

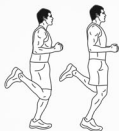
AIRBORNE

DAREBEE WORKOUT @ darebee.com

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



20 high knees



10 butt kicks



2 jumping lunges



20 half jacks



10 toe tap hops



2 jump squats

BASKETBALL

DAREBEE WORKOUT @ darebee.com

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



10combos: 1 push-up + 10 high knees

10 side-to-side jumps



10 plank jump-ins

10-count squat hold

10 jump squats



20 crunch kicks

20 sitting twists

bolt

DAREBEE WORKOUT © darebee.com

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



2 squats



10 march steps



20 high knees



2 jumping lunges



10 march steps



20 high knees



2 calf raises



10 march steps



20 high knees

catapult

DAREBEE WORKOUT @ darebee.com

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



10 bounces on the spot



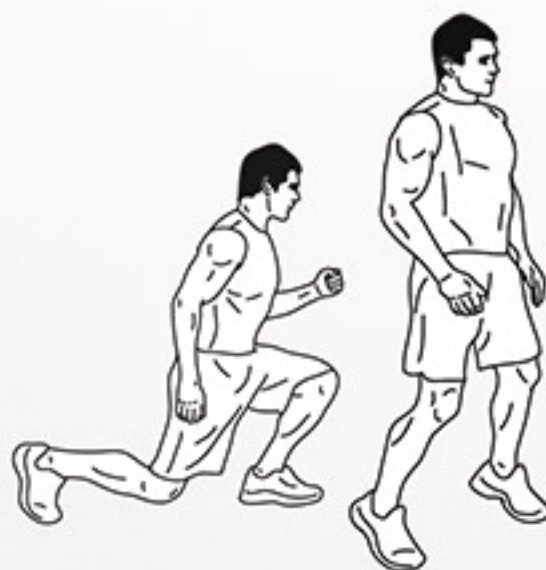
10 bounce+bounce+squat



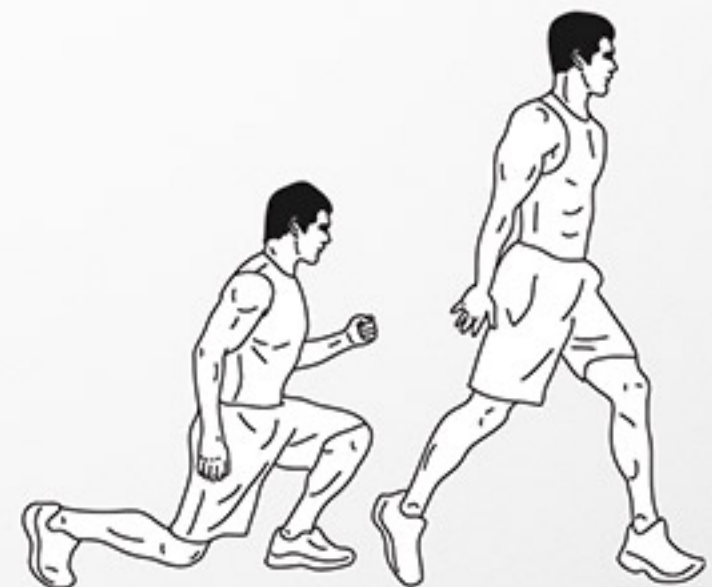
4 jump squats



10 bounces on the spot



10 bounce+bounce
+reverse lunge



4 jumping lunges

double dash

DAREBEE WORKOUT

© 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

EDGERUNNER

DAREBEE WORKOUT © darebee.com

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



20 high knees



4 side-to-side jumps



10 basic burpees



20 high knees



4 side-to-side jumps



10 calf raises



20 high knees



4 side-to-side jumps



10 side-to-side lunges

IMPOSSIBLE CARDIO

DAREBEE WORKOUT @ darebee.com

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



20 jumping jacks



10 burpees



20 jumping jacks



20 toe tap hops



10 climbers



20 toe tap hops



20 high knees



10 jumping lunges



20 high knees

PERFECT RUN

DAREBEE WORKOUT © darebee.com

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



4 lunge step-ups



20 high knees



20 straight leg bounds



4 lunge step-ups



20 high knees



4 jumping lunges



4 lunge step-ups



20 high knees



20 butt kicks

POWER SPRINTER

DAREBEE WORKOUT © darebee.com

40 seconds each | 3 sets | up to 2 minutes between sets



lateral wall run



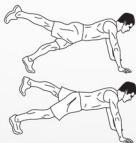
wall sit



plank



sprinter lunges



plank leg raises



plank jump-ins

SLAM DUNK

JUMP HIGHER
DAREBEE WORKOUT
© darebee.com

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



40 squats



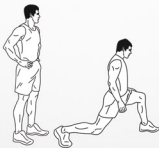
10 calf raises



20 jump squats



40 high knees



10 deep lunges



20 jumping lunges

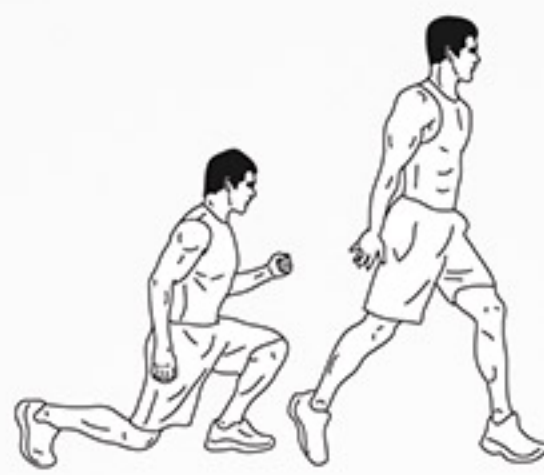
SPEED +1

DAREBEE WORKOUT @ darebee.com

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



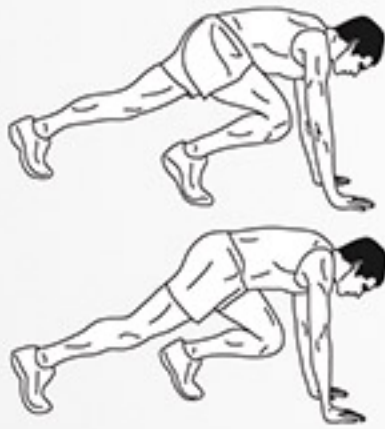
20 high knees



2 jumping lunges



10 calf raises



20 climbers



2 burpees



10-count squat hold



2 jump squats

SPRINGBOARD

DAREBEE WORKOUT @ 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

SUPER JUMP

DAREBEE WORKOUT @ darebee.com

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



20 hops on the spot



10 jumping lunges



20 hops on the spot



10 jump squats



20 hops on the spot



one jump knee tuck

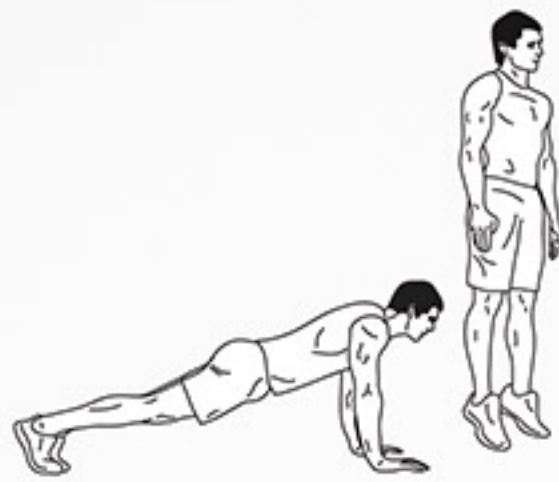
THROWDOWN

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



10 jumping jacks



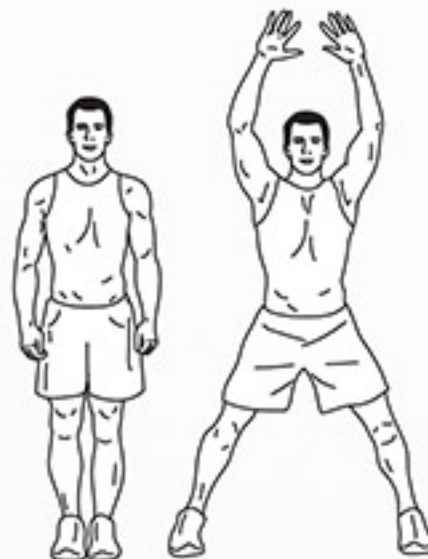
1 basic burpee



10 jumping jacks



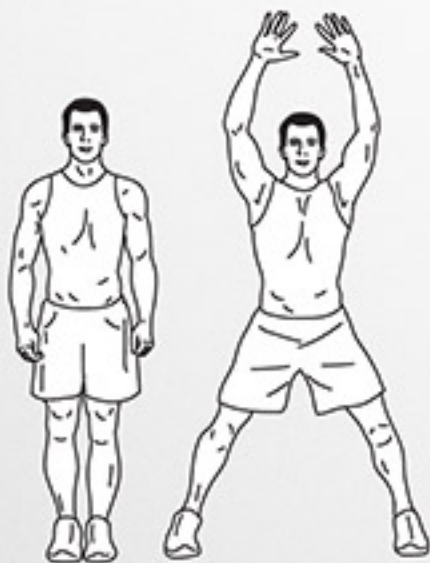
4 side-to-side lunges



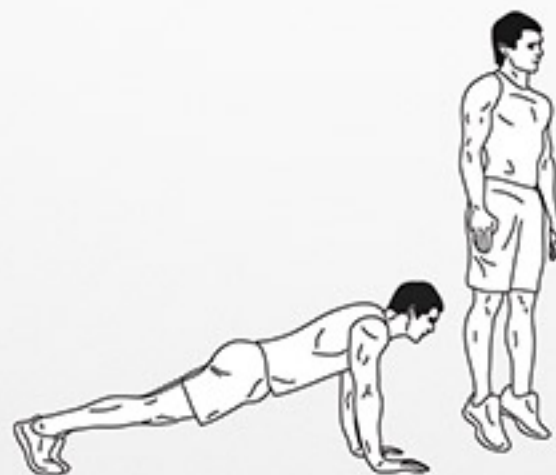
10 jumping jacks



4 side-to-side lunges



10 jumping jacks



1 basic burpee



10 jumping jacks

UP, UP, & UP

DAREBEE
WORKOUT

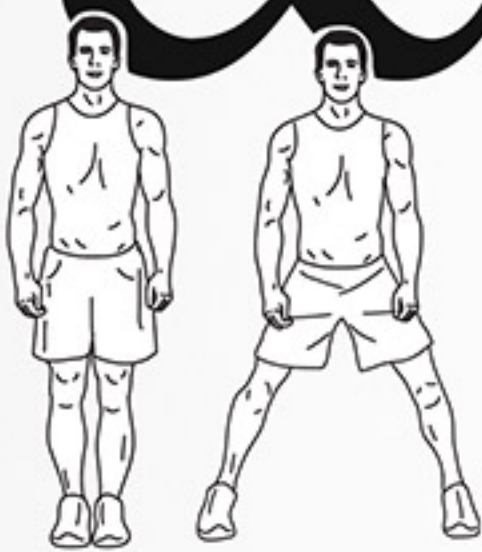
@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 half jacks



2 jump squats



10 side-to-side hops



2 jump squats



10 hops on the spot



2 jump squats