

# Abroadlife

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

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

2 minutes rest between sets



**20** lunges



**10** deadlift & twist



**20** side leg raises



**20** plank rotations



**10** downward upward dog



**20** raised arm circles



**20** knee-to-elbow



**10** leg raises



**20** scissors

# APOLLO

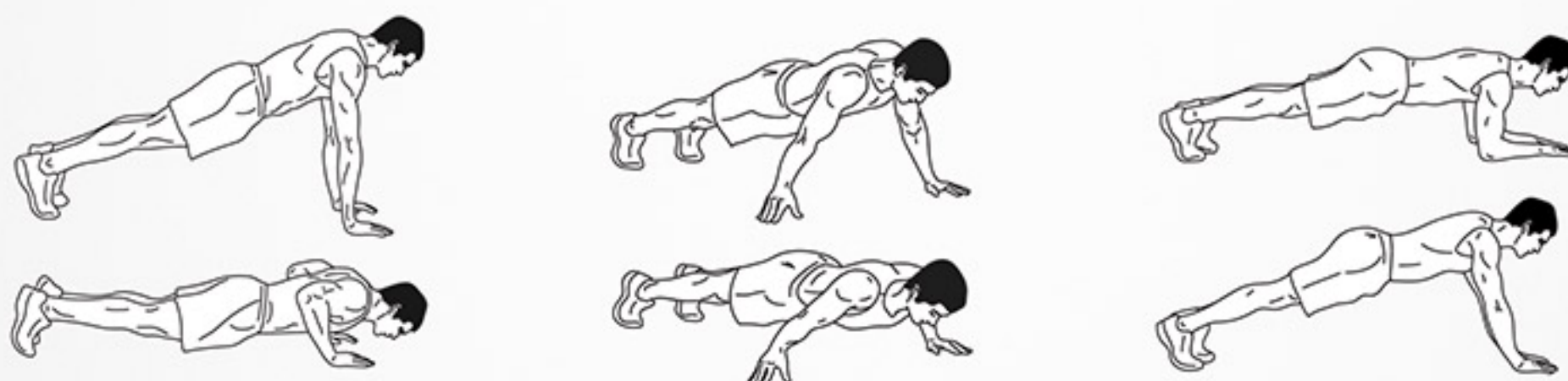
DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



**10 combos** split squat - into -forward lunge

**6** shrimp squats



**10** push-ups

**6** archer push-ups

**4** tricep extensions



**10** alt arm/leg raises

**10sec** plank hold

**10** side plank knee-to-elbow

# Aves

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

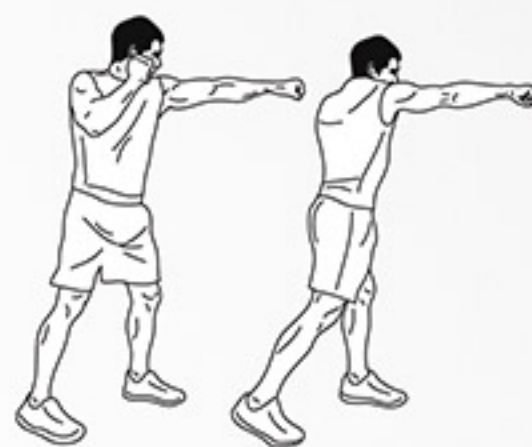
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** lunges



**10** jumping lunges



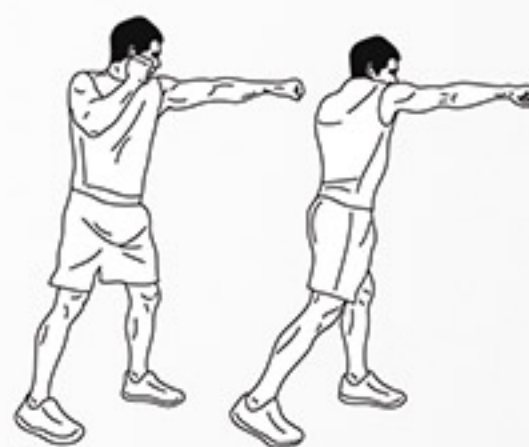
**40** punches



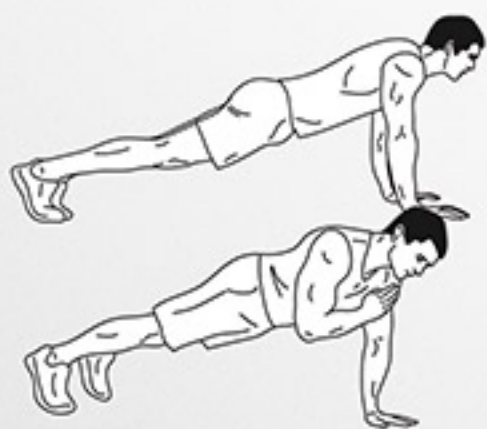
**20** squats



**10** jump squats



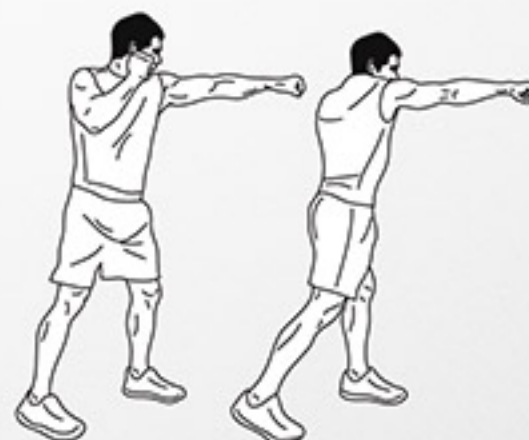
**40** punches



**20** shoulder taps



**10** push-up shoulder taps



**40** punches

# Artemis

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 archers



2 squats



20 climbers



2 planks w/ rotations



10-count elbow plank



10 deep lunges



2 push-ups



10 sit-up punches



10 siting punches

# ATHENA

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

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



4 squats



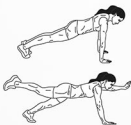
10 knee tap reverse lunges



20 punches



4 one-arm plank jump-ins



4 alt arm/leg plank



4 supergirl stretch



10 reverse crunches



4 raised leg crunches

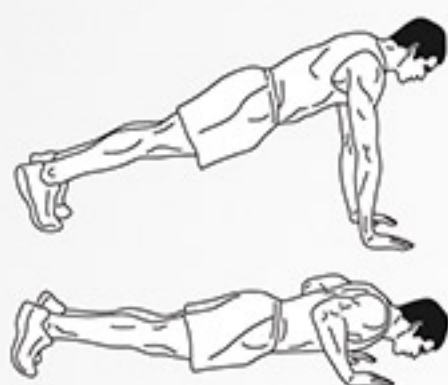


10 scissors

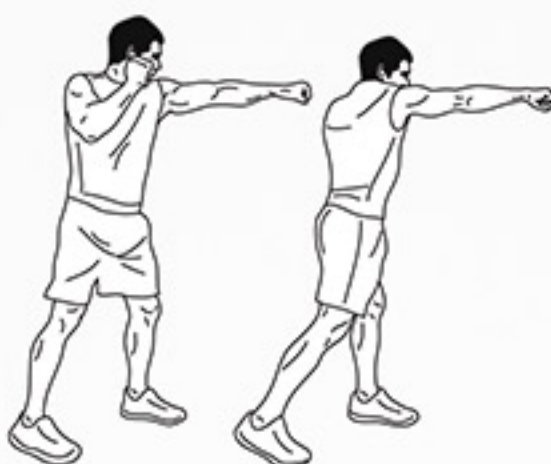
# Madles

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

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



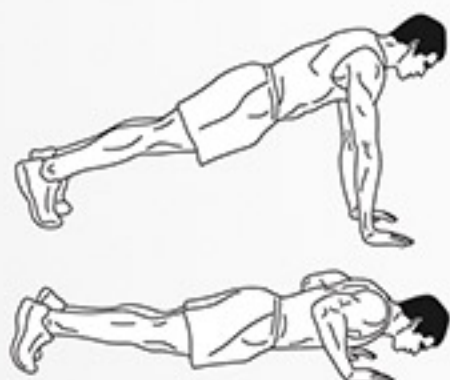
**20sec** push-ups



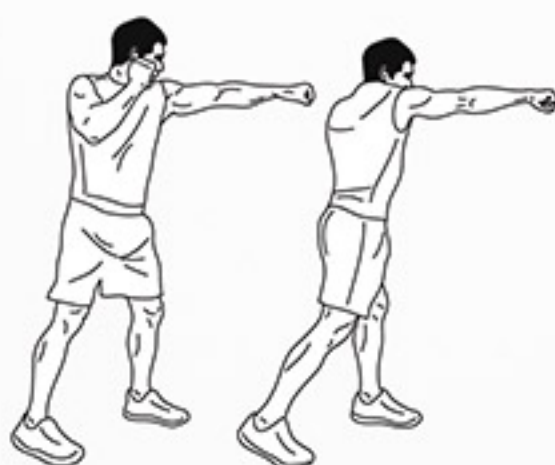
**40sec** punches



**20sec** uppercuts



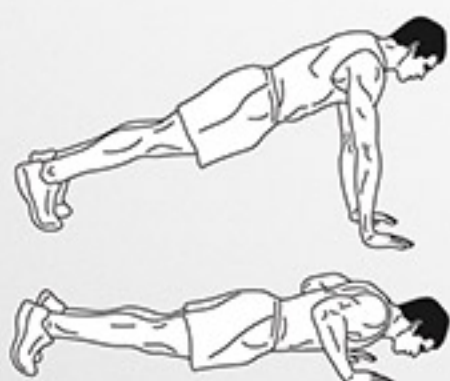
**20sec** push-ups



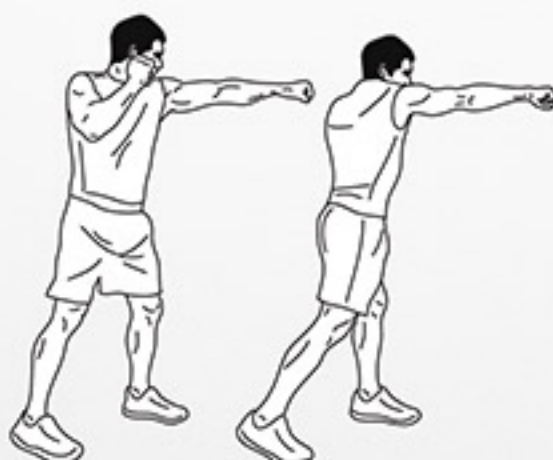
**40sec** punches



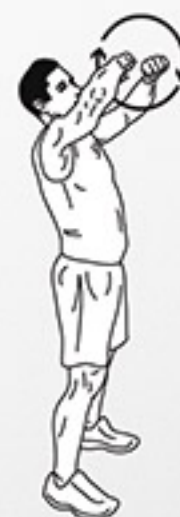
**20sec** hooks



**20sec** push-ups



**40sec** punches

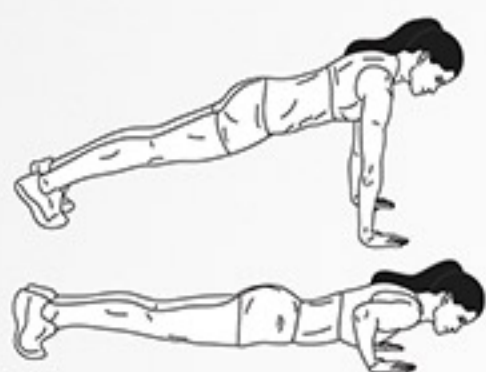


**20sec** speed bag punches

# HERA

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

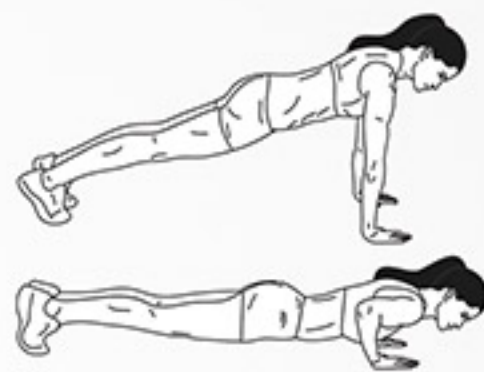
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



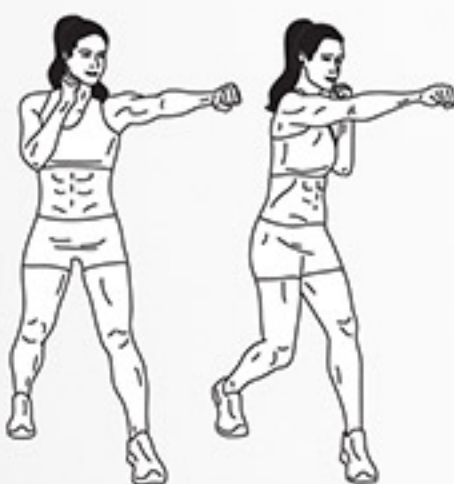
4 push-ups



6 basic burpees



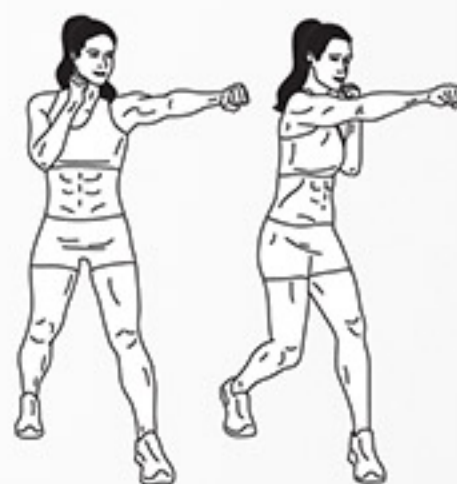
4 push-ups



10 punches



4 push-ups



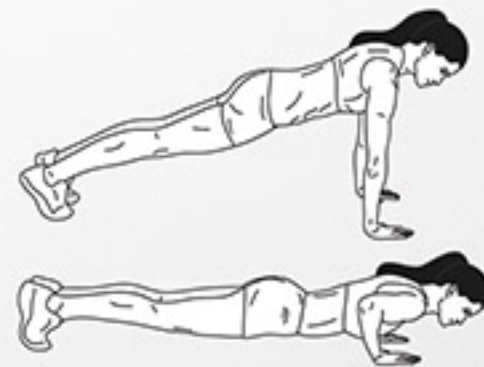
10 punches



4 push-ups



6 basic burpees



4 push-ups

# POSEIDON

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** jump squats



**10** shoulder taps



**30sec** elbow plank



**10** diver push-ups



**10** leg raises



**10** flutter kicks



**10** get-ups



# Z E U S

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

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



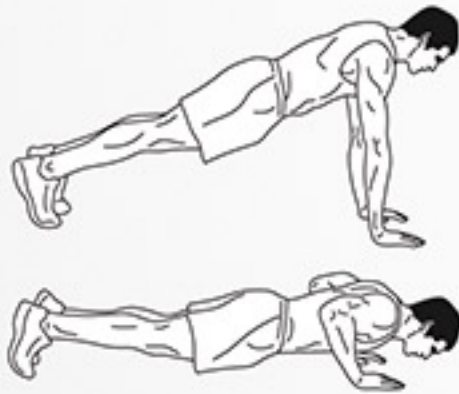
**20** reverse lunges



**20** squat hold punches



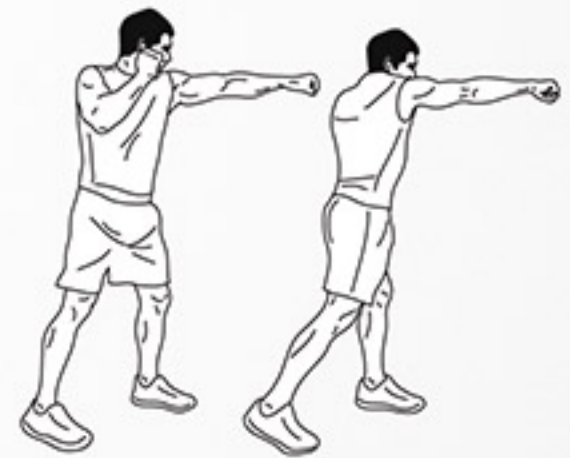
**20** uppercuts



**20** push-ups



**4** tricep extensions



**20** punches



**10** leg raises



**10** scissors



**10-count** raised leg hold