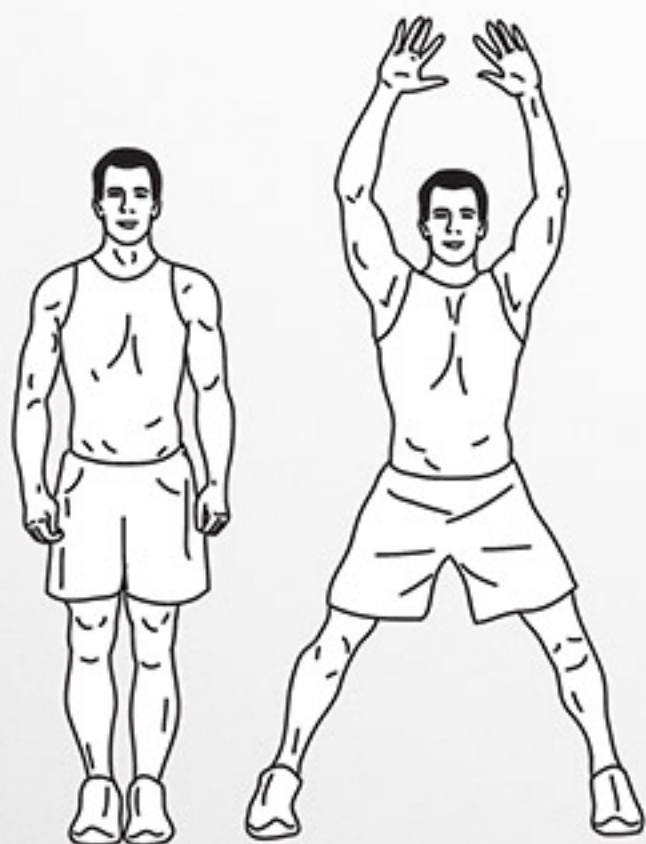
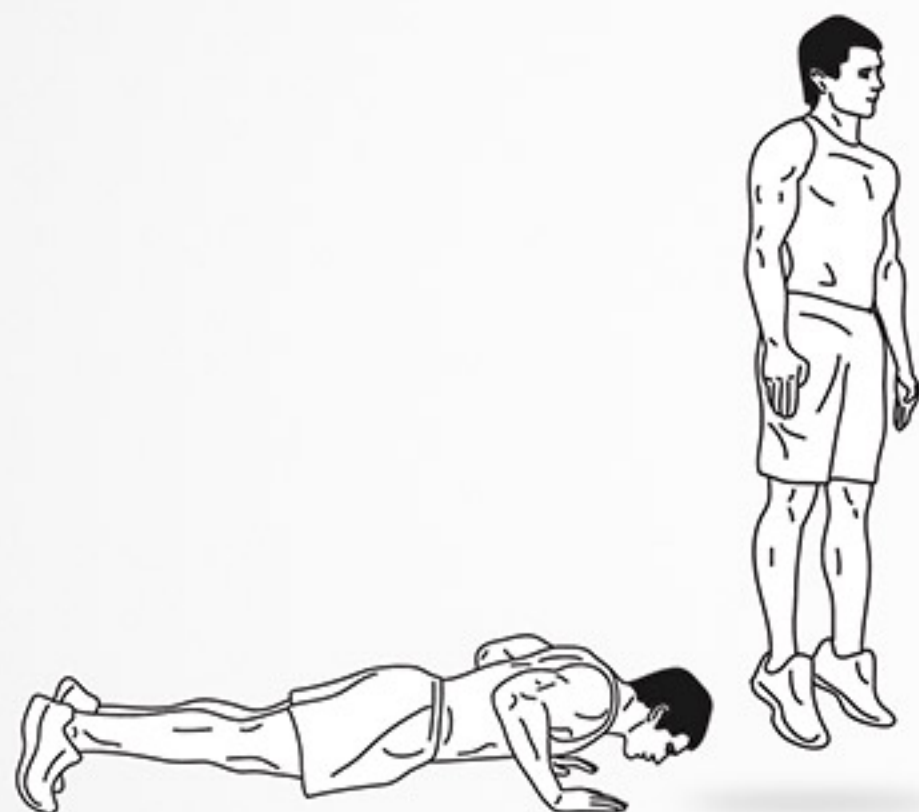


# **BEFORE BREAKFAST BURPEES**



DAREBEE WORKOUT

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

Repeat once before breakfast.

**10** burpees

**10** jumping jacks

**10** burpees

**10** jumping jacks

**10** burpees

**10** jumping jacks

**10** burpees

**10** jumping jacks

**10** burpees

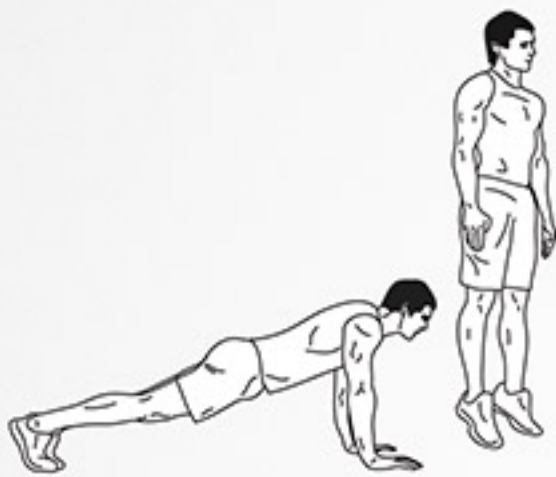
**10** jumping jacks

done

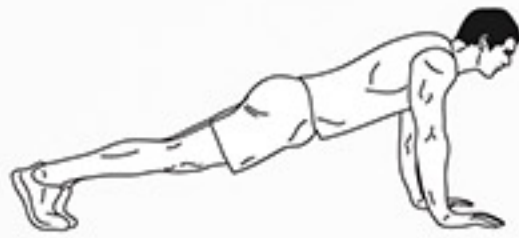
# BURPEE HD

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

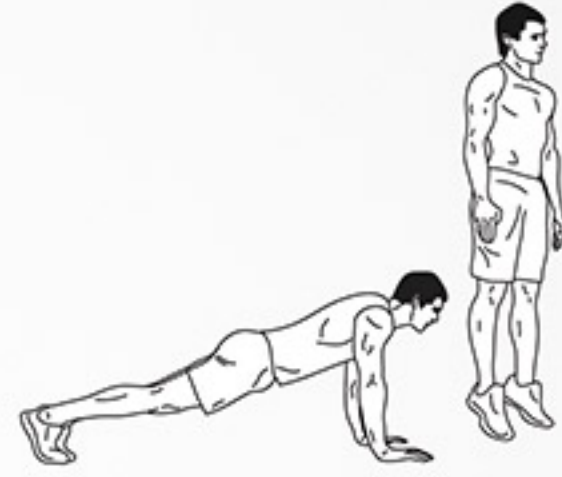
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



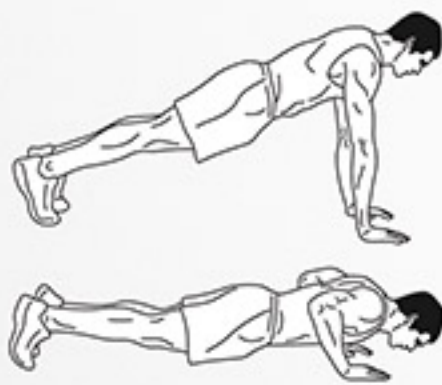
**30sec** basic burpees



**30sec** full plank hold



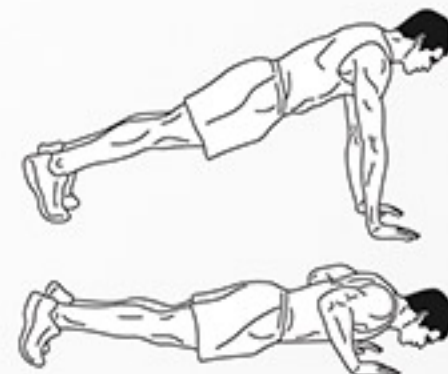
**30sec** basic burpees



**10sec** push-ups



**10sec** jump squats



**10sec** push-ups



**60seconds** plank hold, 20 seconds each

start with an elbow plank then come up to full plank and finish by going back to an elbow plank

# BURPEE KING

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

Note: if you can't do push-ups,  
do basic burpees instead.



**10** burpees

**20-count** rest

**8** burpees

**20-count** rest

**6** burpees

**20-count** rest

**4** burpees

**20-count** rest

**2** burpees

done

# BURPEE QUEEN

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

Note: if you can't do push-ups,  
do basic burpees instead.



**10** burpees

**20-count** rest

**8** burpees

**20-count** rest

**6** burpees

**20-count** rest

**4** burpees

**20-count** rest

**2** burpees

done

# combat burpee

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

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



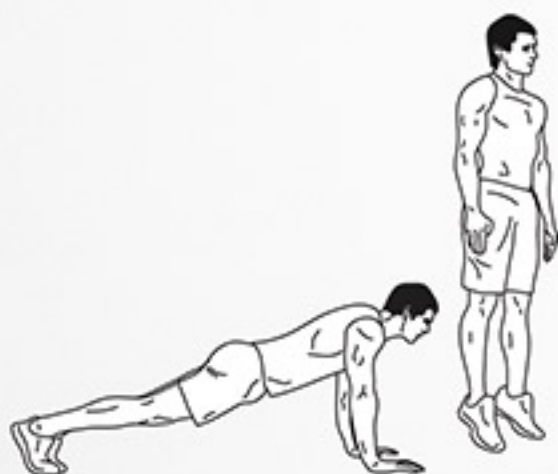
**20sec** basic burpees



**10sec** plank hold



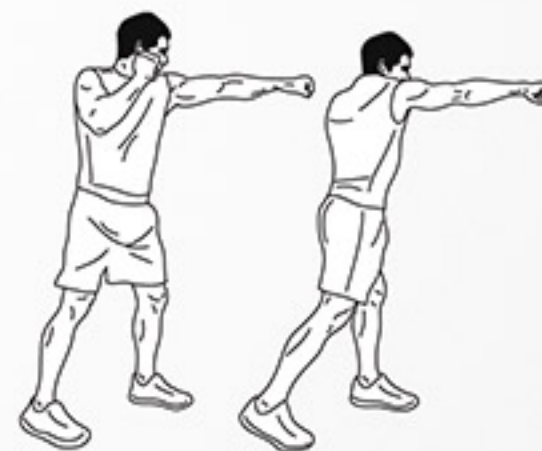
**30sec** elbow plank hold



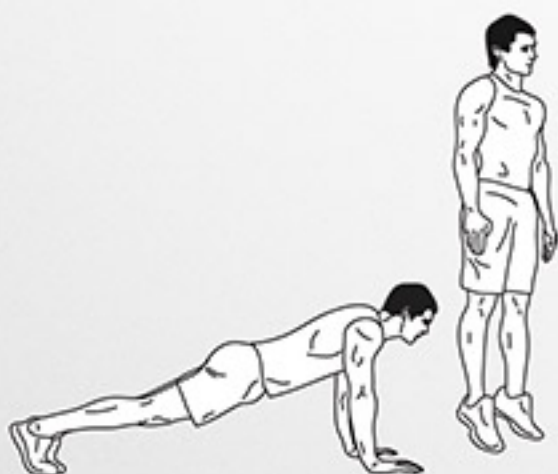
**20sec** basic burpees



**10sec** plank hold



**30sec** punches



**20sec** basic burpees



**10sec** plank hold



**30sec** elbow plank hold

# DEATH BY BURPEES

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*

# POWER

# BURPEE



DAREBEE WORKOUT  
@ [darebee.com](https://darebee.com)  
6 reps each | 3 sets  
up to 2 minutes  
rest between sets



1

raised leg  
push-up



2

shoulder taps  
each side



3

push-up  
side crunch  
each side



4

10-count  
plank hold



# SUPER BURPEE

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

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



10 basic burpees



10 plank jacks



10-count plank hold



10 basic burpees



10 plank walk-outs



10-count plank hold



10 basic burpees



10 plank rotations



10-count plank hold