

FIGHTING

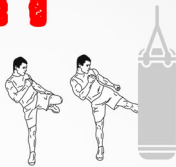
DAREBEE WORKOUT
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FIT

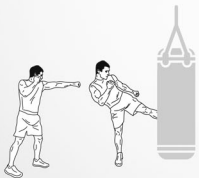
2 minutes rest
between intervals



3 minutes bag work
freestyle punches: jab, jab + cross,
jab + jab + cross, jab + hook



3 minutes bag work
freestyle kicks: turning kicks,
double turning kicks, hook kicks



3 minutes bag work
freestyle punches and kicks



3 minutes no bag
freestyle punches and kicks
including backfists and uppercuts,
side kicks and front kicks

GLADIATOR

DAREBEE WORKOUT

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abs

2 minutes rest
between exercises



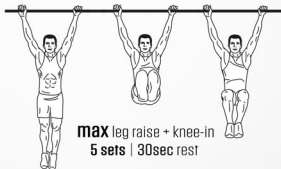
max knee-in & twist
5 sets | 30sec rest



max knee-in hold
5 sets | 30sec rest



max raised leg circles
5 sets | 30sec rest



max leg raise + knee-in
5 sets | 30sec rest



50 crunches
5 sets | 30sec rest

GLADIATOR

GLADIUS EDITION

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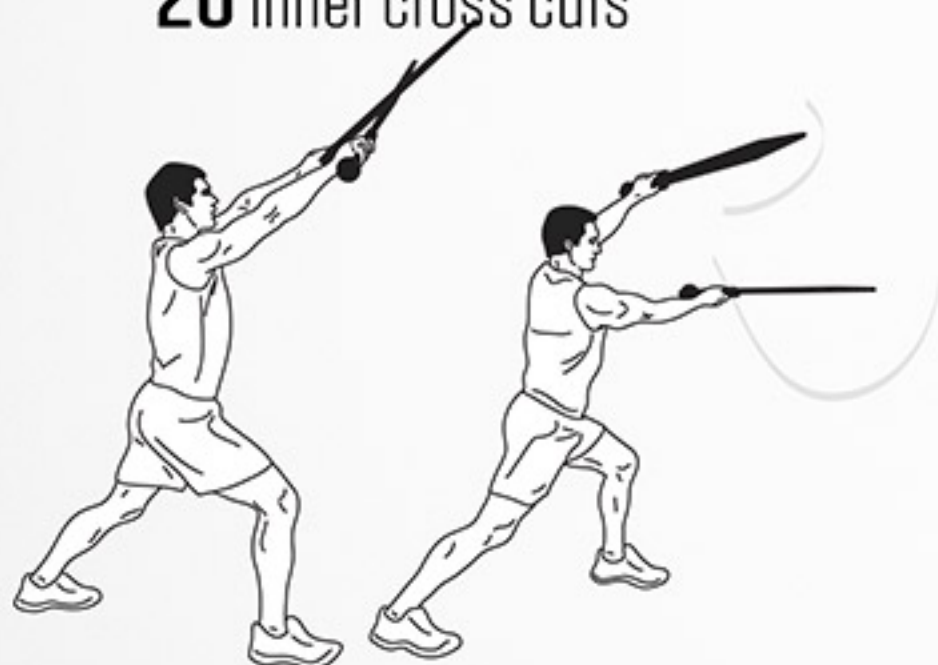
5 sets 2 minutes rest between sets



20 inner cross cuts



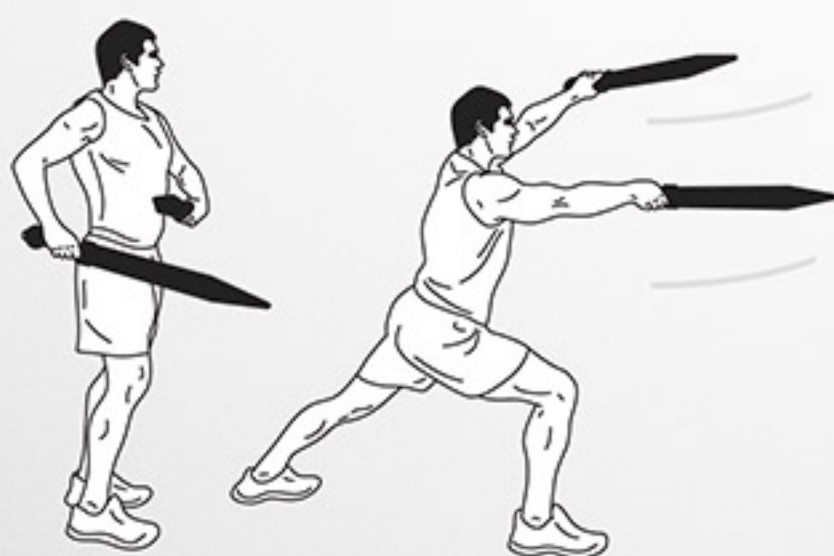
20 outward cross cuts



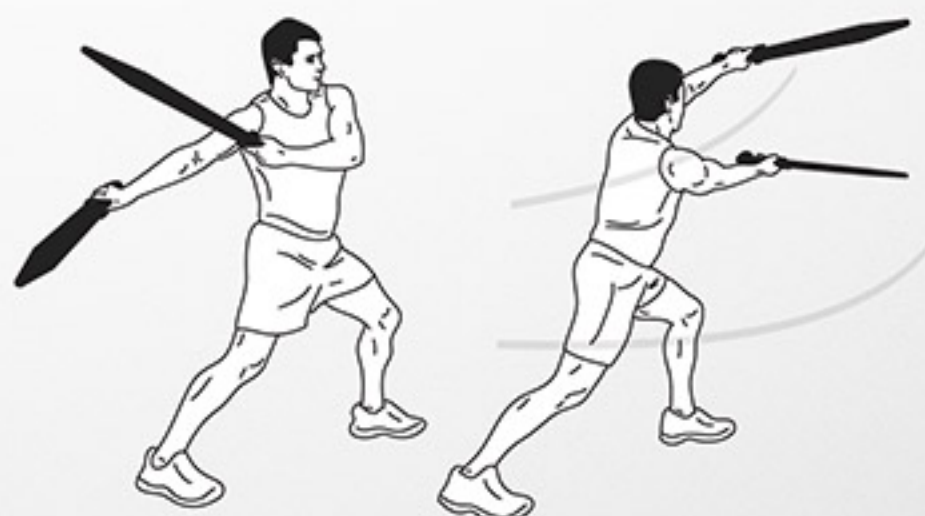
20combo block & horizontal cuts



20combo block & forward cut



20 double forward thrusts



20 full double horizontal cuts

GLADIATOR

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



10 lunges



4 jumping lunges



10 squats



10 shoulder taps



10 slow climbers



4 push-ups



4 up & down planks

GRADE A

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



10 cross squats



10 cossack squats



10 get-ups



5 judo push-ups



10-count push-up plank



10 up & down planks



10 reverse angels



10 prone fly extensions



10 W-extensions

GRIP TRAINING

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arrow - into - table top - into - straight fist - into - claw - into - fist
repeat 10 times in total



60sec clench / unclench



60sec dumbbell hold #1



60sec dumbbell hold #2

optional
but recommended

20 seconds deadhang
3 sets | 60 seconds rest



HALL *OF* FAME

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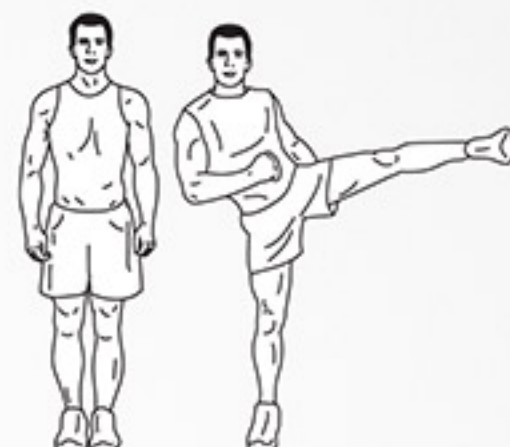
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 march steps



4 reverse lunges



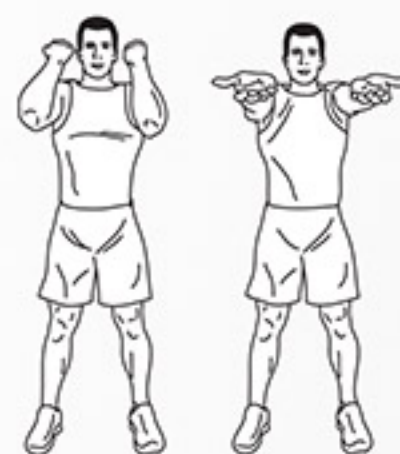
10 side leg raises



20 march steps



4 reverse lunges



10 bicep extensions



20 march steps



4 reverse lunges



10 step jacks

CAN YOU SURVIVE the PITS

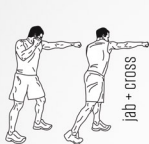
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pick moves | no rest

LEVEL I 5 minutes

LEVEL II 10 minutes

LEVEL III 15 minutes



SPARTACUS

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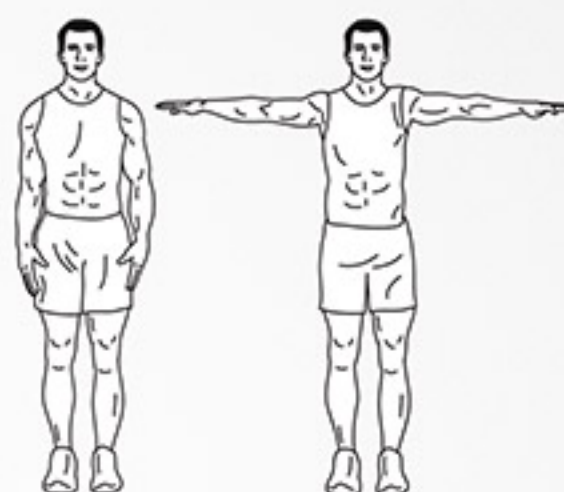
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



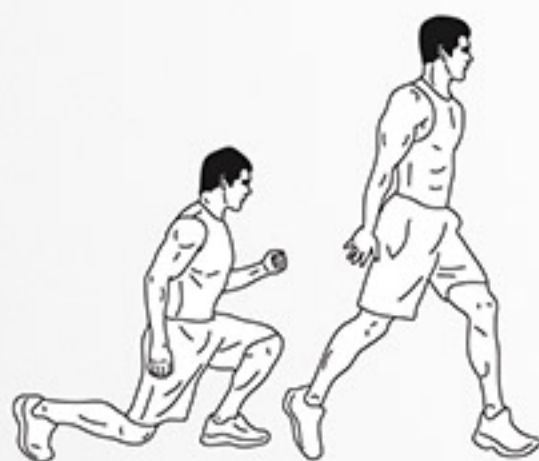
20 squats



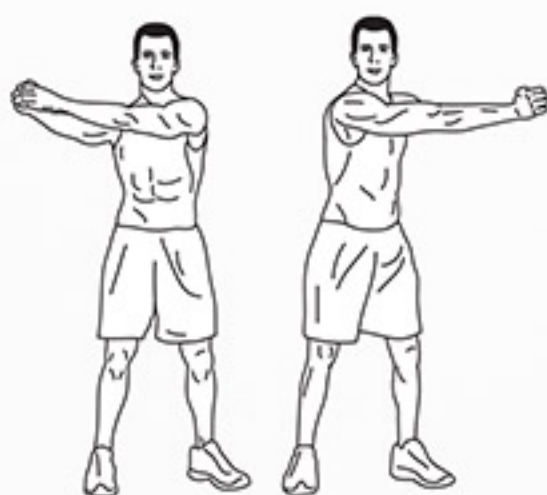
10 deep side lunges



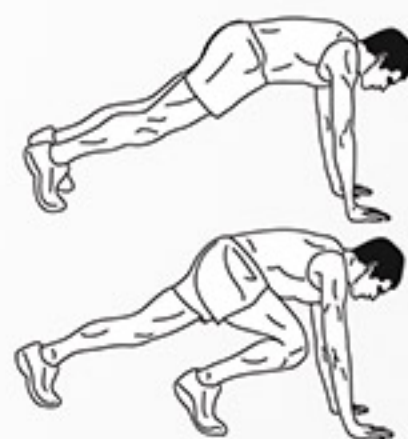
20 arm raises



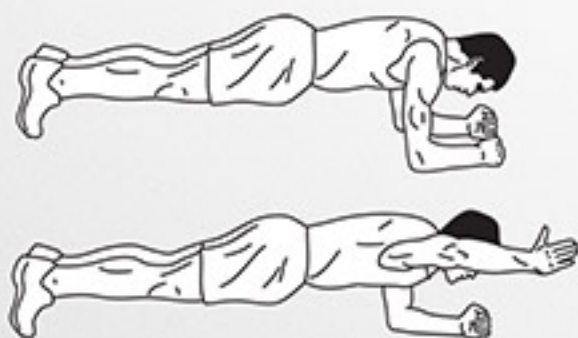
6 jumping lunges



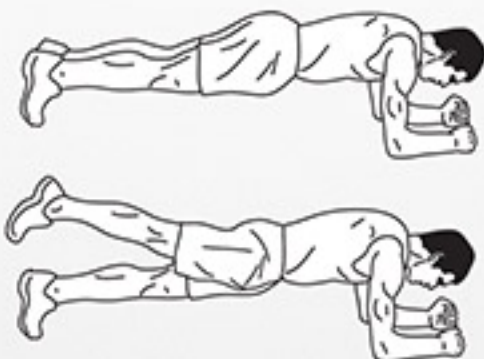
20 side-to-side chops



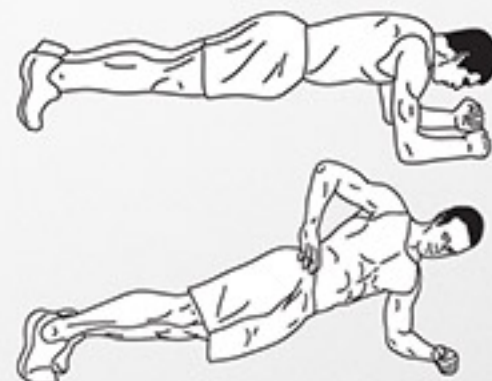
6 slow climbers



10 plank arm raises



10 plank leg raises



10 plank rotations

SPEED & POWER

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



20 high knees



10 push-ups



20 high knees



20 climbers



10 jumping lunges



20 climbers



10 jump squats

STILL STANDING

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



10 calf raises



10-count calf raise hold



10 calf raises



10 squat into calf raise



10-count squat hold



10 squat into calf raise

STRENGTH & POWER

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2 minutes rest between exercises



20 alternating
bicep curls
x 3 sets in total
20 seconds rest
between sets



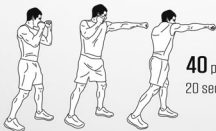
20 alternating
shoulder press
x 3 sets in total
20 seconds rest
between sets



20 bent over rows **x 3 sets** in total
20 seconds rest between sets



20 push-ups **x 3 sets** in total
20 seconds rest between sets



40 punches **x 3 sets** in total
20 seconds rest between sets