

anywhere cardio

DAREBEE WORKOUT © darebee.com



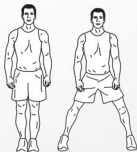
20 march steps x **4 sets** in total
20 seconds rest in between sets



20 hops on the spot x **2 sets** in total
no rest between sets 1 set per leg



20 side jacks x **4 sets** in total
20 seconds rest in between sets



20 half jacks x **4 sets** in total
20 seconds rest in between sets

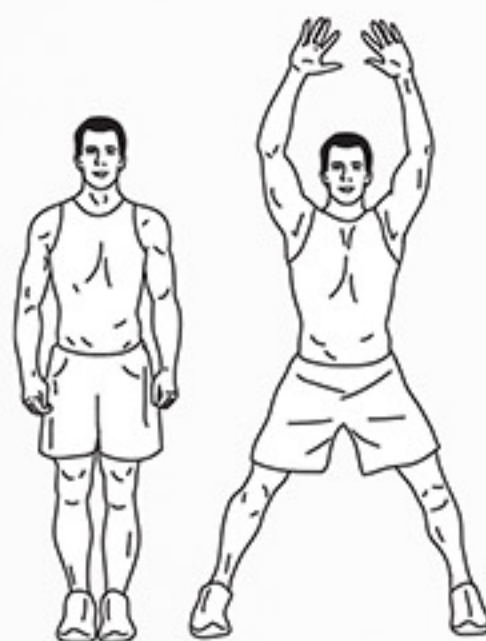
Beginner Cardio

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



10 side jacks



30 jumping jacks



10 side jacks



10 march steps



30 high knees



10 march steps

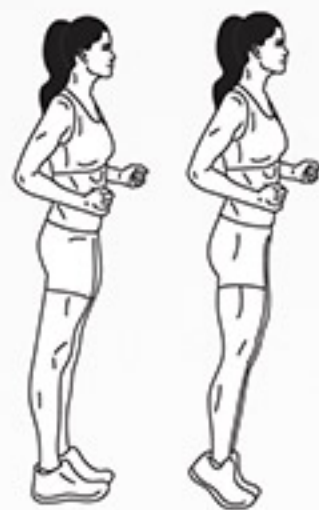
Bellatrix

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



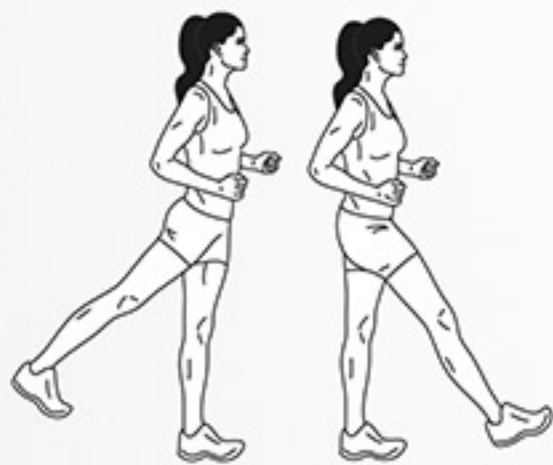
10 butt kicks



5 calf raises



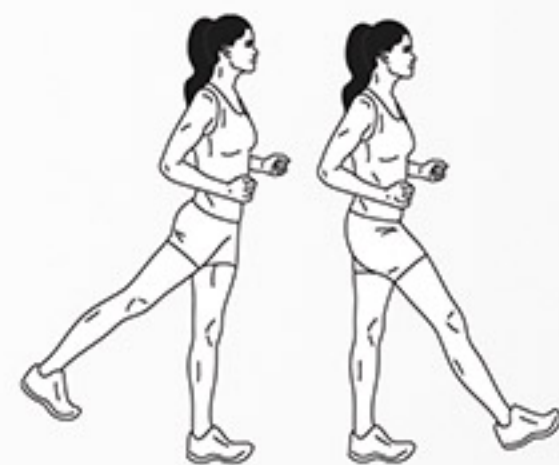
10 butt kicks



10 leg swings
left side



5 calf raises



10 leg swings
right side



10 side leg raises
left side



5 calf raises



10 side leg raises
right side

BETTER THAN NOTHING

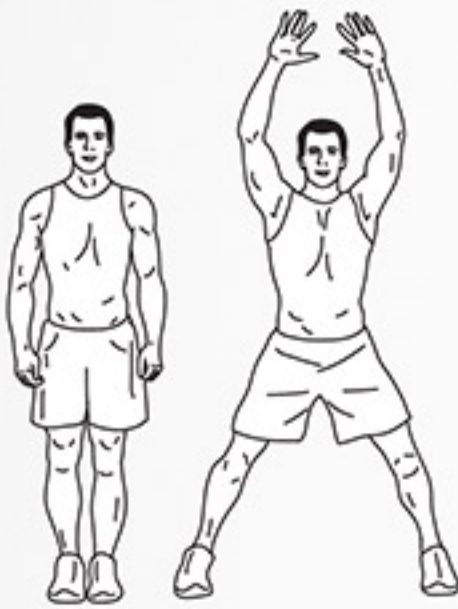
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LEVEL I 3 sets

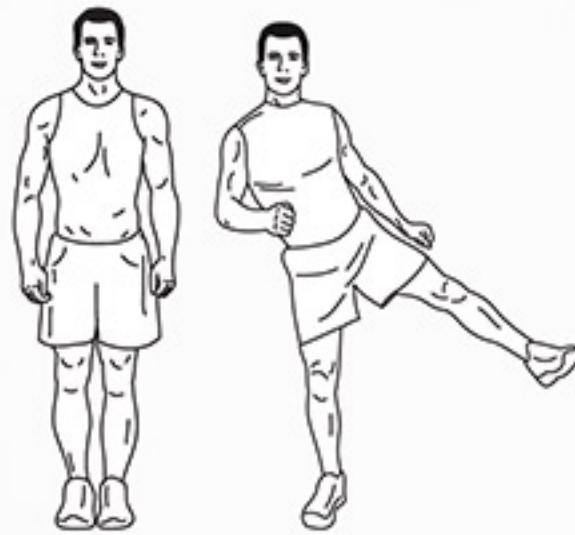
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



6 jumping jacks



10 side leg raises



10 bicep extensions



10 butt kicks



6 torso twists



6 calf raises

BUT FIRST CARDIO

DAREBEE WORKOUT © darebee.com

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



20 arm rotations march



20 step jacks



20 step side jacks



20 side jacks



20 knee to elbows

Cardio & Core

EXPRESS



DAREBEE
WORKOUT

@ darebee.com

3 sets | 2 minutes rest

10 jumping jacks

4 knee-to-elbows

10 jumping jacks

4 knee-to-elbows

10 jumping jacks

4 knee-to-elbows

10 jumping jacks

4 knee-to-elbows

10 jumping jacks

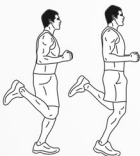
4 knee-to-elbows

done

YOU HAVE TO CATCH ME FIRST

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5 sets in total | up to 2 minutes rest between sets



20 butt kicks

4 side-to-side hops

20 butt kicks

4 side-to-side hops

20 butt kicks

4 side-to-side hops



20 butt kicks

4 side-to-side hops

20 butt kicks

4 side-to-side hops

Cheeky Monkey

DAREBEE WORKOUT

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Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



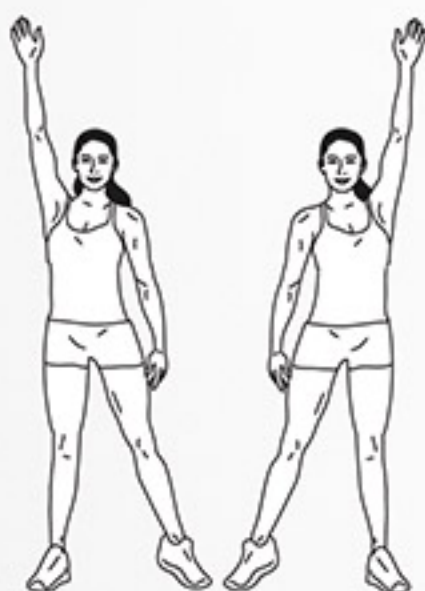
10 knee-to-elbows



10 half jacks



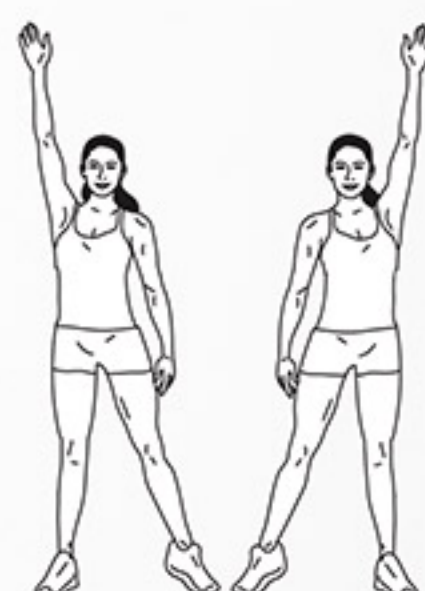
10 knee-to-elbows



10 step jacks



10 knee-to-elbows



10 step jacks



10 knee-to-elbows



10 half jacks



10 knee-to-elbows

Firefly

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



10 march steps



20 arm circles



10 step jacks



20 arm circles



10 back leg raises



20 arm circles

FUNDAMENTALS

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



10 step jacks



10 march steps



10 single hip rotations



10 arm circles



10 chest expansions



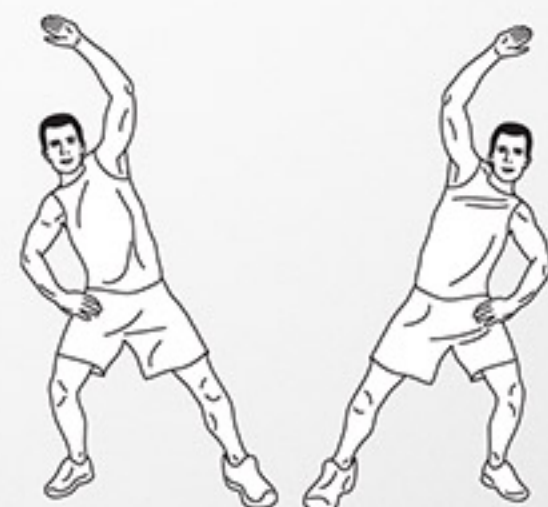
10 bicep extensions



10 calf raises



10 side leg raises



10 side jacks

MAKING TODAY A

GREAT DAY

DAREBEE WORKOUT © darebee.com



40 jumping jacks



40 bicep extensions



40 side jacks



40 chest expansions



40 toe tap hops

HALL *OF* FAME

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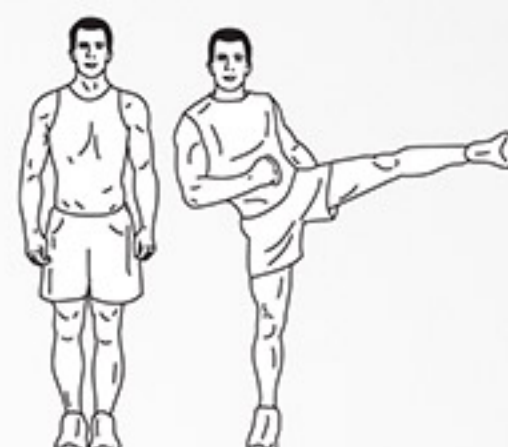
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 march steps



4 reverse lunges



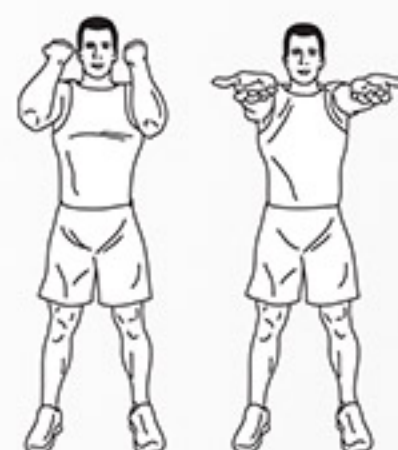
10 side leg raises



20 march steps



4 reverse lunges



10 bicep extensions



20 march steps



4 reverse lunges



10 step jacks

HERE & NOW

DAREBEE WORKOUT @ darebee.com

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



20 march steps



6 reverse lunges



20 march steps



20-count stretch hold
right side



20 march steps

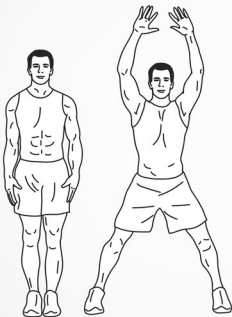


20-count stretch hold
left side

JACKS PYRAMID

DAREBEE WORKOUT @ darebee.com

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



10 jumping jacks

10-count rest

15 jumping jacks

10-count rest

20 jumping jacks

10-count rest

25 jumping jacks

10-count rest

20 jumping jacks

10-count rest

15 jumping jacks

10-count rest

10 jumping jacks

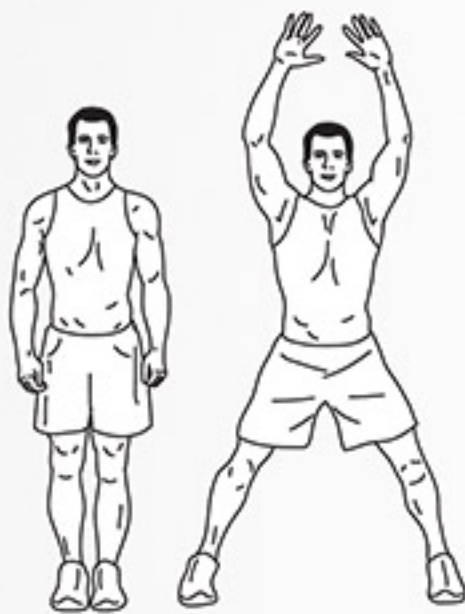
**LOW IMPACT
ALTERNATIVE
STEP JACKS**



LAST LIFE

DAREBEE WORKOUT  @ darebee.com

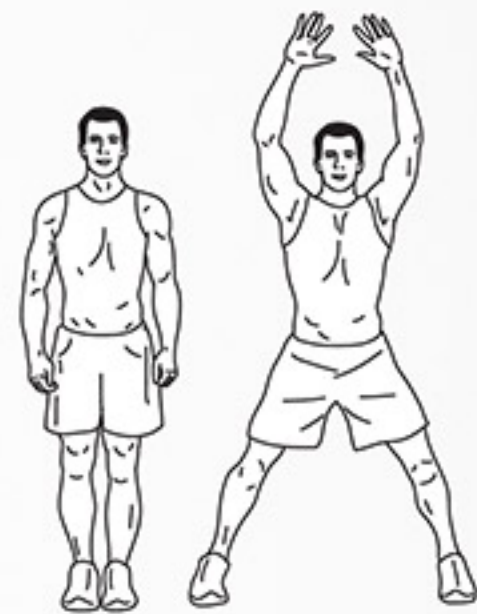
Repeat 5 times in total up to 2 minutes rest between sets



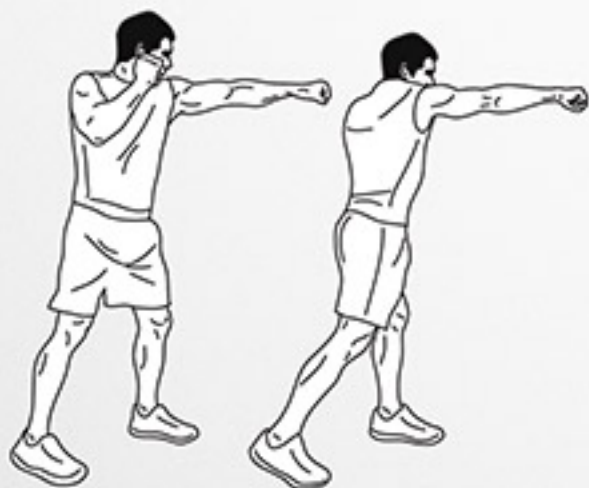
10 jumping jacks



20 overhead punches



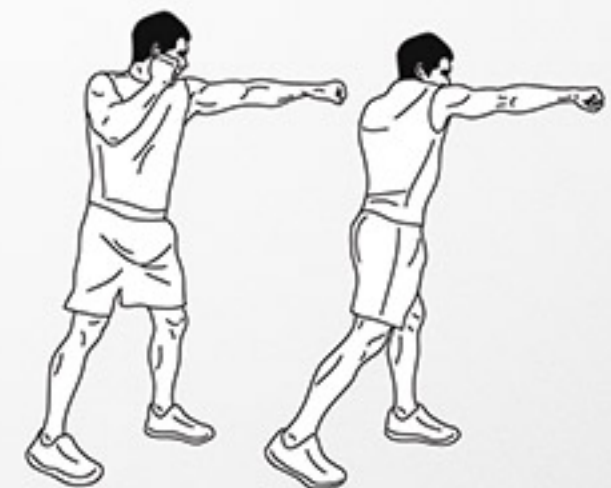
10 jumping jacks



20 punches



10 jumping jacks



20 punches

LIVE LONG

DAREBEE WORKOUT

© darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



10 jumping jacks



20 standing W-extensions



10 jumping jacks



20 bicep extensions



10 jumping jacks



20 shoulder taps

NOW OR NEVER

DAREBEE WORKOUT © darebee.com

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



30 step jacks



10 knee to elbow



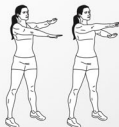
10 reverse lunges



10 side bends



30 arm circles

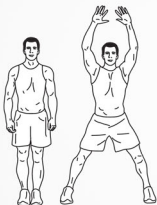


30 arm scissors

POWER BURNER

DAREBEE WORKOUT © darebee.com

5 sets | 2 minutes rest between sets



10 jumping jacks

2 calf raises

10 jumping jacks

2 calf raises

10 jumping jacks

2 calf raises

10 jumping jacks

2 calf raises

10 jumping jacks

2 calf raises

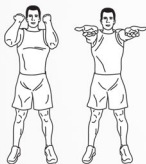
done



PUMP & BURN

DAREBEE WORKOUT © darebee.com

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



20 bicep extensions

10 jumping jacks

20 bicep extensions

10 jumping jacks

20 bicep extensions

10 jumping jacks



20 bicep extensions

10 jumping jacks

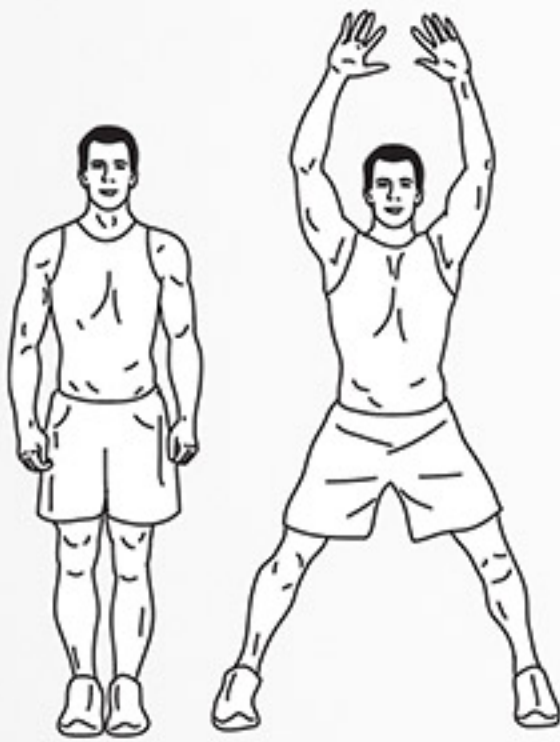
20 bicep extensions

10 jumping jacks

QUICK & EASY

DAREBEE WORKOUT @ darebee.com

Repeat 3 times in total | 1 minute rest between sets



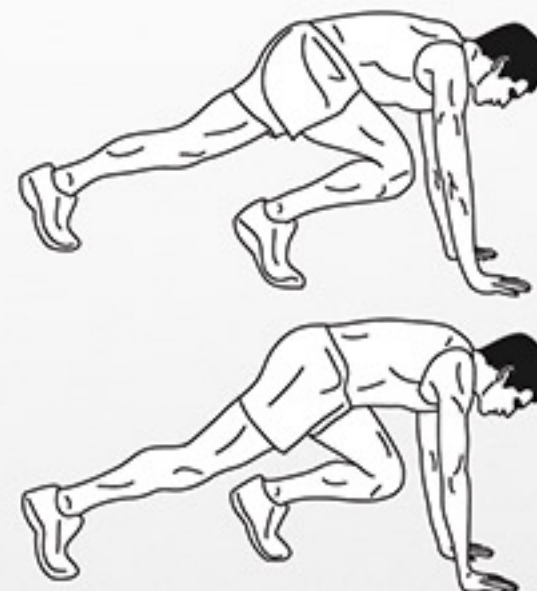
10
jumping
jacks



10
plank
rotations



10
high
knees



10
climbers

SHOW TIME

DAREBEE WORKOUT @ darebee.com

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



10 jumping jacks



10 side bends



10 jumping jacks



10 knee-to-elbows



10 side bends



10 knee-to-elbows



10 side leg raises



10 side bends



10 side leg raises

keeping it **SIMPLE**

DAREBEE WORKOUT @ darebee.com

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



10 jumping jacks



10 calf raises



10 squats



20 chest expansions



20 bicep extensions

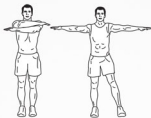
slow COOKER

DAREBEE WORKOUT © darebee.com

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



20 march steps



20 step chest expansions



20 march steps



20 step jacks



20 march steps



20 knee-to-elbows



20 march steps



20 calf raises



20 march steps

SNAP OUT OF IT

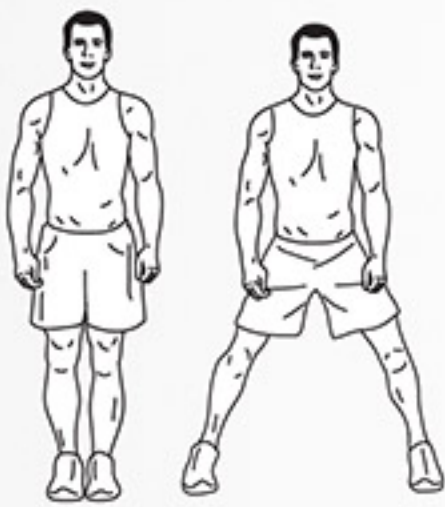
DAREBEE WORKOUT
@ darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

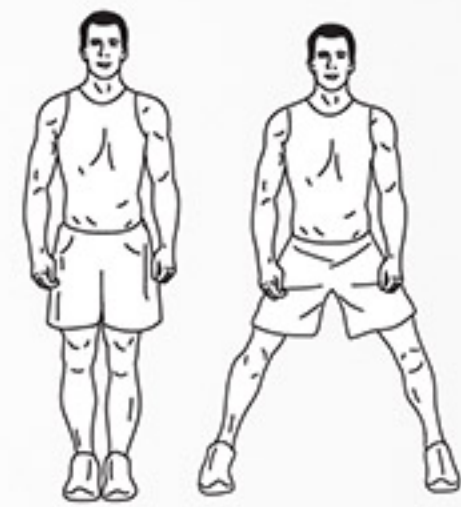
2 minutes rest



10 half jacks



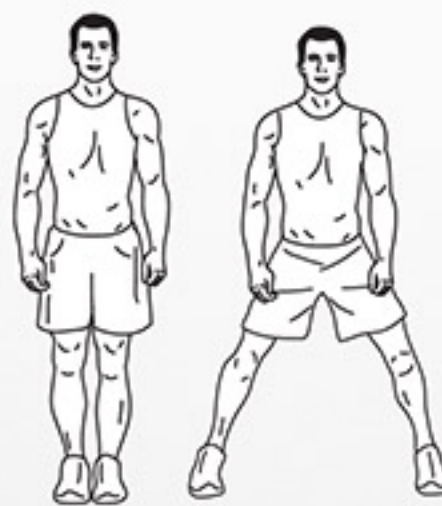
20 raised arm circles



10 half jacks



20 shoulder taps



10 half jacks

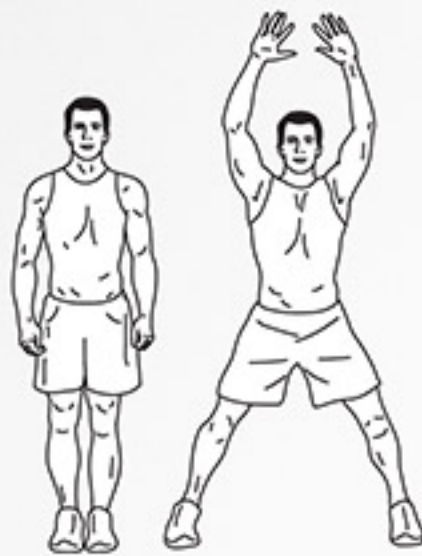


20 bicep extensions

SQUARE ONE

DAREBEE WORKOUT @ darebee.com

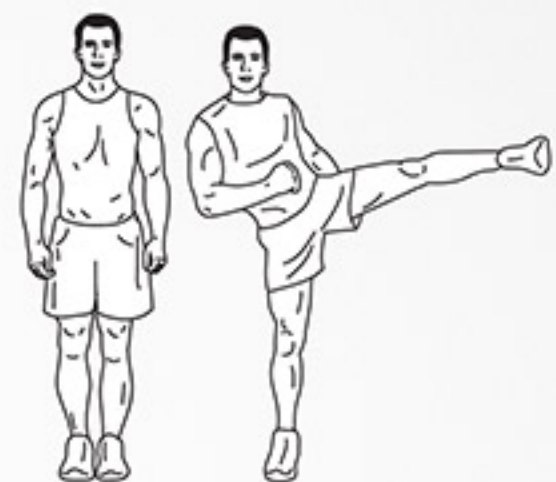
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



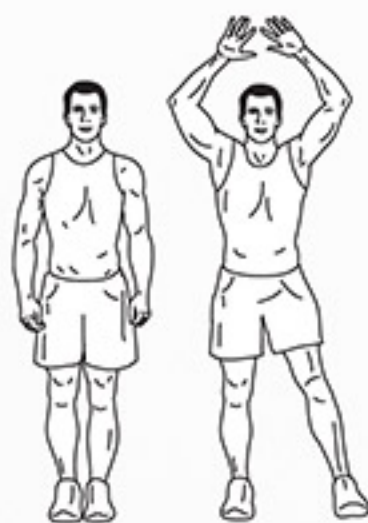
10 march twists



10 side leg raises



10 jumping jacks



10 step jacks



10 side jacks



10 jumping jacks



10 chest expansions



10 raised arm circles

STOP GAP

DAREBEE WORKOUT @ darebee.com

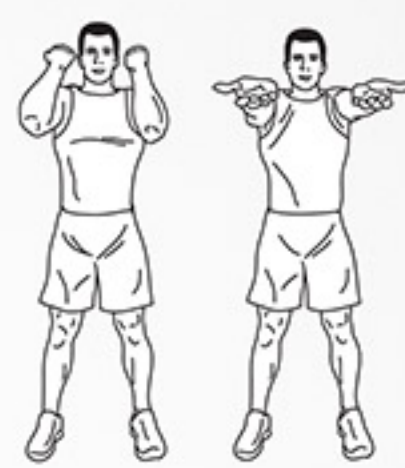
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 step jacks



10 raised arm circles



10 bicep extensions



10 step jacks



10 raised arm circles



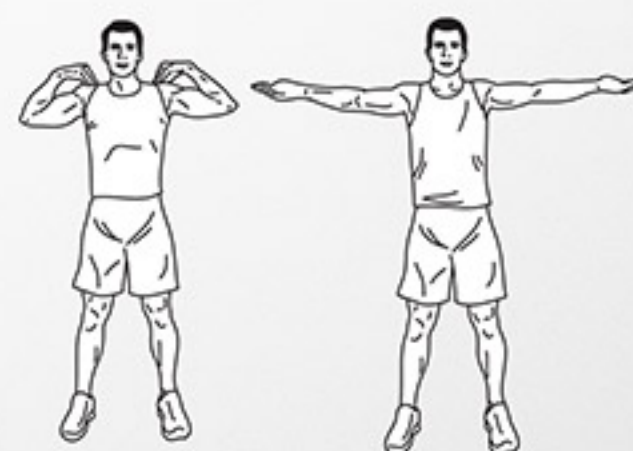
10 shoulder taps



10 step jacks



10 raised arm circles

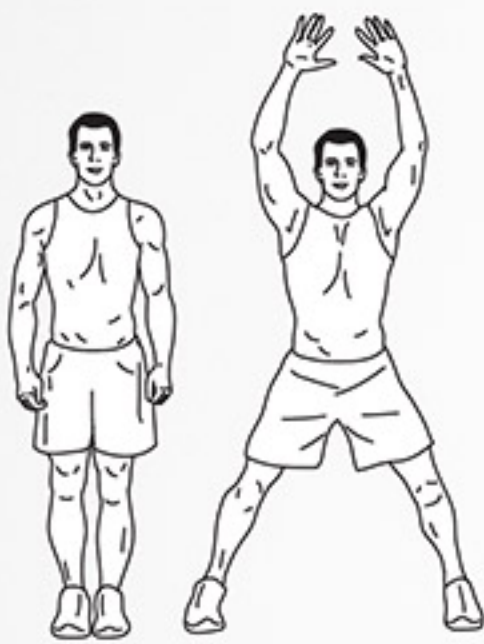


10 side shoulder taps

SUPER EASY

DAREBEE WORKOUT @ darebee.com

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



10 jumping jacks



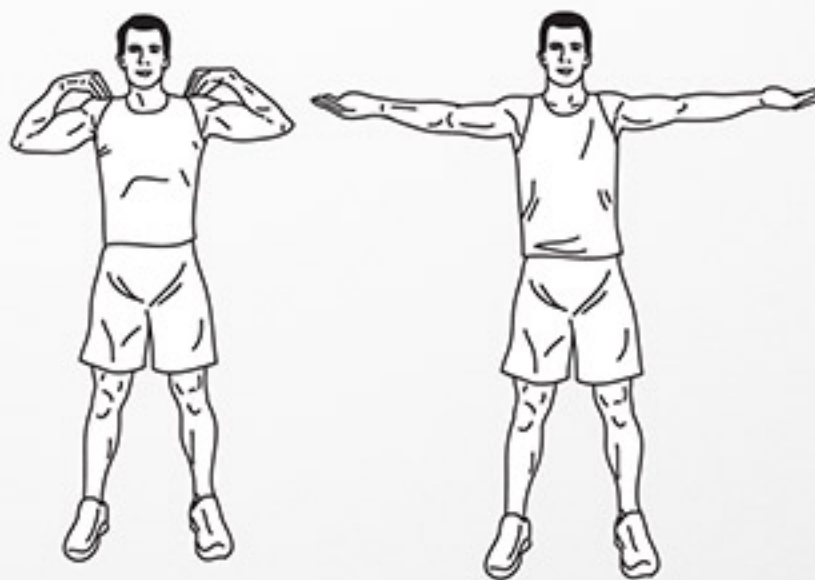
10 side jacks



10 step jacks



10 shoulder taps



10 side shoulder taps

TIME

OF MY

LIFE

DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

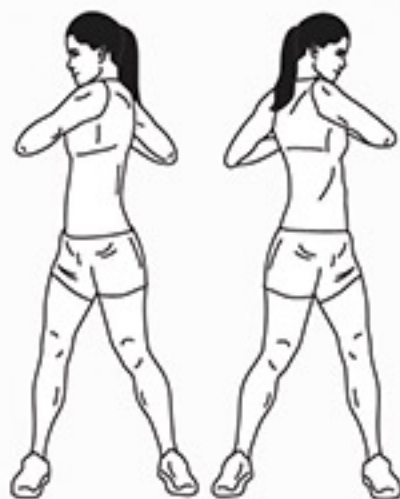
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 march with wide circles



10 torso twists



10 side bends



10 step jacks



10 knee to elbows



10 back leg raises

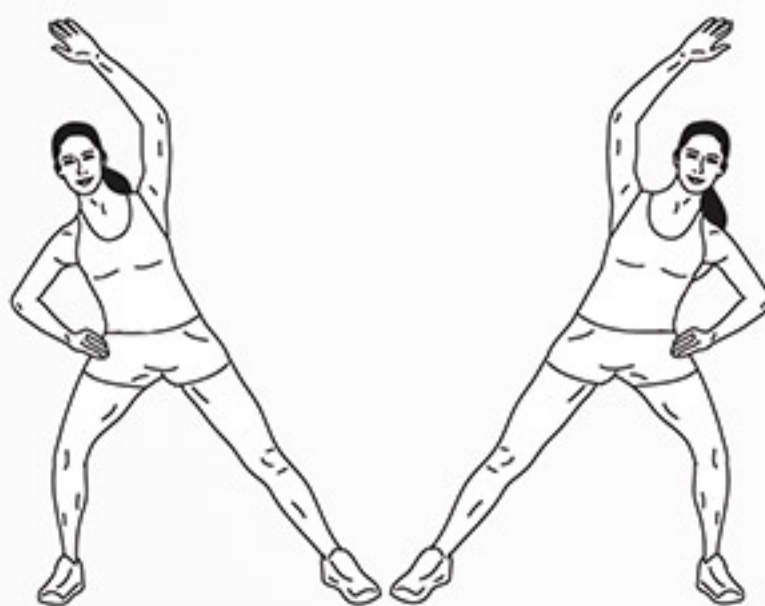
white rabbit

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5 sets in total | 2 minutes rest between sets



20 raised arm circles



20 side jacks



20 raised arm circles



20 march steps



20 raised arm circles



20 march steps