

DEMON SLAYER

DAREBEE WORKOUT

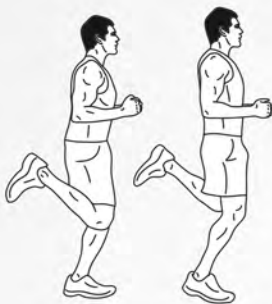
@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

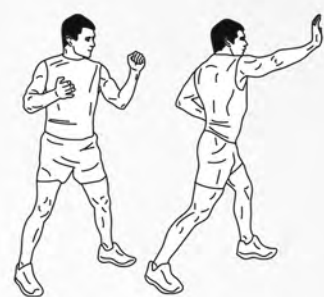
REST up to 2 minutes



20 butt kicks



10 knee strikes



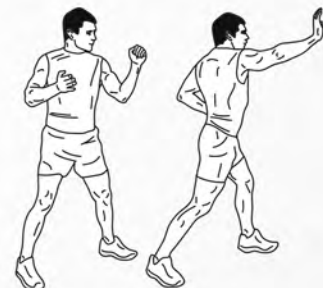
20 palm strikes



4 side-to-side lunges



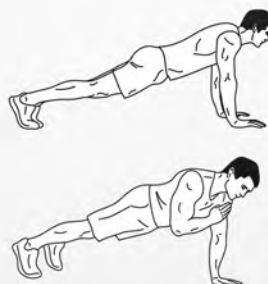
10 climbers



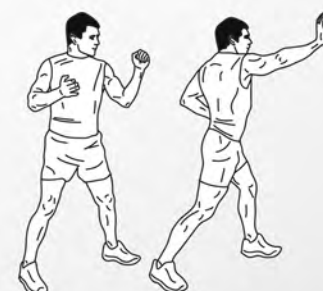
20 palm strikes



20 bounce on the spot



10 shoulder taps

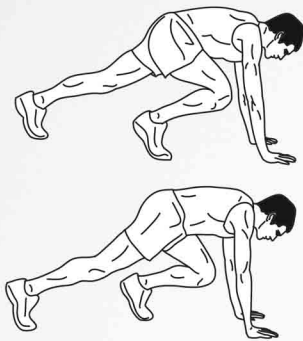


20 palm strikes

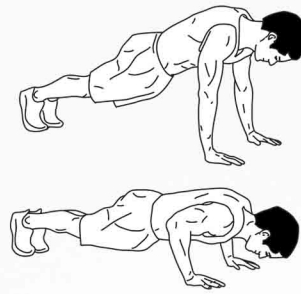
DRAGON SLAYER

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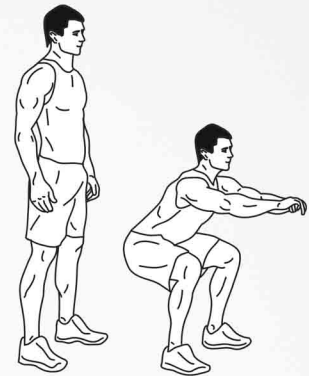
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



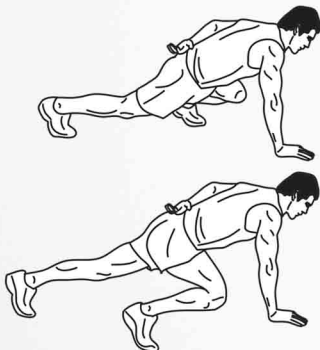
20 climbers



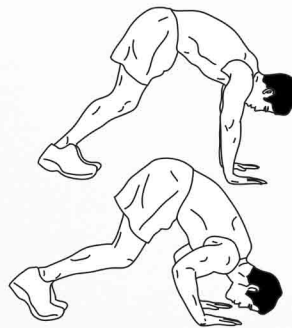
6 push-ups



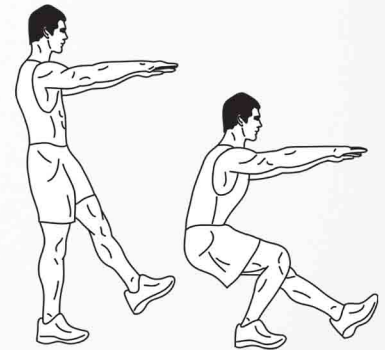
6 squats



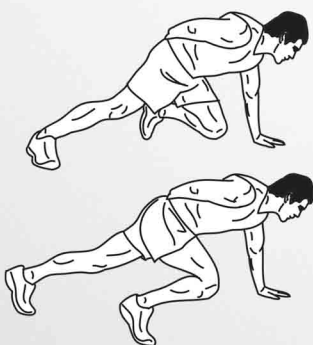
20 one arm climbers



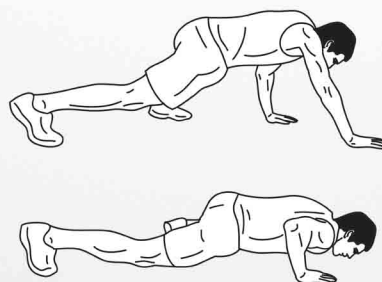
6 pike push-ups



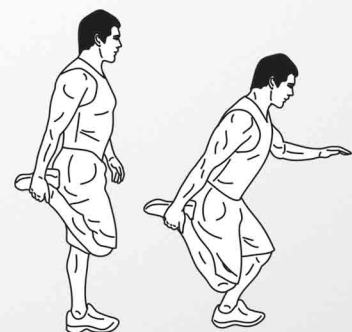
6 pistol squats



20 one arm climbers



6 dragon push-ups

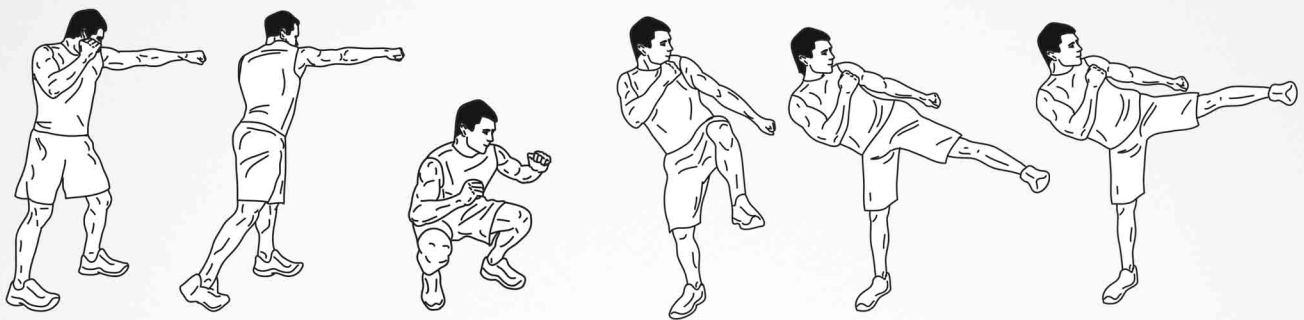


6 shrimp squats

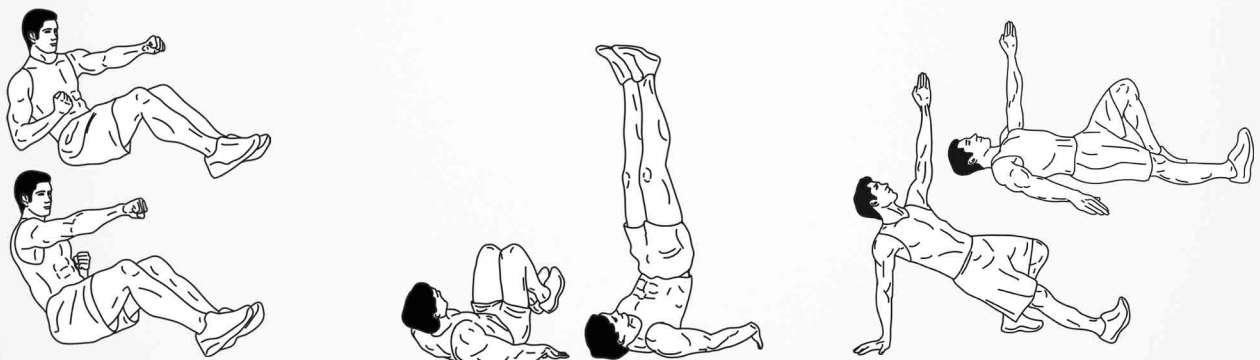
ENFORCER

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

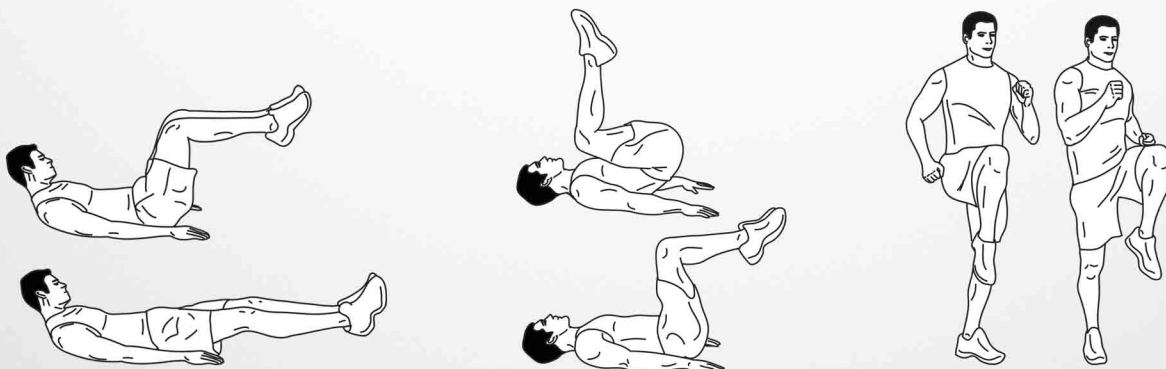


20combos jab + cross + squat + double side kick (low / mid height)



20combo sit-up + jab + cross + butt-up

20 get-ups



20combos crunch kick + reverse crunch

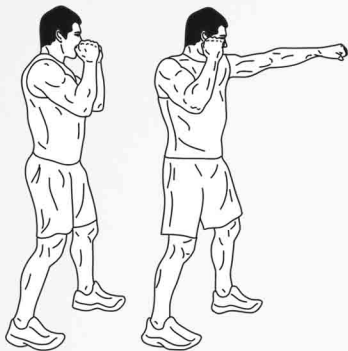
20 fast high knees



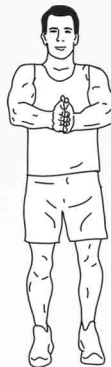
FULL METAL

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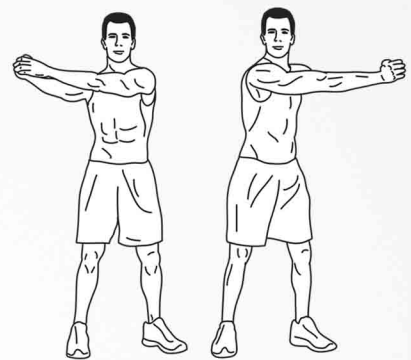
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



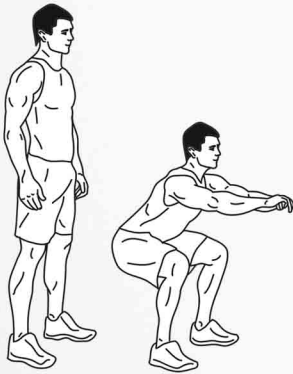
20 punches



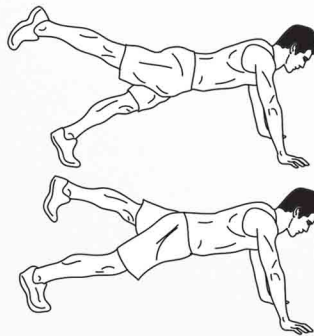
10 chest squeezes



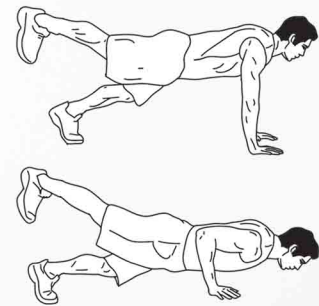
20 side-to-side chops



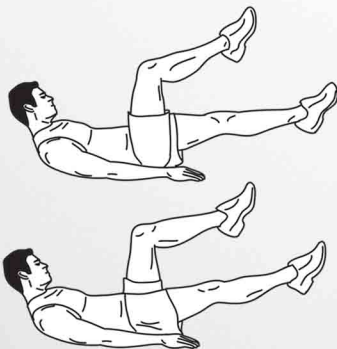
20 squats



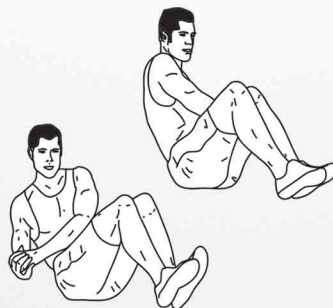
20 plank leg raises



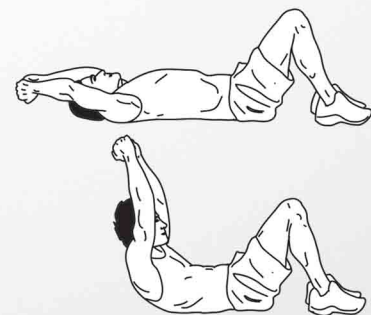
4 raised leg push-ups



10 air bike crunches



10 sitting twists



10 long arm crunches

Goku

DAREBEE **HIIT** WORKOUT © darebee.com

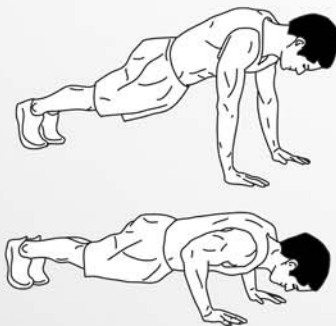
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



10sec squats



20sec side kicks



10sec push-ups



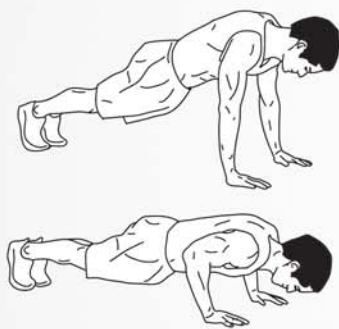
20sec squat hold punches

GUTS

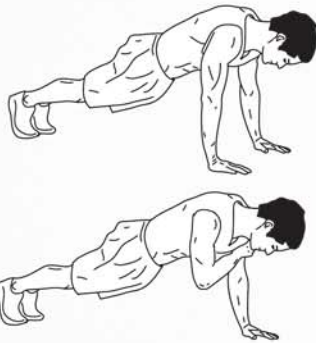
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100 reps in total each exercise | split into manageable sets

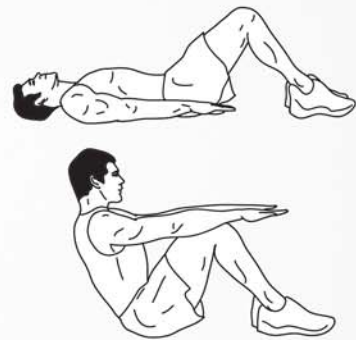
Level I throughout the day **Level II** repeat once **Level III** twice in one day



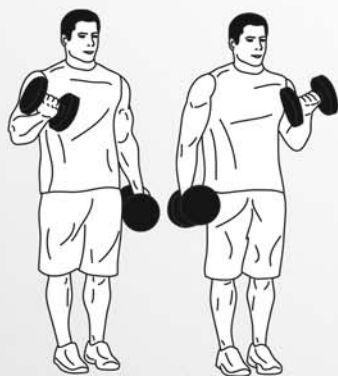
push-ups



shoulder taps



sit-ups



bicep curls



squats

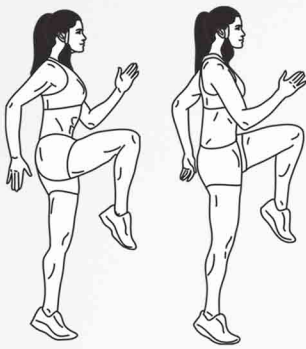


lunges

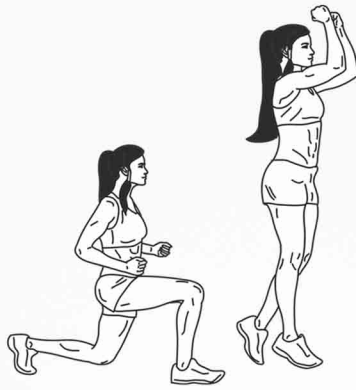
KORRA

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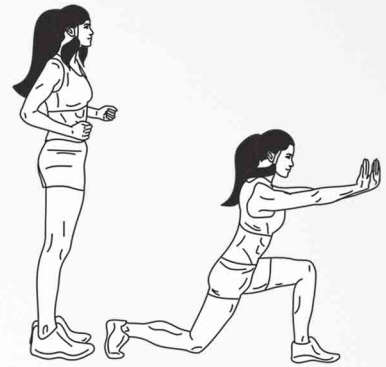
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



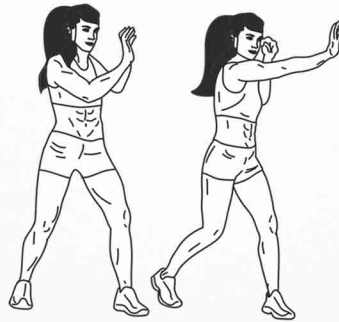
10 jumping lunges



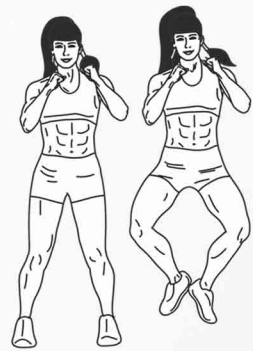
10 lunge push strikes



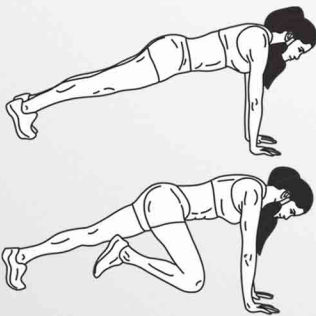
20 squat side kicks



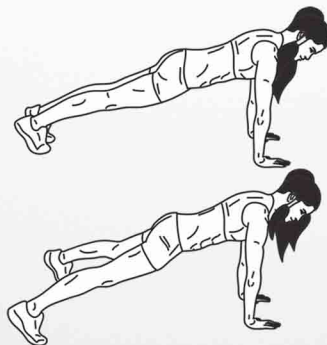
20 palm strikes



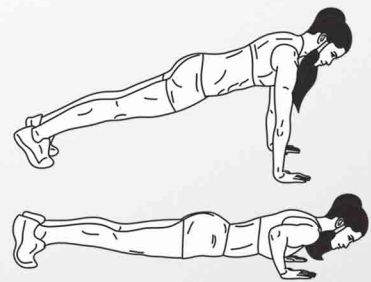
10 heel click jumps



20 climbers



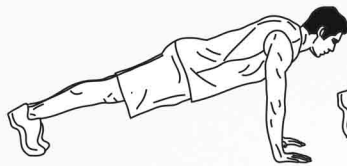
10 plank jacks



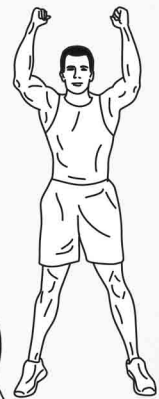
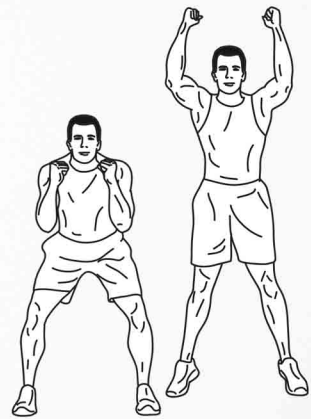
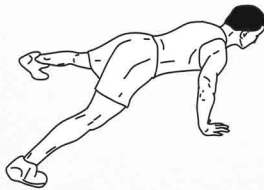
10 push-ups

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



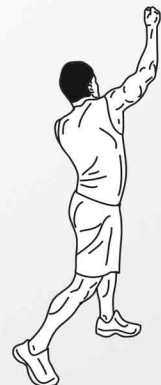
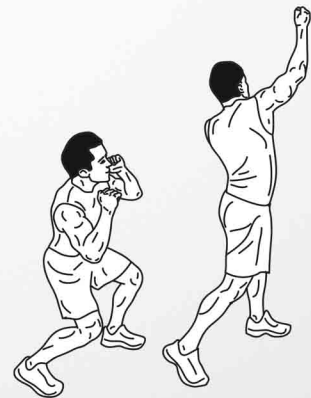
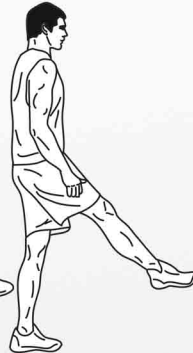
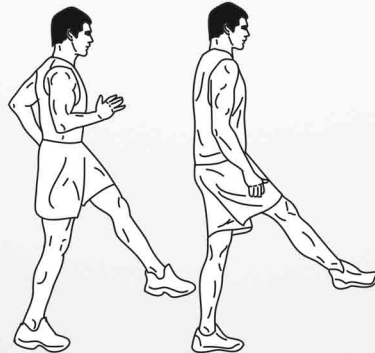
10 burpees



10 side-to-side jumps

10 plank jacks

10 jumps



20 punches

20 straight leg bounds

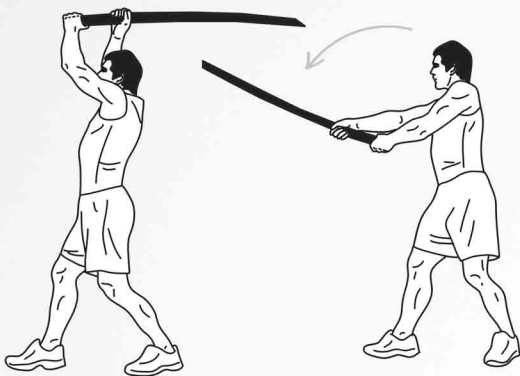
20 uppercuts

SAO

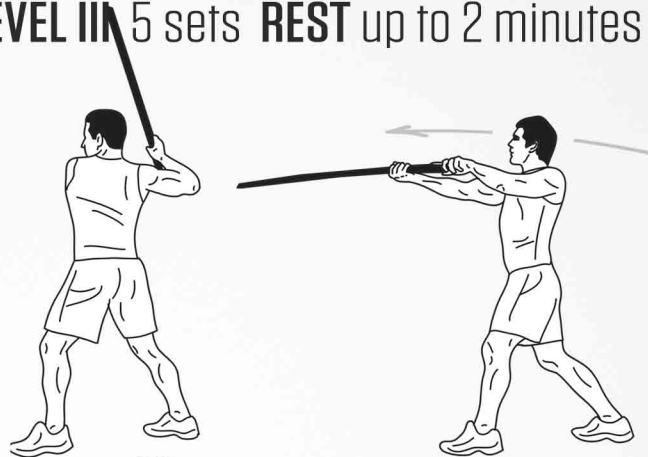
SURVIVOR WORKOUT

@ darebee.com

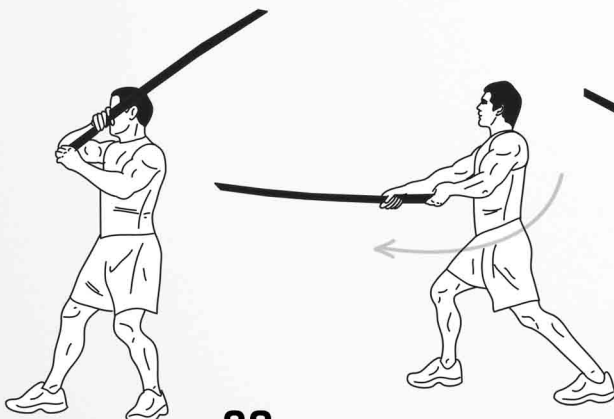
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



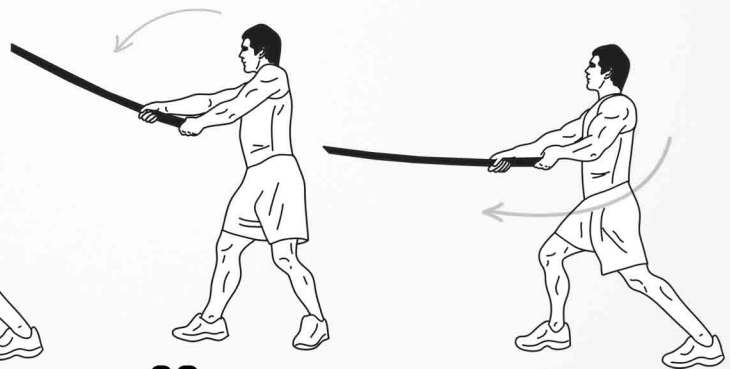
20 vertical cuts



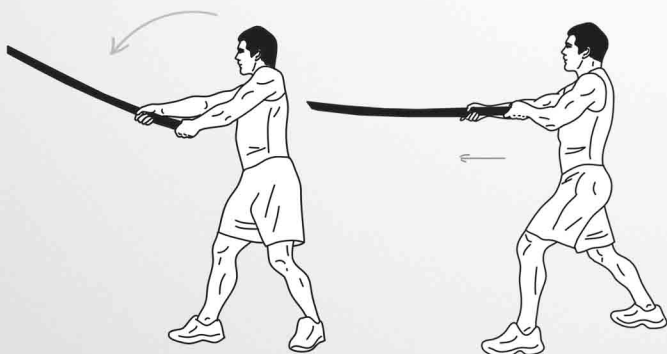
20 horizontal cuts



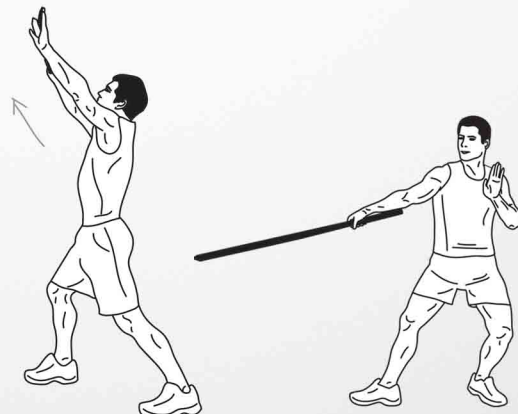
20 cross cuts



20 vertical cut + cross cut



10 vertical cut + thrust



10 block + one arm cross cut

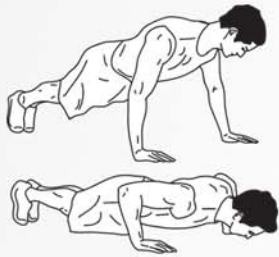


SUPER SAIYAN

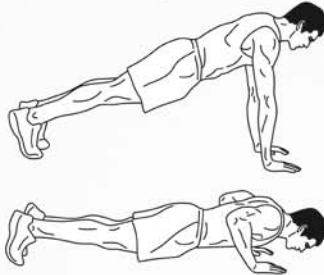
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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets **super saiyan** 10 sets

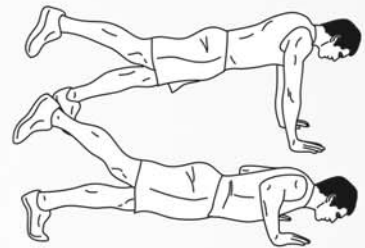
REST up to 2 minutes



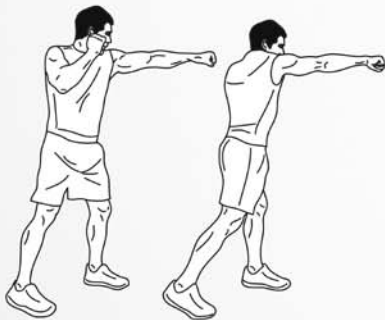
4 wide grip push-ups



6 push-ups



4 raised leg push-ups



60 punches



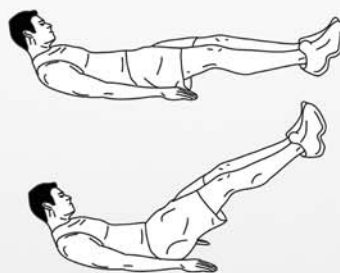
40 turning kicks



30 high knees (sprint)



10 sit-ups



10 leg raises



10 sitting twists

SURVEY



CORPS

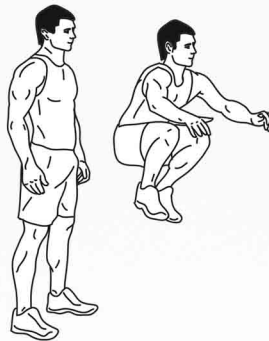
TRIBUTE WORKOUT

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



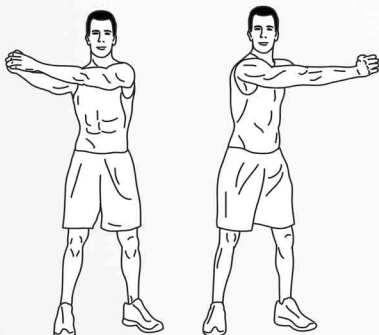
10 high knees



4 jump knee tucks



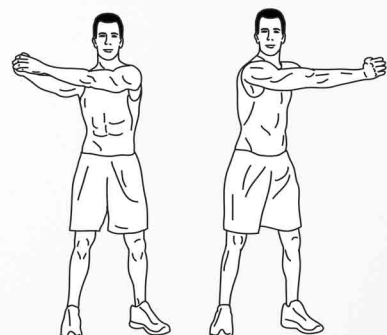
10 high knees



10 side-to-side chops



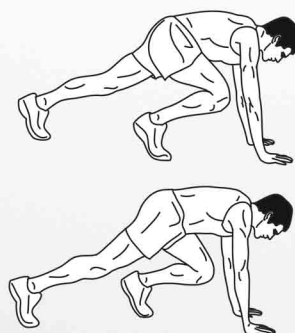
10 high knees



10 side-to-side chops



10 high knees



10 climbers

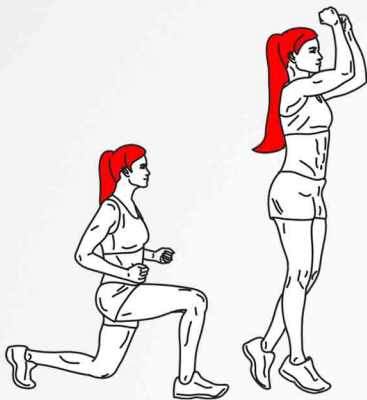


10 high knees

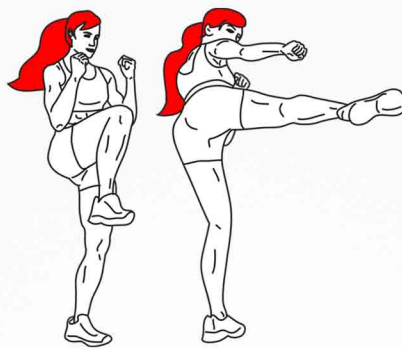
TITANIA

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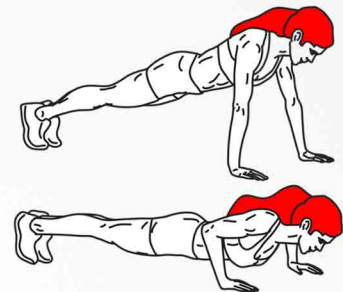
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



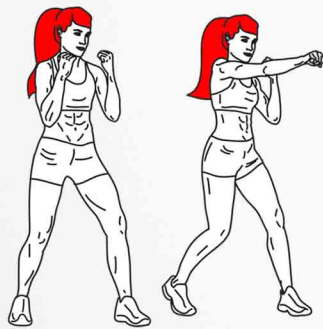
10 jumping lunges



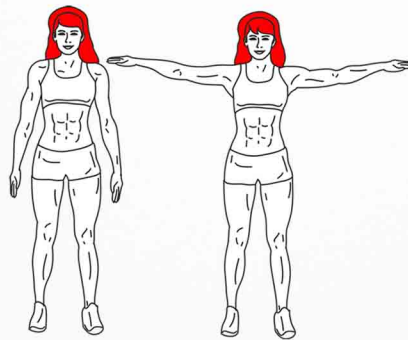
20 side kicks



10 push-ups



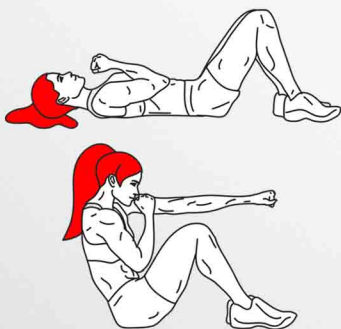
40 punches



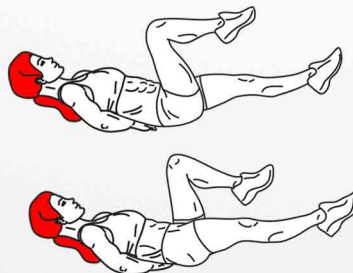
20 arm raises



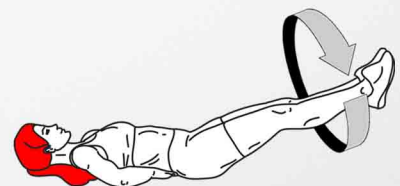
20 raised arm circles



10 punch sit-ups



10 air bike crunches



10 raised leg circles