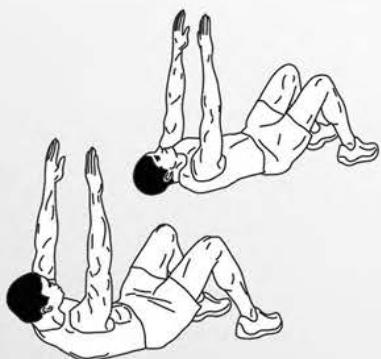
**10** combo squat + calf raise

**10** side-to-side lunges



**10** combo jab + cross + push-up

**10** side-to-side backfists



**10** high crunches

**10** knee-to-elbow crunches

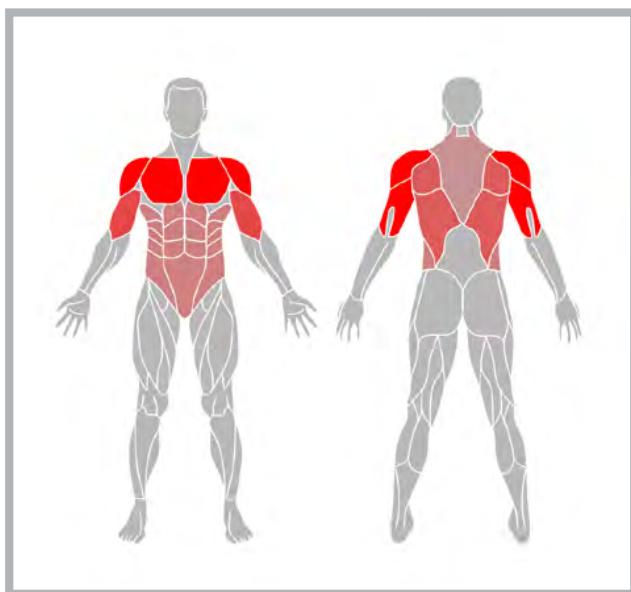
**10** side jackknives

27

## Cerberus

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

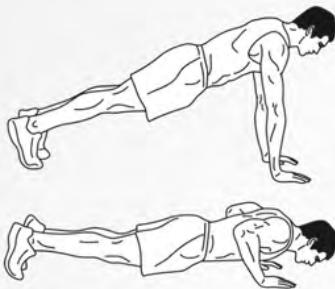
**Focus: Strength & Tone**



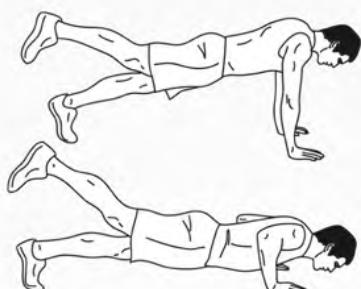
# CERBERUS

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

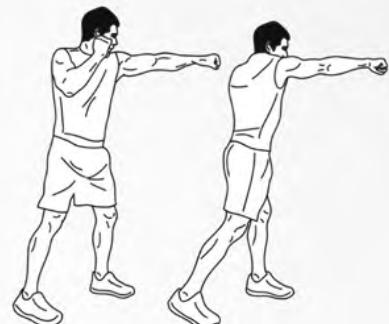
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



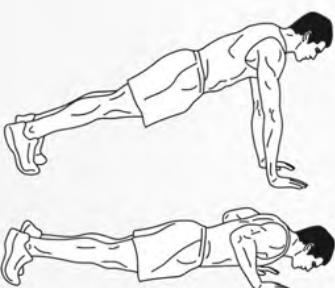
**6** push-ups



**4** raised leg push-ups



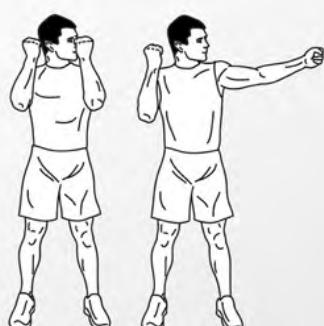
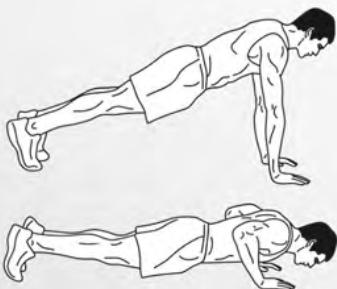
**20** punches



**6** push-ups

**4** push-ups w/ rotations

**20** overhead punches



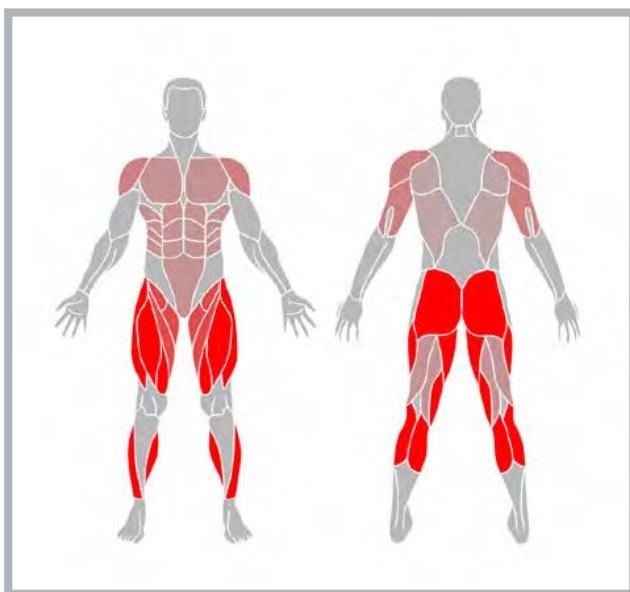
**6** push-ups

**4** shoulder taps

**20** backfists

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

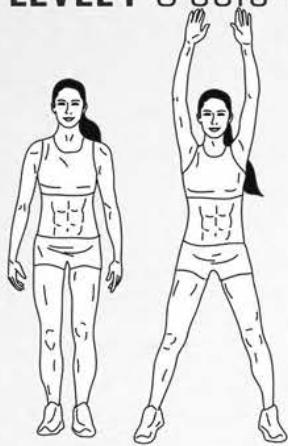
### Focus: High Burn



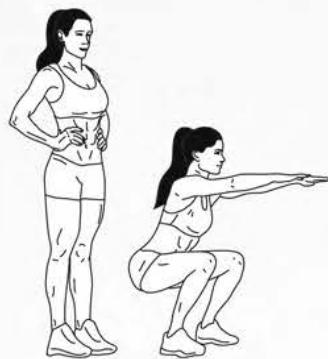
# Chapter 1

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

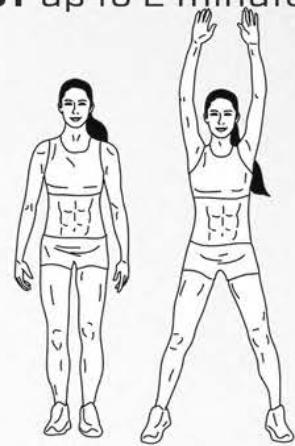
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** jumping jacks



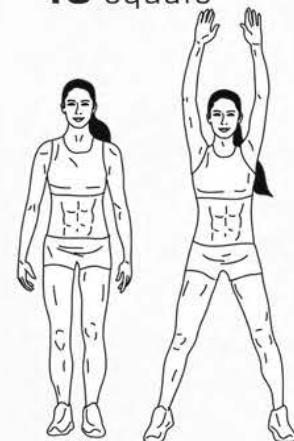
**10** squats



**20** jumping jacks



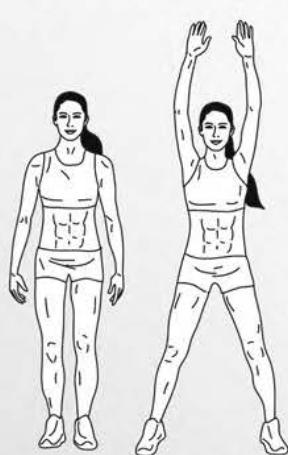
**10** march steps



**20** jumping jacks



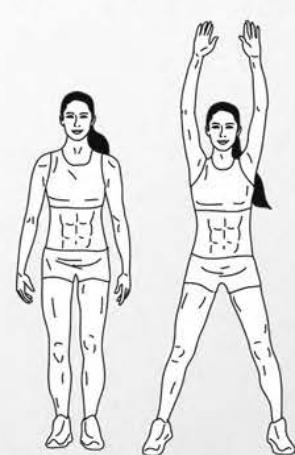
**10** knee-to-elbow



**20** jumping jacks



**10** lunge step-up



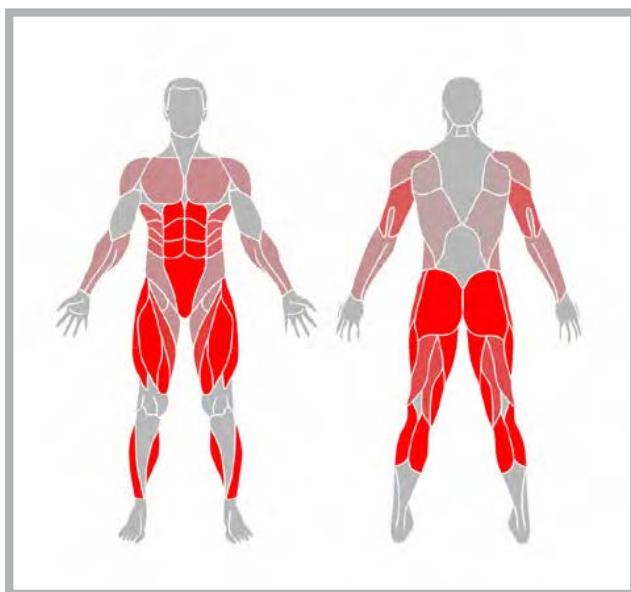
**20** jumping jacks

29

## Chase

When you're being chased you need to run. Your body requires strong muscles, powerful tendons, a cardiovascular system that will really get your heart pumping and your blood flowing to all the right muscle groups, plus you need your aerobic performance, your VO<sub>2</sub> Max volume to be as near as optimal as possible. Chase does all of that, plus, since the difference between chasing and being chased is separated by a hair's breadth, it really prepares you for the times when you will need to be the one doing the chasing.

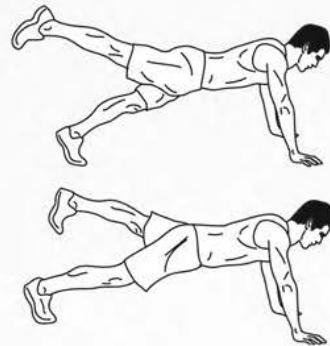
**Focus: High Burn**



# CHASE

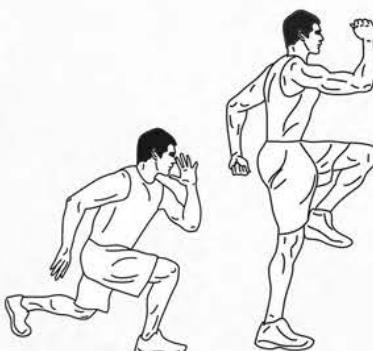
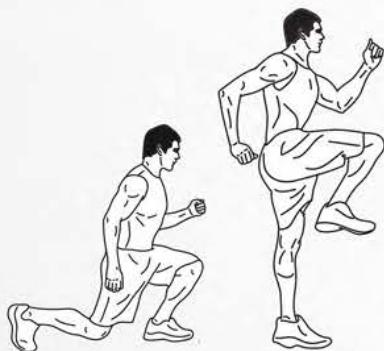
DAREBEE WORKOUT © [darebee.com](http://darebee.com)

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



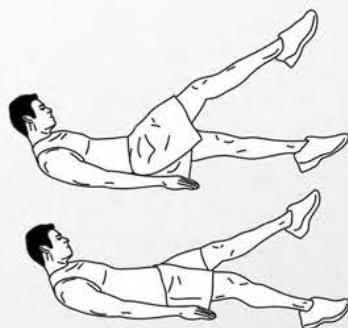
**3 combos:** 10 high knees + 4 plank leg raises

**10** hop heel clicks



**10 combos** successive lunge step-ups

**10** squat calf raises



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

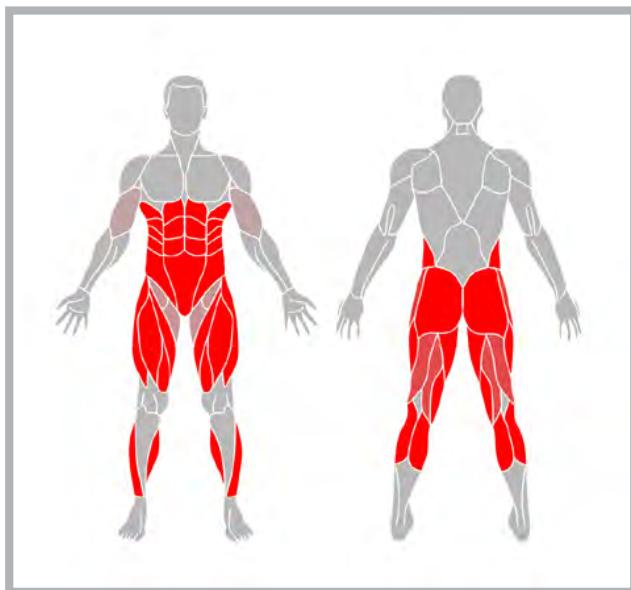
**40** flutter kicks

30

## Chimera

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

**Focus: High Burn**



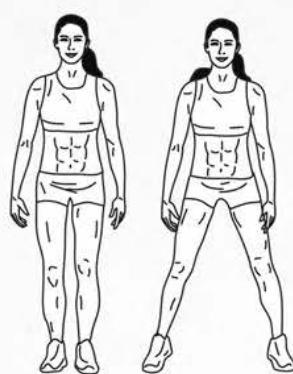
# CHIMERA

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

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



**20** side-to-side lunges



**20** combos half jack + side leg raise



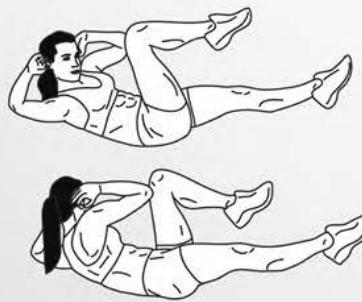
**10** butt kicks



**10** lunge step-ups



**10** jumping lunges



**10** knee-to-elbow crunches



**10-count** raised leg hold



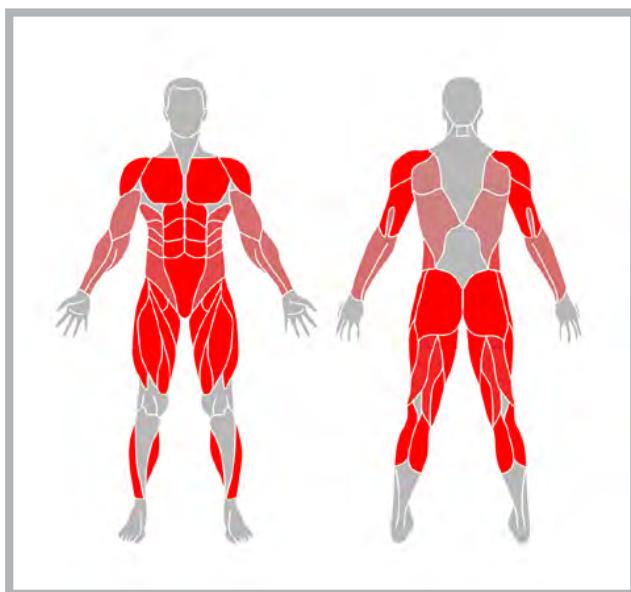
**10** raised leg circles

**31**

## Chisel

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

**Focus: High Burn**



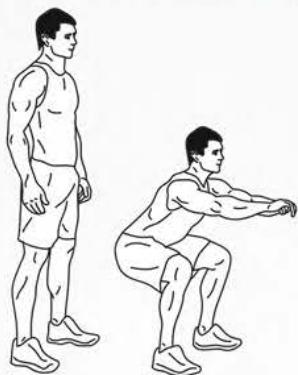
# CHISEL

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

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



**20** high knees



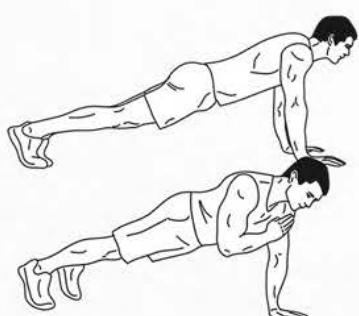
**10** squats



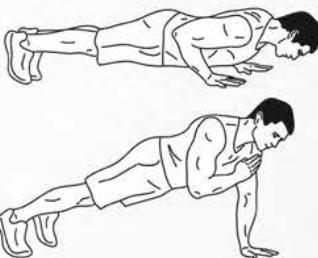
**10** jump squats



**20** high knees



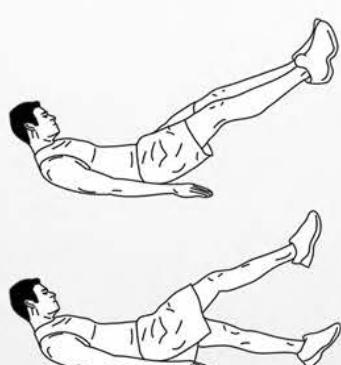
**10** shoulder taps



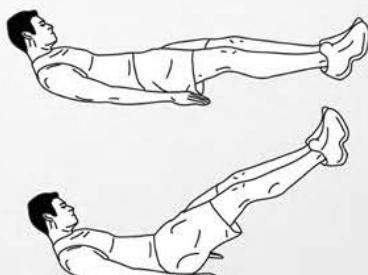
**10** shoulder tap push-ups



**20** high knees



**10** flutter kicks



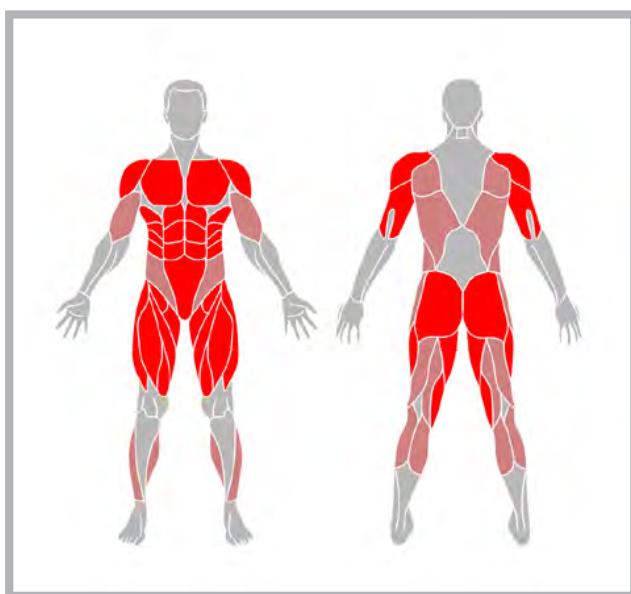
**10** leg raises

**32**

## Code Zero

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

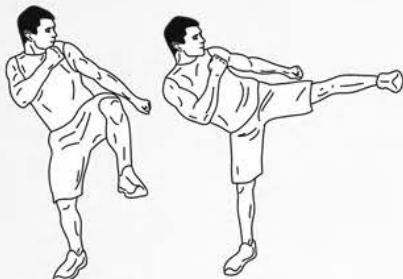
**Focus: Strength & Tone**



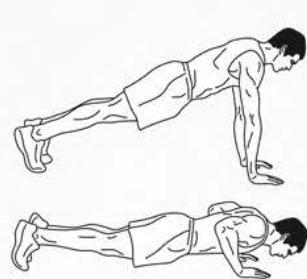
# CODE ZERO

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

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



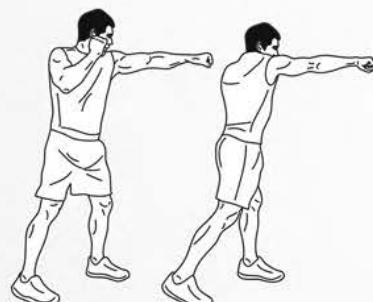
**20** side kicks



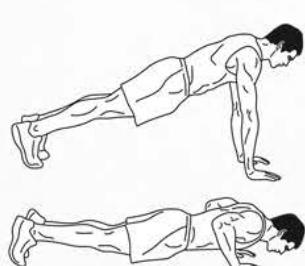
**5** push-ups



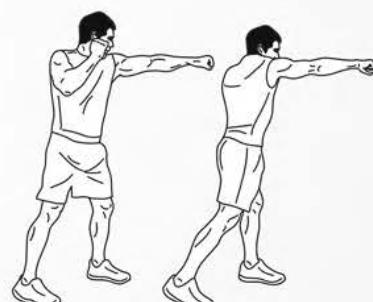
**20** side kicks



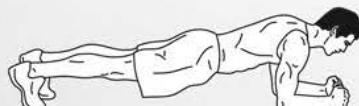
**20** punches



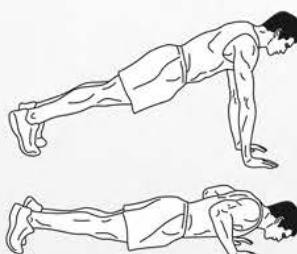
**5** push-ups



**20** punches



**20-count** elbow plank



**5** push-ups



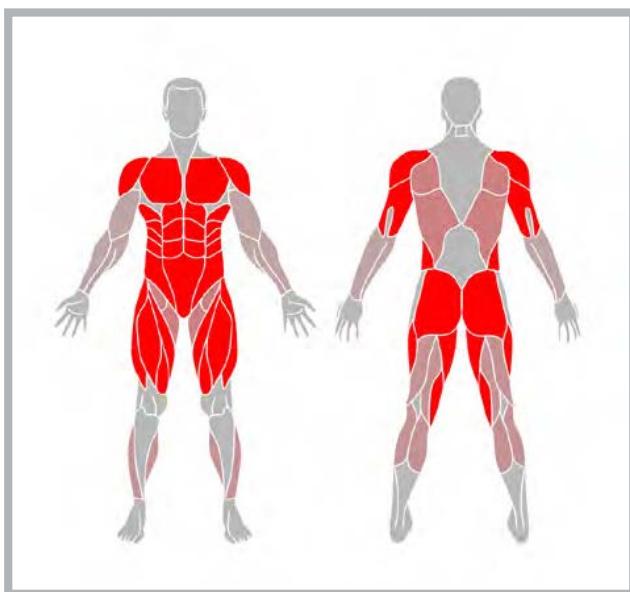
**20-count** elbow plank

**33**

## Commander

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

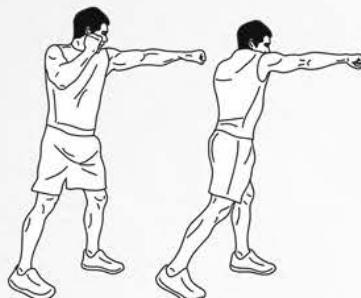
**Focus: Strength & Tone**



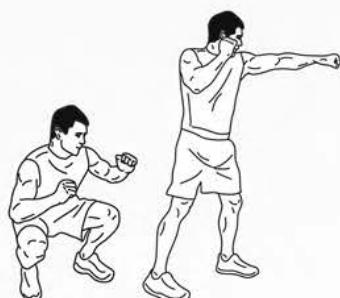
# THE COMMANDER

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

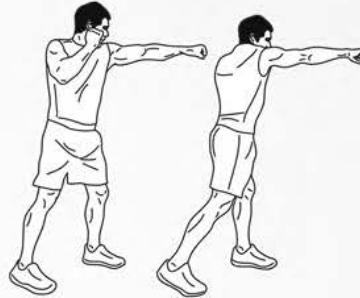
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



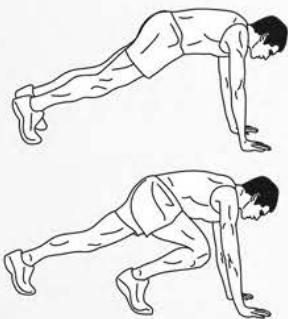
**40** jab + cross



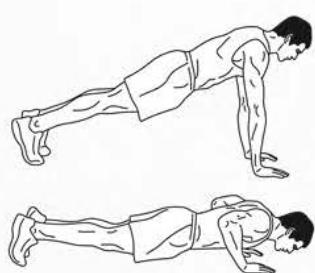
**20** squat + jab



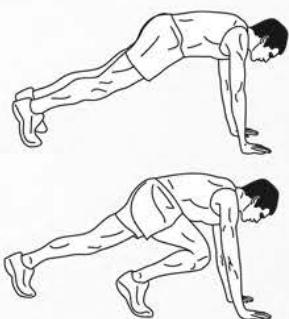
**40** jab + cross



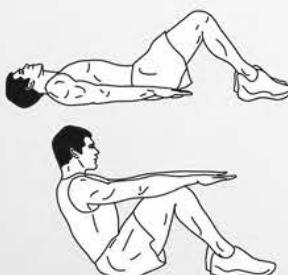
**20** slow climber



**20** push-ups



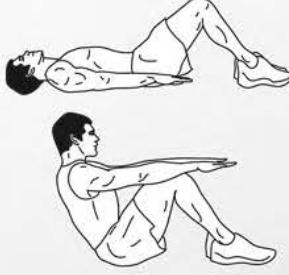
**20** slow climbers



**20** sit-ups



**20** sitting twists



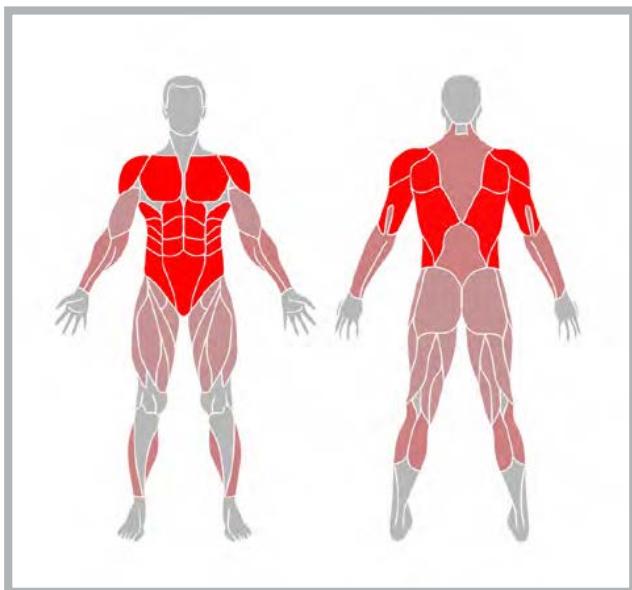
**20** sit-ups

34

## Commando

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

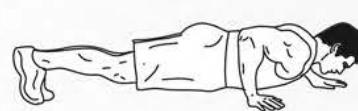
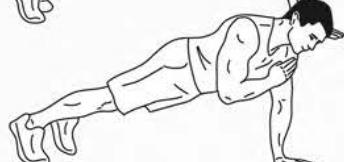
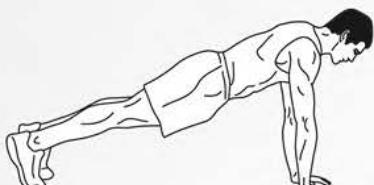
**Focus: Strength & Tone**



# COMMANDO

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

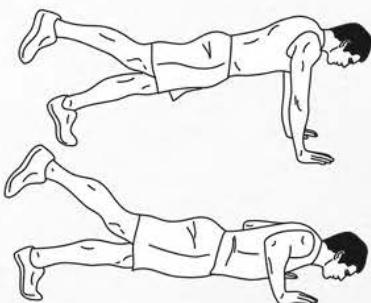
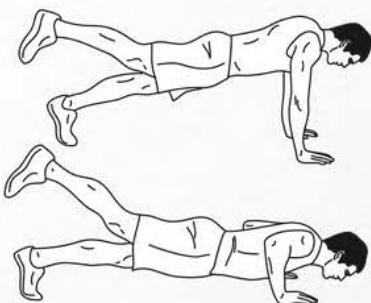
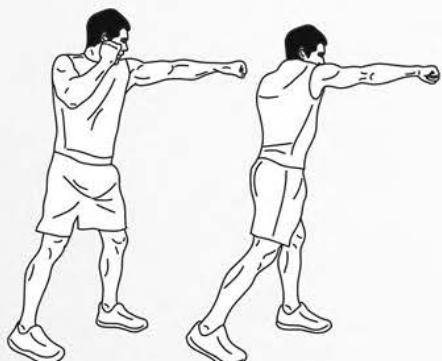
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



**to failure** push-ups

**10** shoulder taps

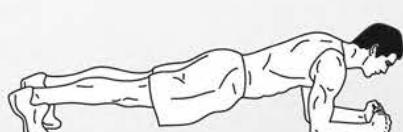
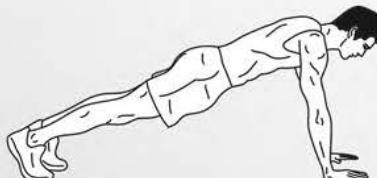
**4** staggered push-ups



**40** punches

**40** speed bag punches

**4** raised leg push-ups



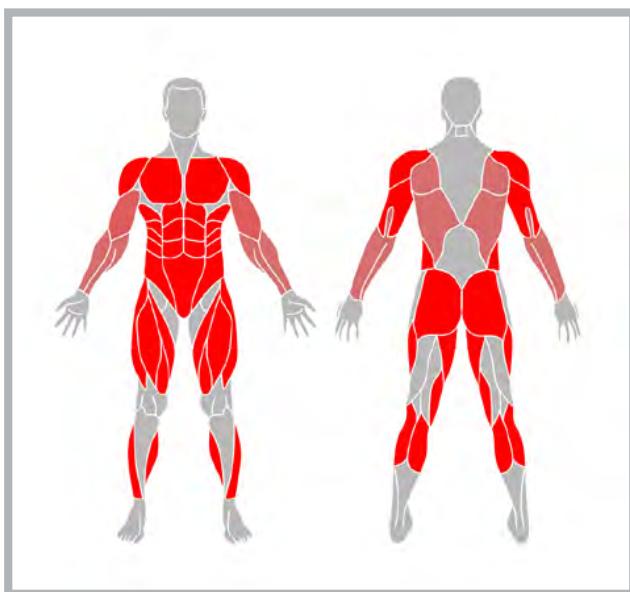
**10** up and down planks

**35**

## Conqueror

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

**Focus: Strength & Tone**



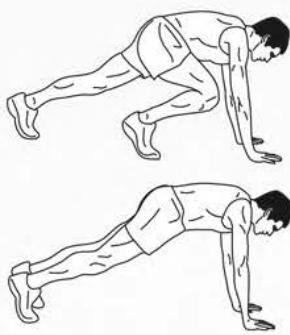
# CONQUEROR

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

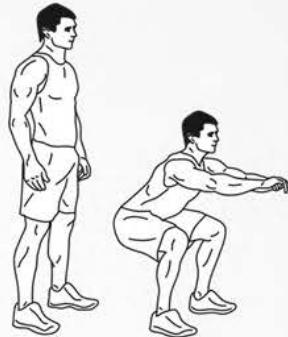
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



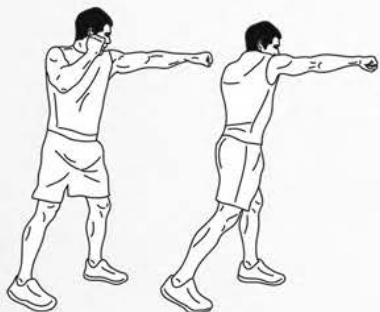
**20** squats



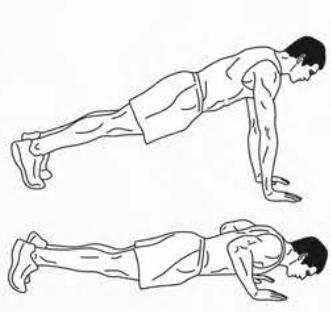
**20** slow climbers



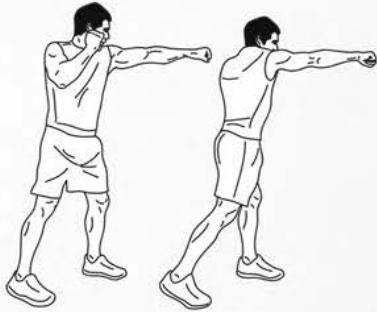
**20** squats



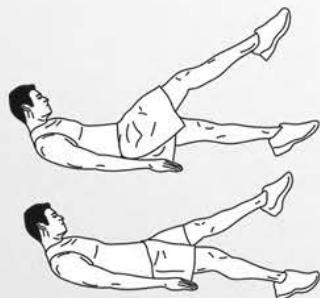
**20** punches



**20** push-ups



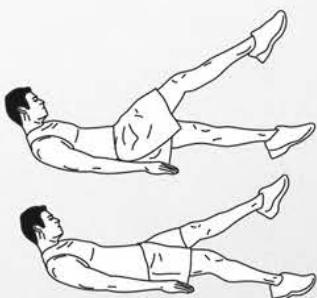
**20** punches



**20** flutter kicks



**20** sitting twists



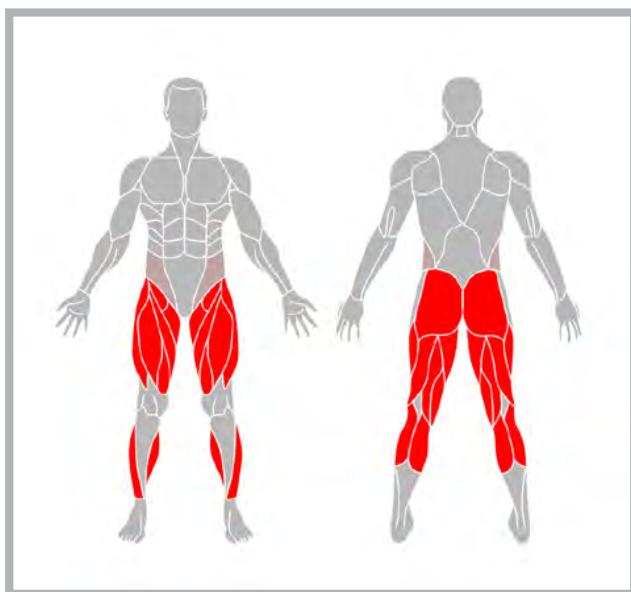
**20** flutter kicks

36

## Cossack

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

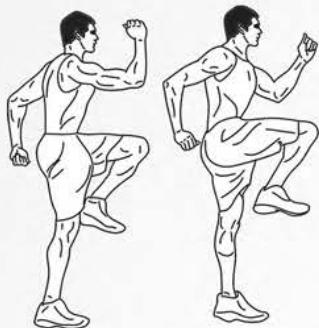
**Focus: High Burn**



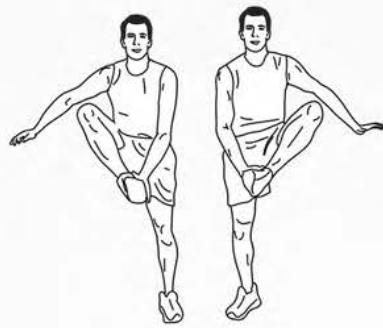
# Cossack

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

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



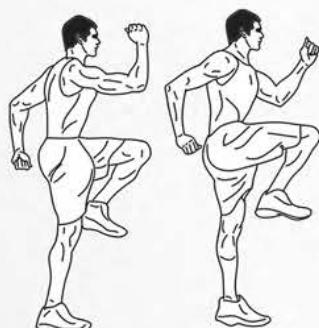
**20** march steps



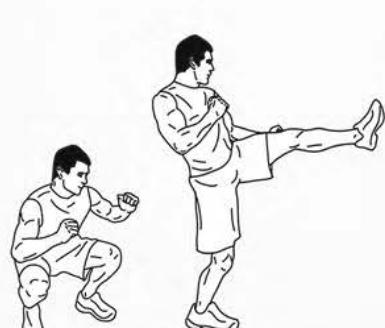
**10** toe tap hops



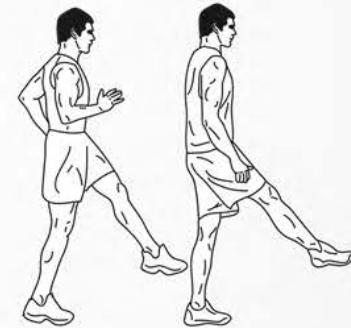
**20** straight leg bounds



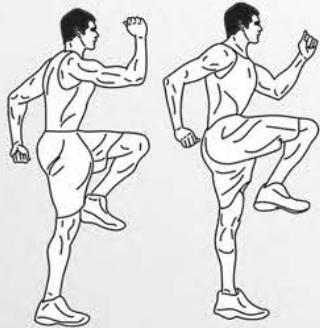
**20** march steps



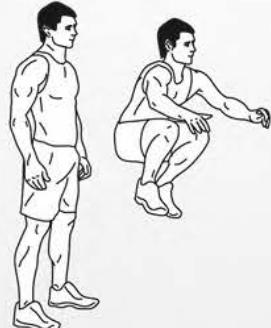
**10** squat + front kick



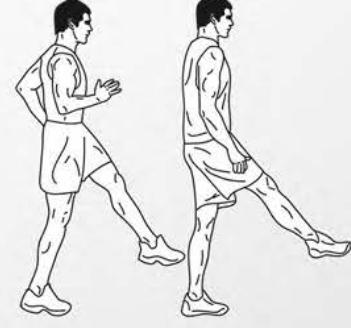
**20** straight leg bounds



**20** march steps



**10** jump knee-tucks



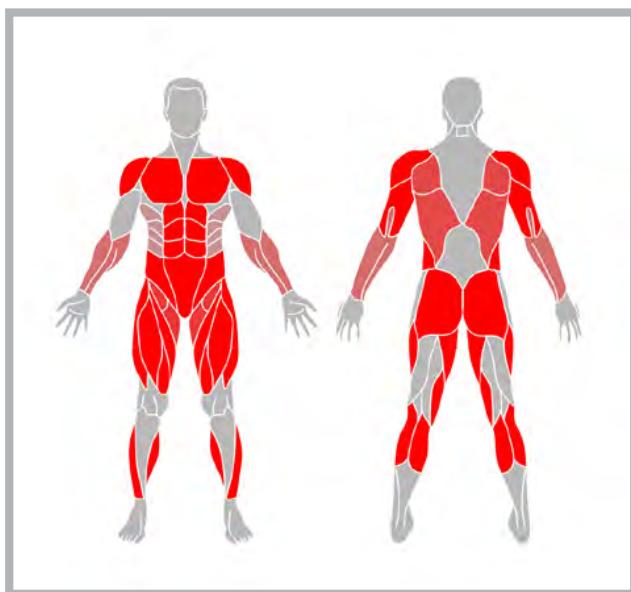
**20** straight leg bounds

**37**

## Crusher

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

**Focus: Strength & Tone**



# THE CRUSHER

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

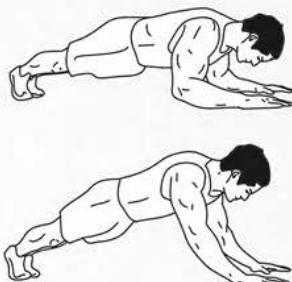
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



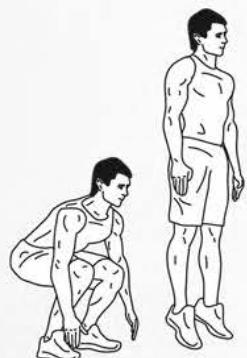
**10** jump squats



**10** lunges



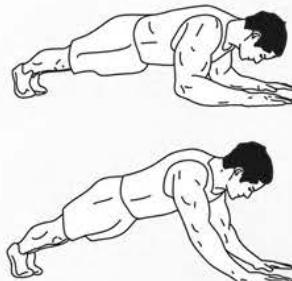
**5** tricep extensions



**10** jump squats



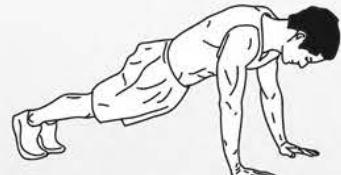
**10** calf raises



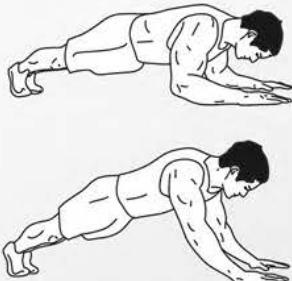
**5** tricep extensions



**10** jump squats



**30-count** plank



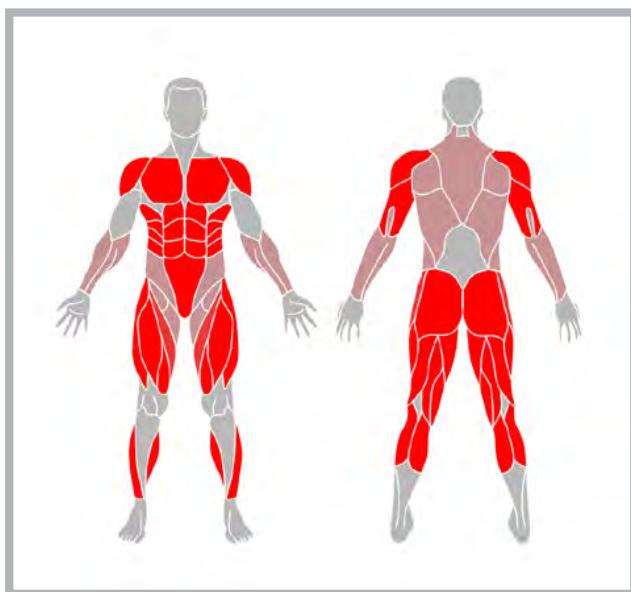
**5** tricep extensions

**38**

## Cypher

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

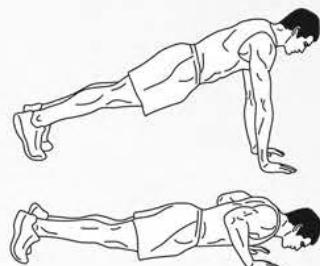
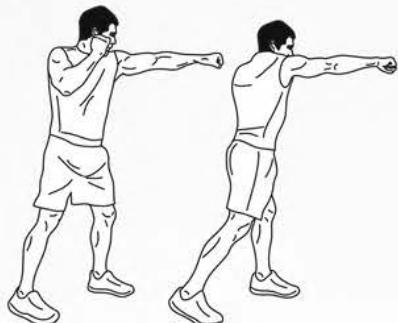
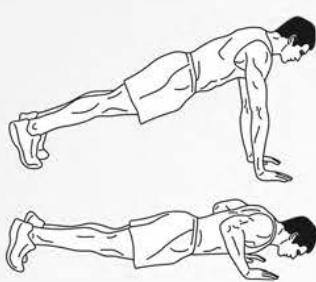
**Focus: Strength & Tone**



# CYPHER

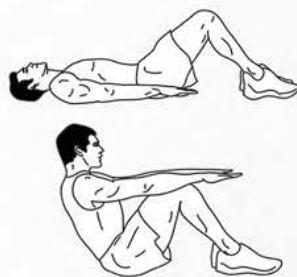
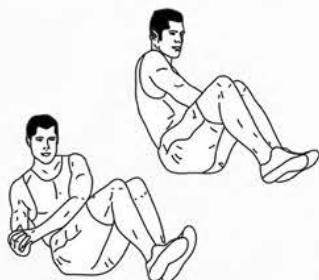
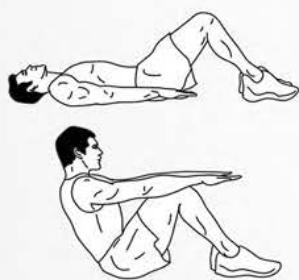
DAREBEE WORKOUT © [darebee.com](http://darebee.com)

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



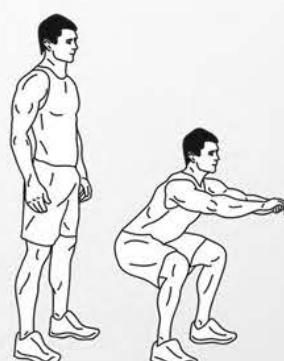
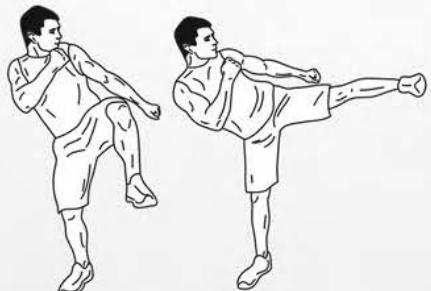
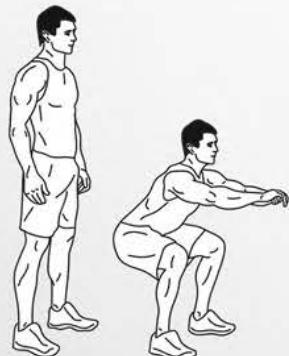
**4 combos:** 2 push-up + 10 jab + cross

10 slow push-ups



**4 combos:** 2 sit-ups + 10 sitting twists

10 slow sit-ups



**4 combos:** 2 squats + 10 side kicks

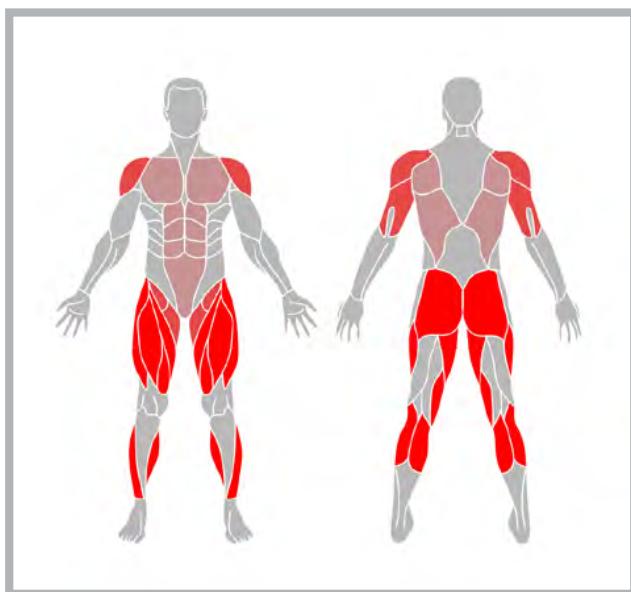
10 slow squats

39

## Damage Control

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

**Focus: High Burn, HIIT**



# DAMAGE CONTROL

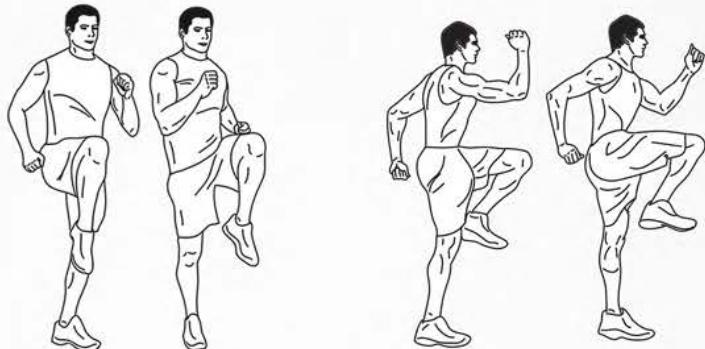
DAREBEE **HIIT** WORKOUT © [darebee.com](http://darebee.com)

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

## 3 combos:

**10sec** high knees

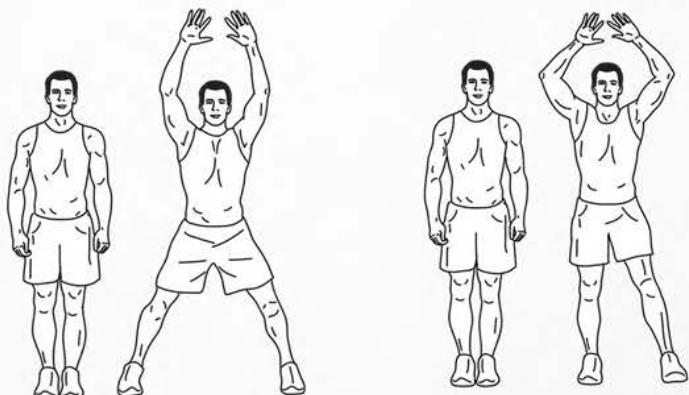
**10sec** march steps



## 3 combos:

**10sec** jumping jacks

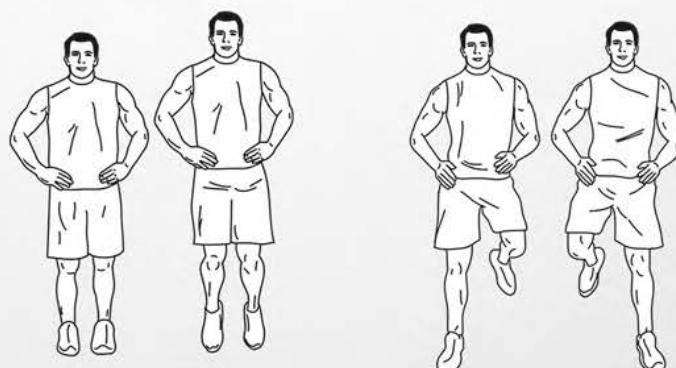
**10sec** step jacks



## 3 combos:

**10sec** hops on the spot

**10sec** side-to-side hops

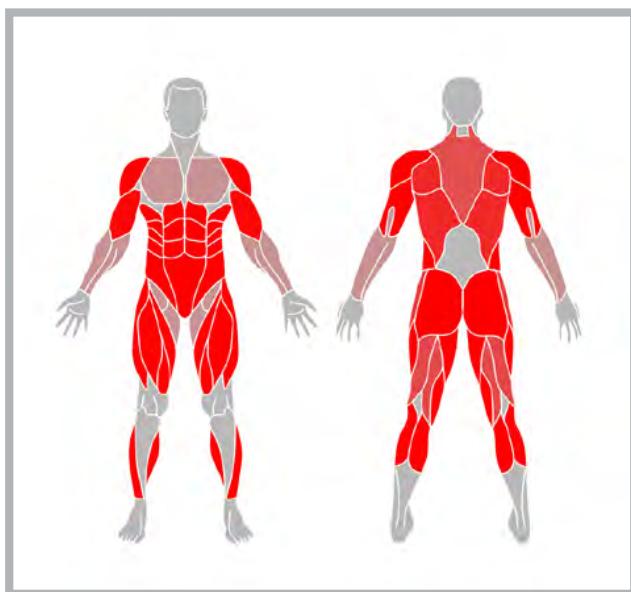


40

## Danger Zone

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

**Focus: High Burn**



# DANGER ZONE

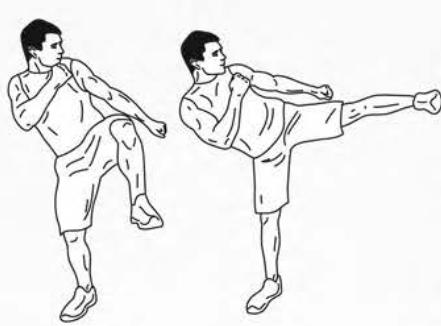
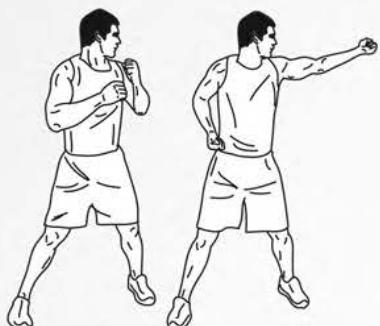
DAREBEE WORKOUT  
© [darebee.com](http://darebee.com)

LEVEL I 3 sets

LEVEL II 5 sets

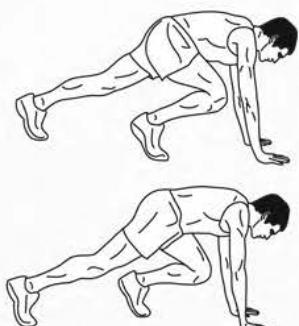
LEVEL III 7 sets

REST up to 2 minutes



**20** combos backfist + side kick

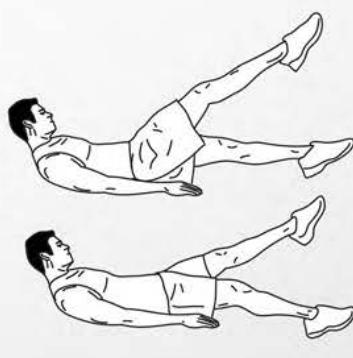
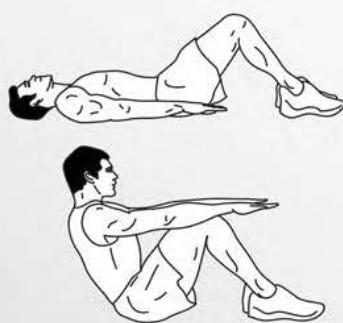
**20** squat + uppercut



**10** high knees

**10** climbers

**10** high knees



**10** sit-ups

**10** sitting twists

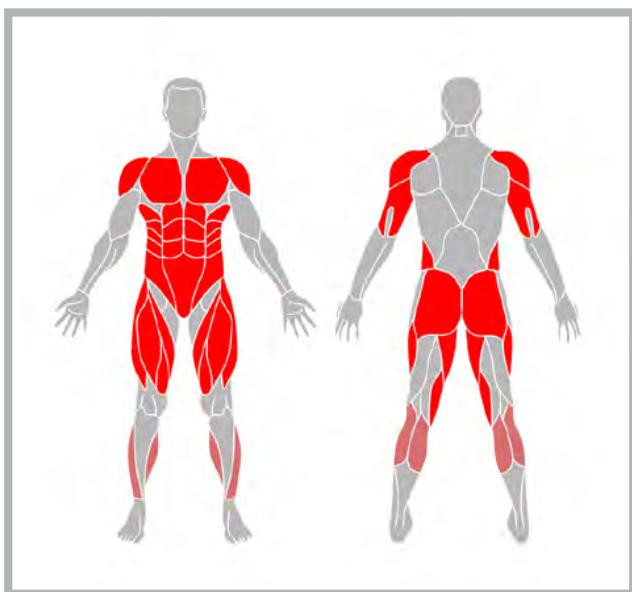
**10** flutter kicks

41

## Deadlock

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

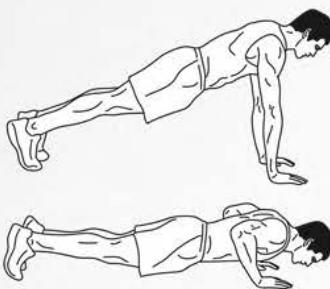
**Focus: Strength & Tone**



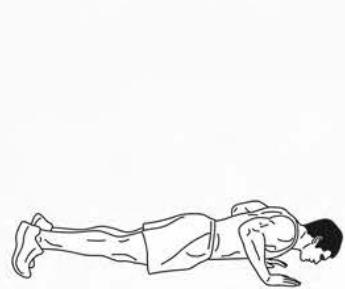
# DEADLOCK

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

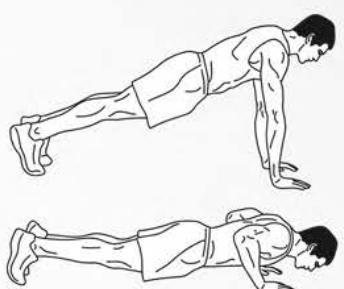
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



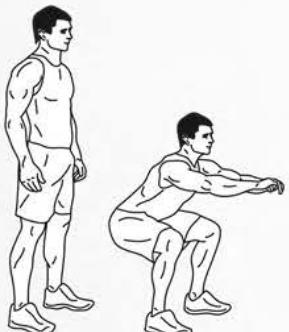
**5** push-ups



**10-count** push-up hold



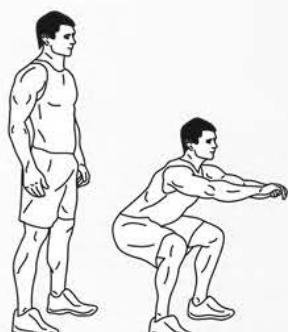
**5** push-ups



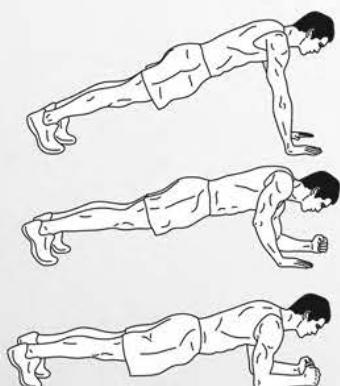
**20** squats



**20-count** squat hold



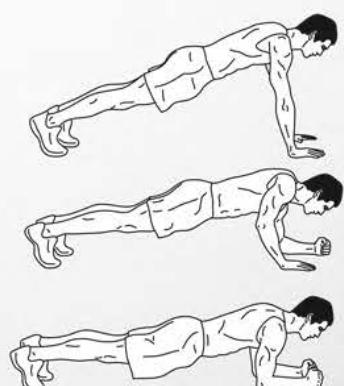
**20** squats



**5** up & down planks



**10-count** elbow plank hold



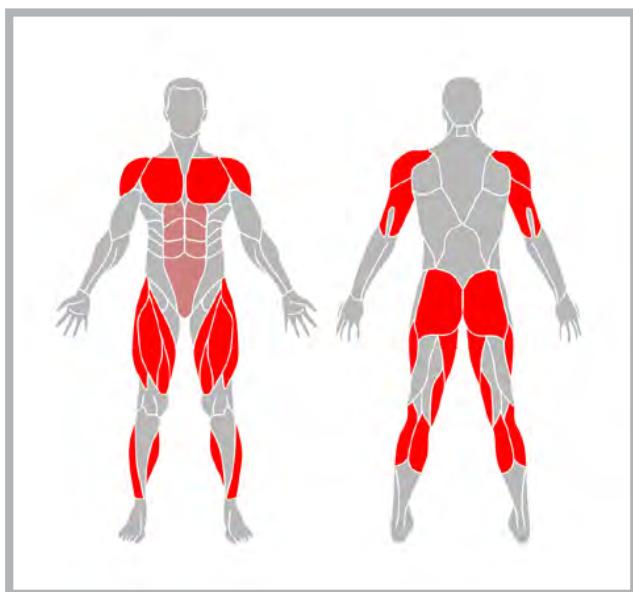
**5** up & down planks

42

## Death by Burpees

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

**Focus: High Burn**



# DEATH BYBURPEES

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

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



<b>5</b> burpees	10-count rest
<b>5</b> burpees	10-count rest
<b>10</b> burpees	20-count rest
<b>10</b> burpees	20-count rest
<b>5</b> burpees	10-count rest
<b>5</b> burpees	rest

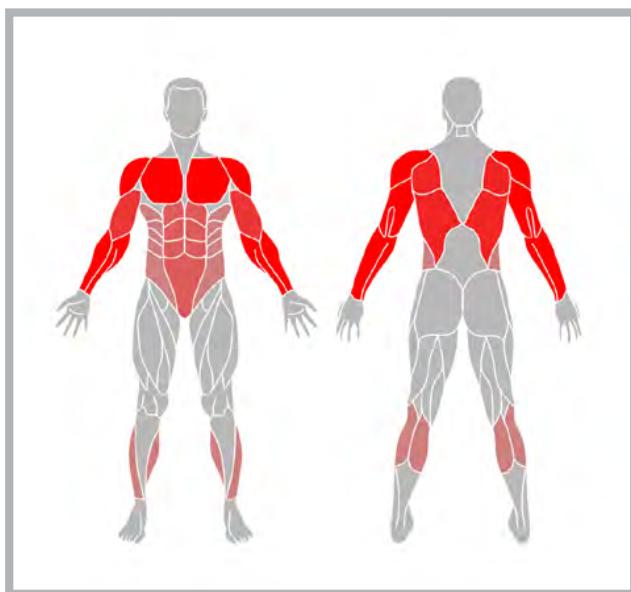
*Hint: 10-count rest means count to ten and resume*

43

## Demolition

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

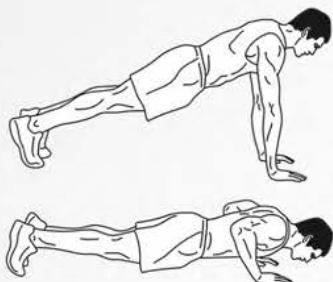
**Focus: Strength & Tone**



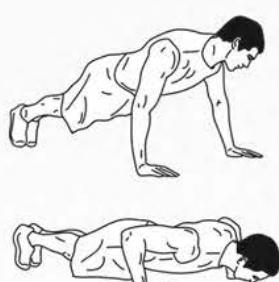
# DEMOLITION

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

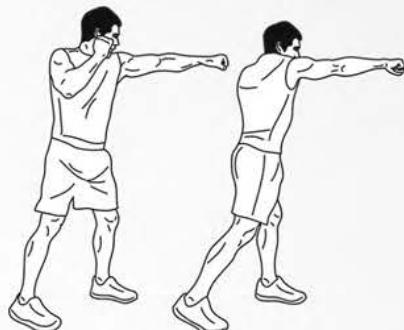
**LEVEL I** 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** up to 2 minutes



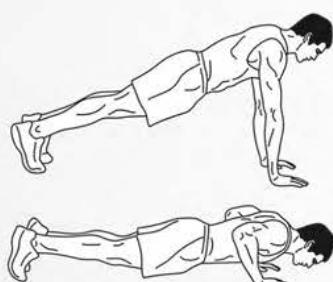
**5** classic push-ups



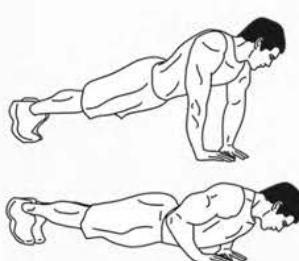
**5** wide grip push-ups



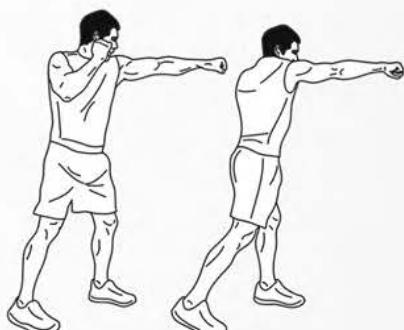
**40** punches



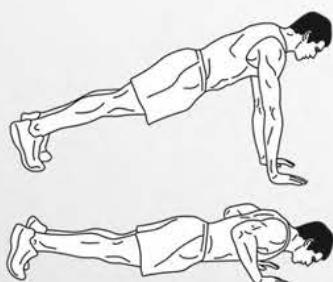
**5** classic push-ups



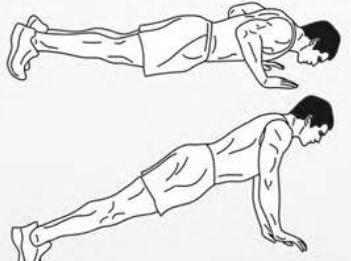
**5** close grip push-ups



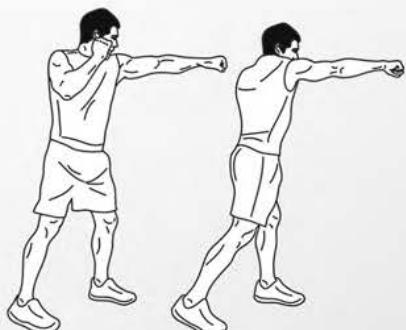
**40** punches



**5** classic push-ups



**5** power push-ups



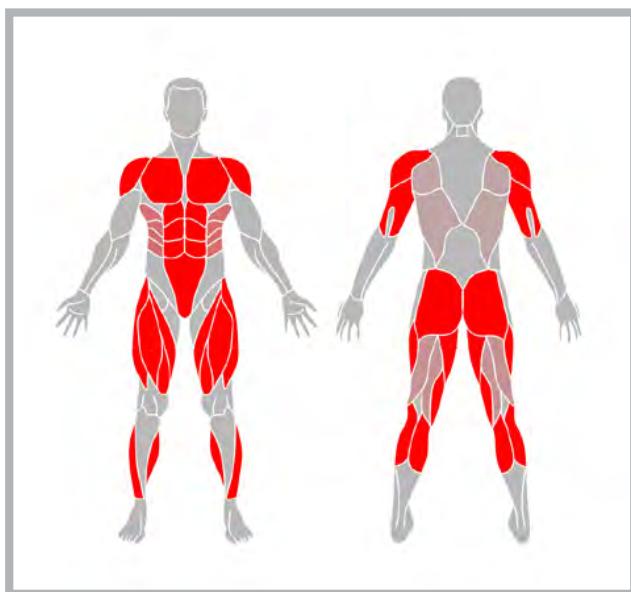
**40** punches

44

## Dirty 30

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

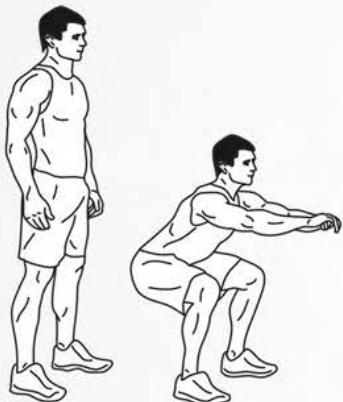
**Focus: Strength & Tone**



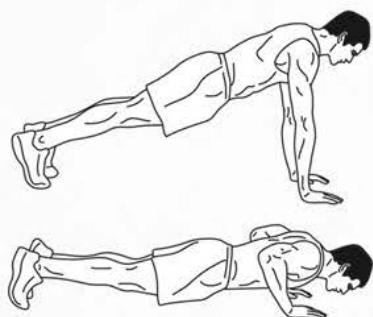
# DIRTY 30

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

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



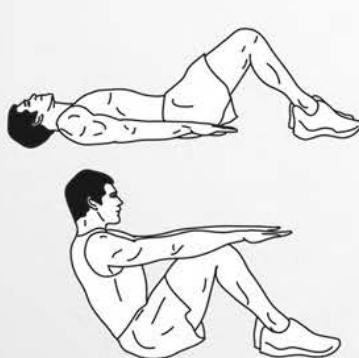
**30** squats



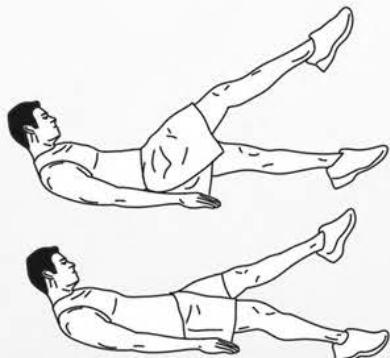
**30** push-ups



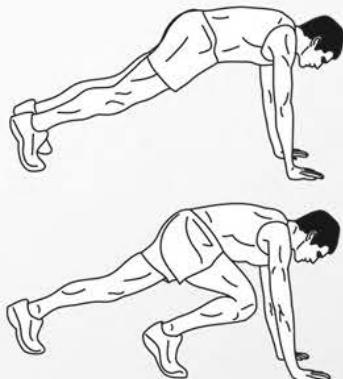
**30** lunges



**30** sit-ups



**30** flutter kicks



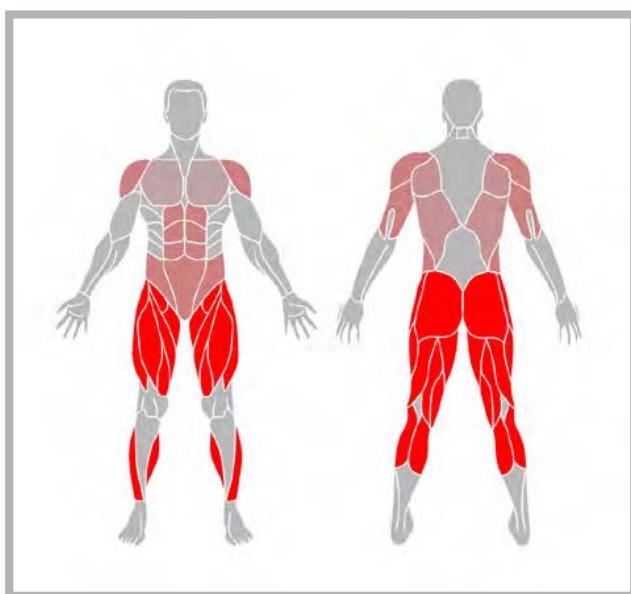
**30** climbers

45

## Double Dash

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

**Focus: High Burn**



# double dash

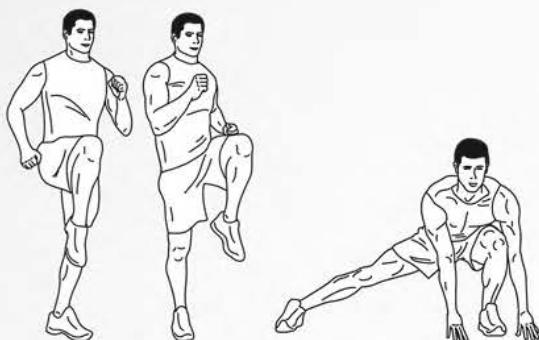
DAREBEE WORKOUT  
© [darebee.com](http://darebee.com)

LEVEL I 3 sets

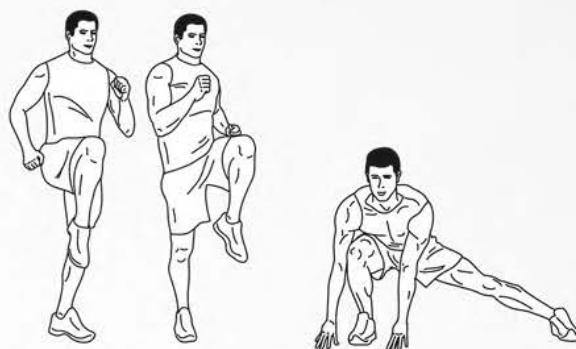
LEVEL II 5 sets

LEVEL III 7 sets

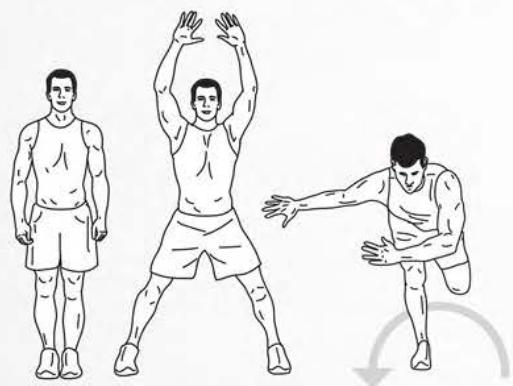
REST up to 2 minutes



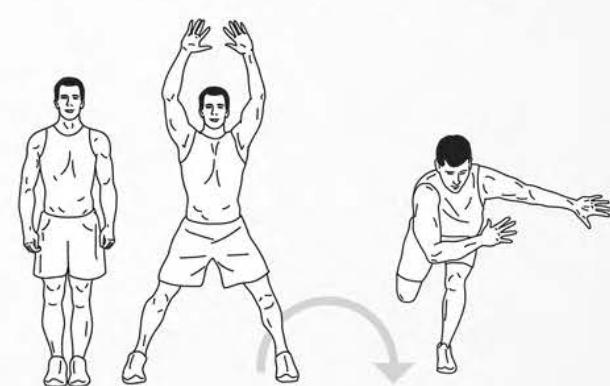
**40** high knees      deep side lunge



**40** high knees      deep side lunge



**20** jumping jacks      jump to the side



**20** jumping jacks      jump to the side



**40** high knees      jump knee tuck



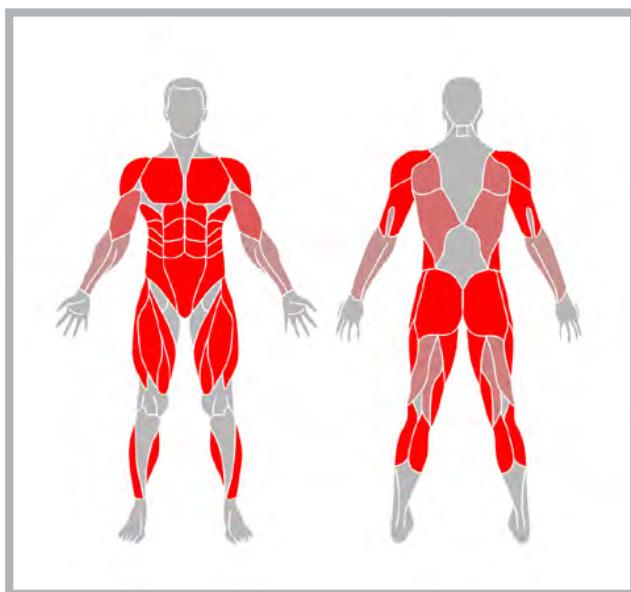
**40** high knees      jump knee tuck

46

## Ender

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

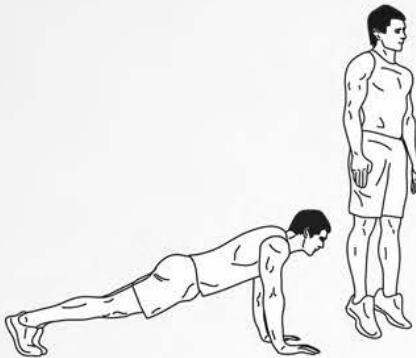
**Focus: High Burn**



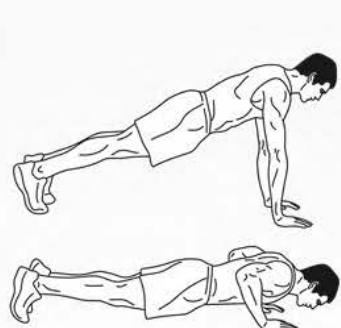
# ENDER

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

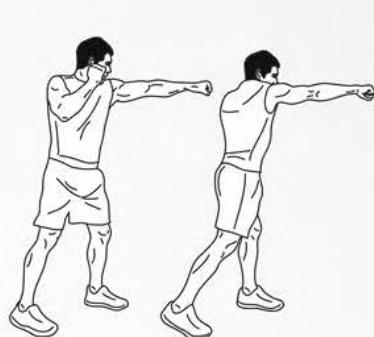
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



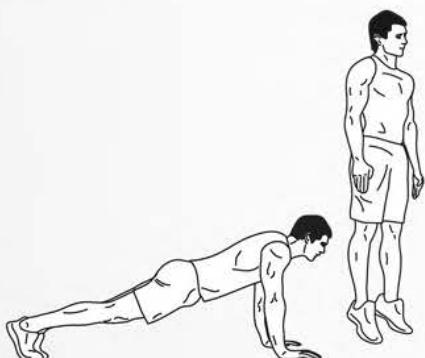
**10** basic burpees w/ jump



**5** push-ups



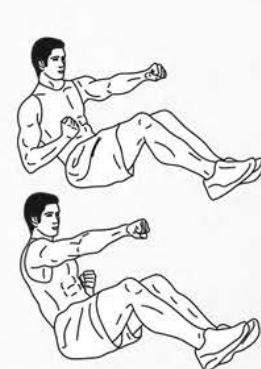
**20** punches



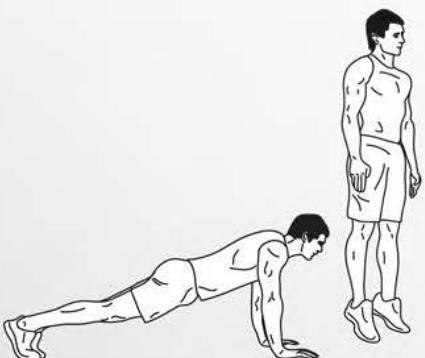
**10** basic burpees w/ jump



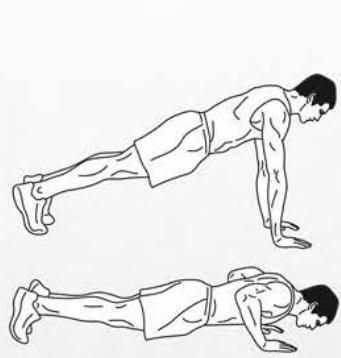
**5** sit-ups



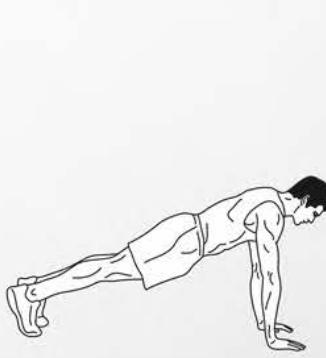
**20** sitting punches



**10** basic burpees w/ jump



**5** push-ups



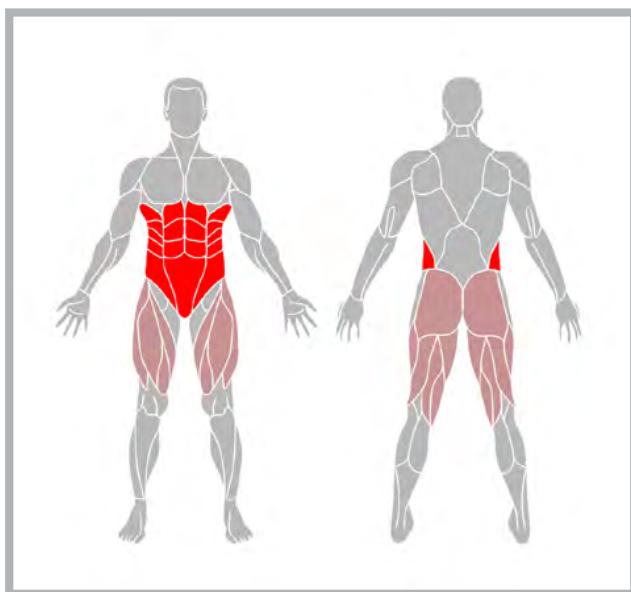
**20sec** plank

47

## Express Abs

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

### Focus: Abs



# express abs

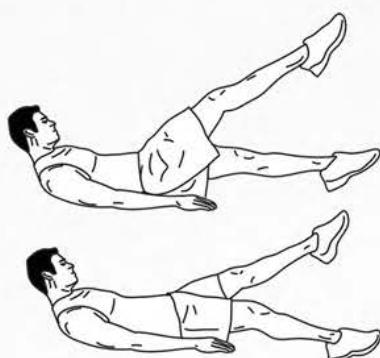
REPEAT ONCE | DAREBEE WORKOUT © [darebee.com](https://darebee.com)

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

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



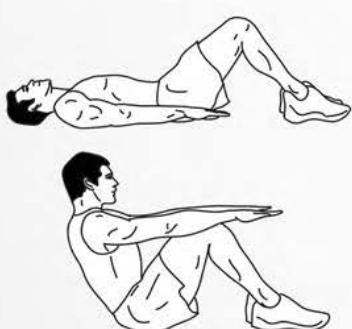
sit-ups



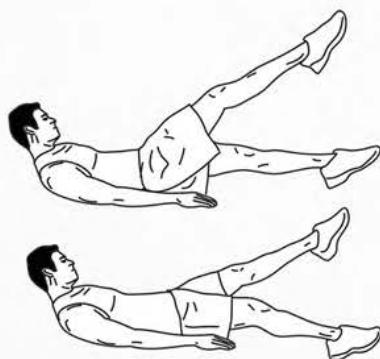
flutter kicks



crunch hold



sit-ups



flutter kicks



raised leg hold



sit-ups



sitting twists



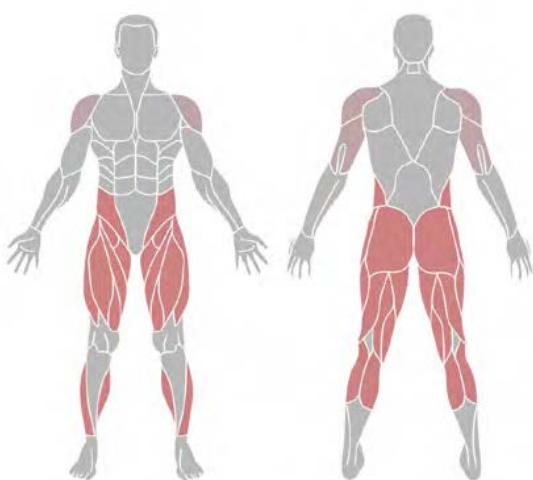
hollow hold

# 48

# Finisher

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

## Focus: Stretching



# THE FINISHER

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



**20sec** stretch



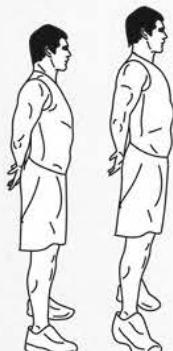
**20sec** stretch



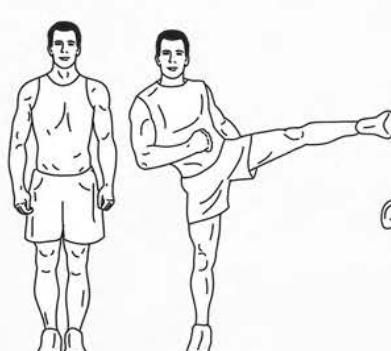
**20sec** stretch



**20sec** stretch



**20** calf raises



**40** side leg raises



**40** side leg swings



**combo:** **10sec** each, then change legs

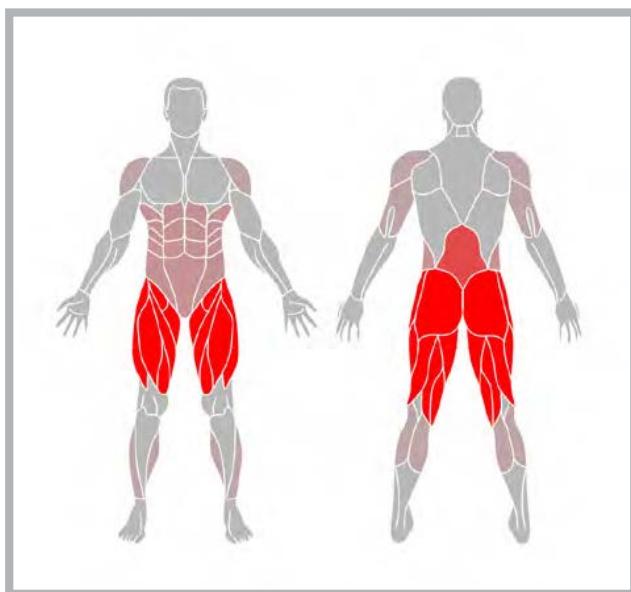
**20** side-to-side lunges, toes up

49

## Finish Line

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

### Focus: Stretching

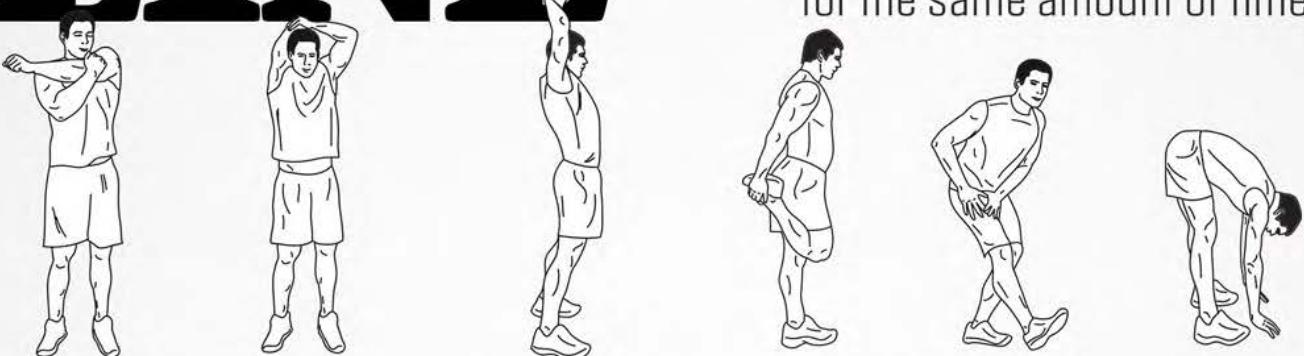


# FINISH LINE

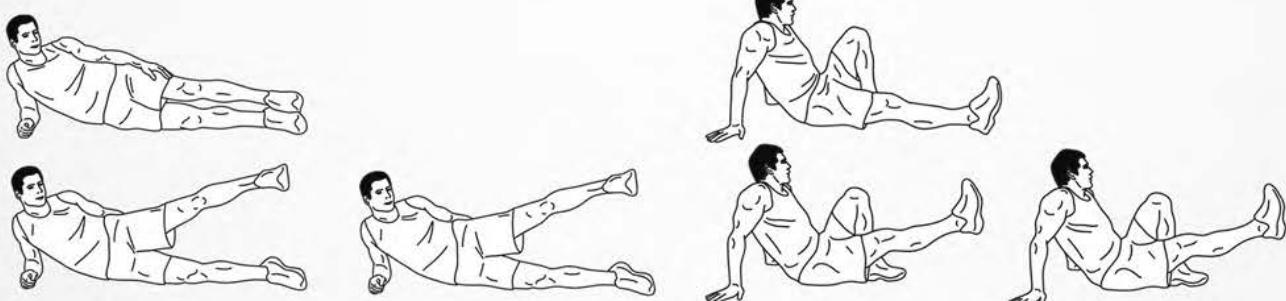
UNIVERSAL  
COOLDOWN  
BY DAREBEE

© [darebee.com](http://darebee.com)

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



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



**1min** side leg raises + **30sec** hold

**1min** leg raises + **30sec** hold



**10sec** reach

**10sec** reach

**10sec** stretch

**10sec** reach

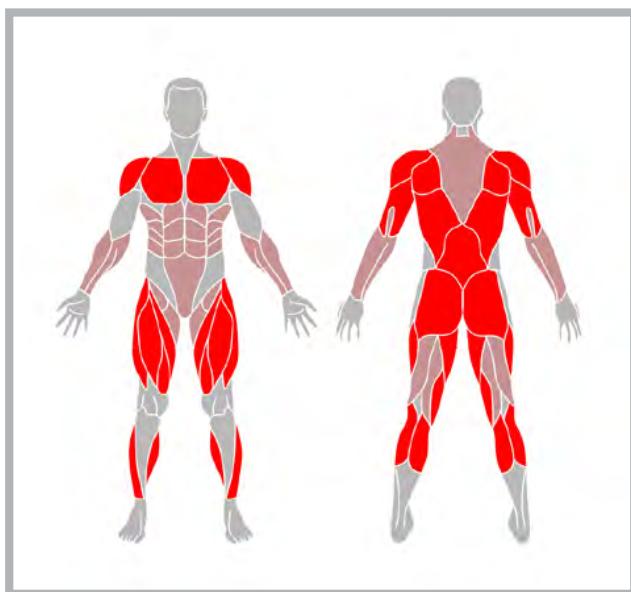
**10sec** stretch

50

## Free Fall

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

**Focus: High Burn, HIIT**



# FREE FALL

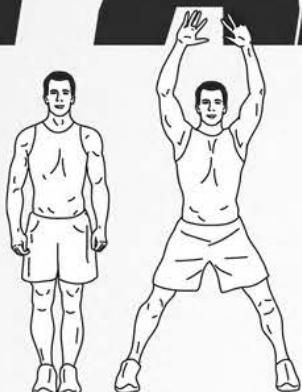
DAREBEE **HIIT** WORKOUT  
© [darebee.com](http://darebee.com)

**Level I** 3 sets

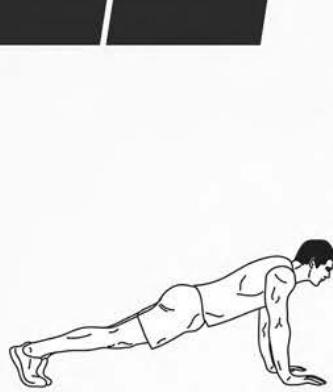
**Level II** 5 sets

**Level III** 7 sets

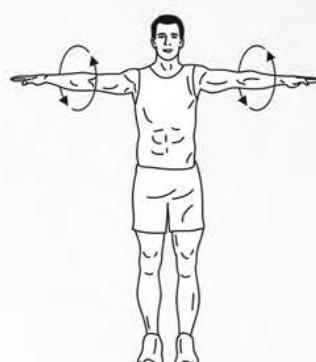
2 minutes rest between sets



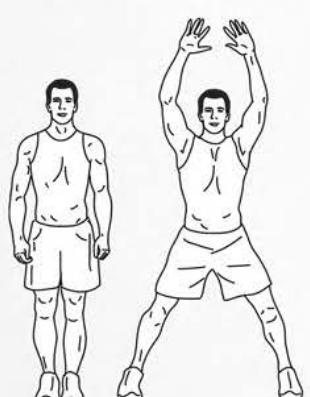
**30sec** jumping jacks



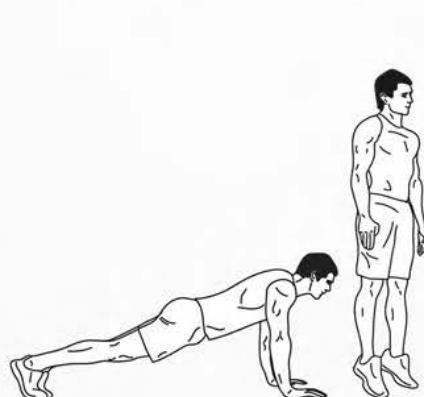
**30sec** basic burpees



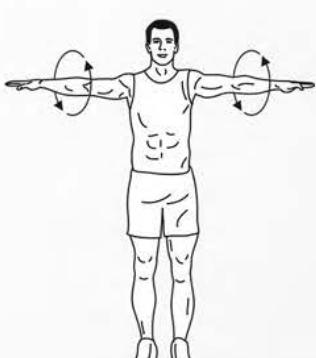
**30sec** raised arm circles



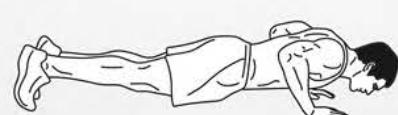
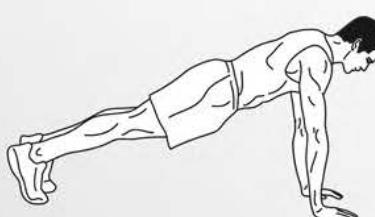
**30sec** jumping jacks



**30sec** basic burpees



**30sec** raised arm circles



**20sec** push-up into back extension

+

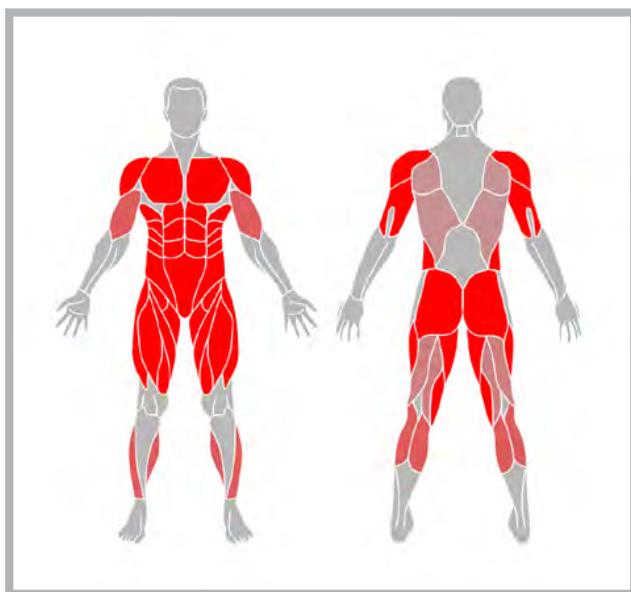
**10sec** back extension hold

**51**

## Fullbody Render

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

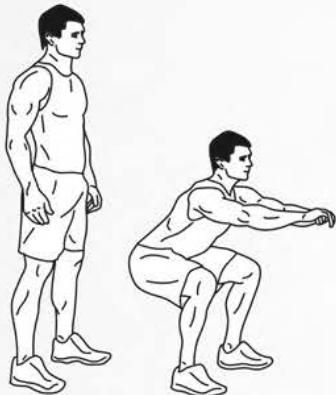
**Focus: Strength & Tone**



# FULLBODY RENDER

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

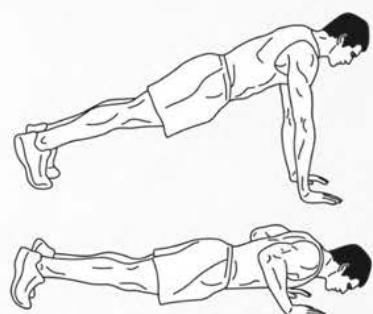
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



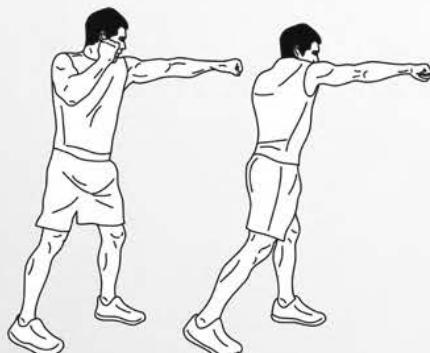
**40** squats



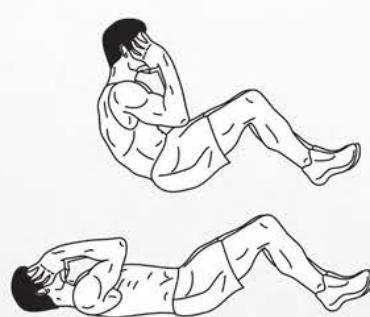
**40** lunges



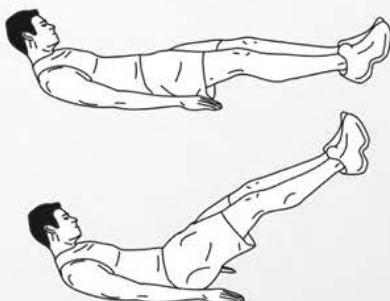
**20** push-ups



**40** punches



**20** sit-ups



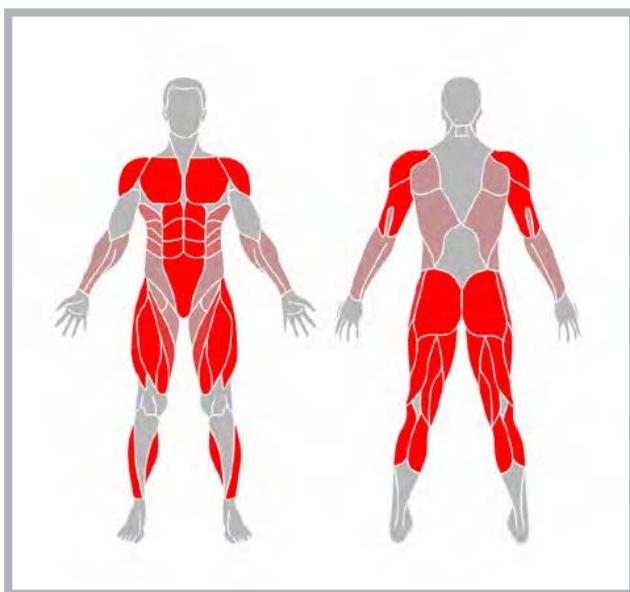
**20** leg raises

52

## Gambit

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

**Focus: Strength & Tone**



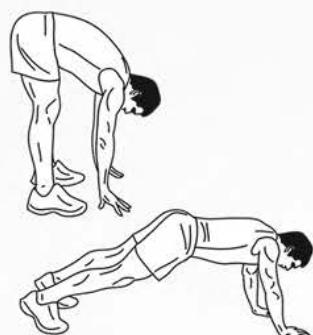
# GAMBIT

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

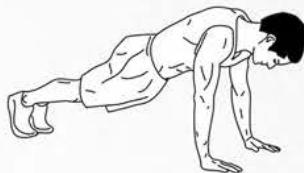
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



**20** squats



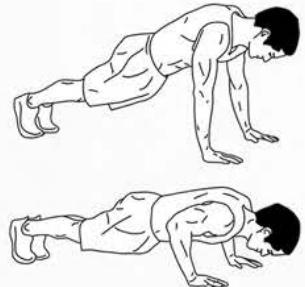
**6** plank walk-outs



**10-count** plank hold



**20** squats



**6** slow push-ups



**10-count** plank hold



**20** squats



**6** plank-into-lunges



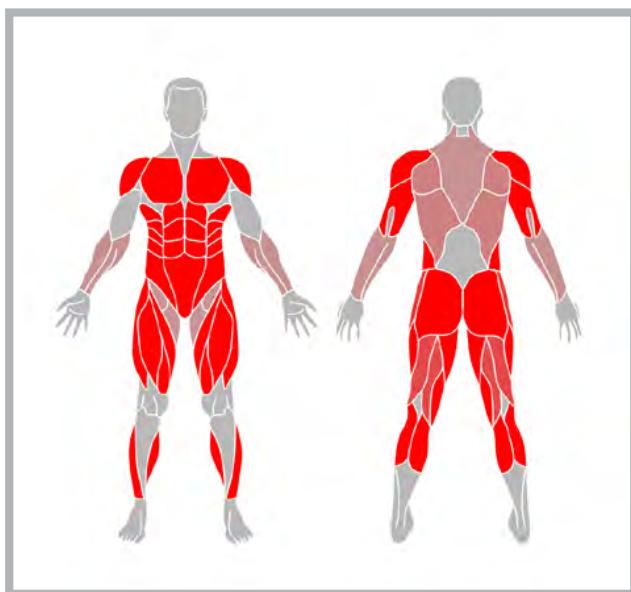
**10-count** plank hold

53

## Heist

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

**Focus: High Burn**



# THE HEIST

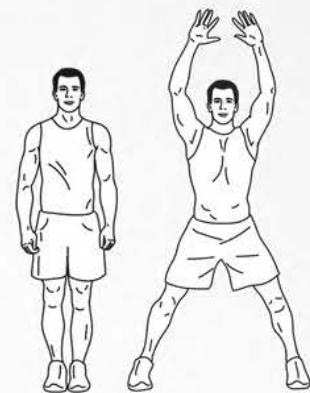
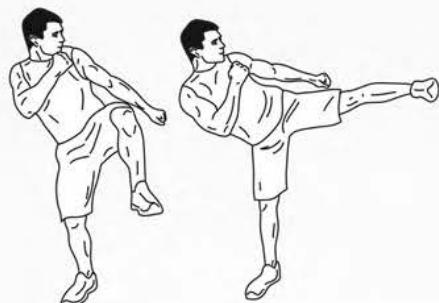
DAREBEE WORKOUT  
© [darebee.com](http://darebee.com)

LEVEL I 3 sets

LEVEL II 5 sets

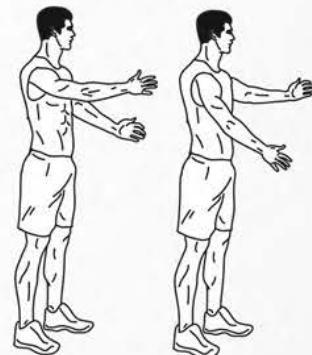
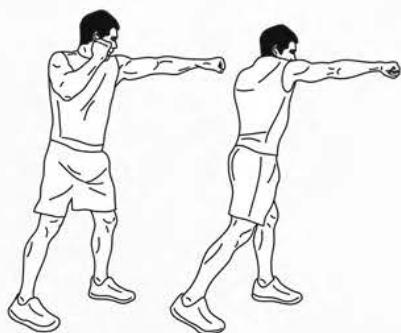
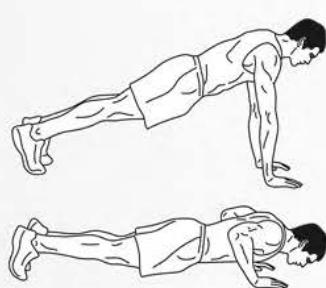
LEVEL III 7 sets

REST up to 2 minutes



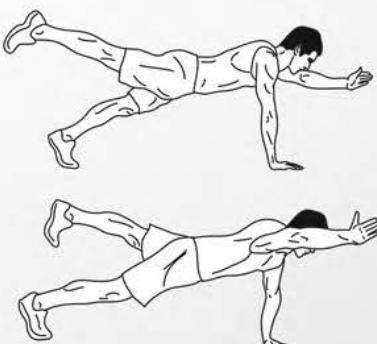
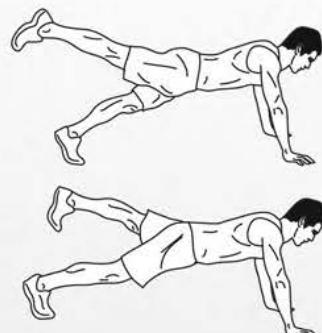
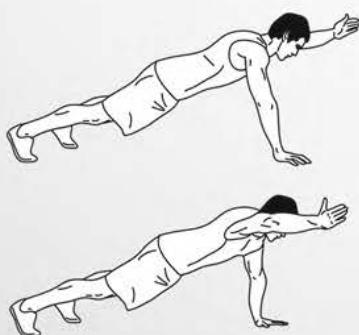
**10** combos: 1 squat + 2 double side kicks

**10** jumping jacks



**10** combos: 1 push-ups + 4 punches

**10** scissor chops



**10** plank arm raises

**10** plank leg raises

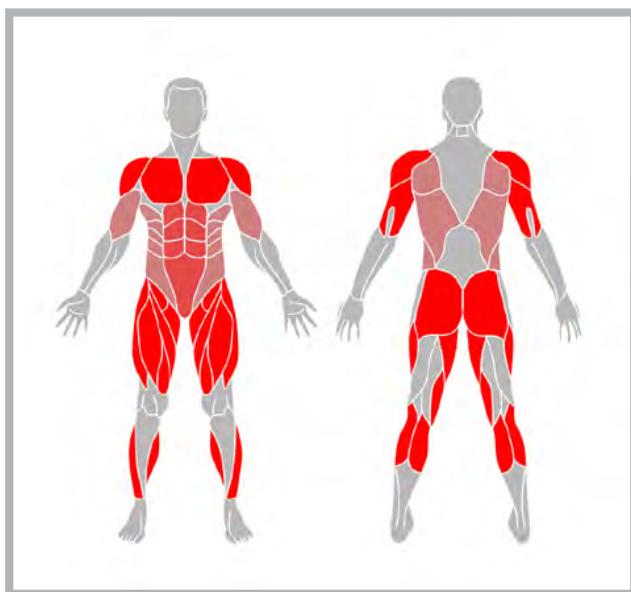
**10** plank alt arm/leg raises

**54**

## Hell Diver

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

**Focus: High Burn**



# HELL DIVER

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

**Level I** 3 sets

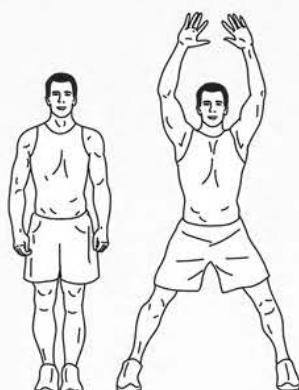
**Level II** 5 sets

**Level III** 7 sets

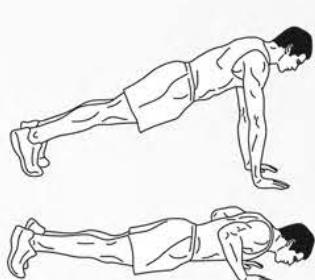
2 minutes rest



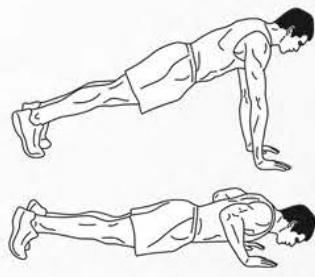
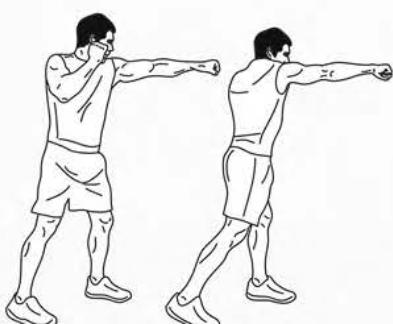
**40** high knees



**20** jumping jacks



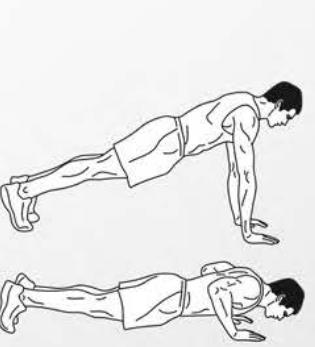
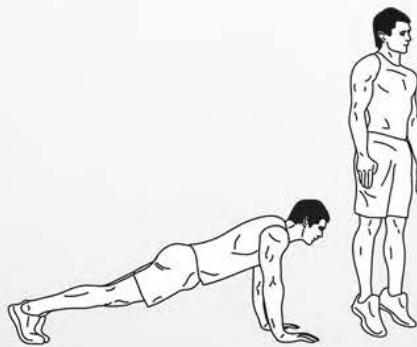
**10** push-ups



**40** high knees

**20** punches

**10** push-ups



**40** high knees

**20** basic burpees

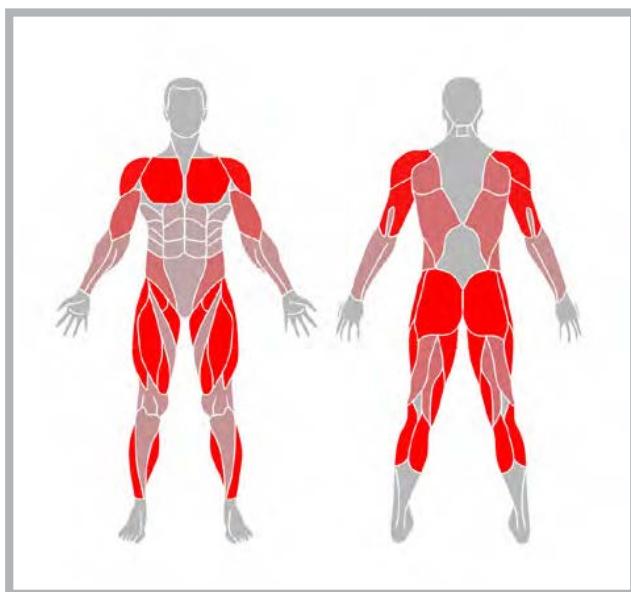
**10** push-ups

55

## Hell Raider

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

**Focus: High Burn**



# Hell Raider

"ONE HELL OF A RAID DAREBEE WORKOUT © [darebee.com](http://darebee.com)

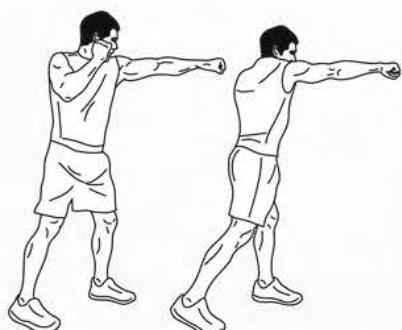
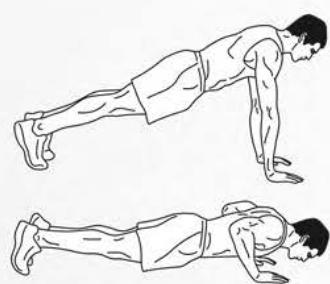
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** squat + side chop



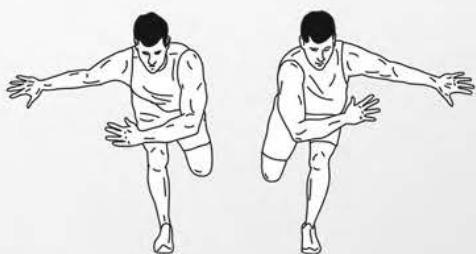
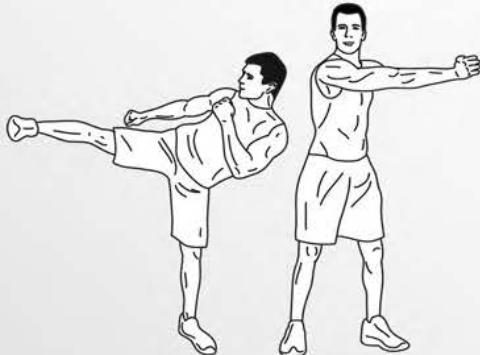
**4 combos:** **10** high knees + **2** jump knee tucks



**10** push-ups



**4 combos:** **10** punches + **2** hooks



**20** side kick + side chop

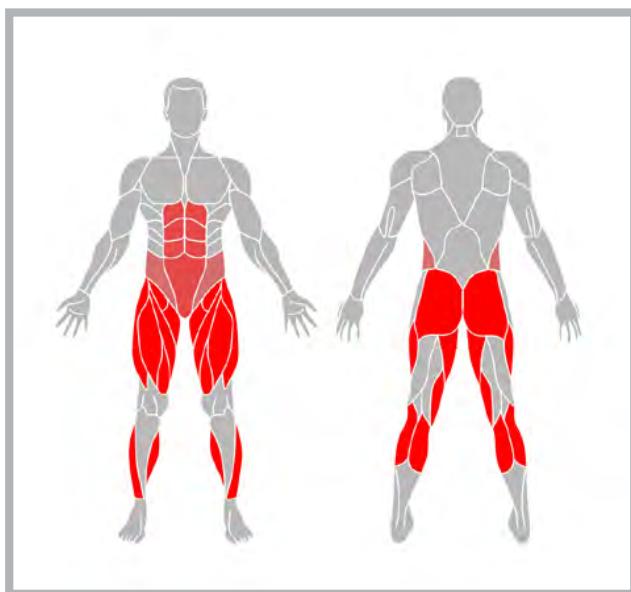
**4 combos:** **10** high knees + **2** side-to-side jumps

56

## Hightail

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

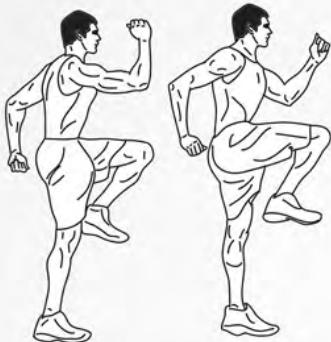
**Focus: High Burn**



# HIGH TAIL

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

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



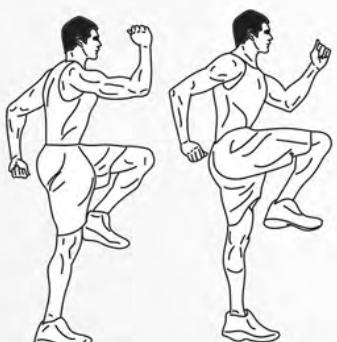
**40** march steps



**40** high knees



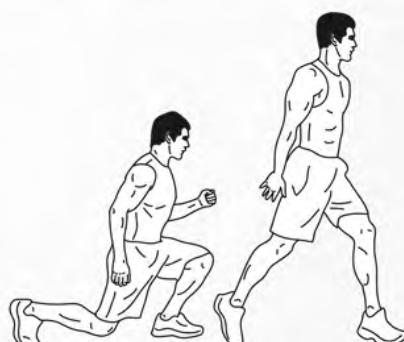
**10** jump squats



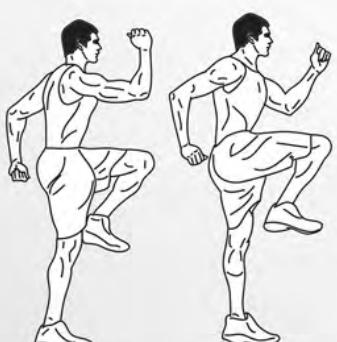
**40** march steps



**40** high knees



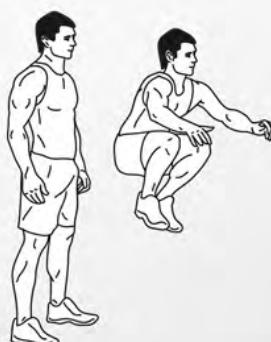
**10** jumping lunges



**40** march steps



**40** high knees



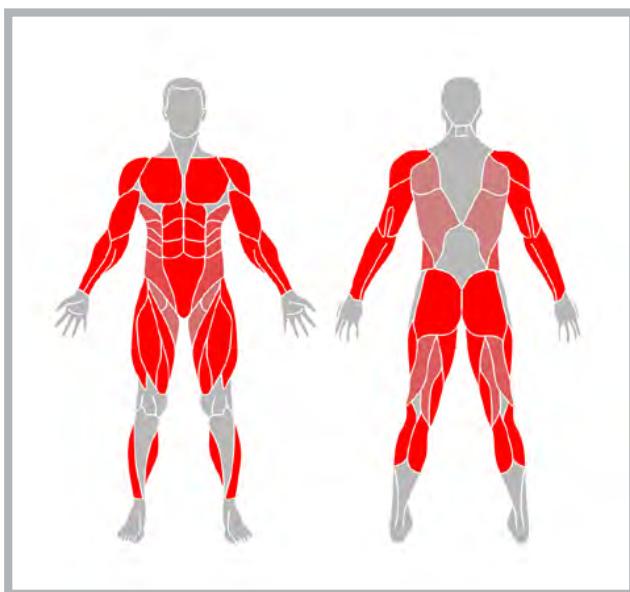
**10** jump knee tucks

57

## Hunter

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

**Focus: Strength & Tone**



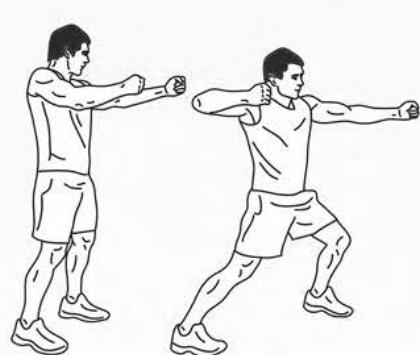
# HUNTER

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

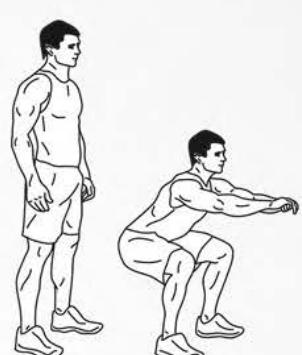
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



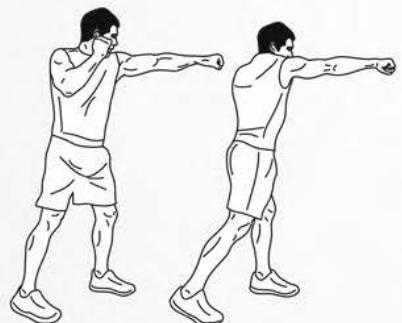
**10** lunges



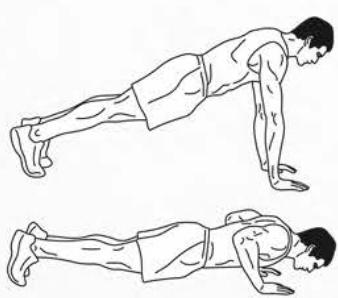
**20** archer lunges



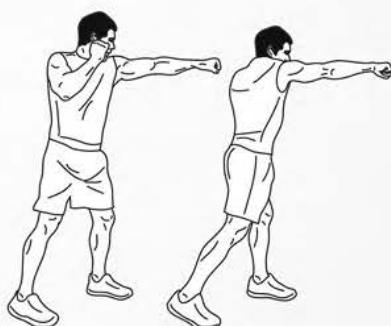
**20** squats



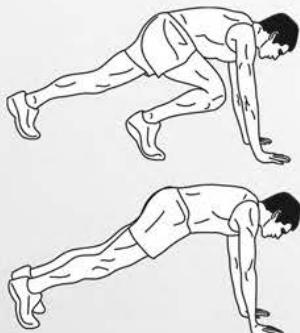
**40** punches



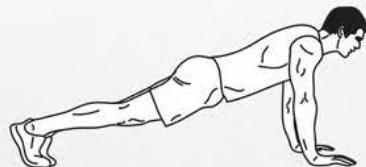
**10** push-ups



**40** punches



**10** climbers



**20-count** plank



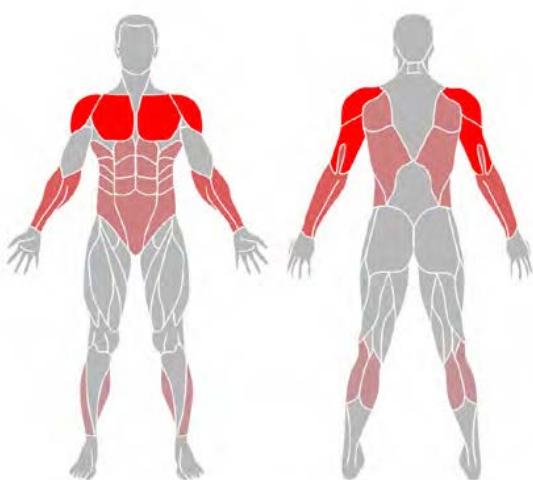
**20-count** elbow plank

**58**

## Huntsman

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

**Focus: Strength & Tone**



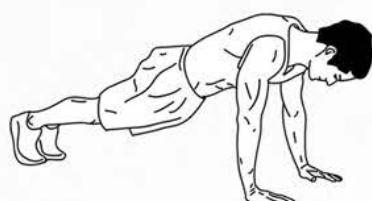
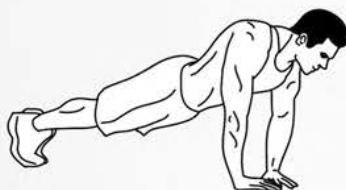
# Huntsman

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

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

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

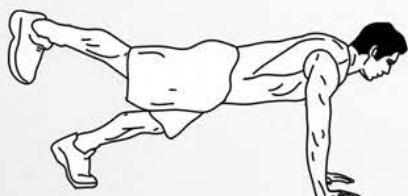
**REST** up to 2 minutes



tricep push-ups

push-ups

wide grip push-ups



raised leg push-ups

staggered push-ups

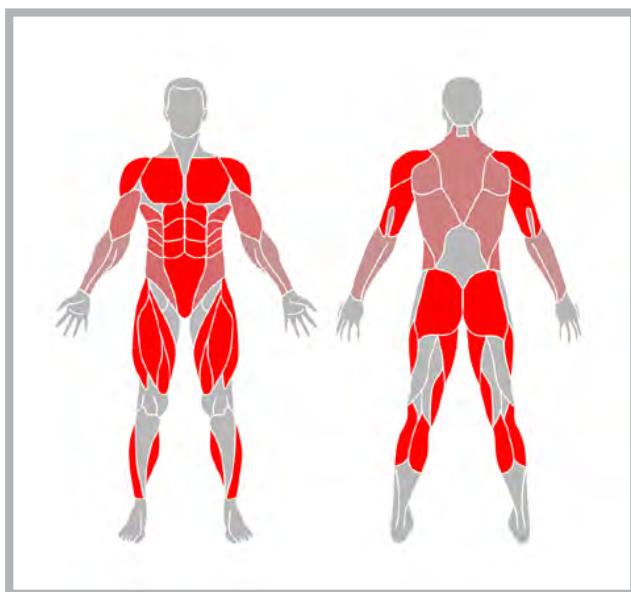
stacked push-ups

59

## Inferno

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

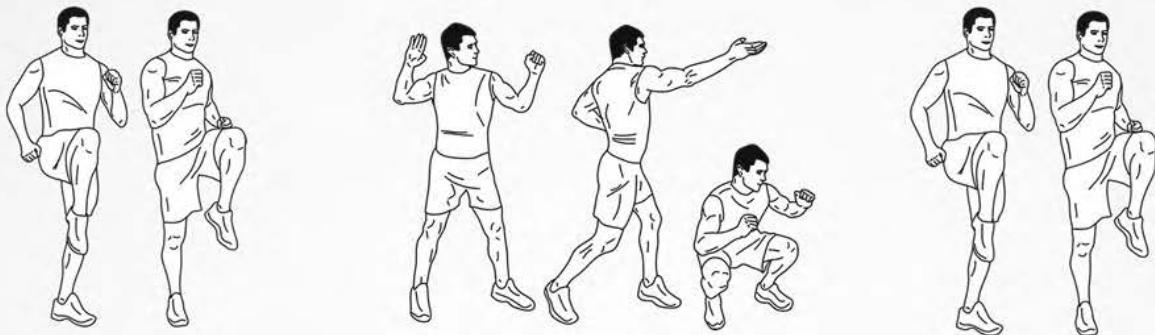
**Focus: High Burn, HIIT**



# Inferno

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

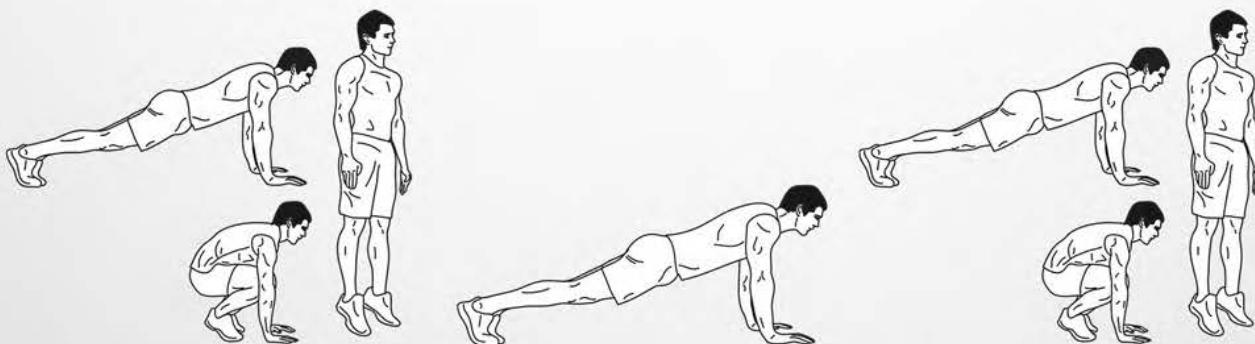
Level I 3 sets Level II 5 sets Level III 7 sets REST up to 2 minutes rest



**20sec** high knees   **20sec** knife hand strike + squat   **20sec** high knees



**20sec** punches   **20sec** overhead punches   **20sec** punches



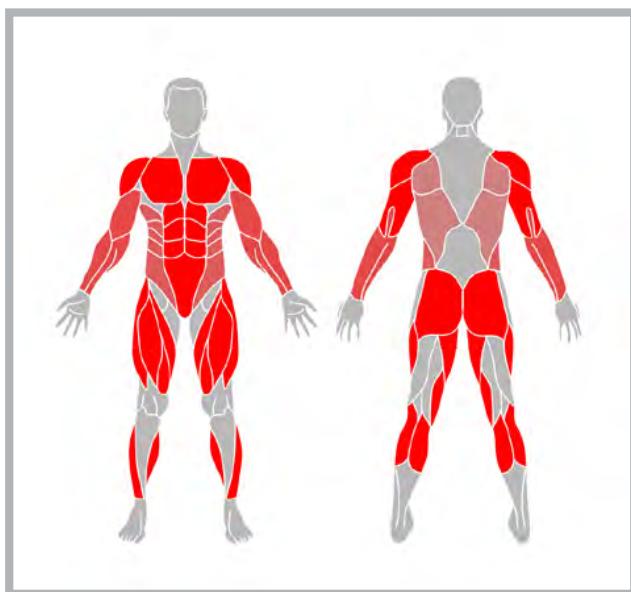
**20sec** basic burpees   **20sec** plank hold   **20sec** basic burpees

60

## Initiation

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

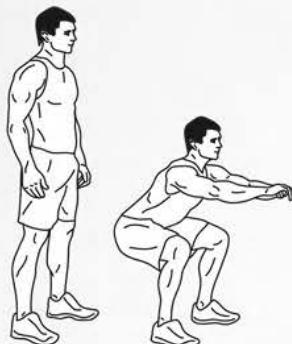
**Focus: Strength & Tone**



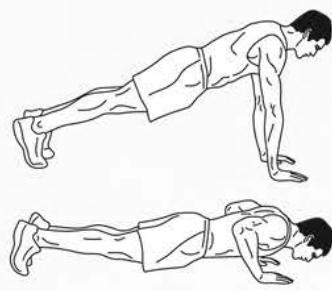
# INITIATION

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

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



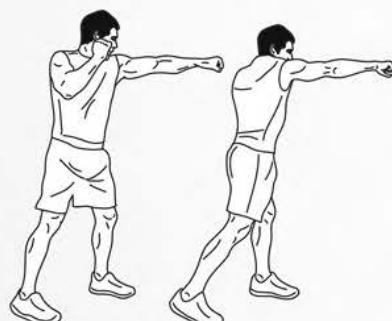
**40** squats



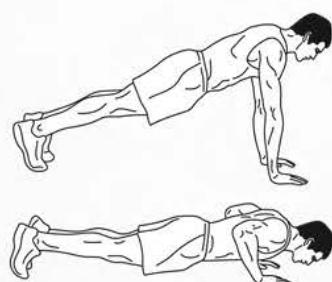
**5** push-ups



**20-count** elbow plank



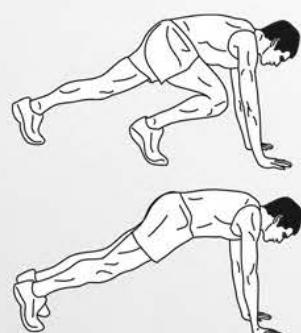
**40** punches



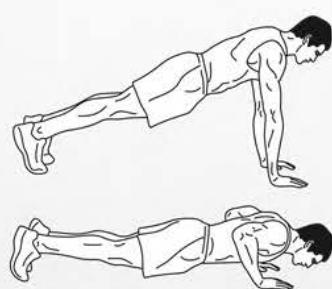
**5** push-ups



**20-count** elbow plank



**40** climbers



**5** push-ups



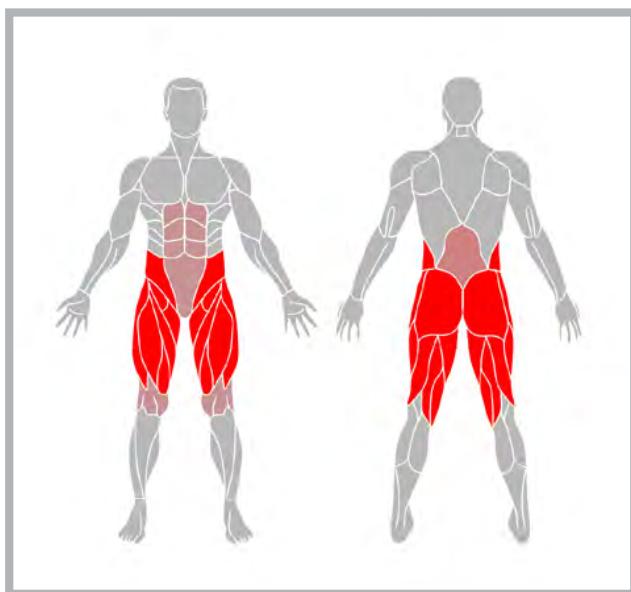
**20-count** elbow plank

61

## Iron Bar

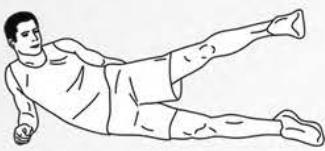
Tendons are the cable anchors that stabilize our muscles. Tendons require a lot of work to get strong, but hold onto the strength they've gained for long times of inactivity if they have to. Powerful tendons means strong, stable muscles. The Iron Bar workout is there to make your tendons hard and strong.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

### Focus: Stretching

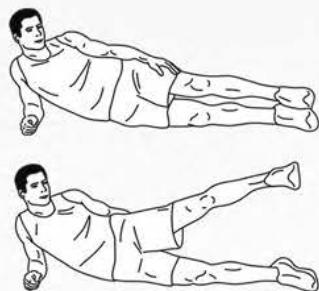


# iron bar

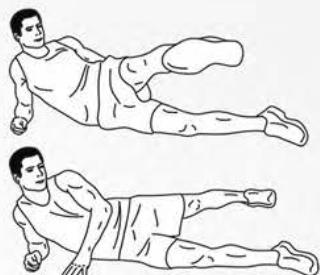
## SEQUENCE 1



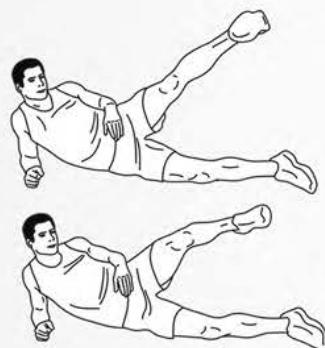
**15-count hold**



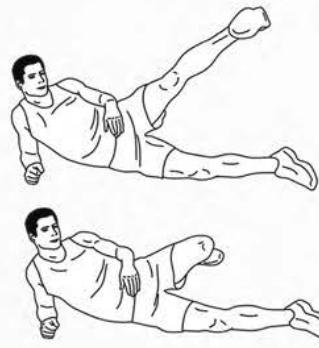
**15 side leg raises**



**15 straight leg swings**



**15 fast kicks**



**15 slow kicks**



**15-count hold**

## SEQUENCE 2



**15-count hold**



**15 leg raises**



**15 high leg raises**



**15 move  
from side-to-side**



**15 circles**



**15-count hold**

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

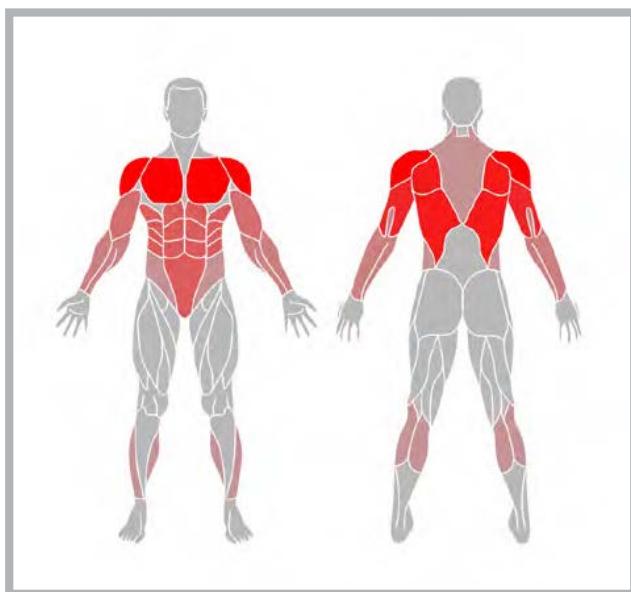
Change legs after each sequence  
and repeat it again. Keep your leg off the floor  
throughout the sequence. Perfect post workout.

62

## Iron Claw

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

**Focus: Strength & Tone**



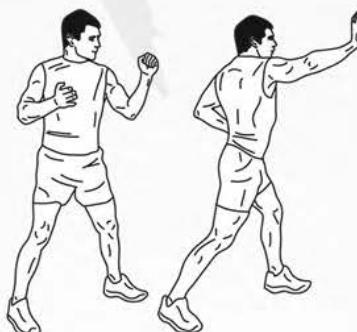
# IronClaw

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

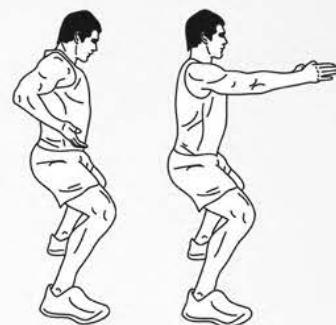
**LEVEL I** 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** up to 2 minutes



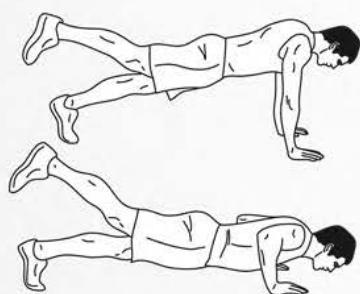
**10** dragon push-up



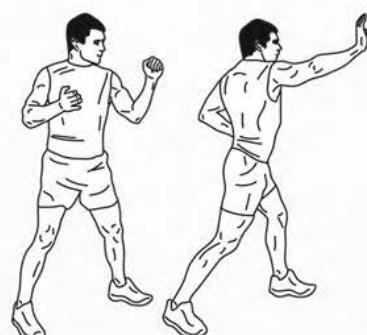
**10** palm strikes



**10** squat hold rows



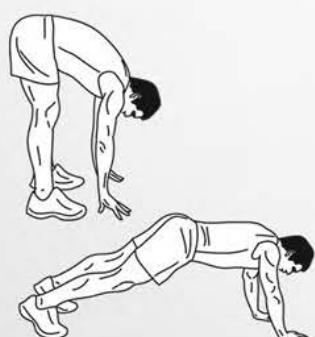
**10** raised leg push-ups



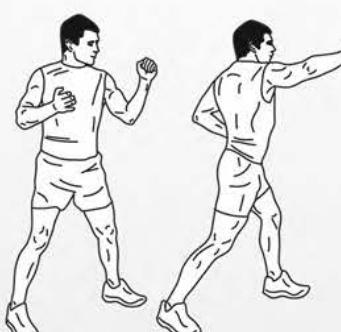
**10** palm strikes



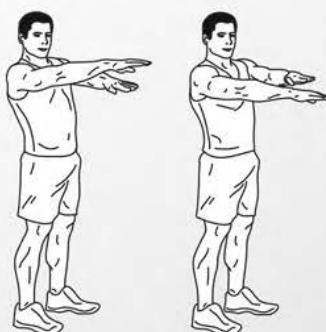
**20-count** raised arm hold



**10** plank walk-outs



**10** palm strikes



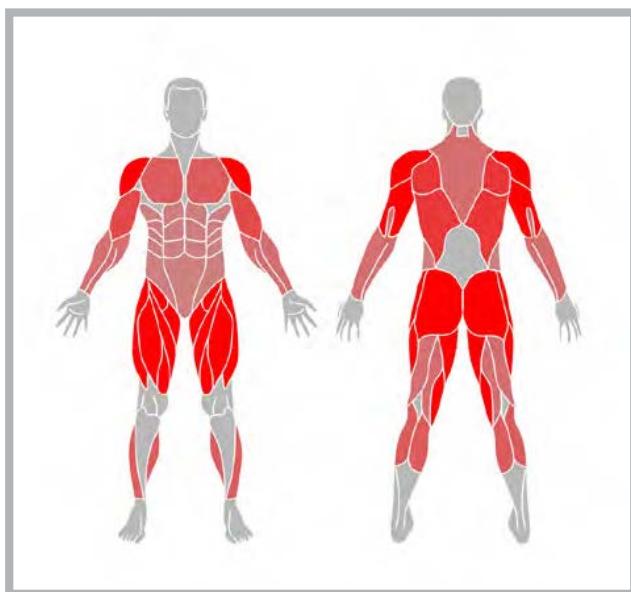
**20** scissors

**63**

## Iron Fist

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

**Focus: Strength & Tone, Combat**



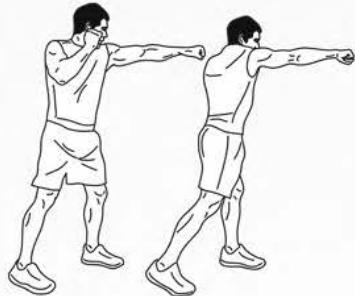
# IRON FIST

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

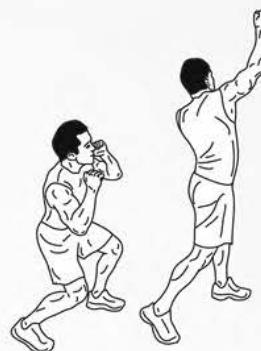
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets **REST** up to 2 minutes rest



**20** side kicks



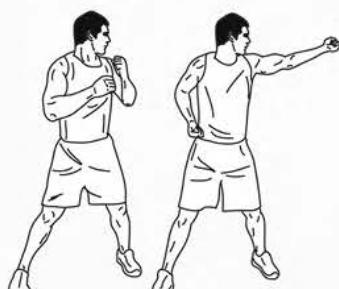
**20** jab + cross



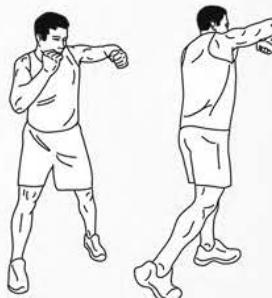
**20** uppercuts



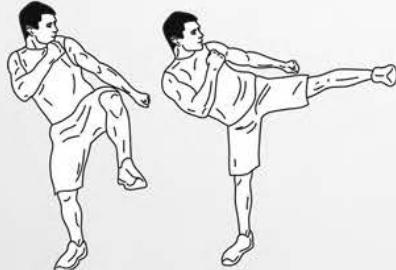
**20** side kicks



**20** backfists



**20** hooks



**20** side kicks



**20** speed bag punches



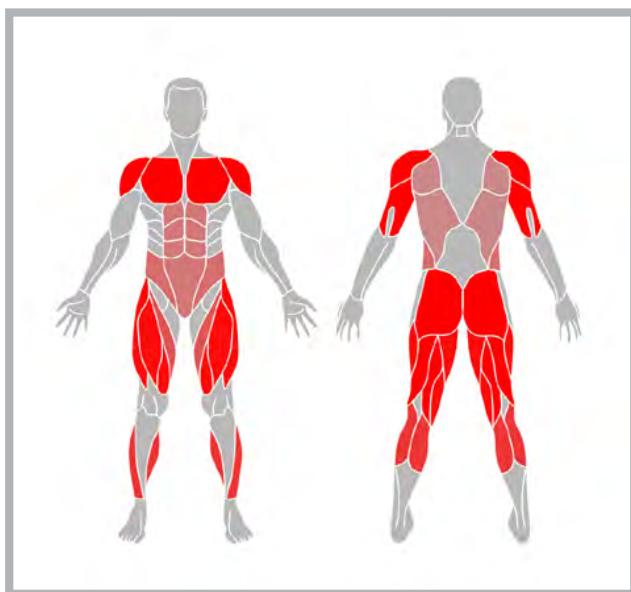
**100** squat hold punches

**64**

## Iron Maiden

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

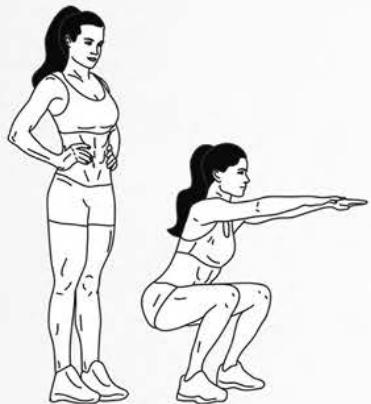
**Focus: Strength & Tone**



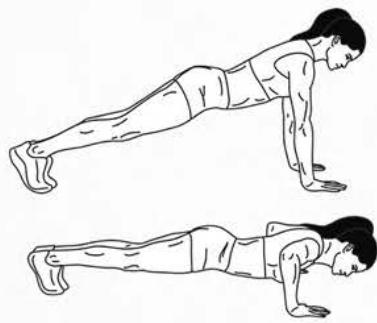
# IRON MAIDEN

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

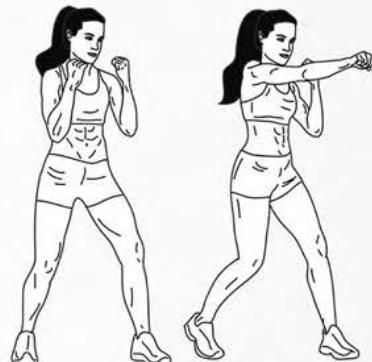
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



**40** squats



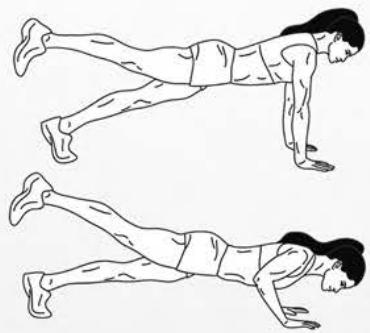
**10** push-ups



**40** punches



**40** lunge step-ups



**10** raised leg push-ups



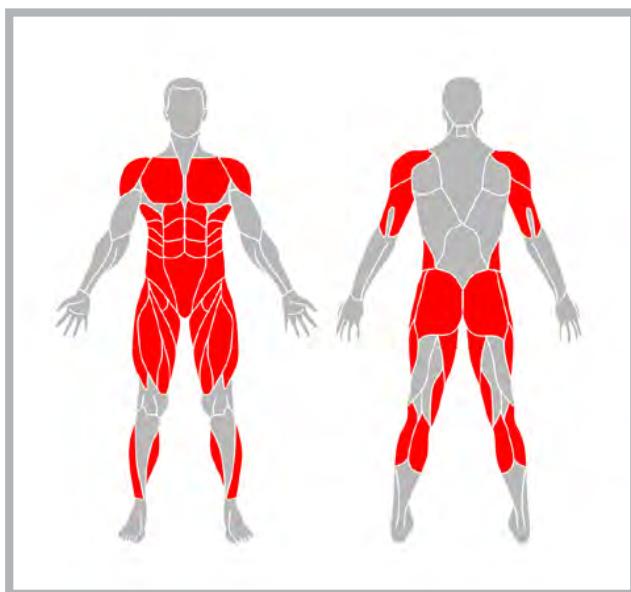
**40** punches

**65**

## Kamikaze

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

**Focus: Strength & Tone**

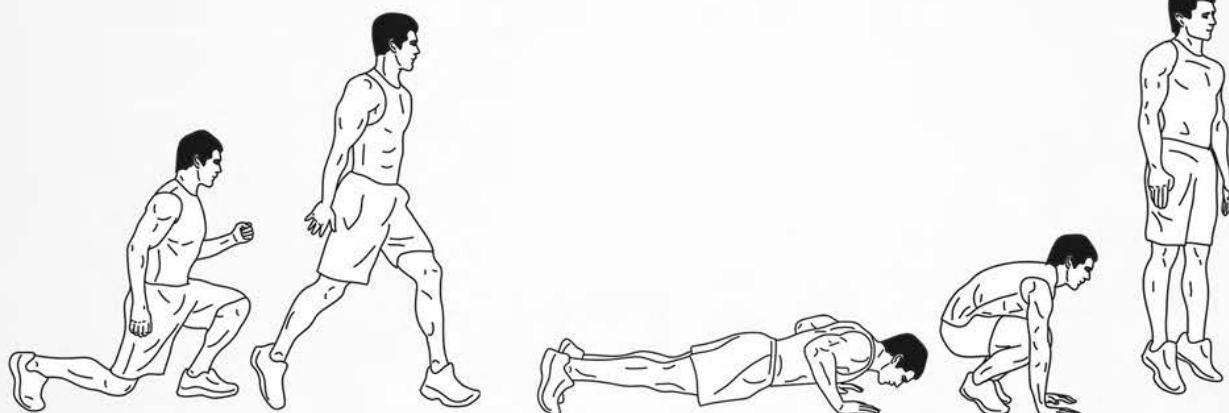


# KAMIKAZE

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

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

2 minutes rest between sets



**30** jumping lunges

**30** burpees



**1min** elbow plank

**1min** side elbow plank

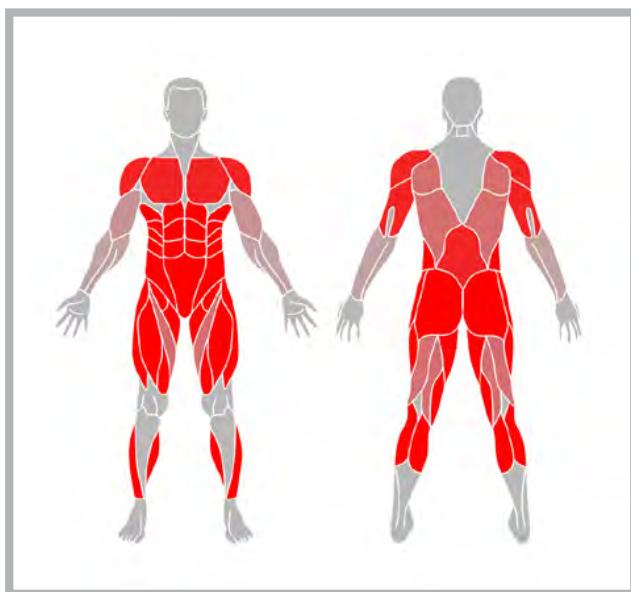
**1min** wall sit

66

## King of the Hill

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

**Focus: Strength & Tone**



# KING OF THE HILL

DAREBEE WORKOUT

© [darebee.com](https://darebee.com)

LEVEL I 3 sets

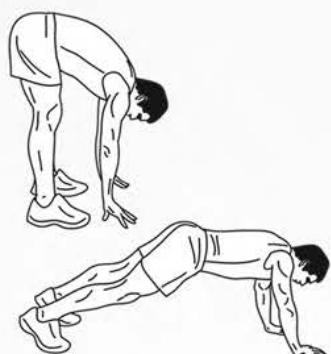
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



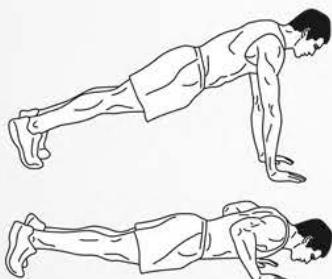
**20** squats



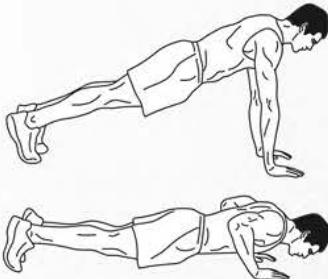
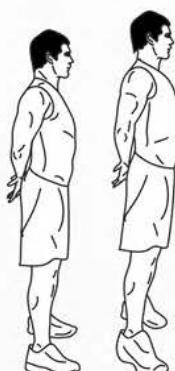
**5** plank walk-outs



**20** lunge step-ups

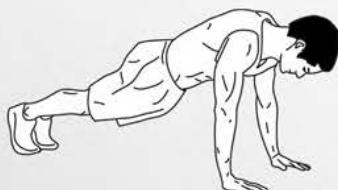


**5** push-ups



**20** calf raises

**5** push-ups



**20-count** plank

**20-count** one-arm plank



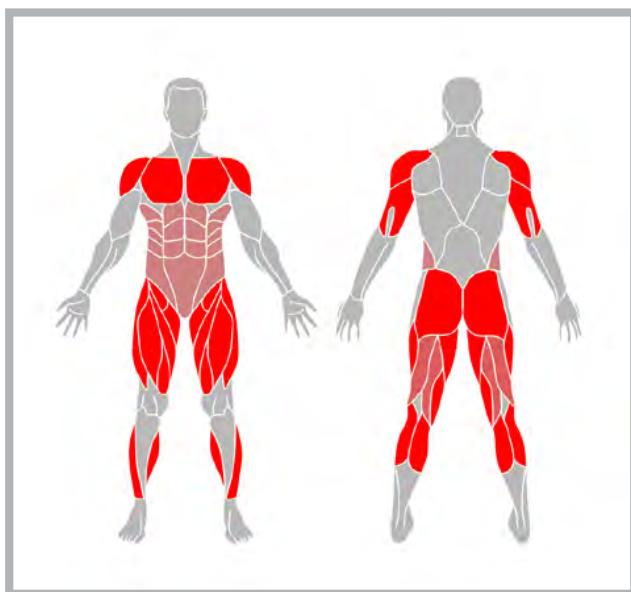
**20-count** raised leg hold

67

## Kitsune

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

**Focus: High Burn**



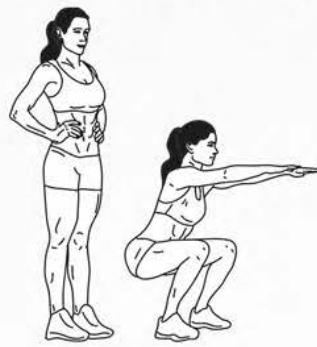
# Kitsune

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



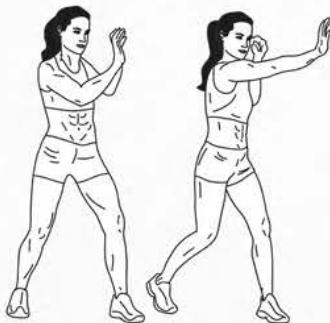
**20** squats



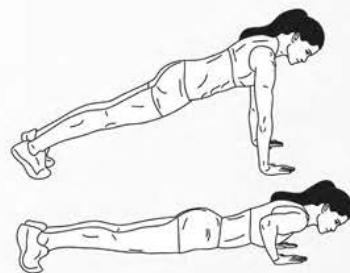
**4** jump knee tucks



**20** high knees



**20** palm strikes



**4** push-ups



**20** high knees



**20** lunges



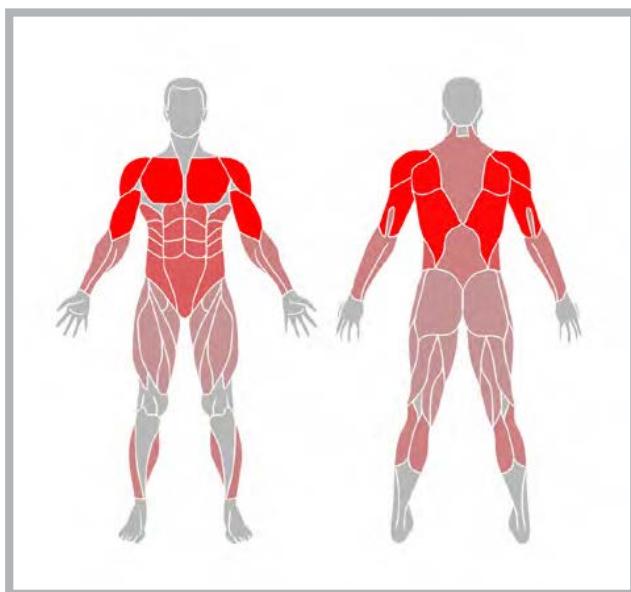
**4** jumping lunges

**68**

## **Knockout**

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

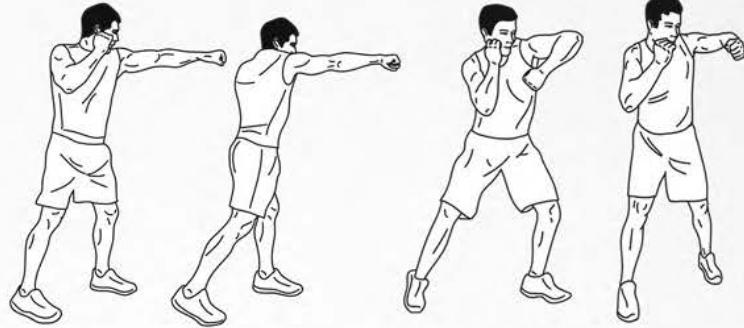
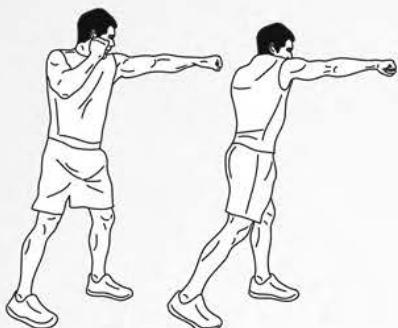
**Focus: Strength & Tone, Combat**



# KNOCKOUT

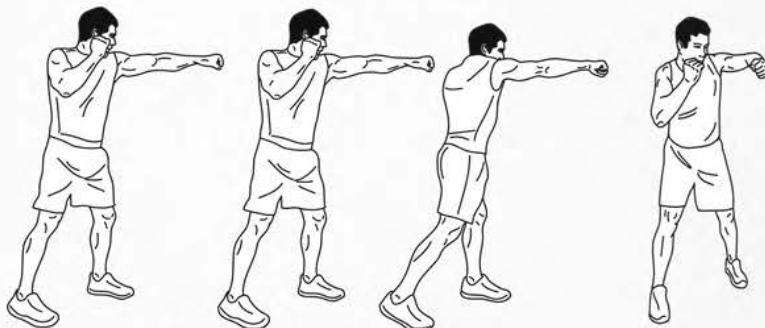
DAREBEE WORKOUT © [darebee.com](http://darebee.com)

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



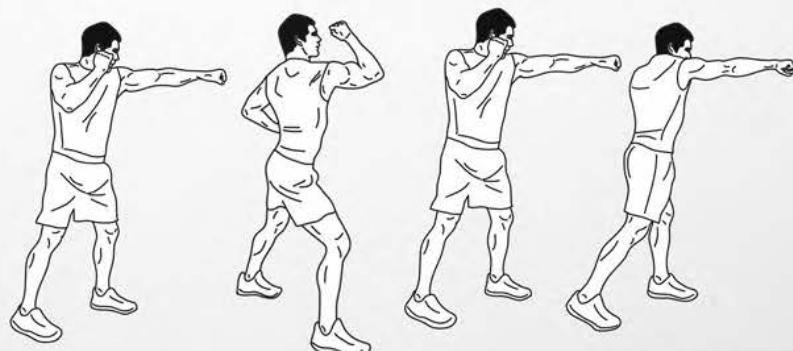
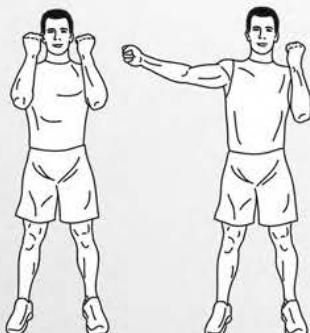
**40** jab + cross

**20** combos jab + cross + elbow strike + hook



**40** speed bag punches

**20** combos jab + jab + cross + hook



**40** side-to-side backfists

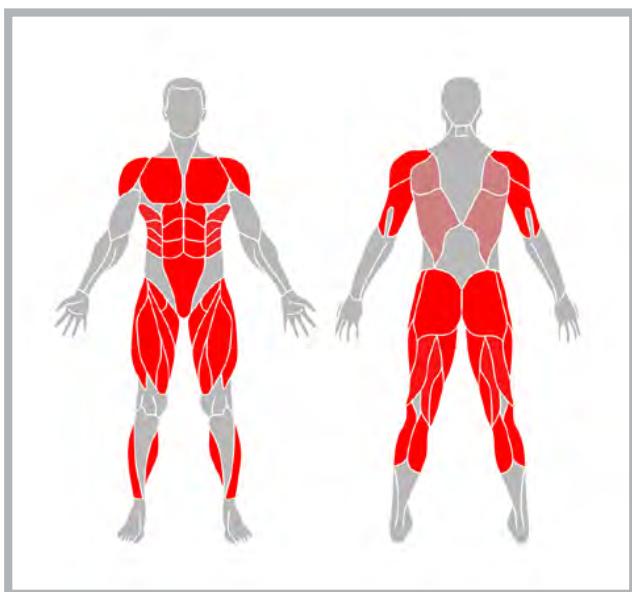
**20** combos jab + elbow strike + jab + cross

69

## Kraken

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

**Focus: Strength & Tone**



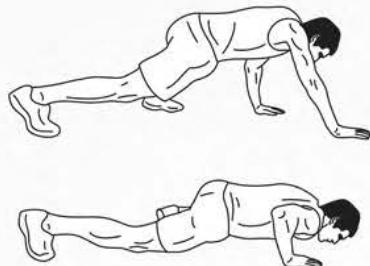
# RELEASE THE **KRAKEN**

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

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



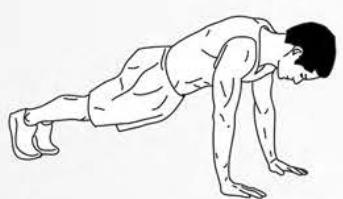
**20** squats



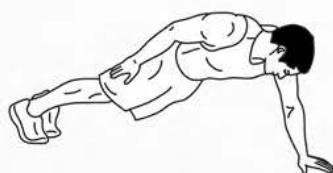
**6** dragon push-ups



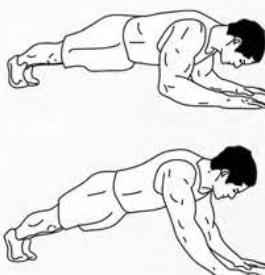
**20** squats step-ups



**20-count** plank



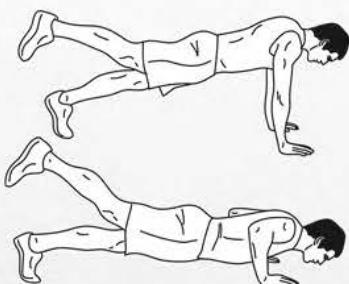
**20-count** one arm plank



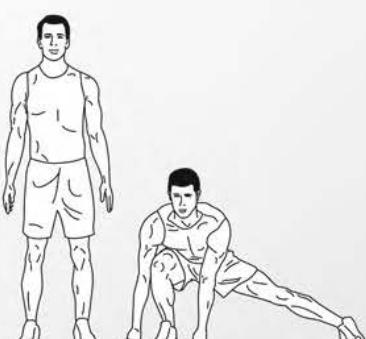
**6** tricep extensions



**20** lunges



**6** raised leg push-ups



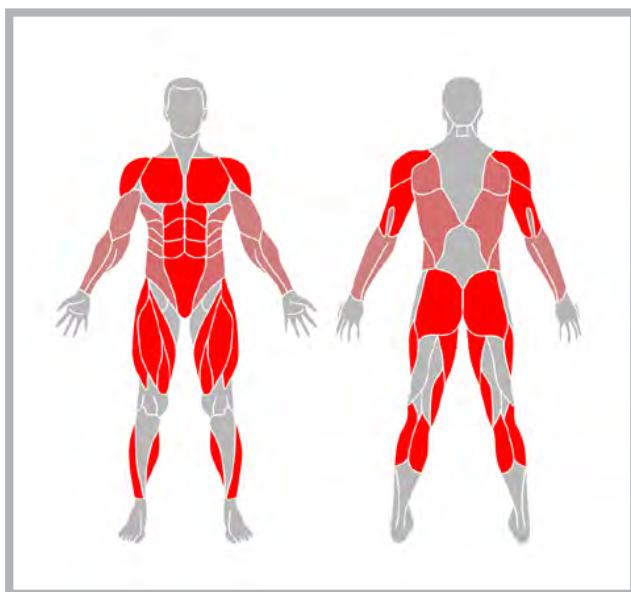
**20** deep side lunges

70

## Launch Codes

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

**Focus: Strength & Tone**



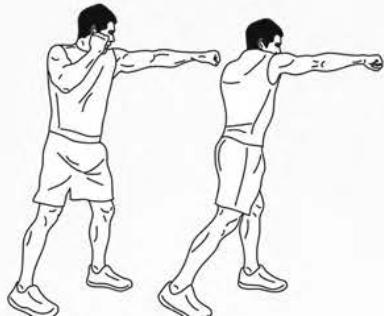
# LAUNCH CODES

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

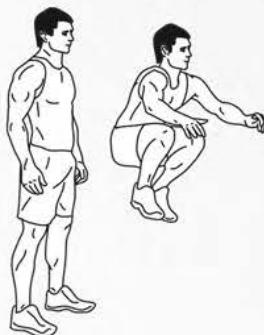
LEVEL I 3 sets  
LEVEL II 5 sets  
LEVEL III 7 sets  
REST up to 2 minutes



5 push-ups



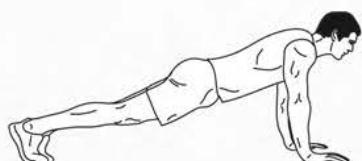
30 punches



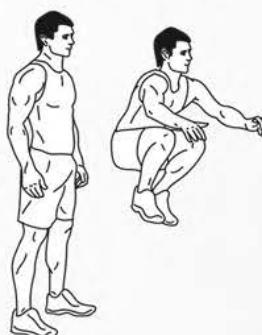
5 jump knee-tucks



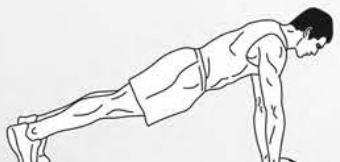
5 push-ups



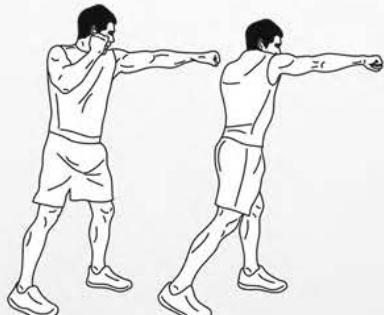
30-count plank



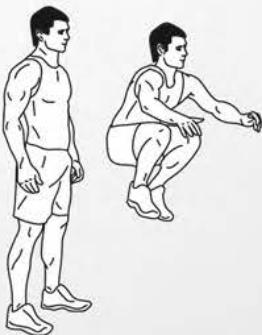
5 jump knee-tucks



5 push-ups



30 punches



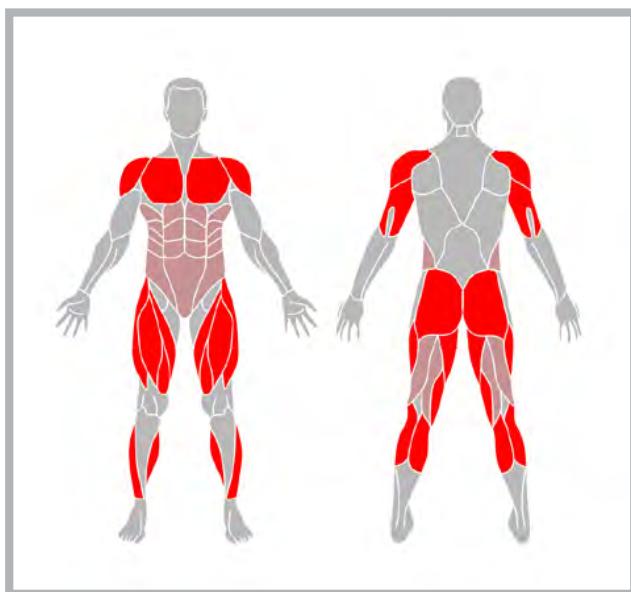
5 jump knee-tucks

71

## Live Wire

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

**Focus: High Burn**



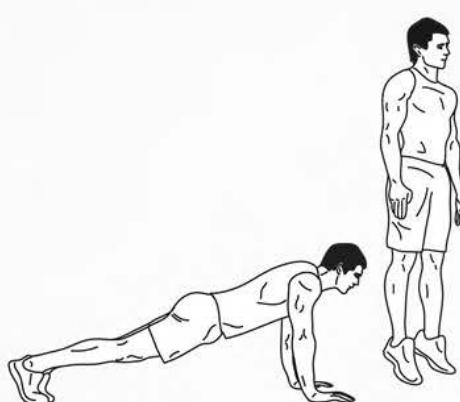
# LIVE WIRE

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

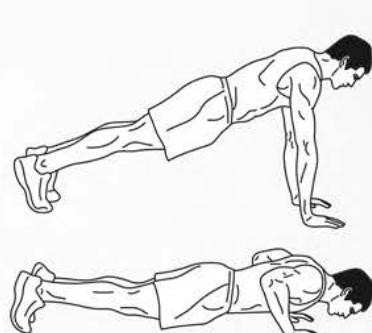
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**60** high knees



**10** basic burpee w/jump



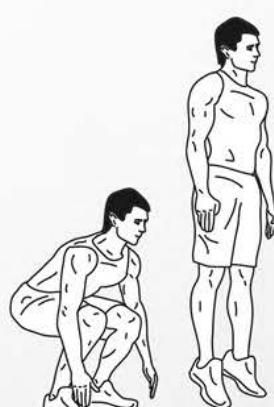
**10** push-ups



**60** high knees



**10** squats



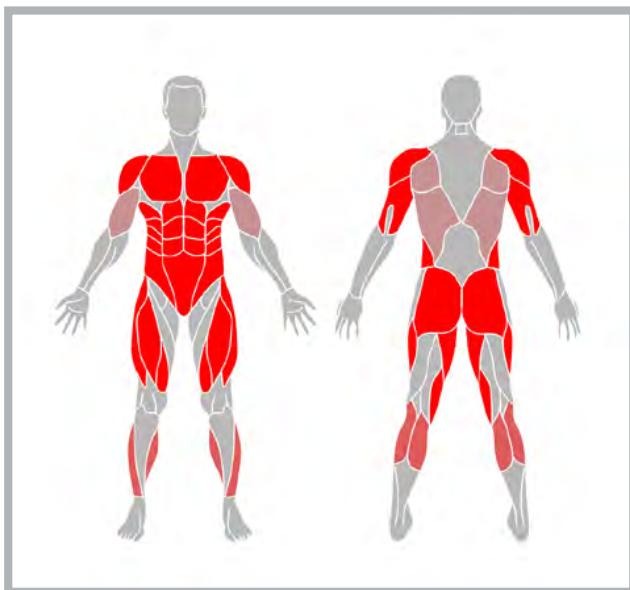
**10** jump squats

72

## Lumberjack

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

**Focus: Strength & Tone**



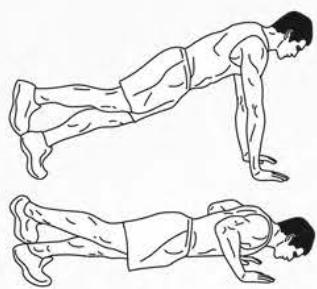
# LUMBERJACK

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

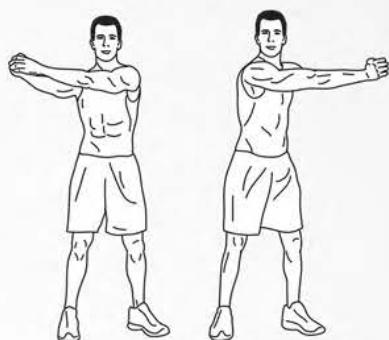
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



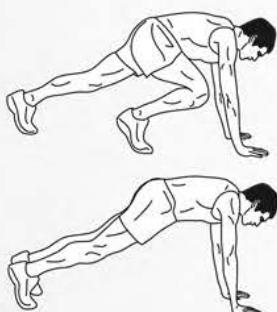
**20** lunges



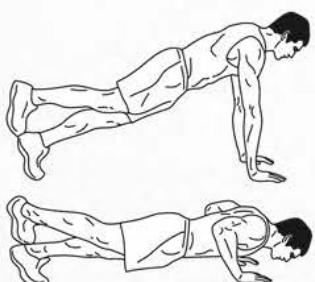
**10** stacked push-ups



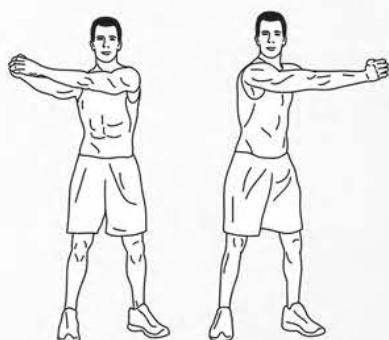
**40** side-to-side chops



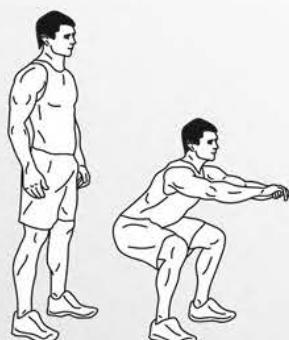
**20** slow climbers



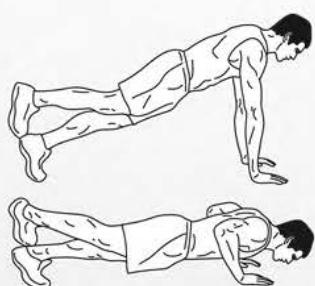
**10** stacked push-ups



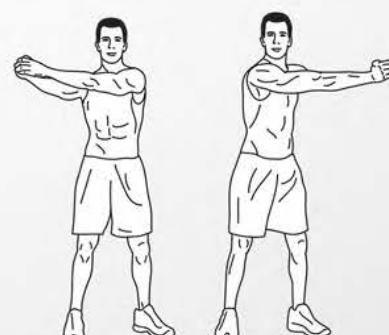
**40** side-to-side chops



**20** squats



**10** stacked push-ups



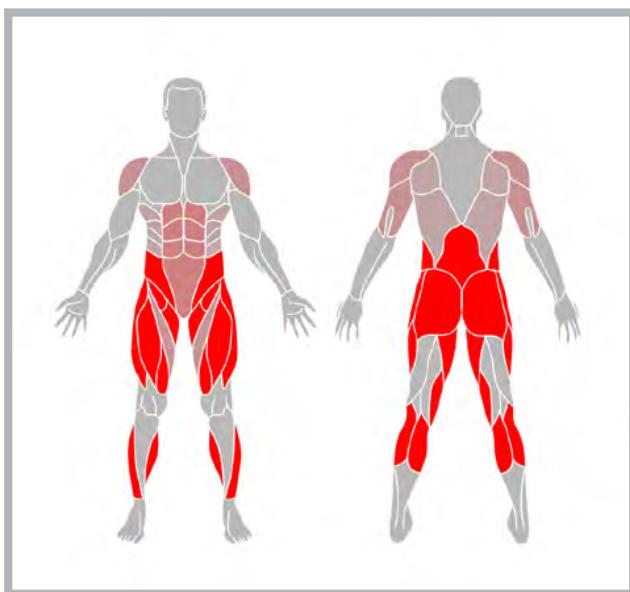
**40** side-to-side chops

73

## Mutiny

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

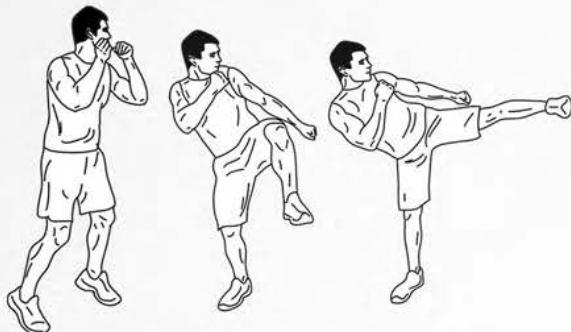
**Focus: High Burn**



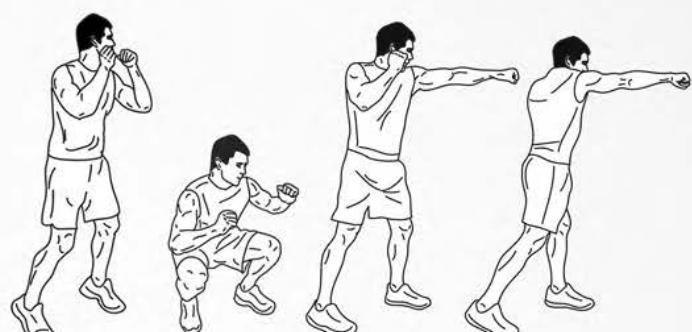
# MUTINY

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

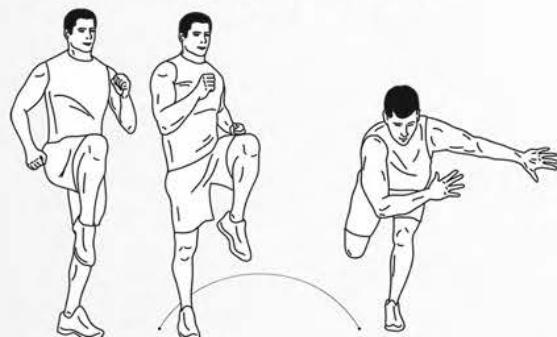
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** bounce, bounce + side kick



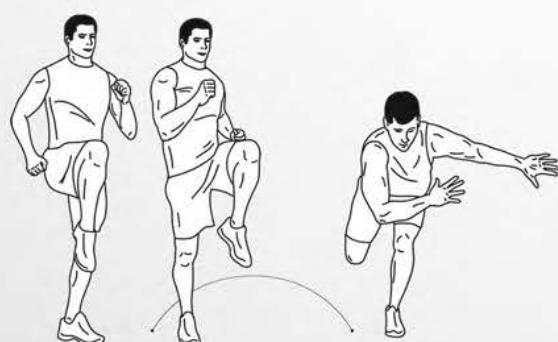
**20** bounce, bounce + squat + jab + cross



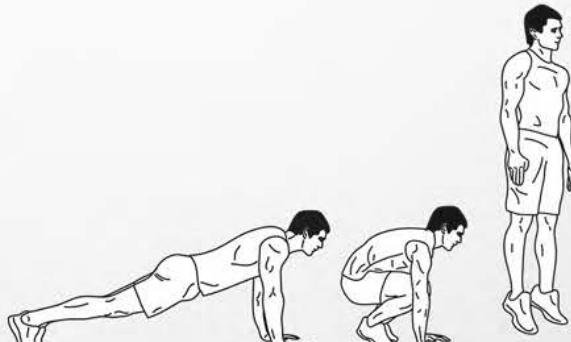
**4 combos:** **10** high knees + **1** jump to the side



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



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



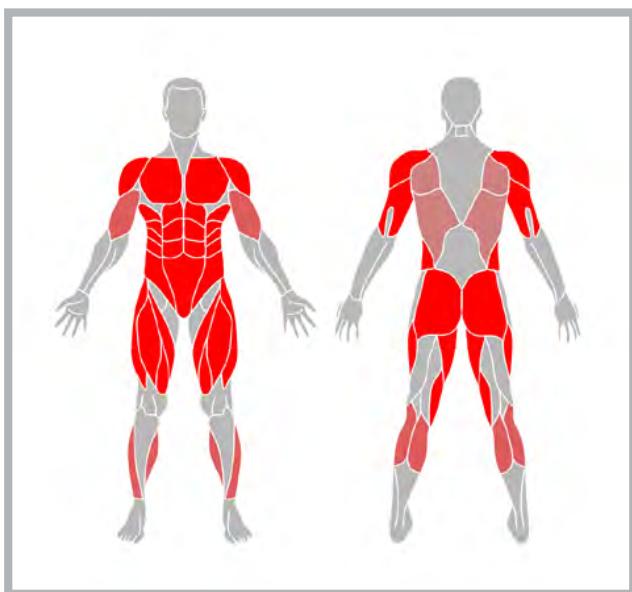
**4** basic burpees with a jump

74

## Night Shift

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

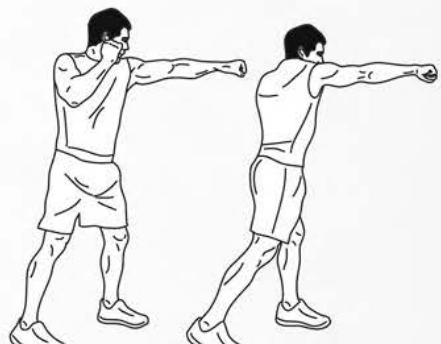
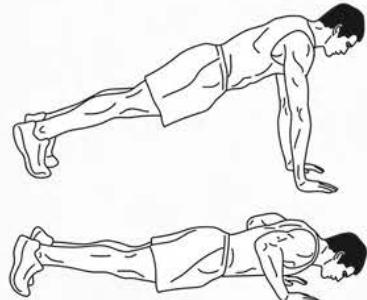
**Focus: Strength & Tone**



# **NIGHT SHIFT**

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

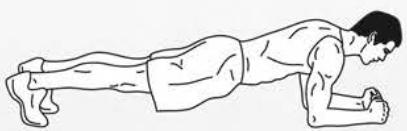
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



**20** squats

**20** push-ups

**20** punches



**20** lunges

**20sec** plank

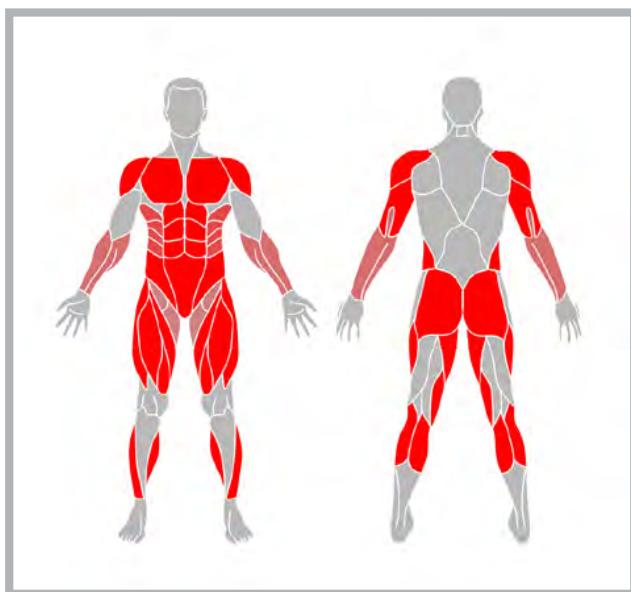
**40sec** side plank

75

## No Capes

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

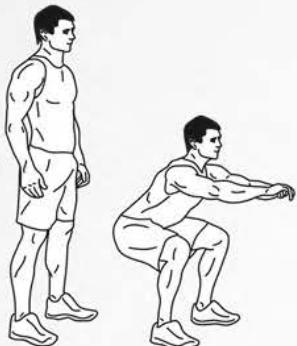
**Focus: Strength & Tone**



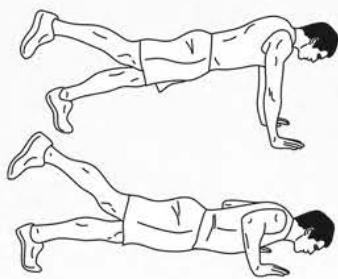
# NO CAPES

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

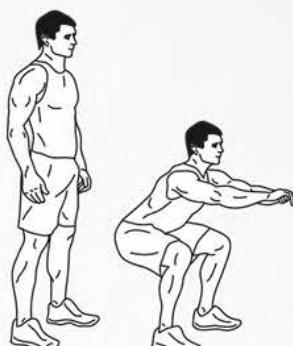
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



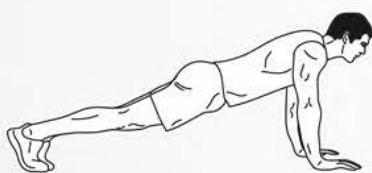
**20** squats



**10** raised leg push-ups



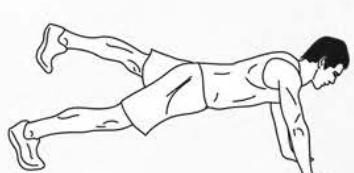
**20** squats



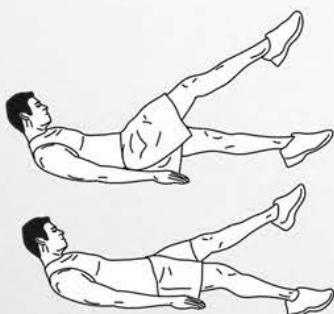
**10-count** plank



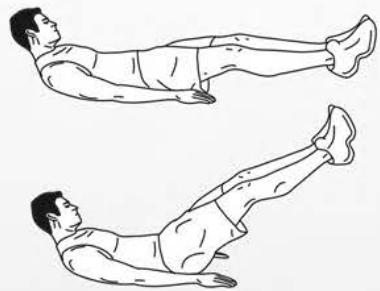
**10-count** raised leg plank



**10-count** raised leg plank



**10** flutter kicks



**10** leg raises



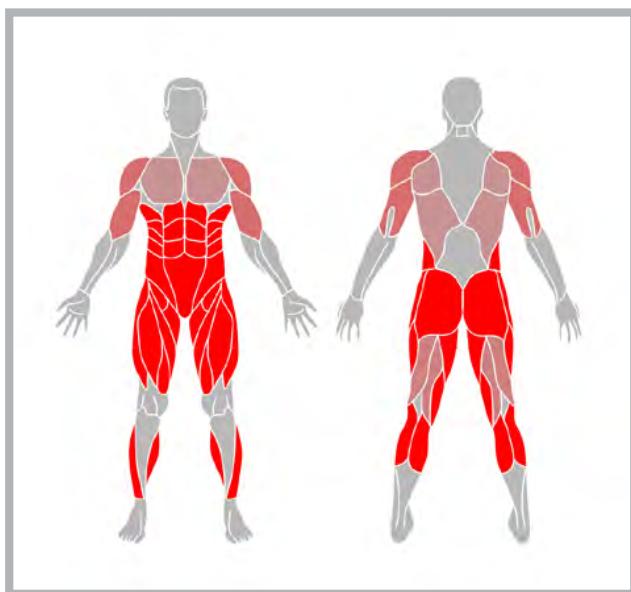
**10-count** raised leg hold

76

## Off the Grid

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

**Focus: High Burn**



# OFF THE GRID

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

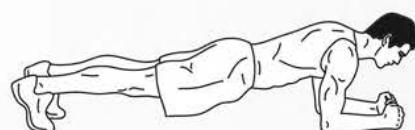
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



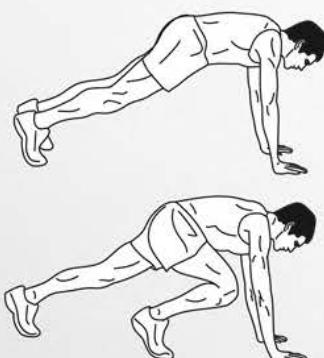
**40** high knees



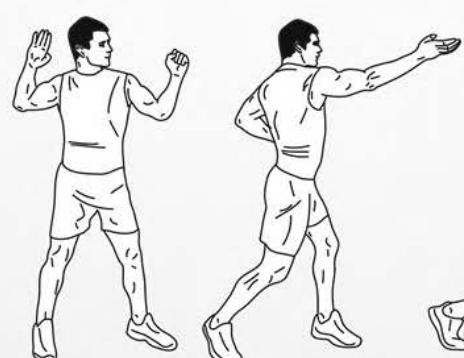
**20** lunges



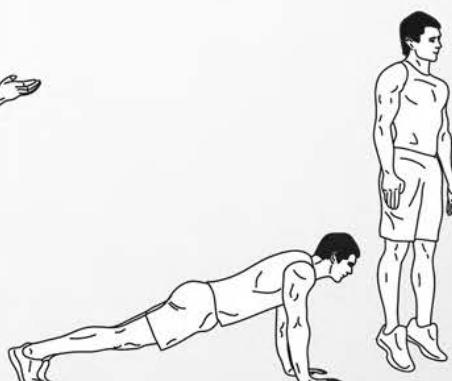
**20sec** elbow plank



**20** climbers



**40** knife hand strikes



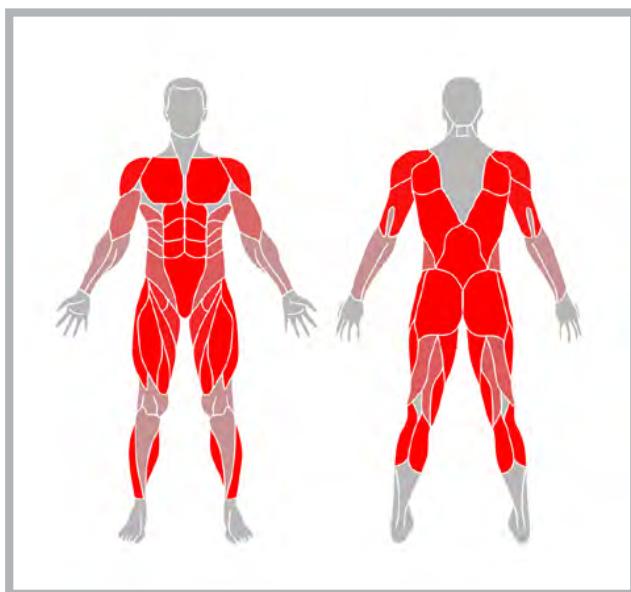
**20** basic burpees

77

## One Punch

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

**Focus: Strength & Tone**



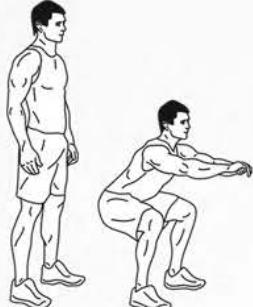
# ONE PUNCH

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

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



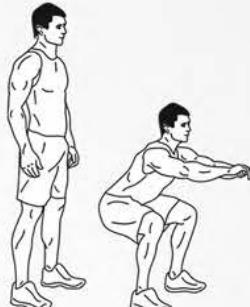
**10** high knees



**5** squats



**10** high knees



**5** squats



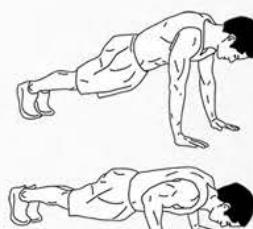
**10** high knees



**5** push-ups



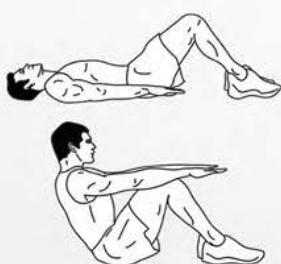
**10** high knees



**5** push-ups



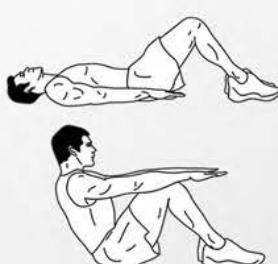
**10** high knees



**5** sit-ups



**10** high knees



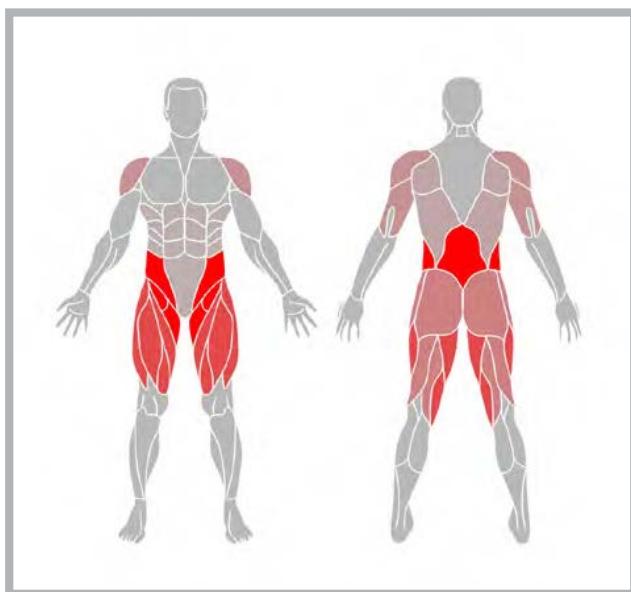
**5** sit-ups

78

## Part 2

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

### **Focus: Stretching**



# PART 2

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

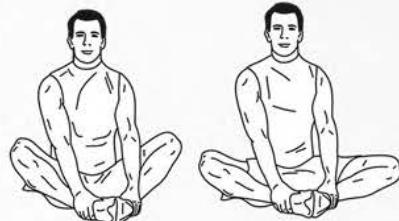
30 seconds = 15 seconds per side / leg



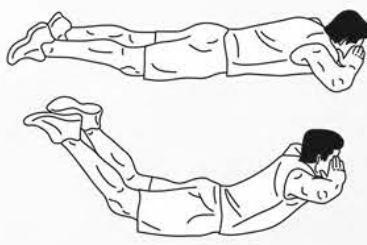
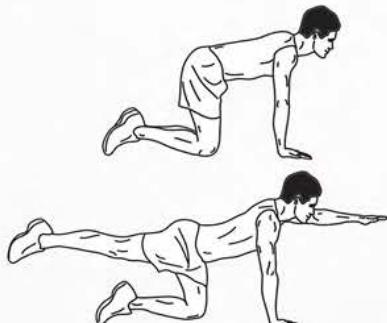
1. lunge stretches



2. side-to-side lunges



3. butterfly stretches



4. back stretches

5. opposite arm / leg raises

6. back extensions



7. stretch

8. stretch

9. stretch

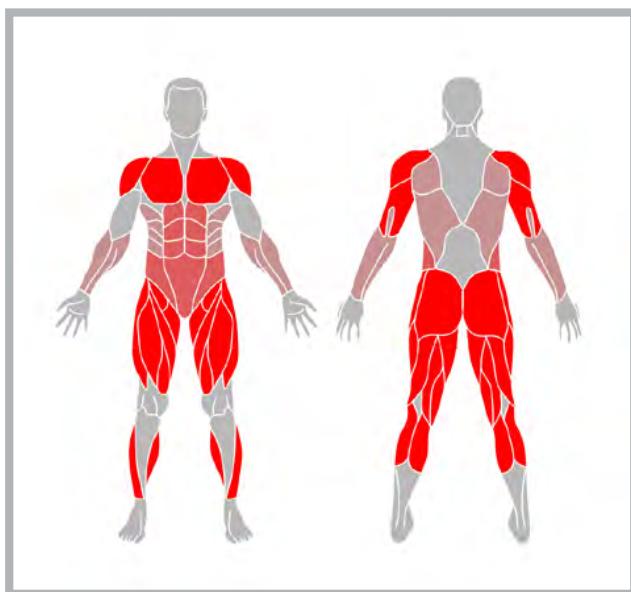
10. stretch

79

## Plan B

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

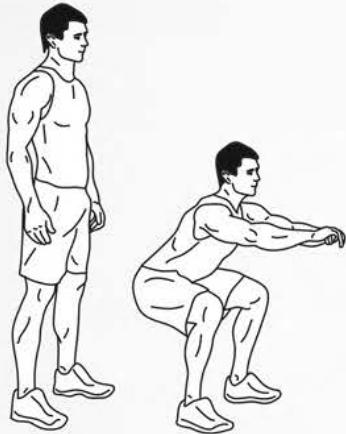
**Focus: Strength & Tone**



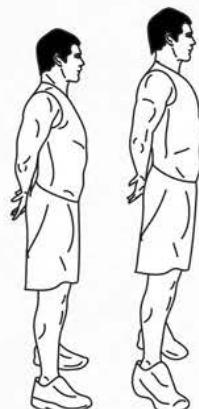
# PLAN B

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

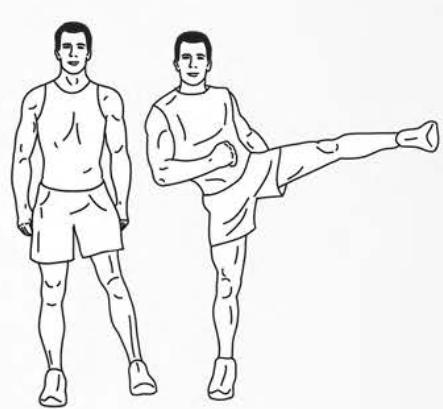
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



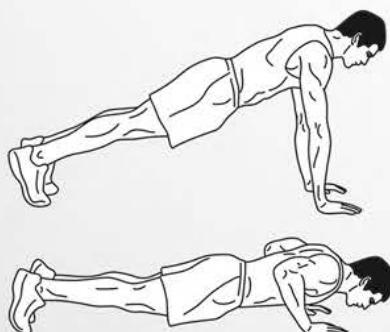
**20** squats



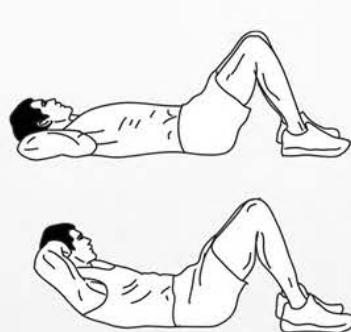
**20** calf raises



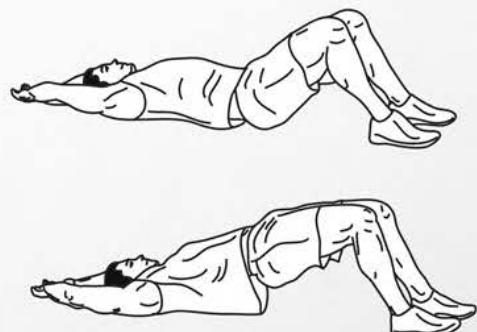
**20** side leg raises



**10** push-ups



**10** crunches



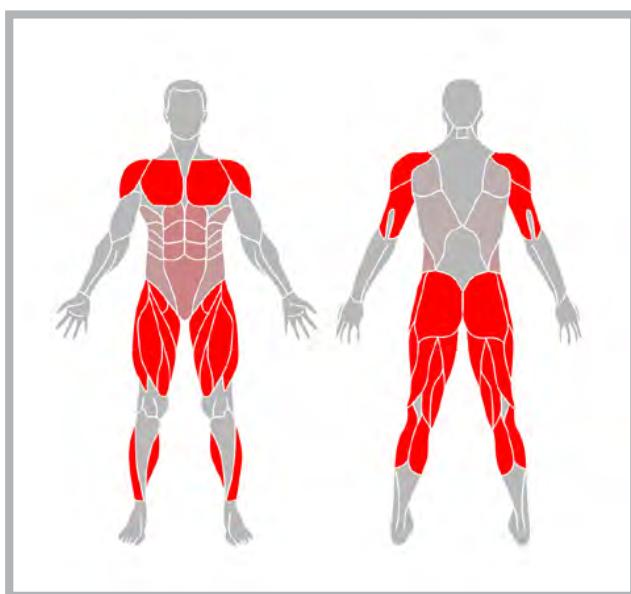
**10** bridges

80

## Power Mode

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

**Focus: Strength & Tone**



# POWER

MODE

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

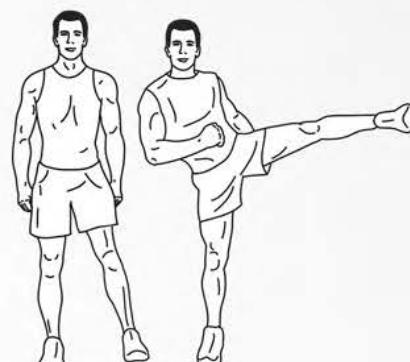
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



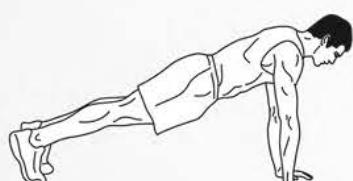
**20** squats



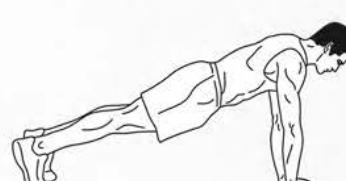
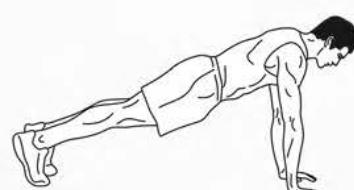
**20-count** squat hold



**20** side leg raises



**10** push-ups



**10-count** plank

**10** push-ups



**20** lunges



**20-count** balance hold



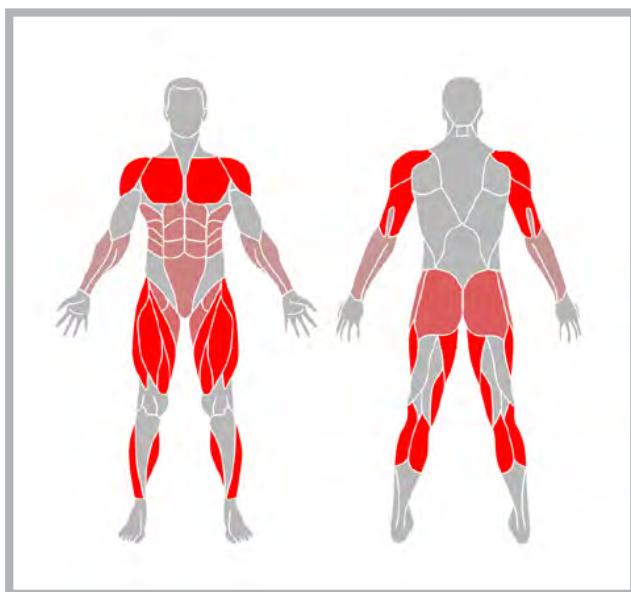
**20** side lunges

81

## Power Run

Power Run uses two seemingly simple exercises to help you push your performance levels both in terms of endurance and strength. Despite the seemingly limited exercise set the workout targets every major muscle group and pushes your VO<sub>2</sub> Max ability to the limit as it raises body temperature and gets you into the sweat zone within the first set.

**Focus: High Burn**



# POWER FOOT

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

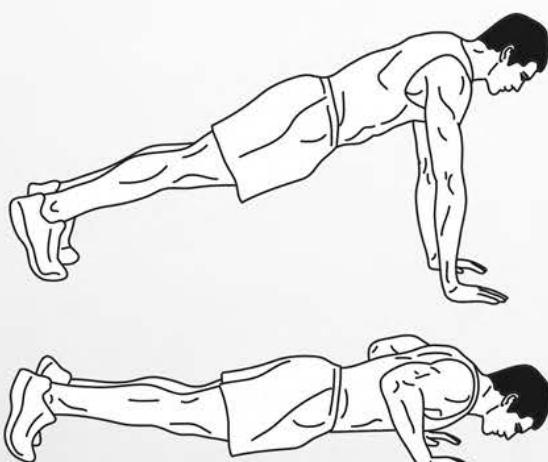
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** high knees

**2** push-ups

done

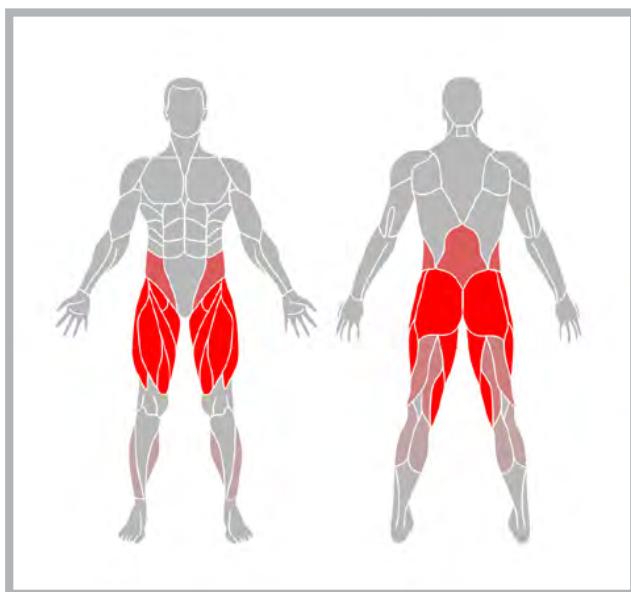


82

P. S.

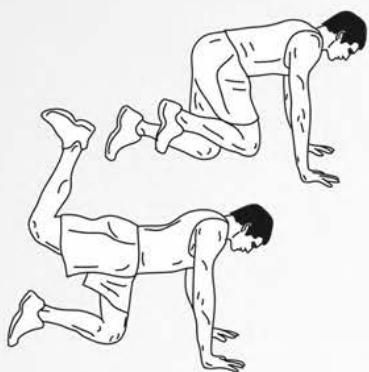
PS is the workout you go to at the end of each of your training sessions. Designed to help stretch the muscles and strengthen some tendons it also delivers the kind of concentrated, lower body muscle tone work that you know is helping you get more from your body's strength and natural athleticism. Make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

**Focus: Stretching**

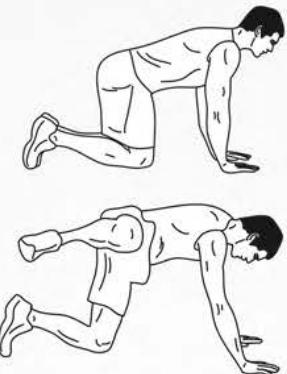


# P.S.

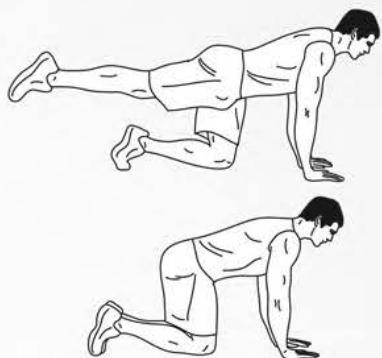
DAREBEE  
POST-WORKOUT  
© [darebee.com](http://darebee.com)



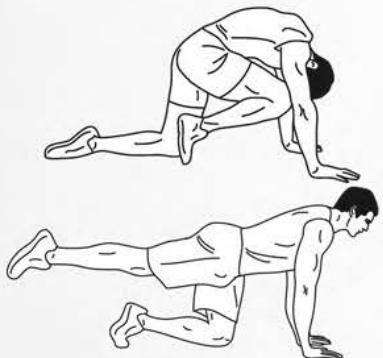
**40** leg extensions



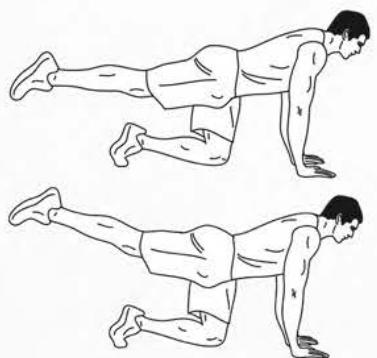
**40** side leg extensions



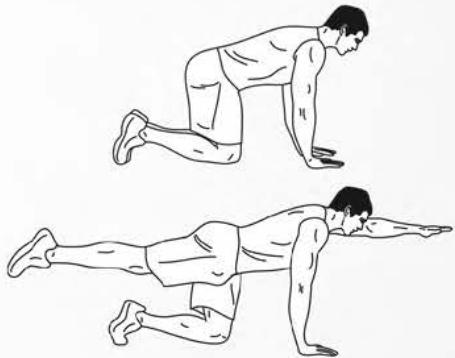
**40** straight leg extensions



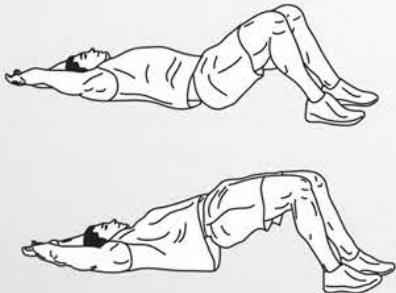
**40** knee in extensions



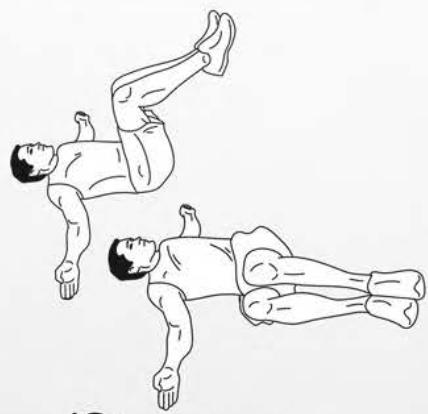
**40** extended swings



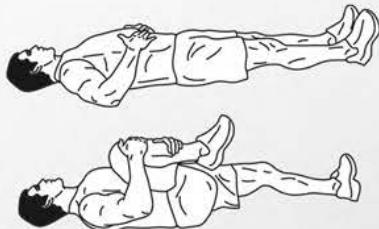
**40** alt arm / leg raises



**10** bridges



**10** half wipers



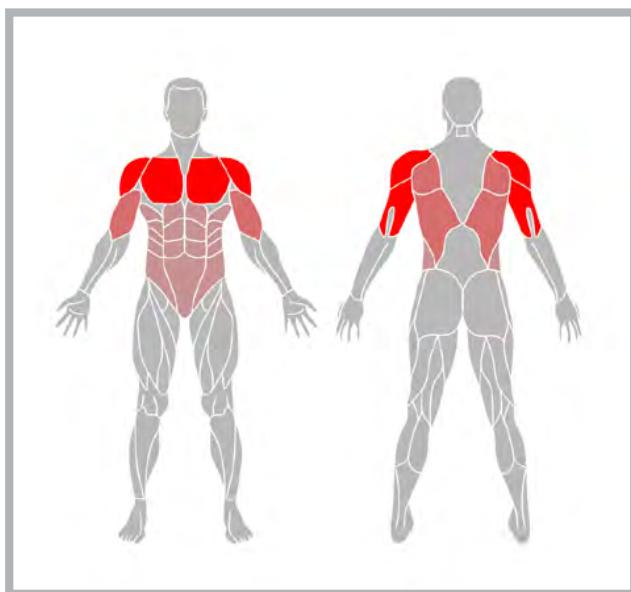
**10** knee hugs

83

## Punch Out

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

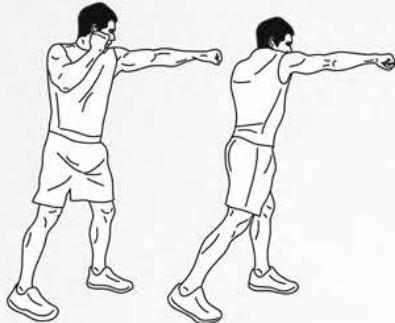
**Focus: Strength & Tone**



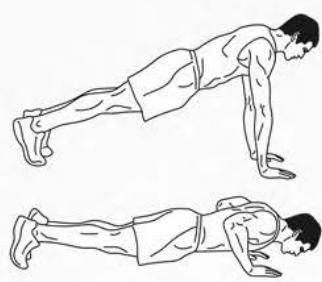
# PUNCH OUT!

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

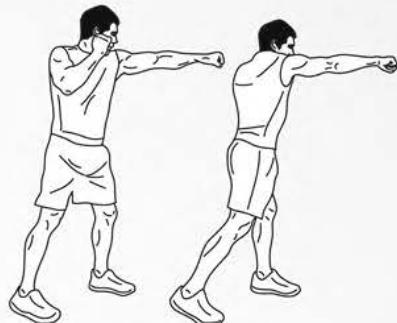
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



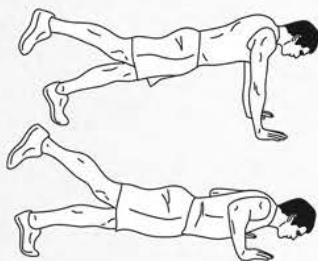
**20** punches



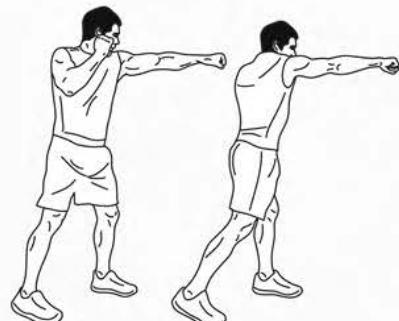
**6** push-ups



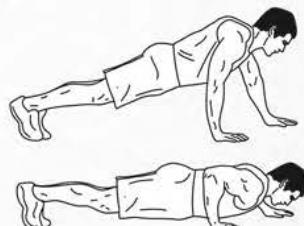
**20** punches



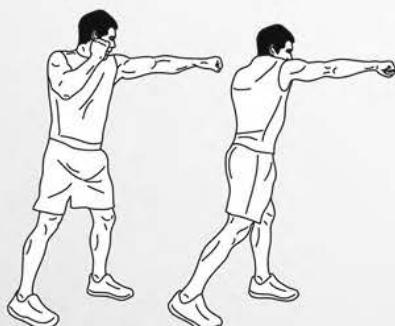
**6** raised leg push-ups



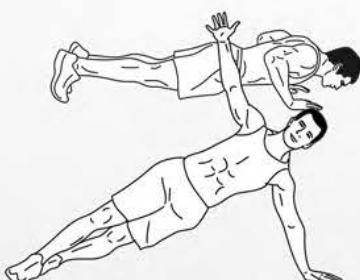
**20** punches



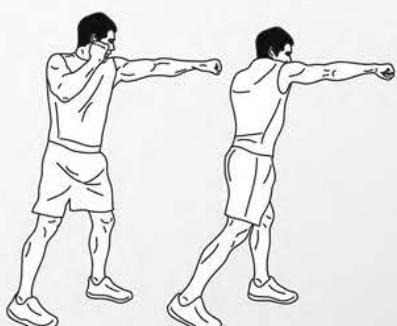
**6** staggered push-ups



**20** punches



**6** push-up + rotation



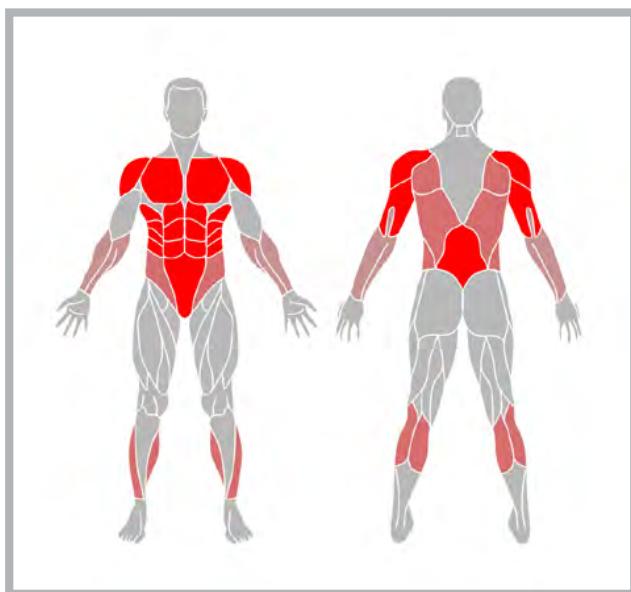
**20** punches

84

## Push-Up Massacre

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

**Focus: Strength & Tone**



# push-up

DAREBEE WORKOUT  
© darebee.com

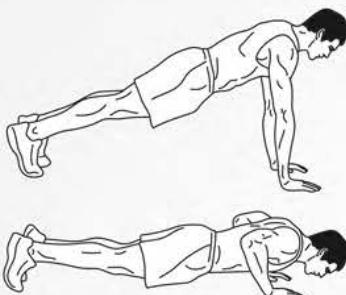
## WEEK ONE

LEVEL I 3 sets

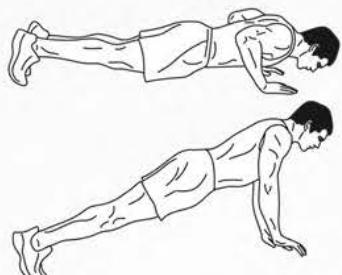
LEVEL II 4 sets

LEVEL III 5 sets

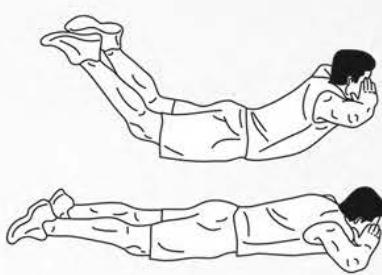
2 minutes rest



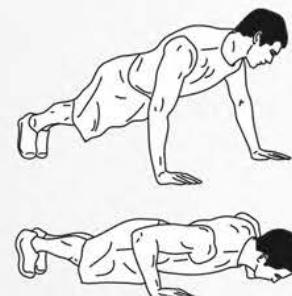
6 classic push-ups



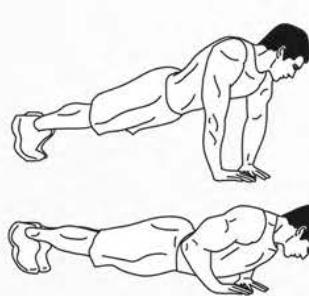
6 power push-ups



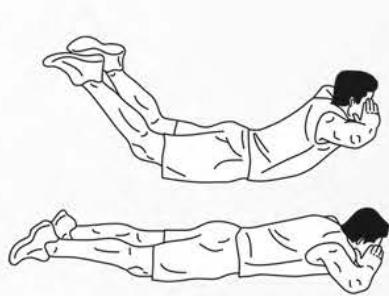
4 back extensions



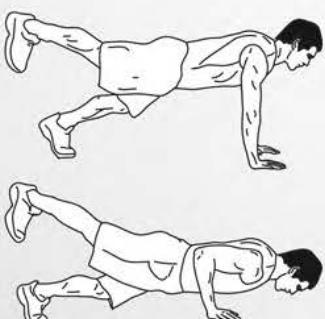
6 wide grip push-ups



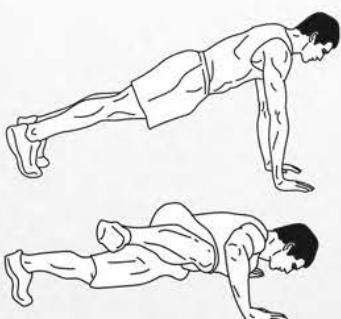
6 close grip push-ups



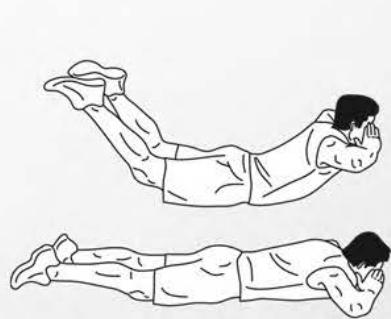
4 back extensions



6 raised leg push-ups



6 side crunch push-ups



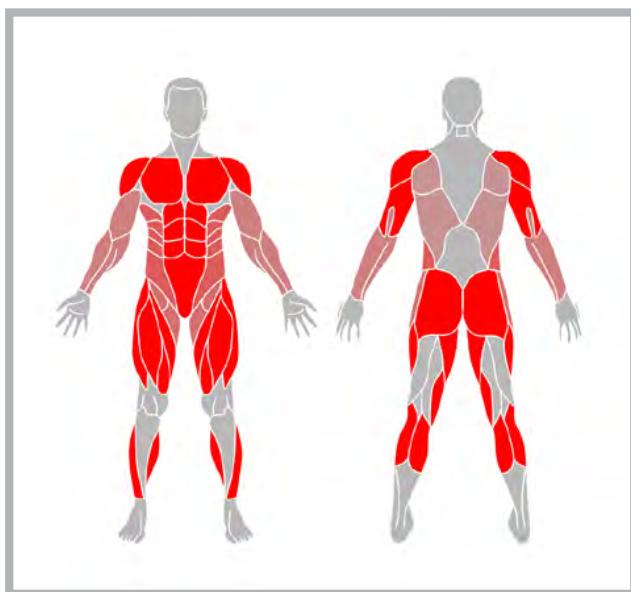
4 back extensions

85

## Ragnarok

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

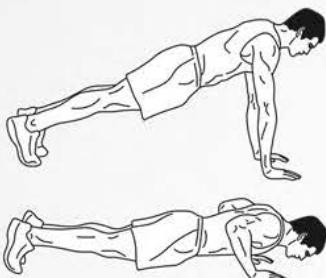
**Focus: Strength & Tone**



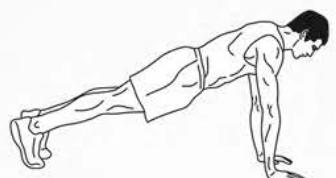
# Ragnarök

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

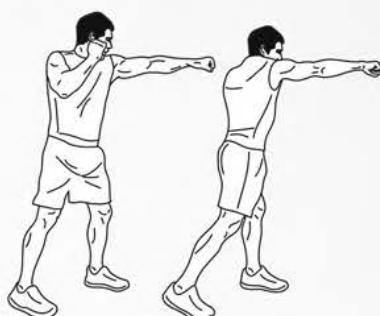
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets **REST** up to 2 minutes rest



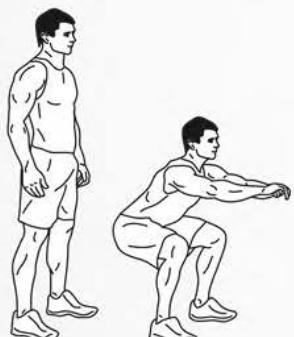
**20** push-ups



**20-count** plank hold



**20** jab + cross



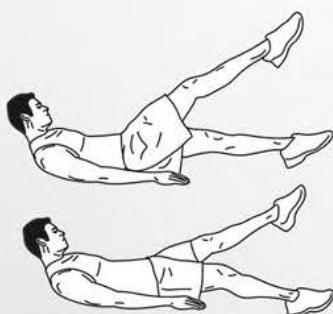
**20** squats



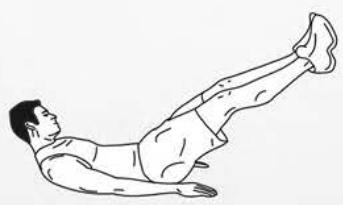
**20-count** squat hold



**20** side kicks



**20** flutter kicks



**20-count** raised leg hold



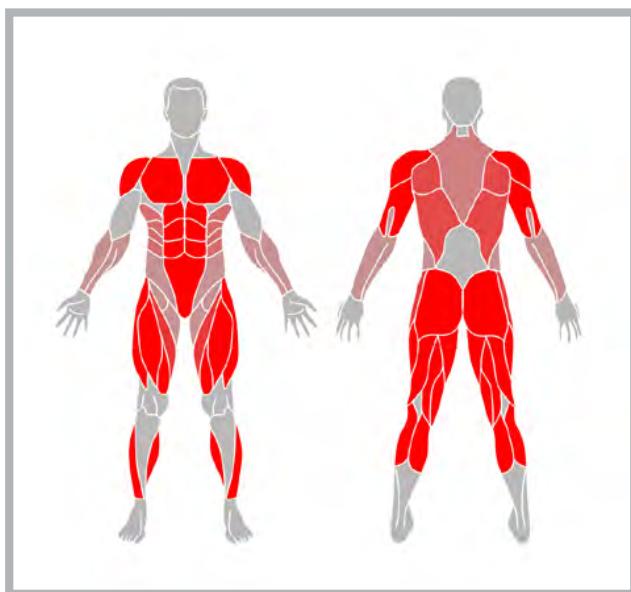
**20** sit-ups

86

## Reboot

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

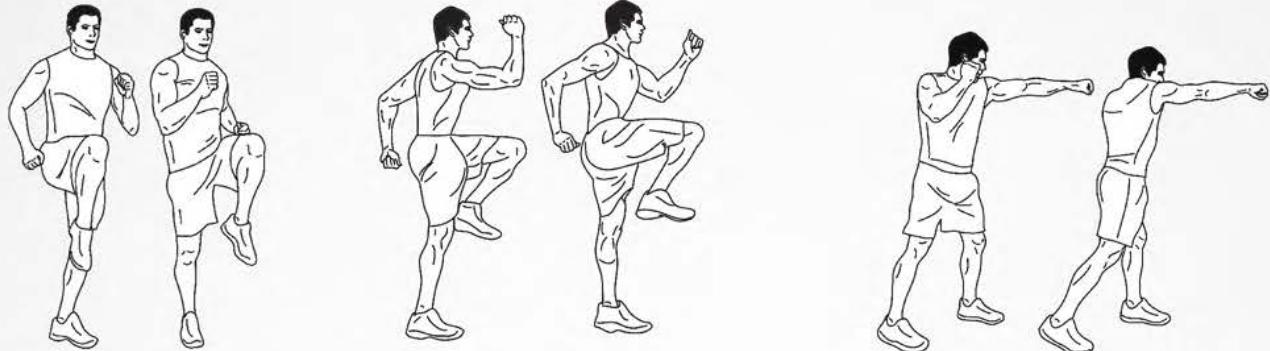
**Focus: High Burn**



# REBOOT

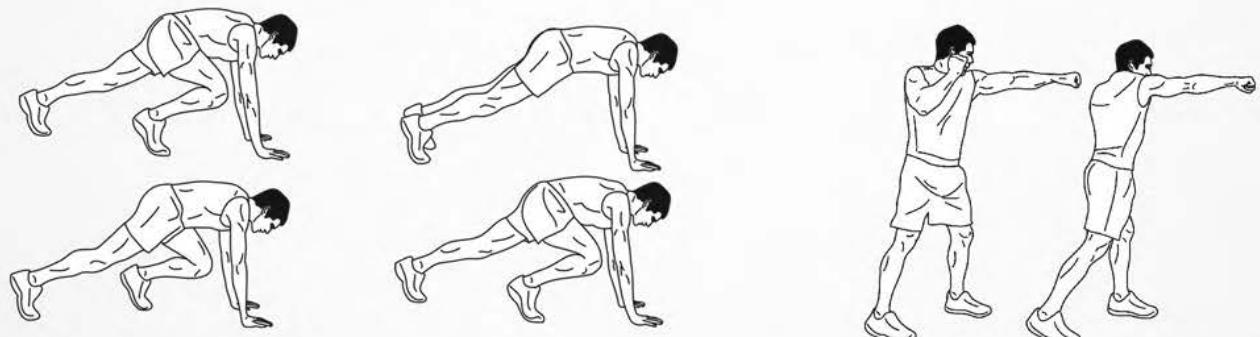
DAREBEE WORKOUT © [darebee.com](http://darebee.com)

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



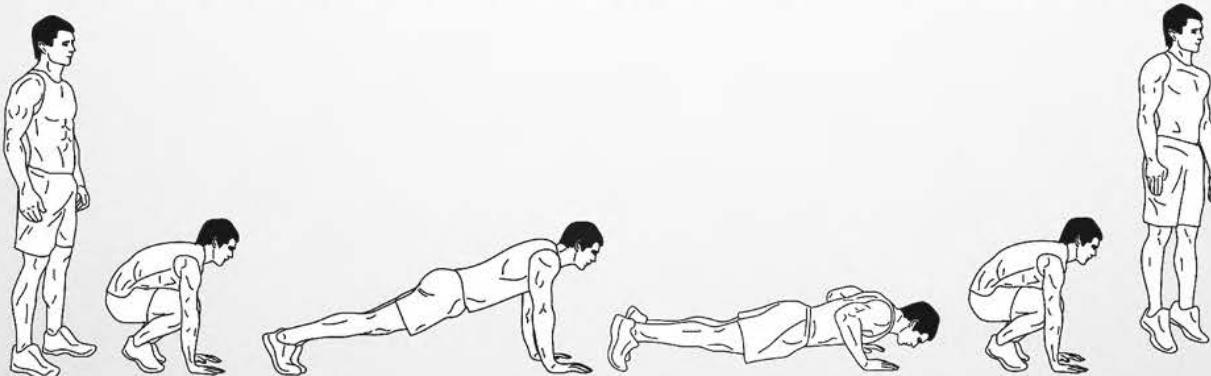
**3 combos:** 20 high knees + 10 march

**40** punches



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

**40** punches



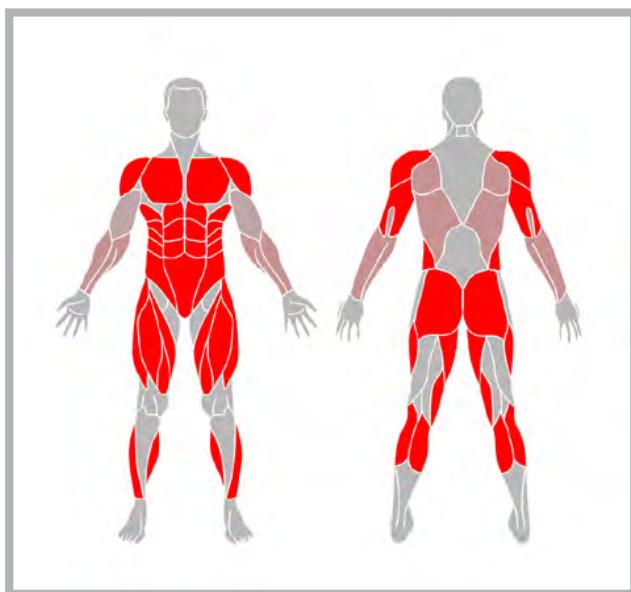
**10** burpees (squat + plank + push-up + jump-in + jump up)

87

## Recon Squad

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

**Focus: Strength & Tone**



# RECON SQUAD

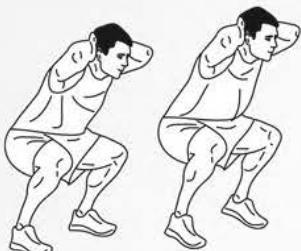
DAREBEE WORKOUT  
© [darebee.com](http://darebee.com)

LEVEL I 3 sets

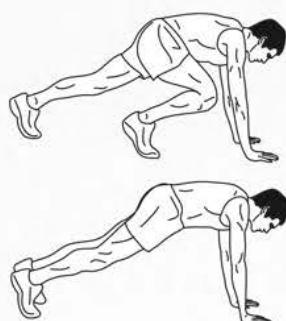
LEVEL II 5 sets

LEVEL III 7 sets

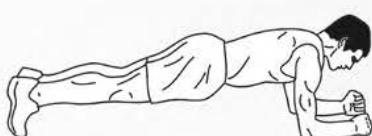
REST up to 2 minutes



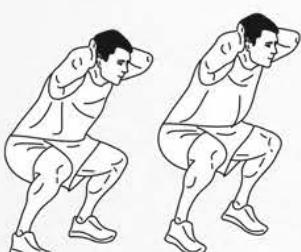
**10** squat hops



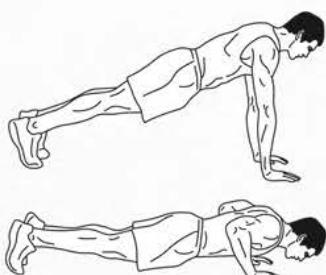
**10** slow climbers



**20-count** elbow plank



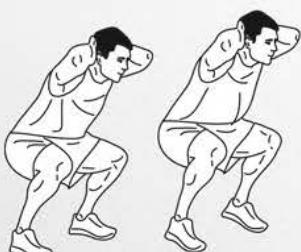
**10** squat hops



**10** push-ups



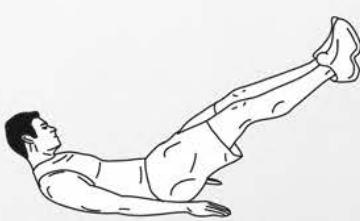
**20-count** side plank



**10** squat hops



**10** knee-to-elbows



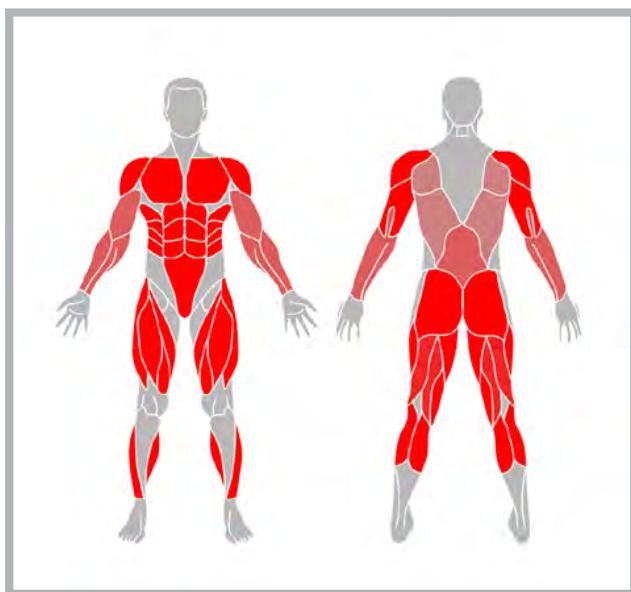
**20-count** raised leg hold

88

## Recruit

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

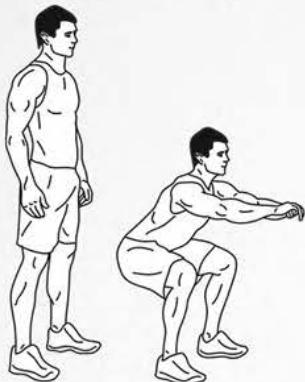
**Focus: Strength & Tone**



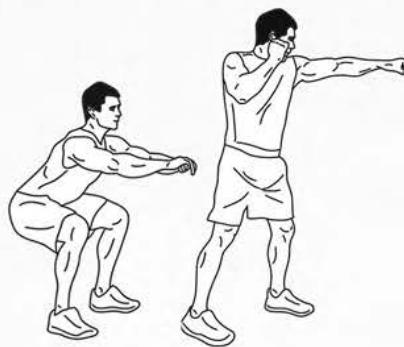
# RECRUIT

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

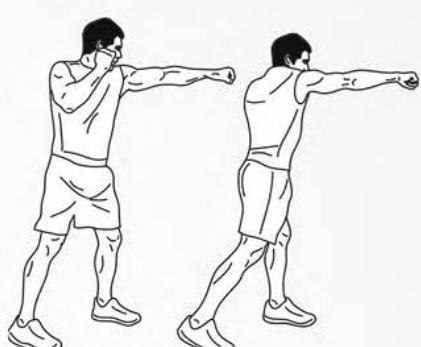
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



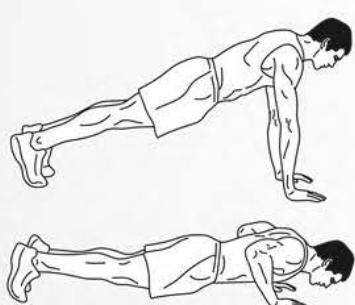
**20** squats



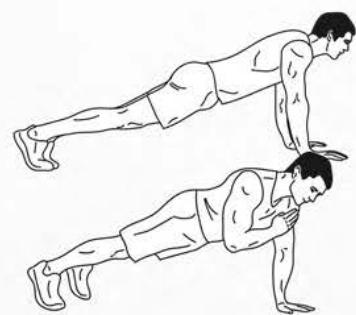
**20** squat + jab



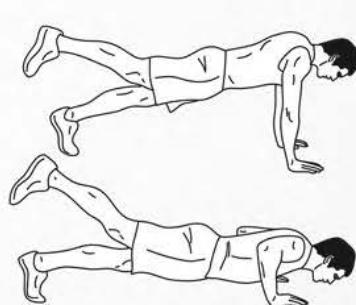
**20** jab + cross



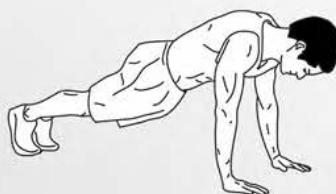
**4** push-ups



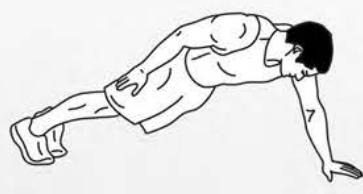
**20** shoulder taps



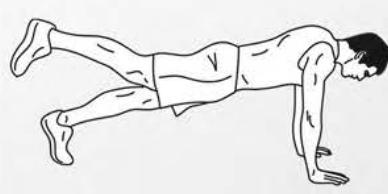
**4** raised leg push-ups



**20-count** plank



**20-count** one-arm plank



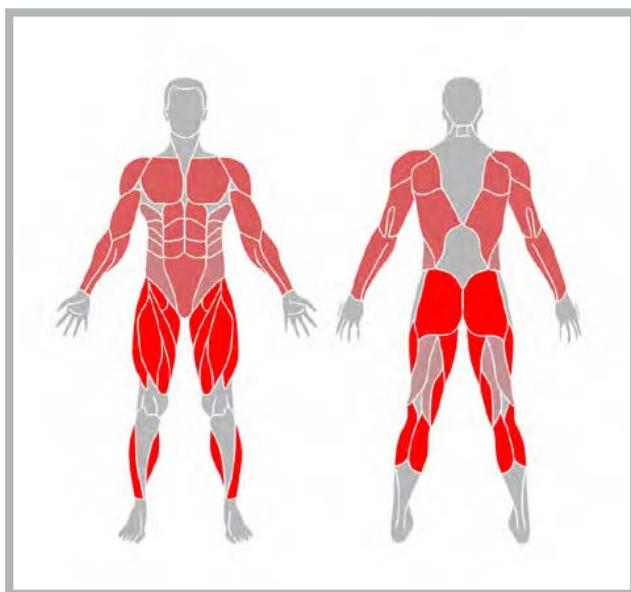
**20-count** raised leg plank

89

## Scorcher

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

**Focus: High Burn**



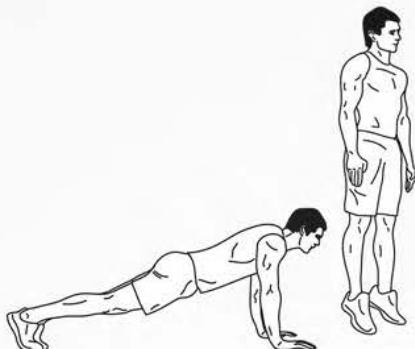
# THE SCORCHER

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

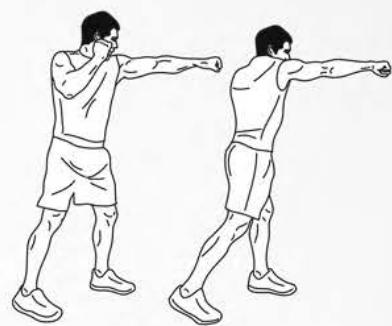
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**60** high knees



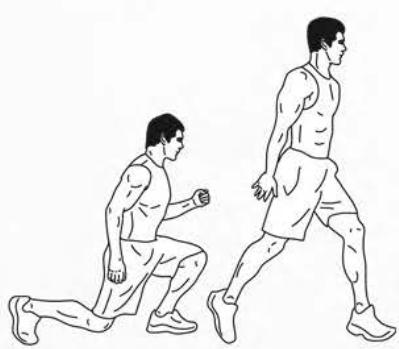
**10** basic burpee w/ jump



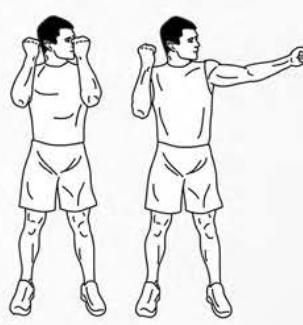
**40** punches



**60** high knees



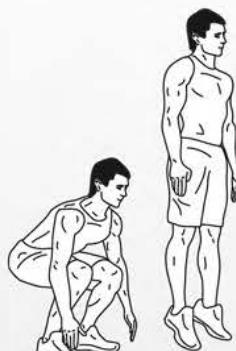
**10** jumping lunges



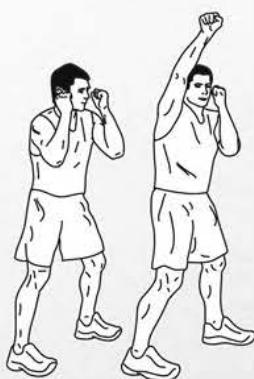
**40** backfists



**60** high knees



**10** jump squats



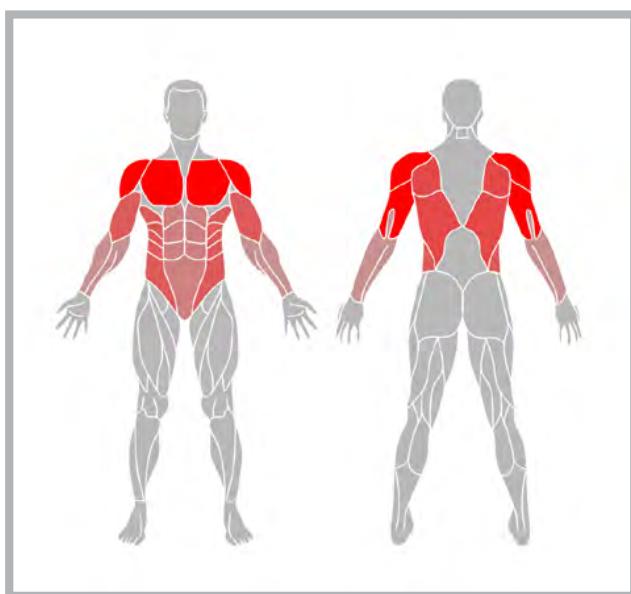
**40** overhead punches

90

## Sculptor

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

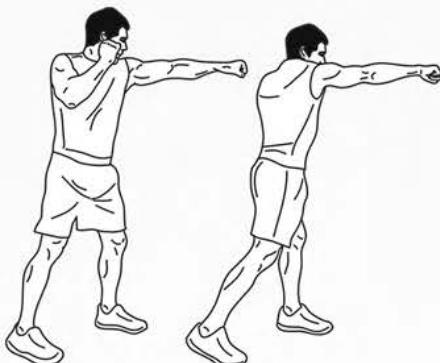
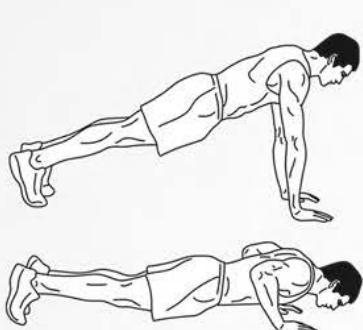
**Focus: Strength & Tone**



# SCULPTOR

DAREBEE WORKOUT FOR ARMS, CHEST AND BACK

© [darebee.com](http://darebee.com)



**10** push-ups

**40** punches

**10** push-ups

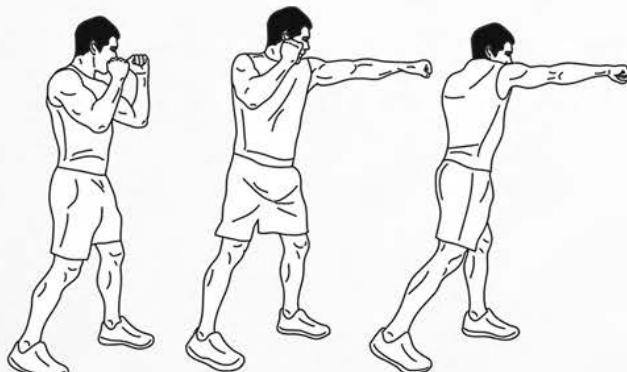
**40** punches

**10** push-ups

**40** punches

**1 minutes rest**

go as fast as you can,  
non-stop



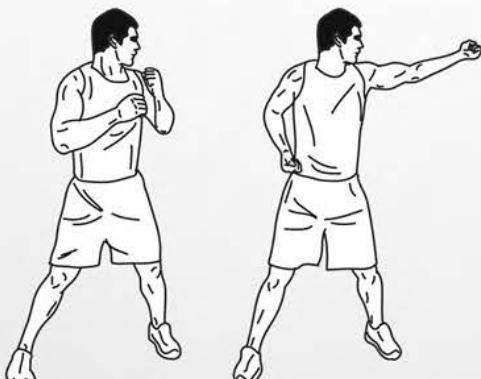
**1 minute** punches

**1 minutes rest**

**1 minute** punches

**1 minutes rest**

100 reps per side,  
then change.



**200**

backfists

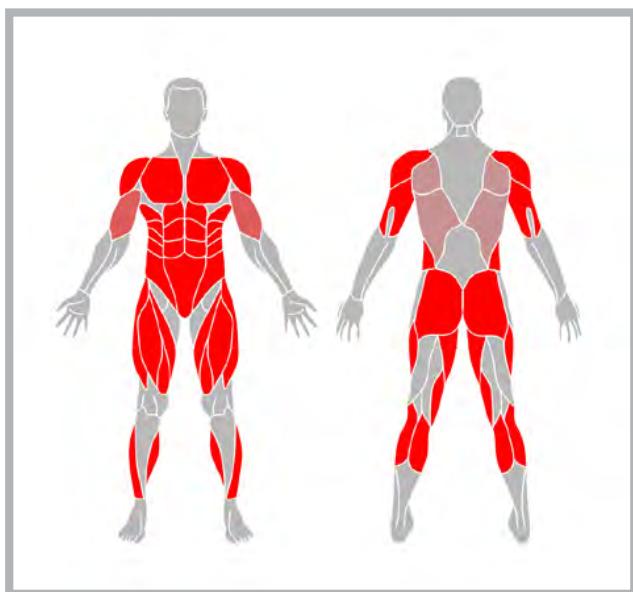
Done!

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## Sentinel

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

**Focus: Strength & Tone**



# SENTINEL

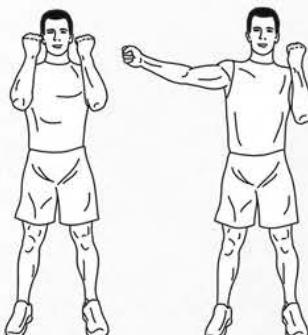
DAREBEE WORKOUT © [darebee.com](http://darebee.com)

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



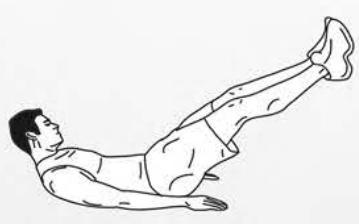
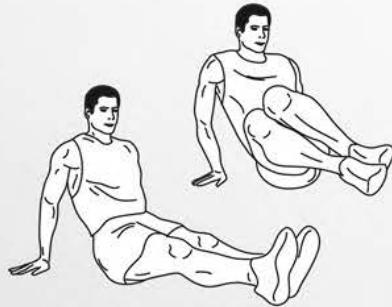
**4 combos:** 10 squats + 10-count hold

**40** lunges



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

**40** side-to-side backfists



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

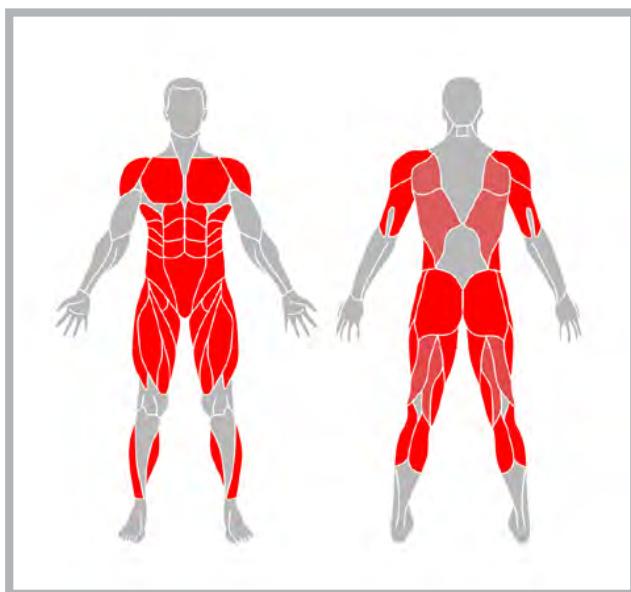
**40** sitting twists

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## Sniper

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

**Focus: Strength & Tone**



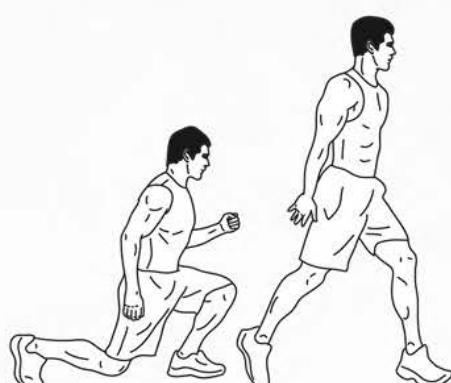
# SNIPER

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

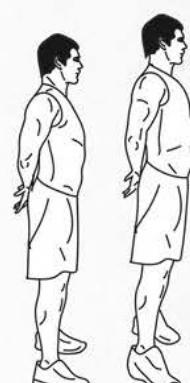
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



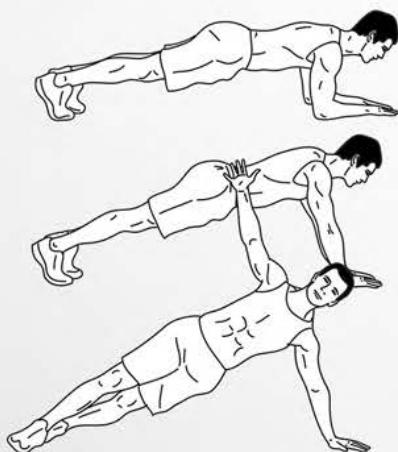
**20** lunges



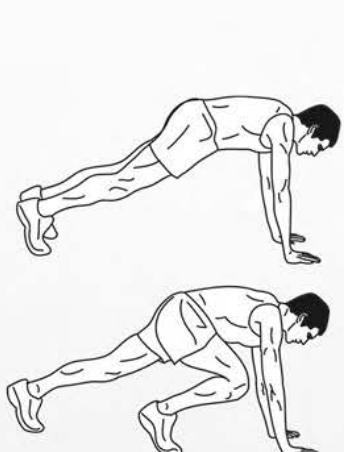
**20** jumping lunges



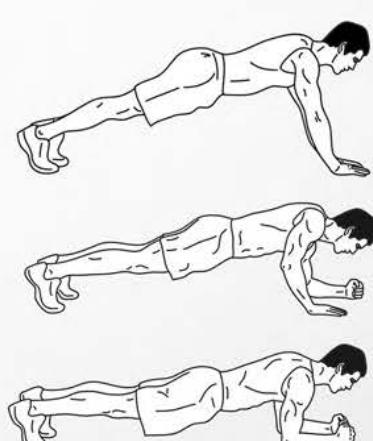
**20** calf raises



**20** press w/ rotations



**20** climbers



**20** up & down planks

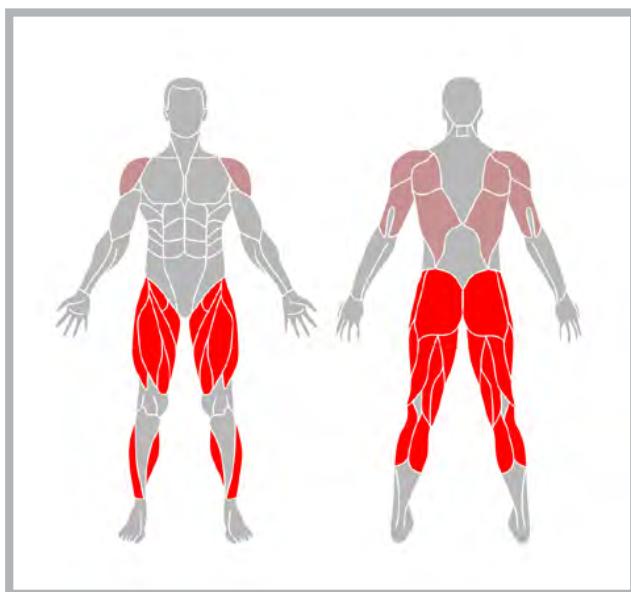
93

## Splits

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

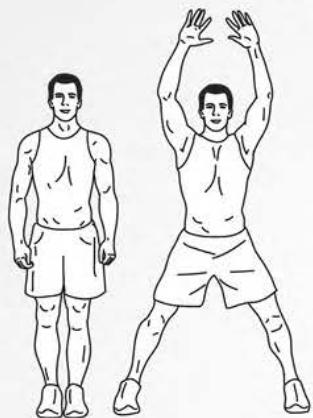
Tip: If you are doing this routine post-workout (you are already warmed up) you can drop the jumping jacks and proceed to the side leg raises right away.

### Focus: Stretching



# SPLITS

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



**40** jumping jacks

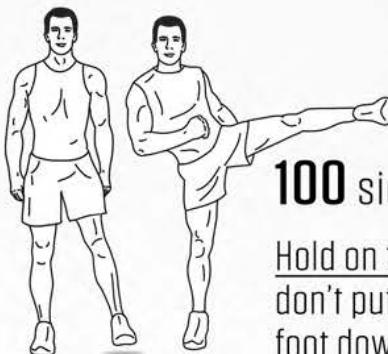
1 minute rest

**40** jumping jacks

1 minute rest

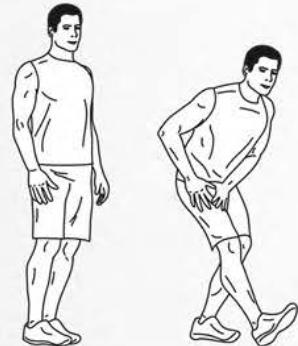
**40** jumping jacks

1 minute rest



**100** side leg raises

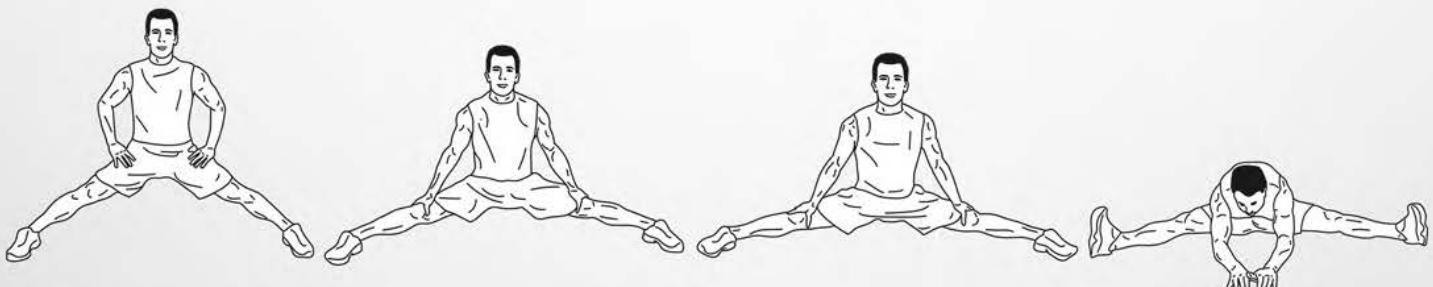
Hold on to something but don't put your active foot down. 50 raises per leg.



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

**10** deep side-to-side lunges

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



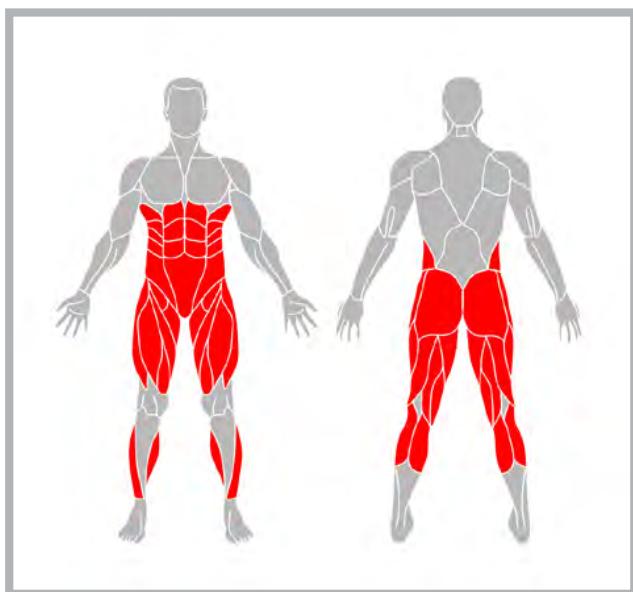
**2 minutes** side splits - go as low as you can, then sit down & lean forward as illustrated above. Try to go further every time you do this workout.

94

## Springboard

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

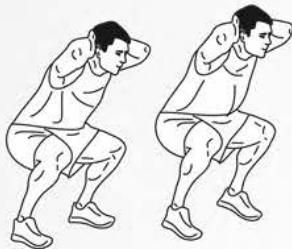
**Focus: Strength & Tone**



# SPRINGBOARD

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

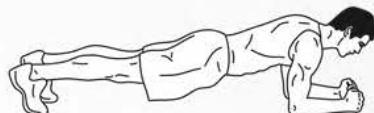
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST 2 minutes



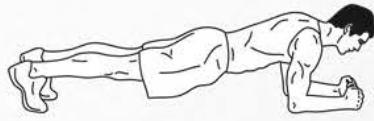
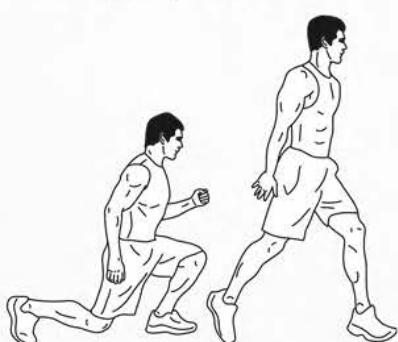
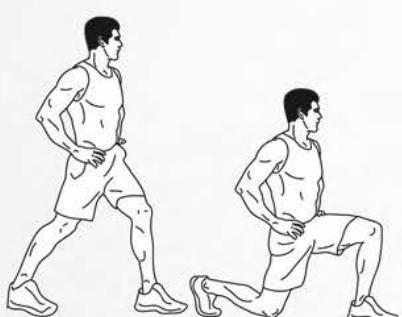
**10** squat hops



**10** jump squats



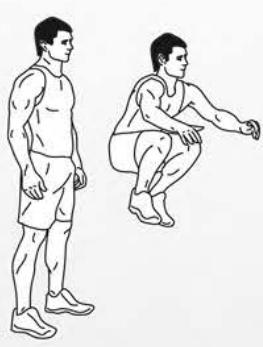
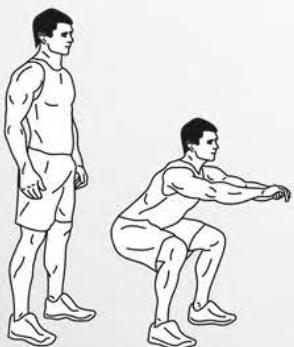
**30sec** elbow plank



**10** split lunges

**10** jumping lunges

**30sec** elbow plank



**10** squats

**10** jump knee tucks

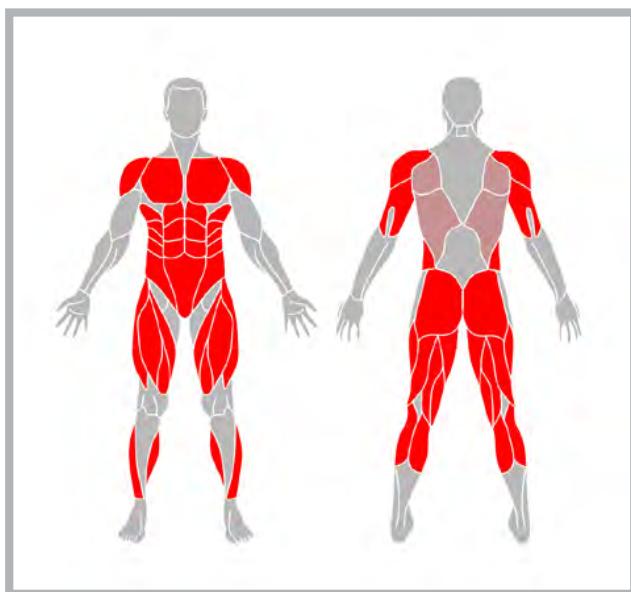
**30sec** elbow plank

95

## Static Zap

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

**Focus: Strength & Tone**



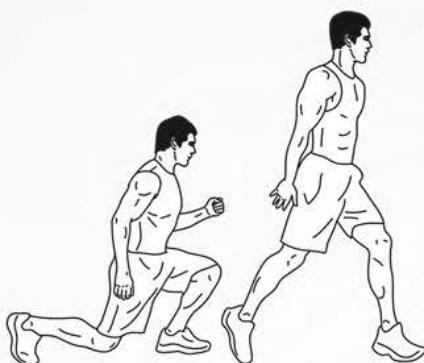
# static zap

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

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



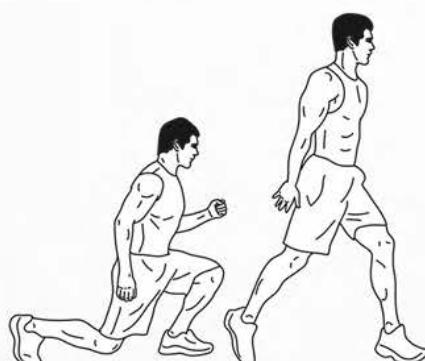
**10-count** push-up plank



**20** jumping lunges

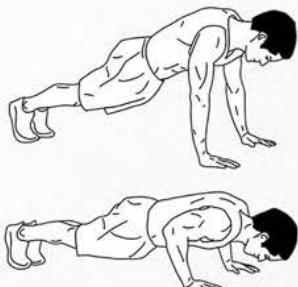


**10-count** squat hold

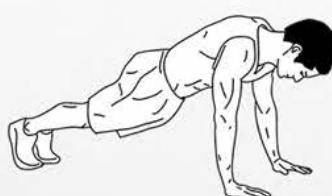


**10-count** push-up plank

**20** jumping lunges



**10** slow push-ups



**10-count** push-up plank

**20-count** plank hold

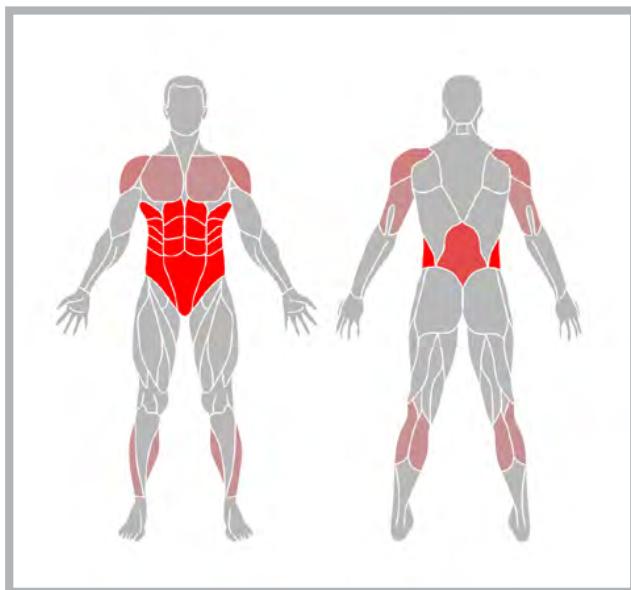
**10-count** side plank

96

## Super Plank

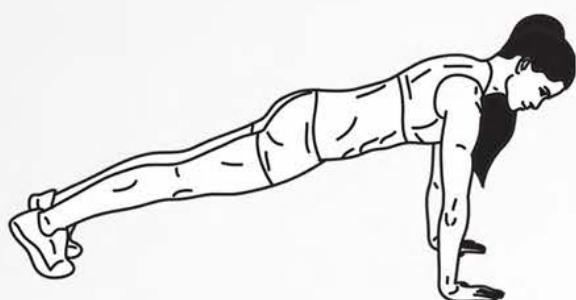
There is a Chinese Special Forces exercise where soldiers have to act as a human bridge, using their bodies to bridge a narrow chasm so their buddies can crawl over them to the other side. Well, that totally illustrates the concept of Super Plank. You want to get to the point where your body is a finely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

**Focus: Abs**

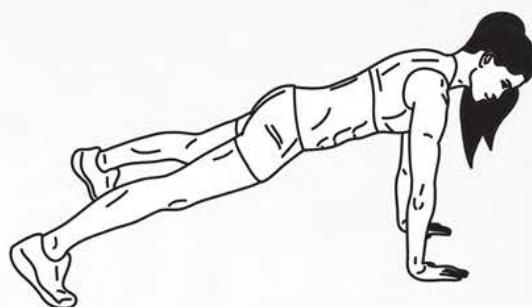


# super plank

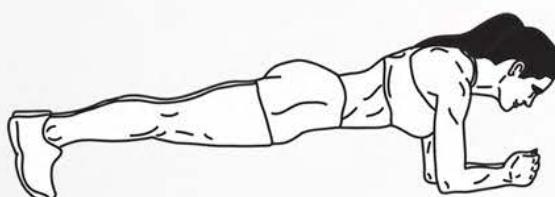
DAREBEE WORKOUT © [darebee.com](http://darebee.com)



**30sec** plank



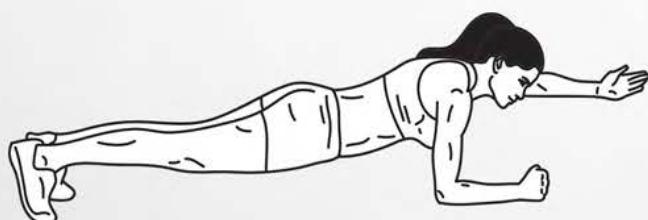
**30sec** wide leg plank



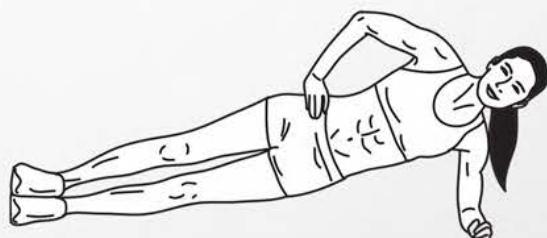
**30sec** elbow plank



**30sec** superman plank



**60sec** raised arm elbow plank  
30 seconds - each arm



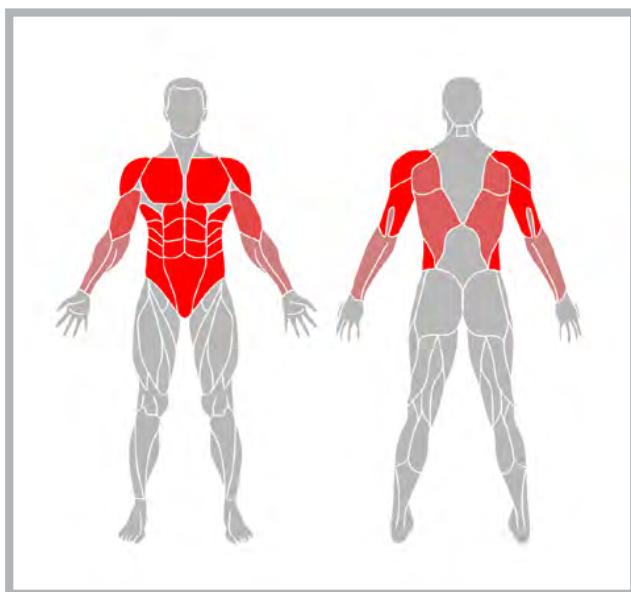
**60sec** side plank  
30 seconds - each side

97

## Tank Top

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

**Focus: Strength & Tone**



# TANK TOP

DAREBEE WORKOUT

© [darebee.com](http://darebee.com)

LEVEL I 3 sets

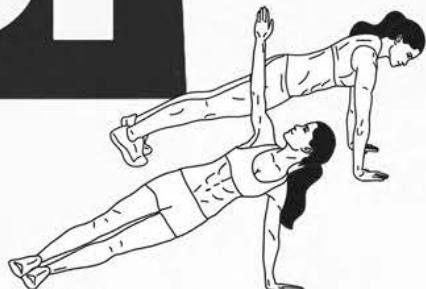
LEVEL II 5 sets

LEVEL III 7 sets

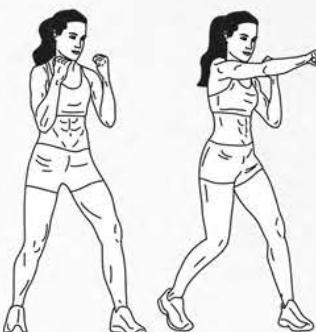
REST up to 2 minutes



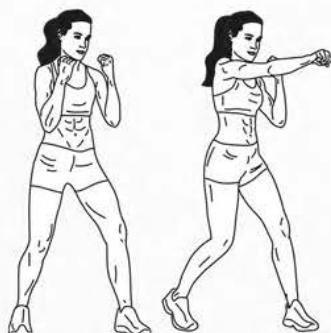
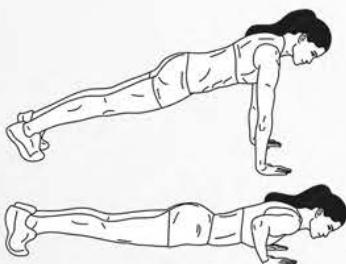
**40** punches



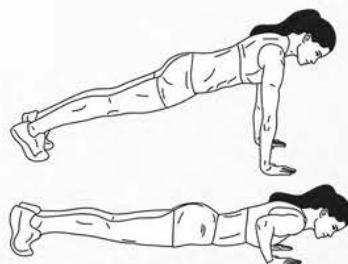
**10** plank rotations



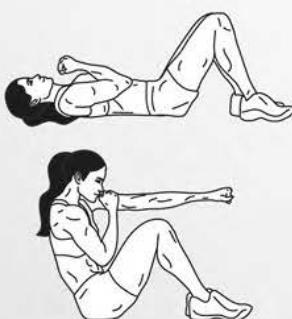
**40** punches



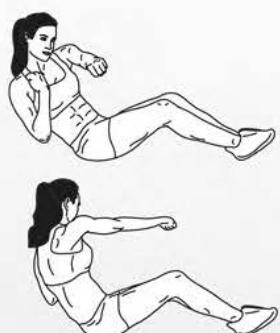
**10** push-ups



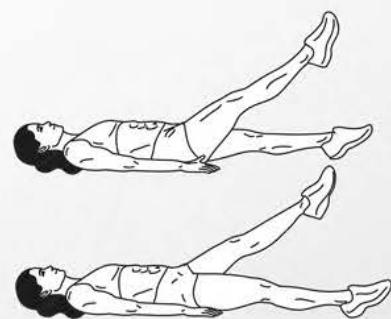
**10** push-ups



**20** sit-up punches



**20** sitting punches



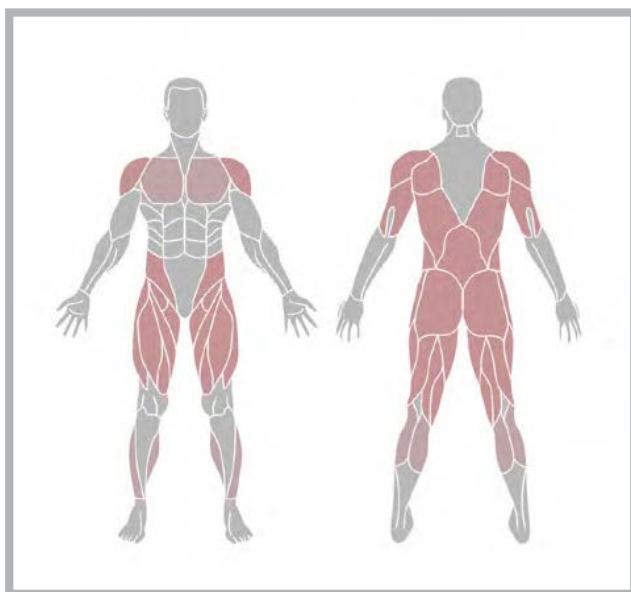
**20** flutter kicks

98

## Top to Bottom

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

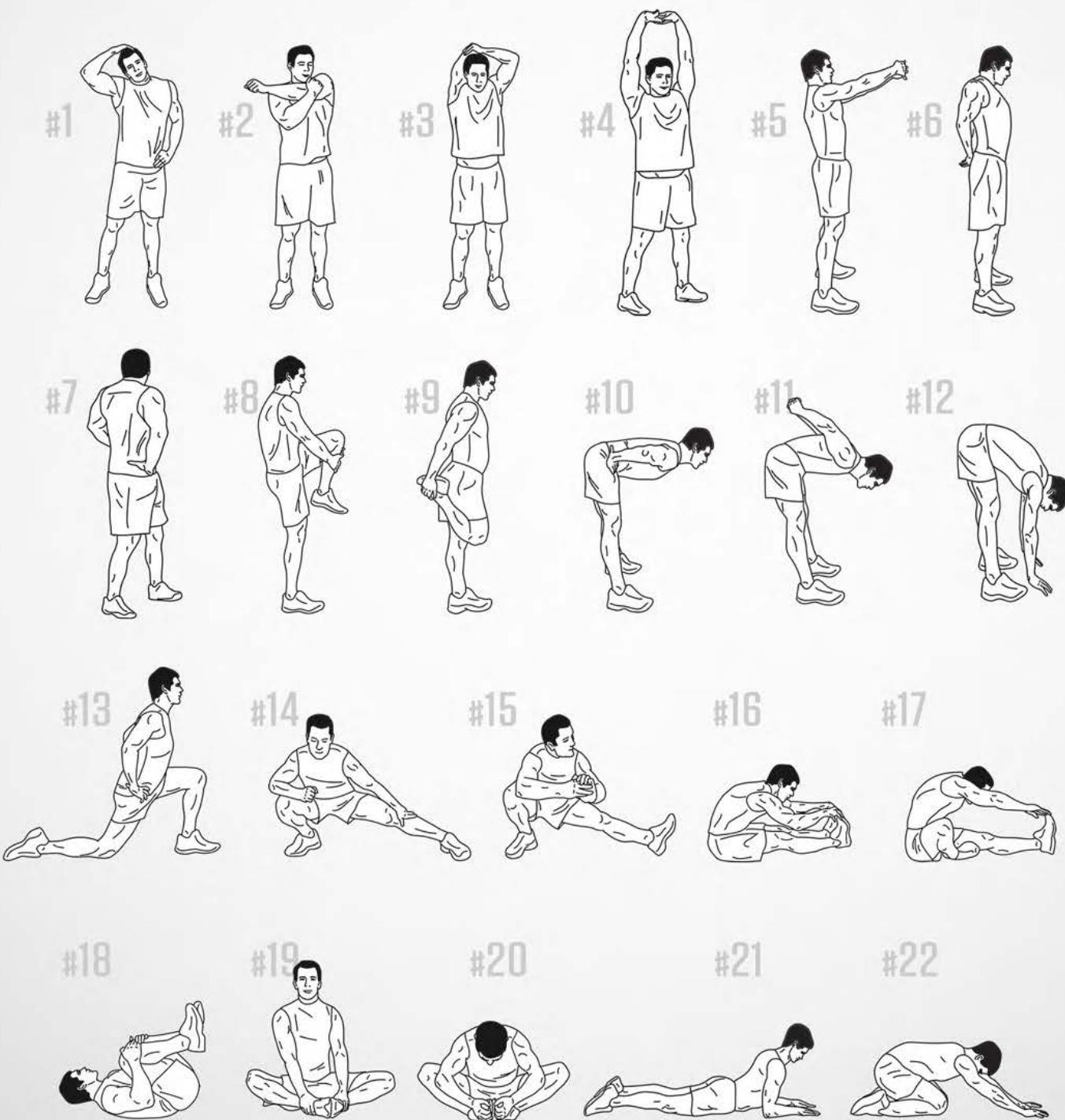
**Focus: Stretching**



# top to bottom

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

Repeat each stretch for 20 seconds / 20 seconds per side.

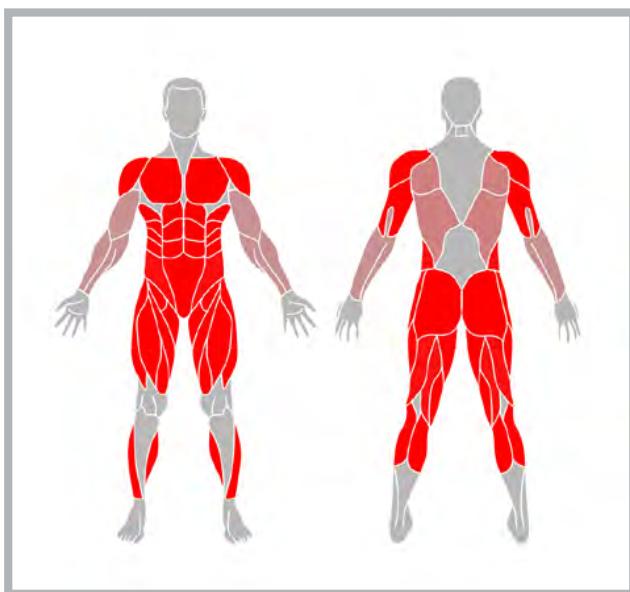


99

## Valkyrie

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

**Focus: Strength & Tone**



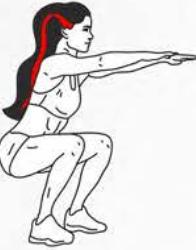
# Valkyrie

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

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



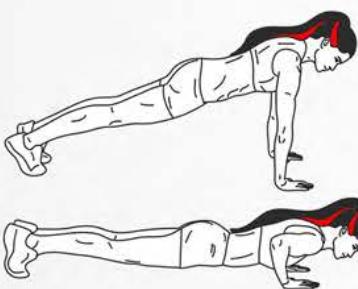
10 squats



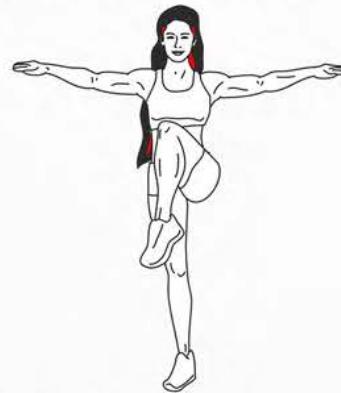
10 squat punches



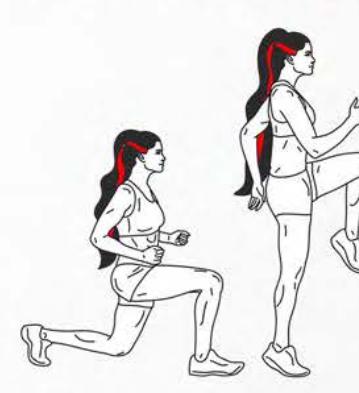
10 squat cross steps



10 push-ups



40sec balance stand



20 lunge step-ups



10 sit-up punches

10 crunch kicks

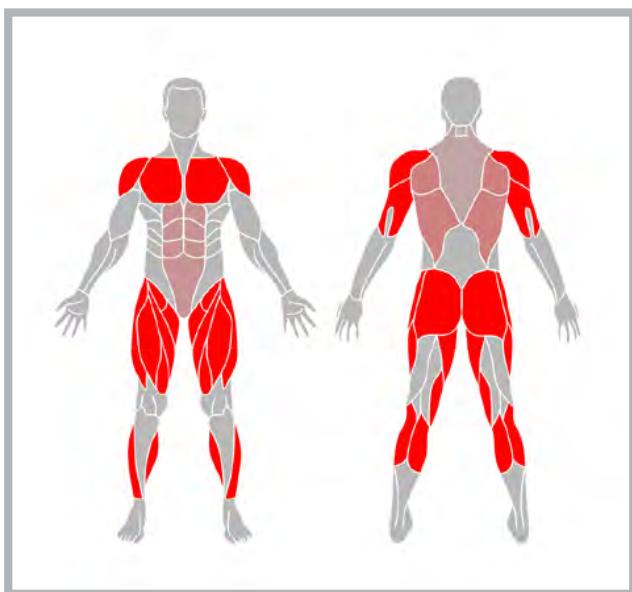
10 side Vs

100

## Watch Me.

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

**Focus: High Burn**

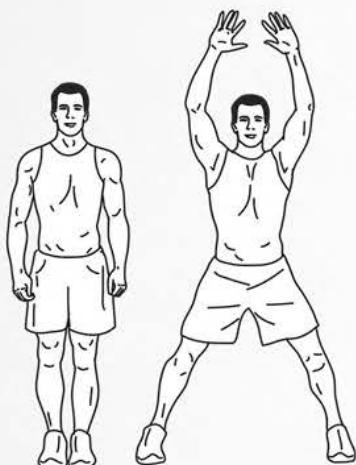


# watch me.

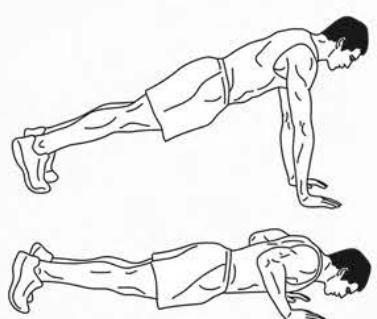
DAREBEE CARDIO WORKOUT © [darebee.com](http://darebee.com)

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

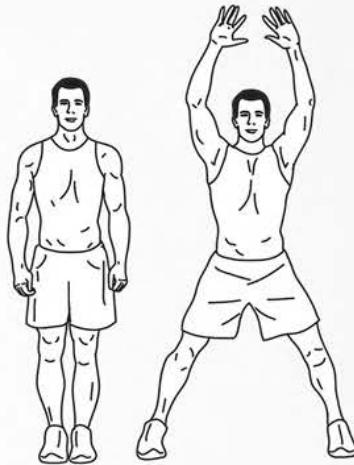
REST up to 2 minutes



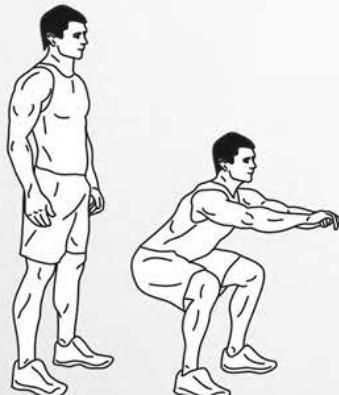
**20** jumping jacks



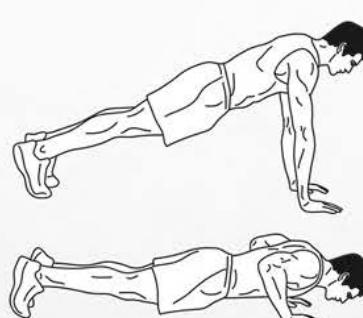
**10** push-ups



**20** jumping jacks



**20** squats



**10** push-ups



**20** squats

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