

ARM DAY

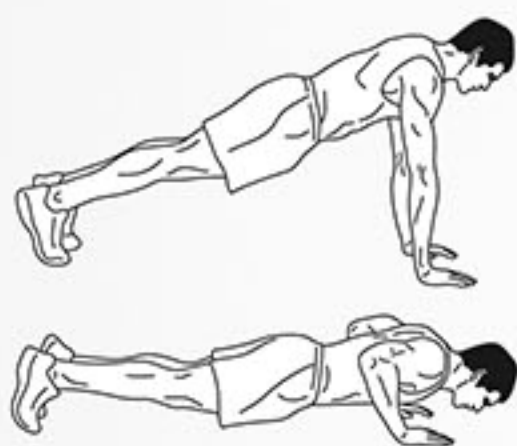
DAREBEE WORKOUT
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LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

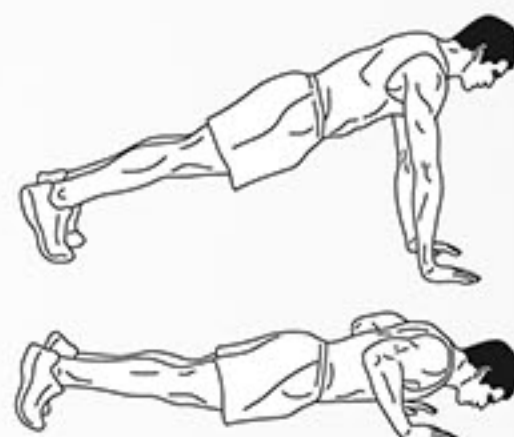
REST up to 2 minutes



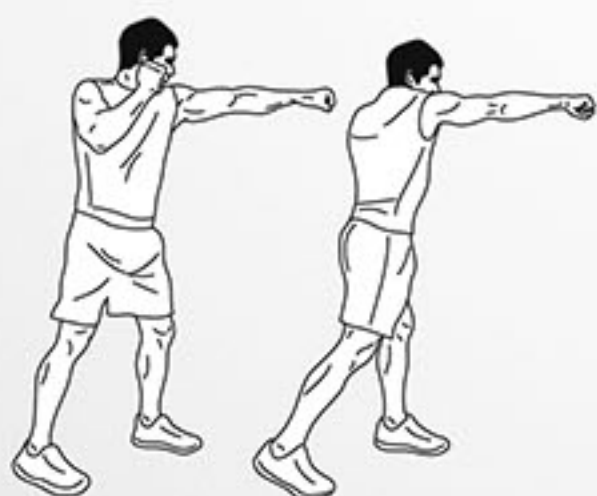
10 push-ups



10-count push-up hold



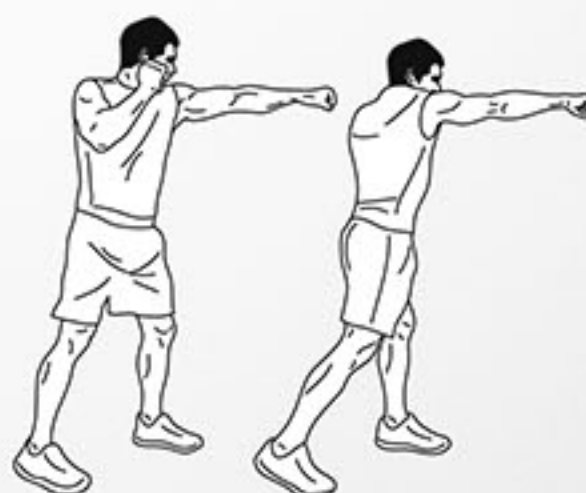
10 push-ups



30 punches



30 overhead punches



30 punches

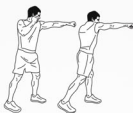
Arms of Steel

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



2 push-ups



20 punches



10 thigh taps



10 shoulder taps



20 overhead punches



2 tricep push-ups



2 minutes speed bag punches

BATTLE MAGE

DAREBEE
WORKOUT
© darebee.com



60sec clench / unclench



60sec hold



60sec clench / unclench



60sec arm scissors



60sec hold



60sec scissor chops



60sec hold

THE BOULDER

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



4 push-ups



10-count plank



4 push-ups



4 up and down planks



4 raised leg push-ups



10 shoulder taps

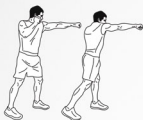


10 thigh taps

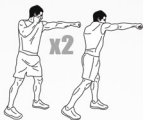
the Brawler

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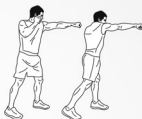
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jab + cross



20 jab + jab + cross



20 x 4 fast punches



20 jab + hook



20 jab + jab + hook



20 hooks



20 jab + uppercut



20 jab + jab + uppercut



20 uppercuts

DEMOLITION

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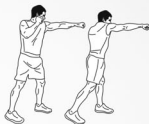
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



5 classic push-ups



5 wide grip push-ups



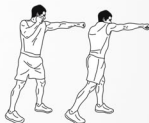
40 punches



5 classic push-ups



5 close grip push-ups



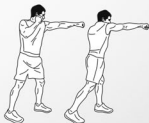
40 punches



5 classic push-ups



5 power push-ups

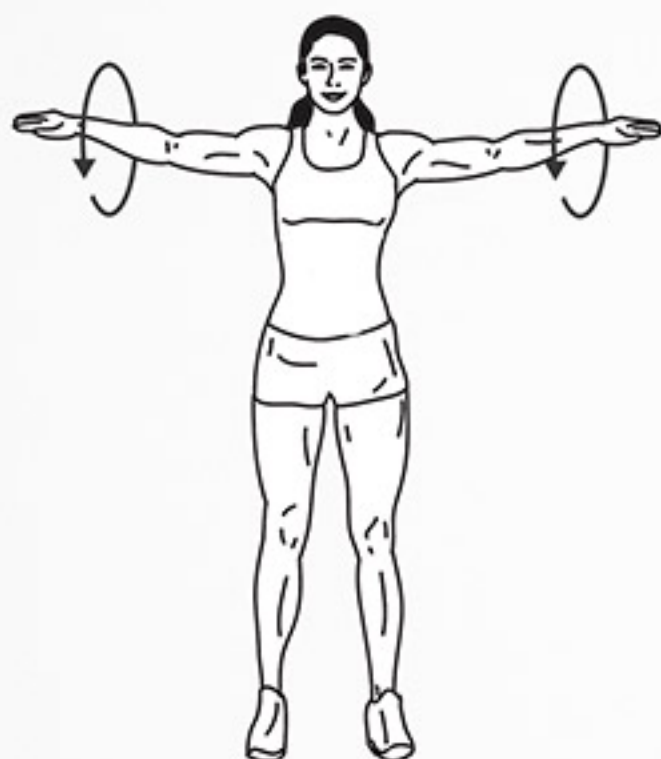


40 punches

GONE WILD

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



10 raised arm circles

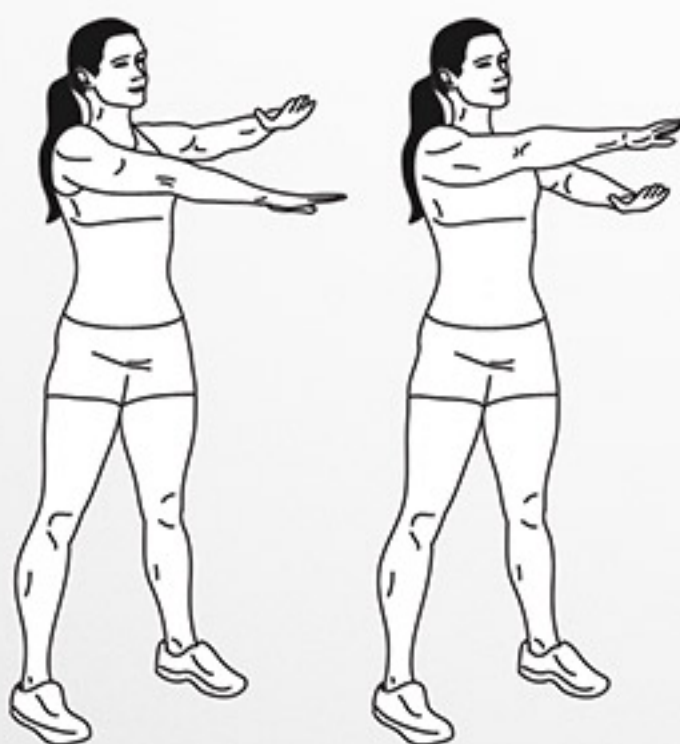
6 arm scissors

10 raised arm circles

6 arm scissors

10 raised arm circles

6 arm scissors



10 raised arm circles

6 arm scissors

HERALD

DAREBEE WORKOUT @ darebee.com

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



10 shoulder taps



10 bicep extensions



10 arm circles



10 shoulder taps



10 bicep extensions



10 elbow clicks



10 shoulder taps



10 bicep extensions



10 side shoulder taps

MAGICIAN

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



20sec hold



20sec hold



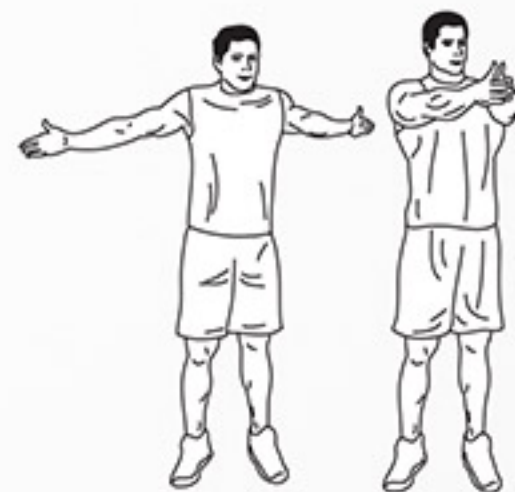
20sec raised arm circles



20sec hold



20sec hold



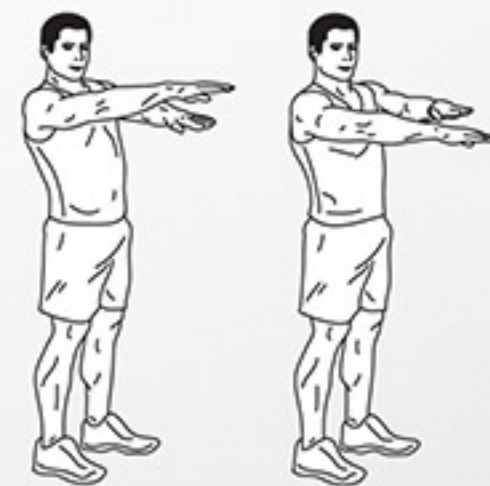
20sec chest expansions



20sec hold



20sec hold



20sec arm scissors

THE MOUNTAIN

DAREBEE WORKOUT @ darebee.com

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



5 wide grip push-ups



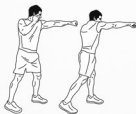
5 mid grip push-ups



5 close grip push-ups



10 plank rotations



60 punches



5 tricep extensions



20sec plank



20sec uneven plank



20sec elbow plank

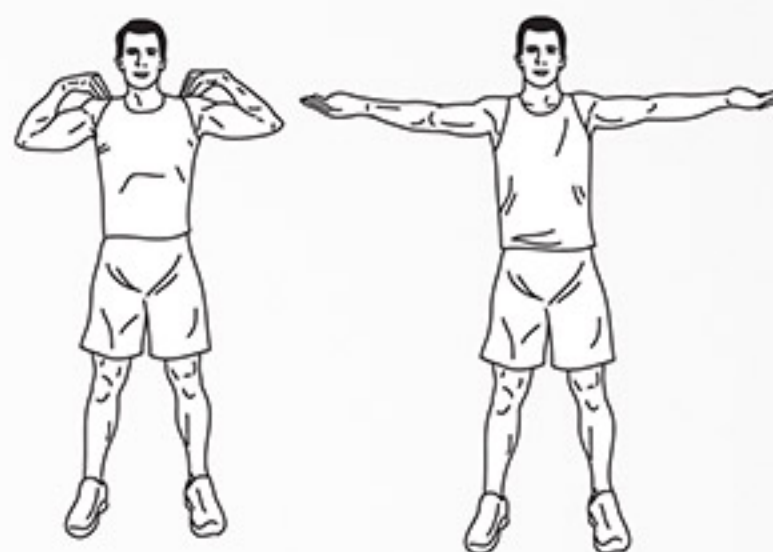
NO-EQUIPMENT BICEPS

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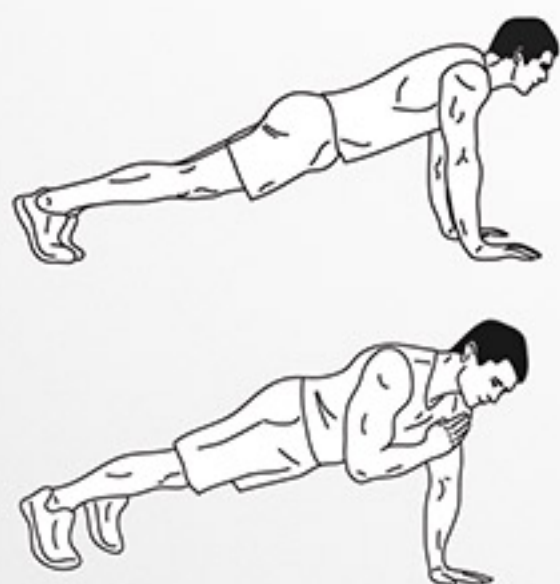
no rest between exercises



10 push-up shoulder taps
x 3 sets in total
20 seconds rest between sets



40 side bicep extensions
x 3 sets in total
20 seconds rest between sets



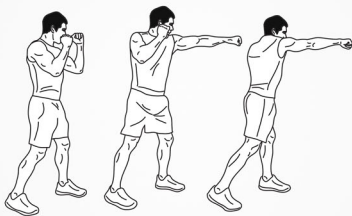
20 shoulder taps
x 3 sets in total
20 seconds rest between sets



40 standing shoulder taps
x 3 sets in total
20 seconds rest between sets

PACK A PUNCH

DAREBEE **HIIT** WORKOUT © darebee.com



3min punches

30sec rest

3min punches

30sec rest

3min punches

done

SCULPTOR

DAREBEE WORKOUT FOR ARMS, CHEST AND BACK

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10 push-ups

40 punches

10 push-ups

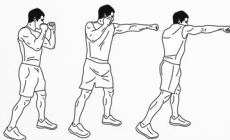
40 punches

10 push-ups

40 punches

1 minutes rest

go as fast as you can,
non-stop



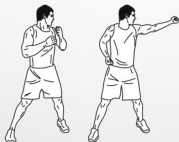
1 minute punches

1 minutes rest

1 minute punches

1 minutes rest

100 reps per side,
then change.



200

backfists

Done!

SLOWPOKE

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



20 scissors



10-count hold



20 scissors



20 W-extensions



10 elbow clicks



20 W-extensions



20 bicep extensions

Spring Chicken

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



10-count hold



20 arm circles



10-count hold



20 wide circles



20 arm circles



20 wide circles



10-count hold

stronger arms

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



10-count hold



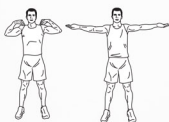
20 bicep extensions



10-count hold



10-count hold



20 side shoulder taps



10-count hold



10-count hold



20 shoulder taps



10-count hold

tempered STEEL

DAREBEE WORKOUT @ darebee.com

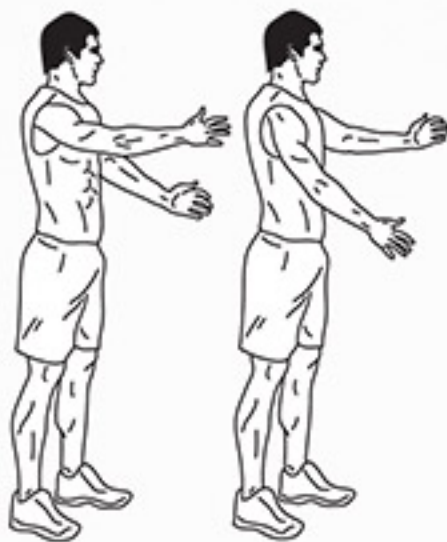
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 bicep extensions



20 scissor chops



20 arm scissors



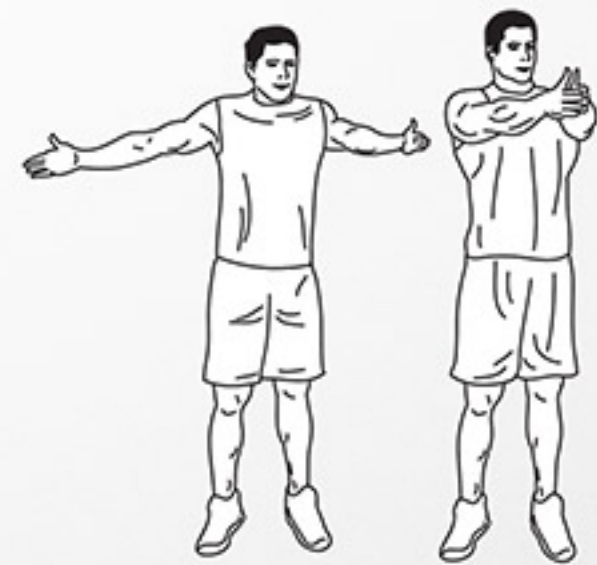
20 W-extensions



20 alt chest expansions



20 chest expansions



toned arms

DAREBEE WORKOUT @ darebee.com

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



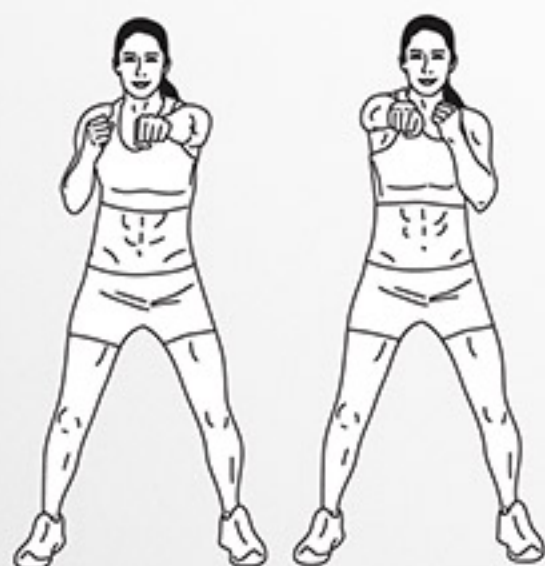
10 tricep dips



20 shoulder taps



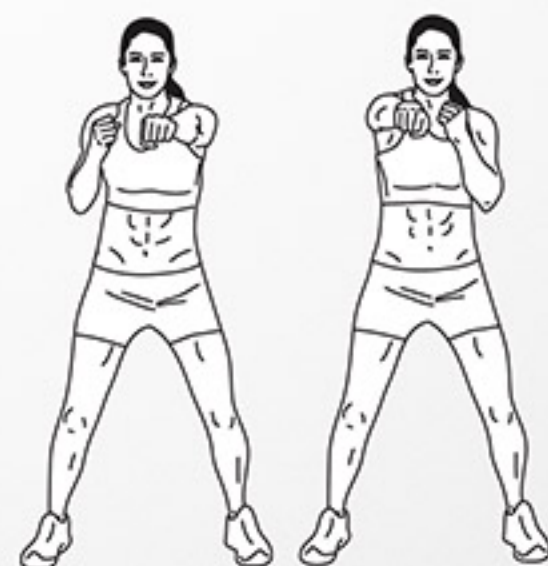
10 tricep dips



20 punches



10 raised arm circles

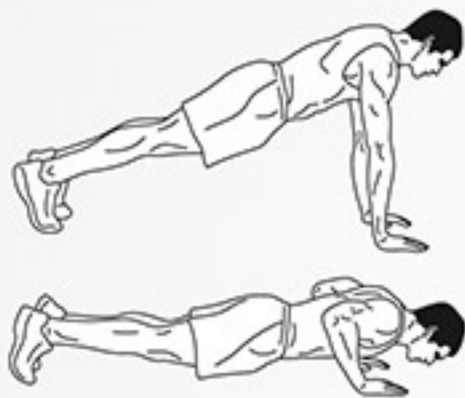


20 punches

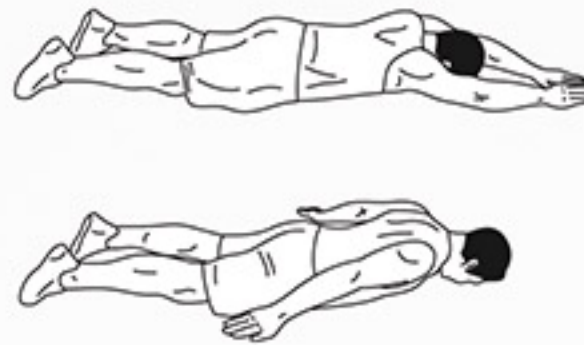
TOTAL UPPERBODY

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2 minutes rest between exercises



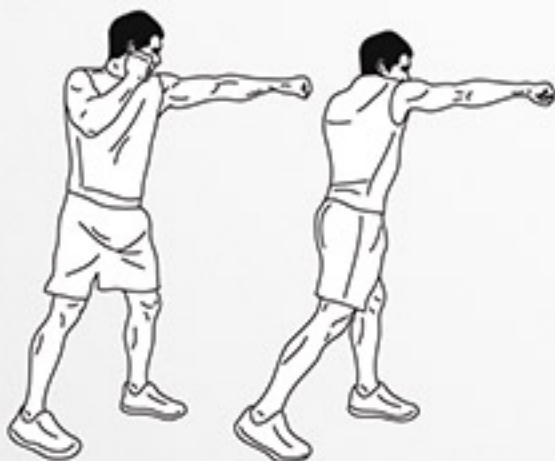
10 push-ups
x **5 sets** in total
20 seconds rest
between sets



10 reverse angels
x **3 sets** in total
20 seconds rest
between sets



10 plank rotations
x **5 sets** in total
20 seconds rest
between sets



50 punches
x **5 sets** in total
20 seconds rest
between sets



50 overhead punches
x **5 sets** in total
20 seconds rest
between sets



50 raised arm circles
x **5 sets** in total
20 seconds rest
between sets

TROLL HUNTER

DAREBEE WORKOUT © darebee.com

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



10 chest expansions



10 arm circles



10 arm raises



10 shoulder taps



10 side shoulder taps



10 bicep extensions



30 seconds clench / unclench

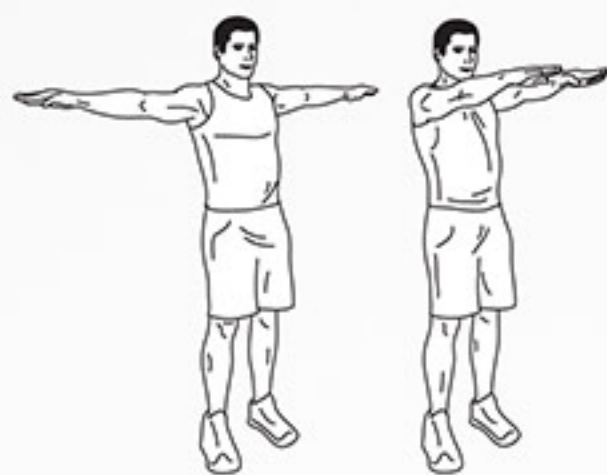
UPPERBODY

DAREBEE WORKOUT @ darebee.com

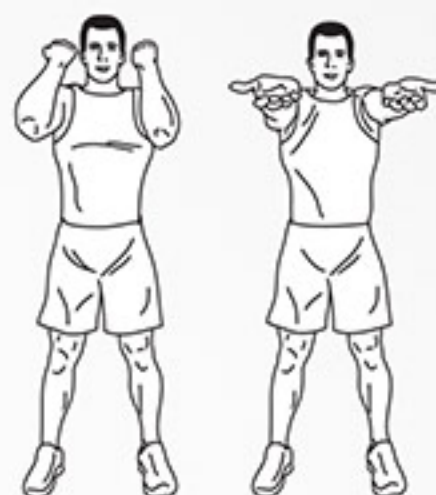
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 knee push-ups



10 arm extensions



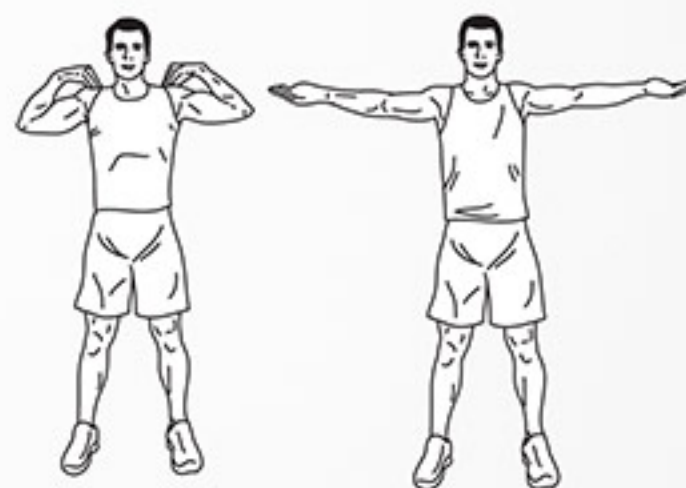
10 bicep extensions



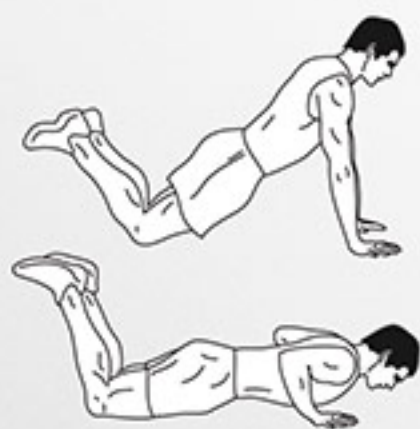
10 knee push-ups



10 shoulder taps



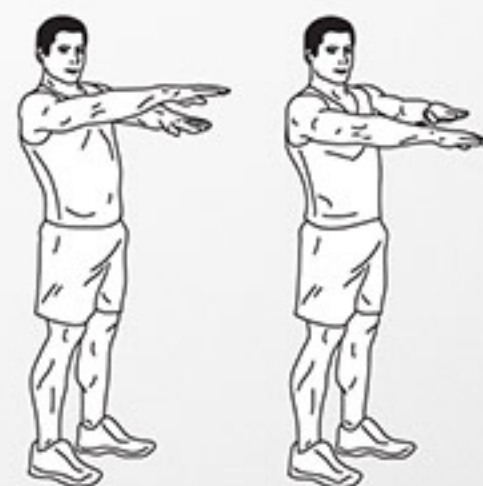
10 side shoulder taps



10 knee push-ups



10 scissor chops



10 arm scissors