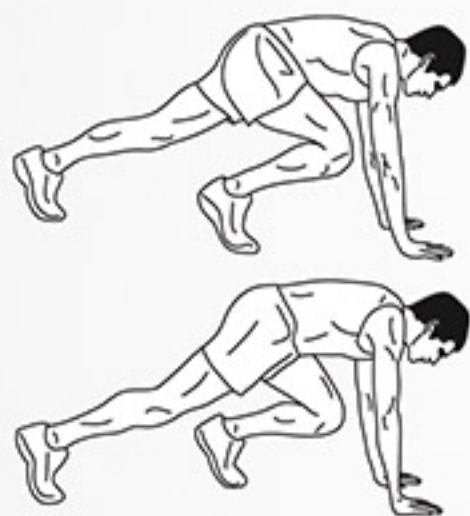


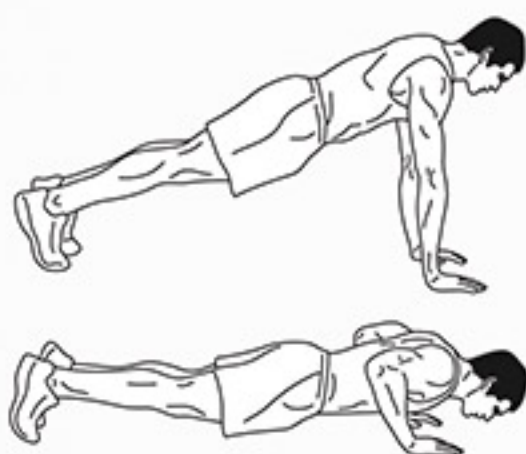
# THE CLIMBER

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

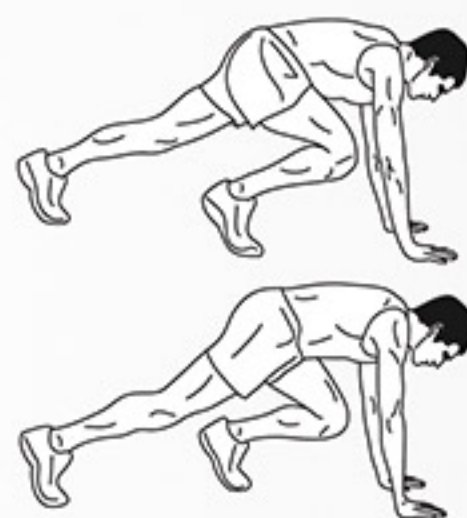
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



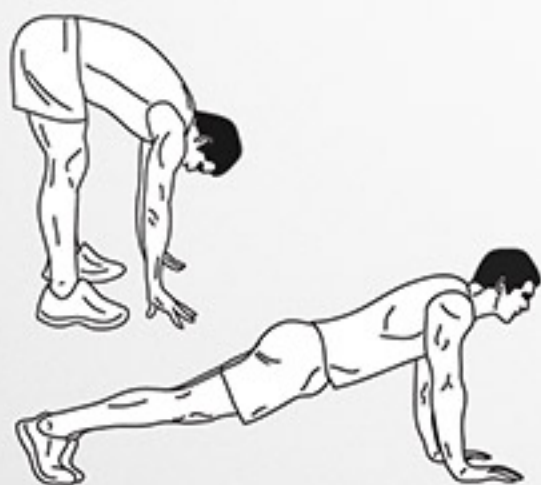
**20** climbers



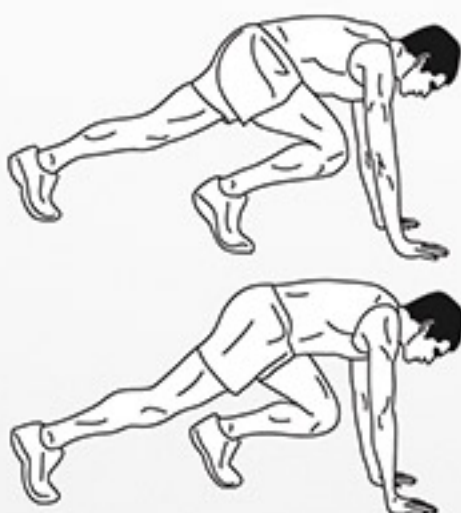
**4** push-ups



**20** climbers



**4** plank walk-outs



**20** climbers



**4** plank rotations

# CODEx

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

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes  
hands never off the ground



10 plank leg raises



4 push-ups



10-count plank



10 climbers



4 plank jacks



4 plank jump-ins

# core

*for runners*

WORKOUT

BY DAREBEE

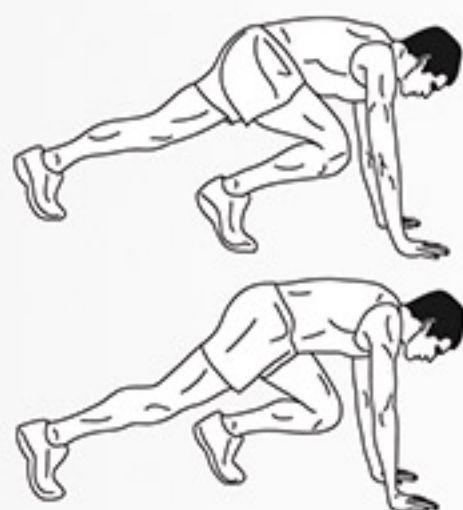
@ [darebee.com](http://darebee.com)

LEVEL I 3 sets

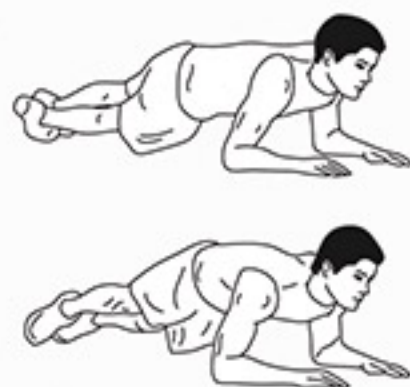
LEVEL II 4 sets

LEVEL III 5 sets

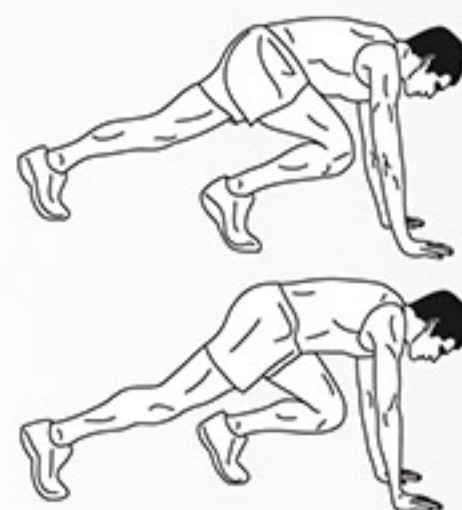
REST up to 2 minutes



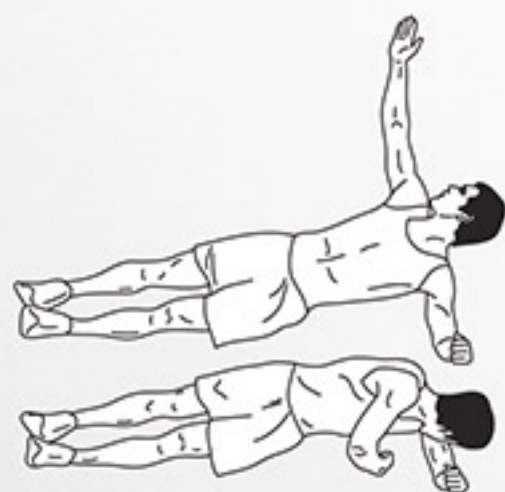
**10** climbers



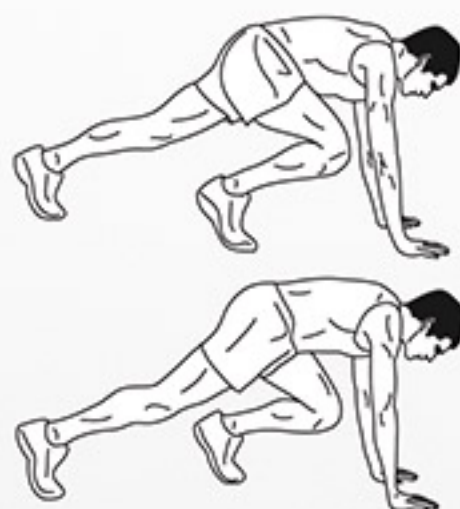
**10** plank rolls



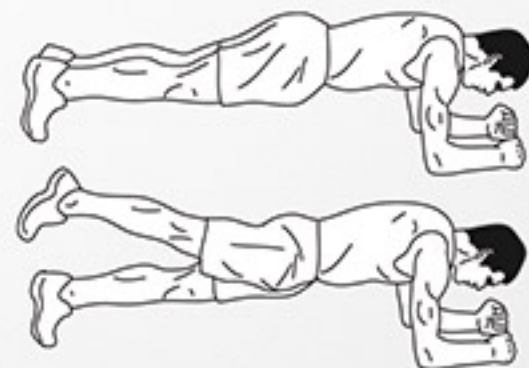
**10** climbers



**10** side plank rotations



**10** climbers



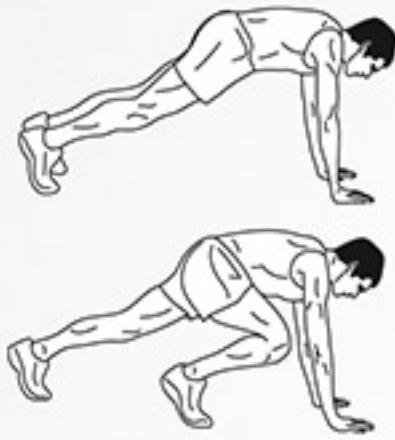
**10** plank leg raises

# HIT

# abs

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

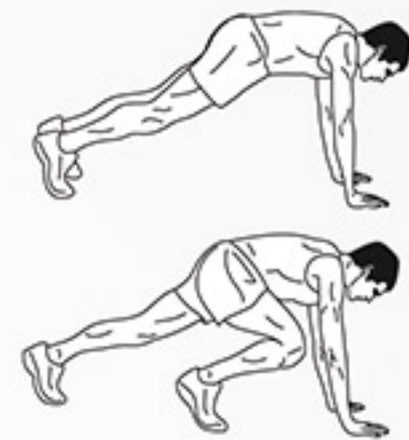
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



**20sec** climbers



**20sec** side plank hold



**20sec** climbers



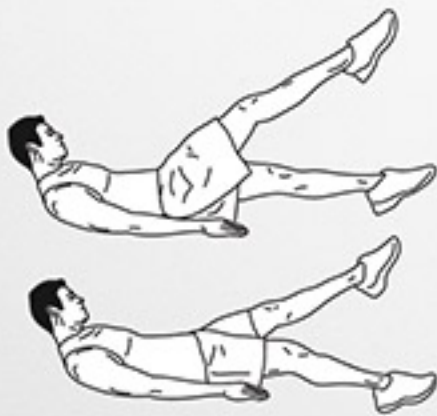
**20sec** side plank hold



**20sec** plank rotations



**20sec** side plank hold



**20sec** flutter kicks



**20sec** side plank hold



**20sec** flutter kicks

# LITTLE SPIDER

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 shoulder taps



10 plank rotations



20 shoulder taps



10 climbers



20 shoulder taps



10 plank leg raises

# POWER CRAWL

DAREBEE WORKOUT

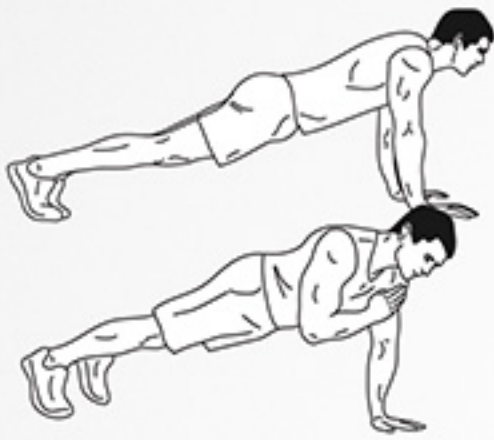
@ [darebee.com](https://darebee.com)

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

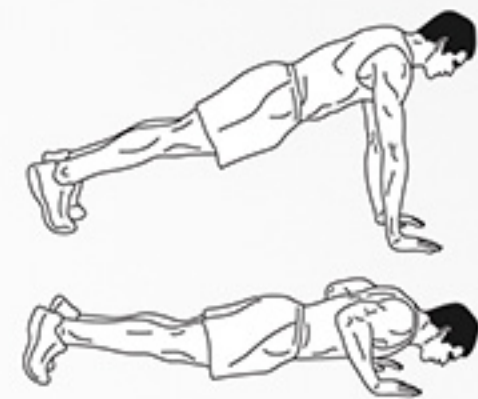
REST up to 2 minutes



**10** shoulder taps



**10** bear crawl



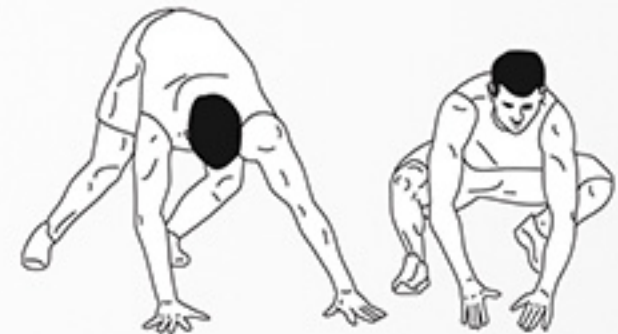
**5** push-ups



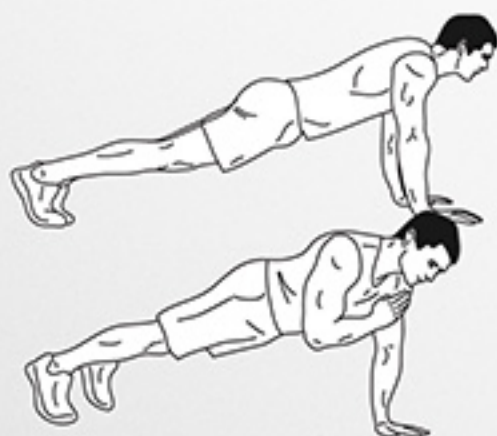
**10-count** plank



**10** bear crawl



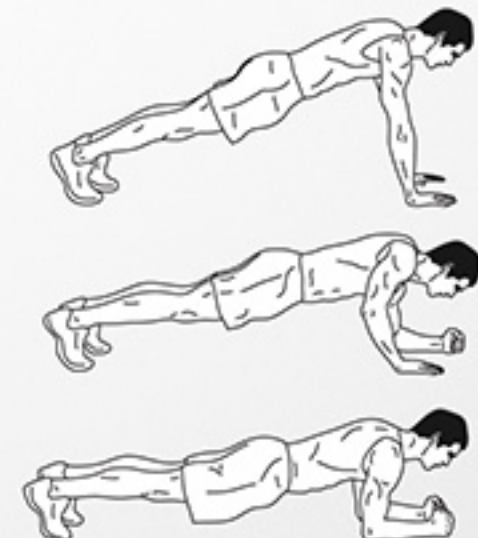
**5** ape hops



**10** shoulder taps



**10** bear crawl



**5** up & down planks

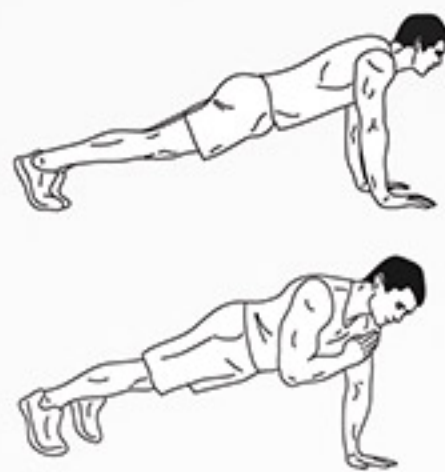
# SHAPE SHIFTER

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** bear crawl



**10** shoulder taps



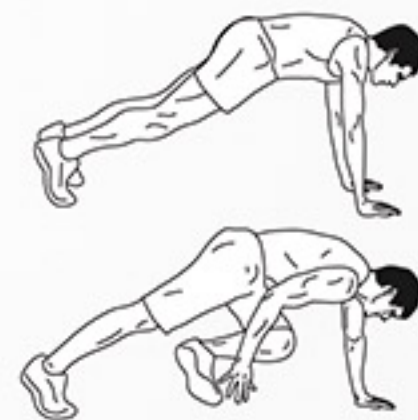
**10** plank rotations



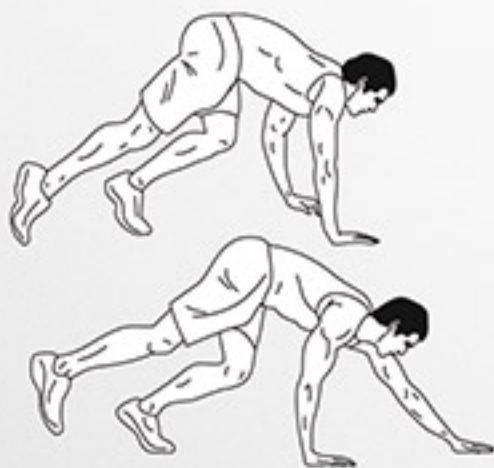
**10-count** bear crawl



**10-count** plank hold



**10** climber taps



**10-count** bear crawl



**10-count** stretch #1



**10-count** stretch #2

# WINX

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

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



12 climbers



12 climber taps



12 plank rotations



24 alt arm / leg raises



24 leg swings



24 side leg extensions



12 glute flex



12 clamshells



12 half wipers