

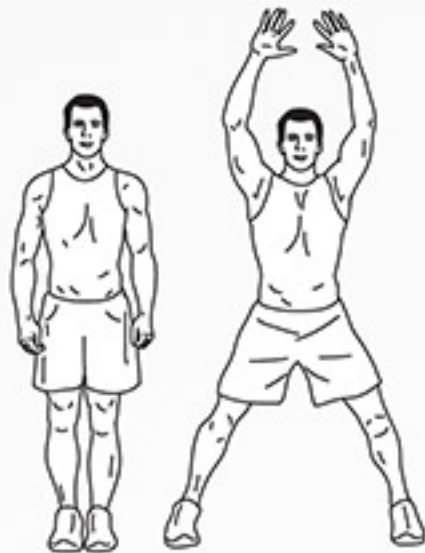
# AFTERSHOCK

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

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



**5** jump squats



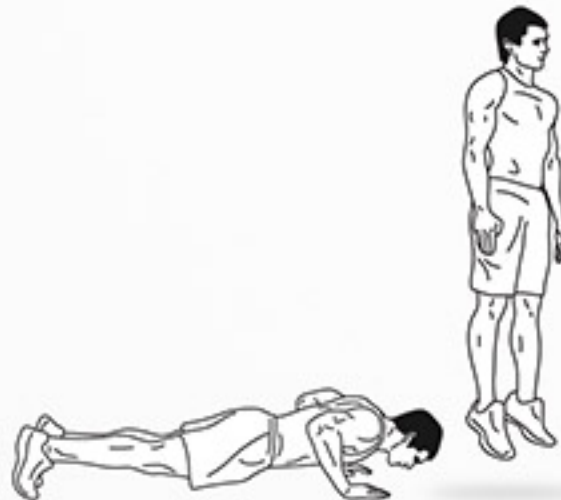
**20** jumping jacks



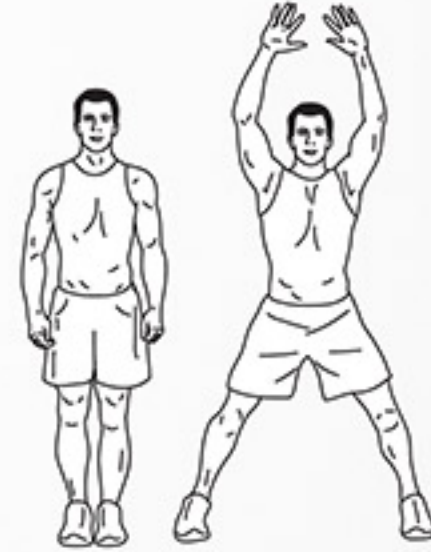
**5** jump squats



**20** jumping jacks



**5** burpees



**20** jumping jacks



**5** jump squats



**20** jumping jacks

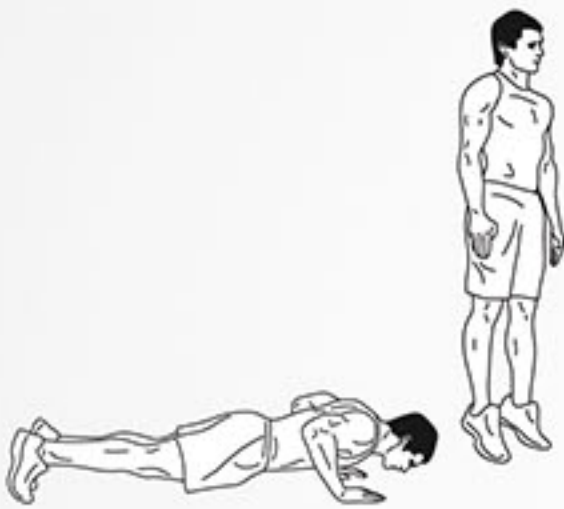


**5** jump squats

# ATTACK ON TITAN

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

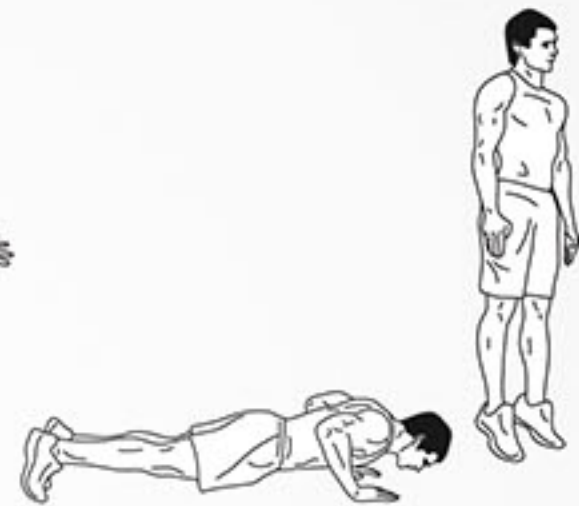
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**10** burpees



**4** side-to-side jumps



**10** burpees



**4** side-to-side jumps



**10** jumping lunges



**4** side-to-side jumps



**10** deep side-to-side lunges

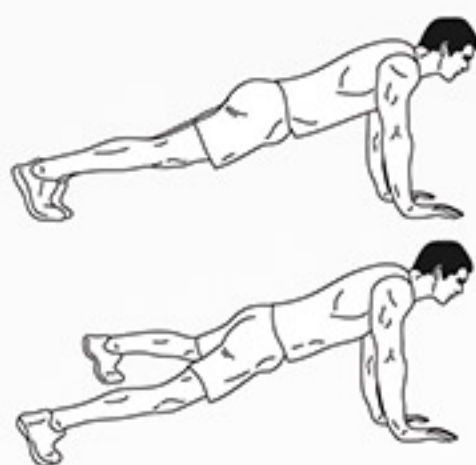
# Cardio High

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

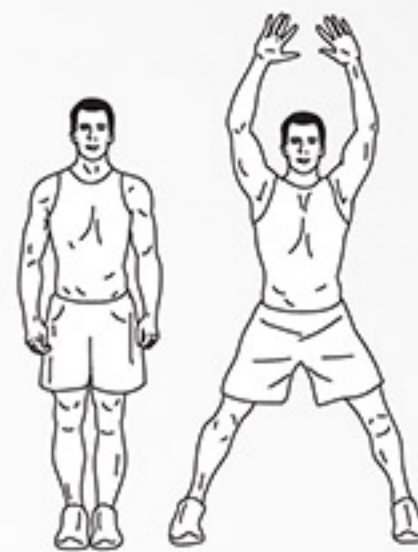
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jumping jacks



20 plank jacks



20 jumping jacks



20 split jacks



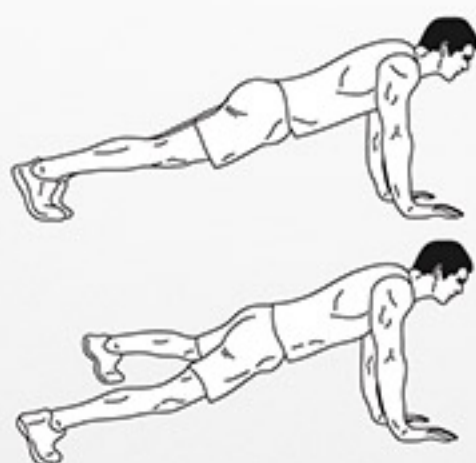
20 jumping jacks



20 split jacks



20 jumping jacks



20 plank jacks



20 jumping jacks

# cardio

# MAX

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

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



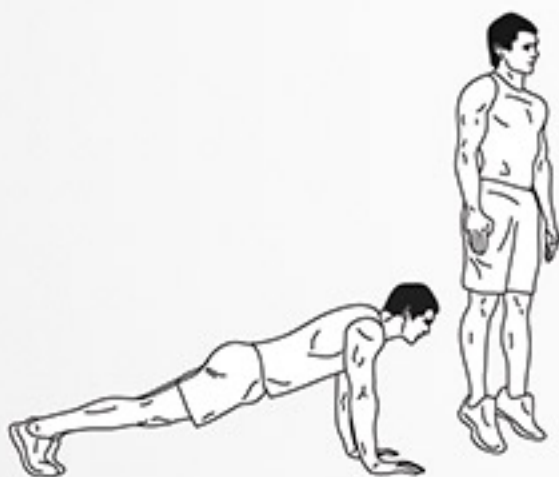
**10** high knees



**5** jump knee tucks



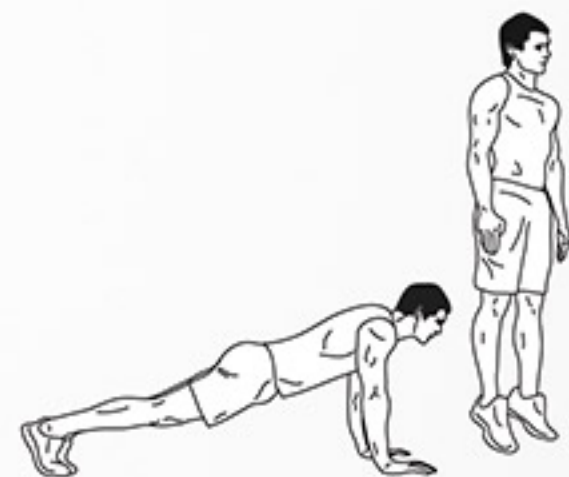
**10** high knees



**10** basic burpees



**5** jump knee tucks



**10** basic burpees



**10** high knees



**5** jump knee tucks

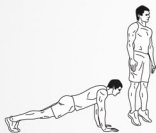


**10** high knees

# DEADLY40

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

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



40 basic burpees



40 jumping jacks



40 climbers



40 sit-ups



40 flutter kicks



40 bridges

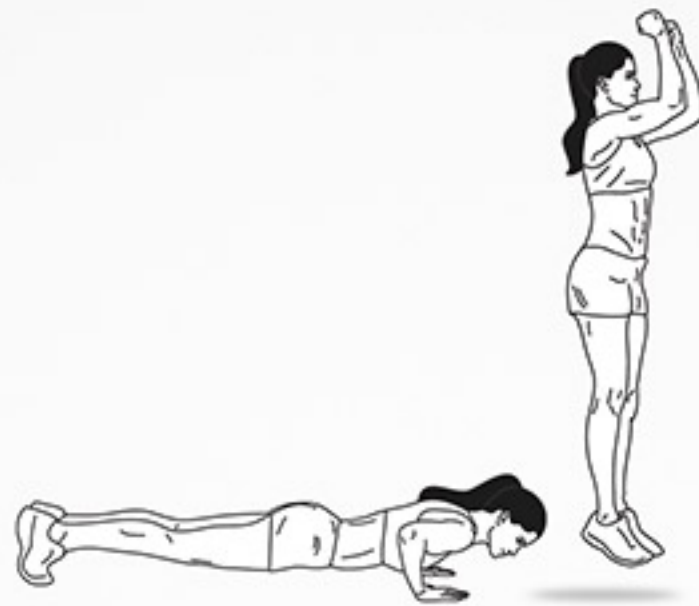
# GOODESS

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

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



**30** high knees



**10** burpees



**30** high knees



**30** climbers



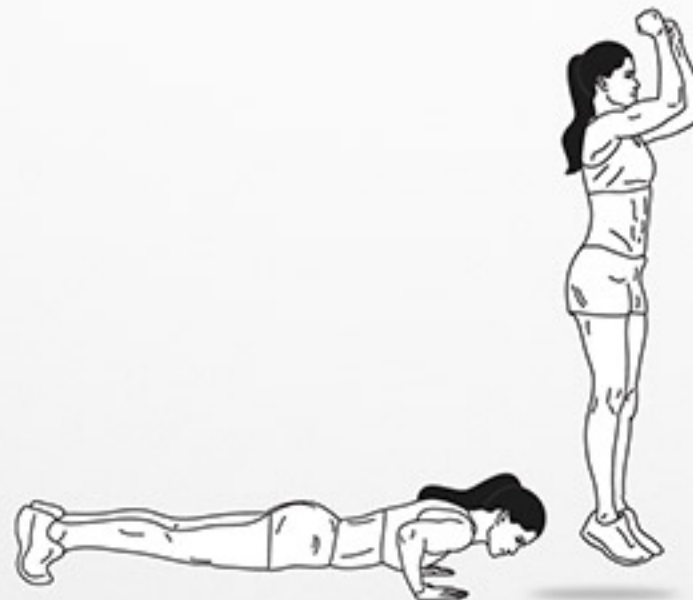
**10** burpees



**30** climbers



**30** high knees



**10** burpees



**30** high knees

# IMPOSSIBLE CARDIO

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 jumping jacks



10 burpees



20 jumping jacks



20 toe tap hops



10 climbers



20 toe tap hops



20 high knees



10 jumping lunges



20 high knees

# INQUISITOR

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 burpees



10 push-ups



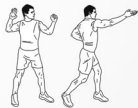
20 knife hand strikes



10-count squat hold



10 jump squats



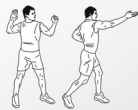
20 knife hand strikes



10 high knees



10 knee strikes



20 knife hand strikes

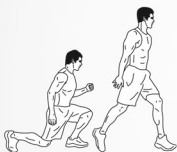


# 卡宾工卡宾Z

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

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

2 minutes rest between sets



**30** jumping lunges



**30** burpees



**1min** elbow plank



**1min** side elbow plank

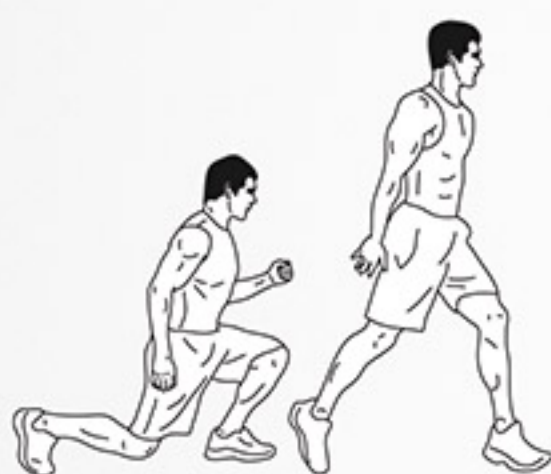


**1min** wall sit

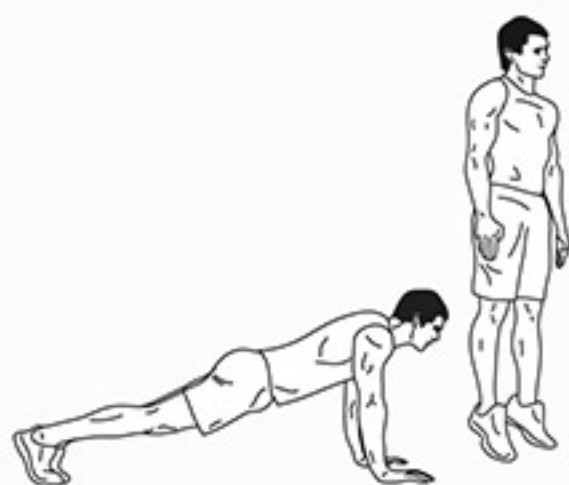
# KEEP UP!

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** jumping lunges



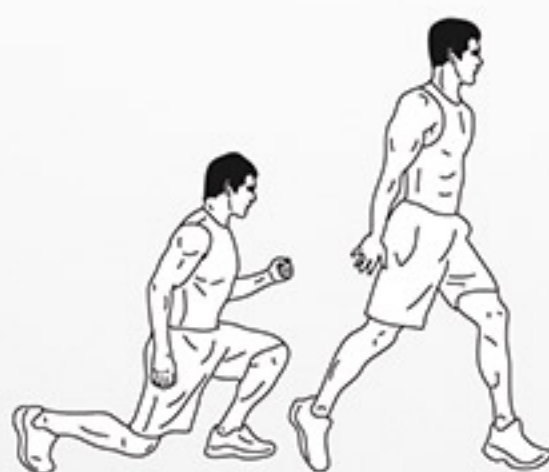
**10** basic burpees



**10** jumping lunges



**10** high knees



**10** jumping lunges



**10** power push-ups

# The Nix

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 jumping lunges



40 high knees



20 jumping lunges



20 push-ups



40 high knees



20 push-ups



20 jump squats



40 high knees



20 jump squats

# OVERKILL

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 burpees



10 plank rotations



4 burpees



10 plank crunches



4 burpees



10 plank crunches



4 burpees



10 plank rotations



4 burpees

# THE SCORCHER

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

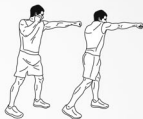
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** high knees



**10** basic burpee w/ jump



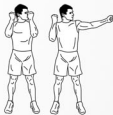
**20** punches



**20** high knees



**10** jumping lunges



**20** backfists



**20** high knees



**10** jump squats



**20** overhead punches

# 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

# SUPER HARD

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** jumping jacks



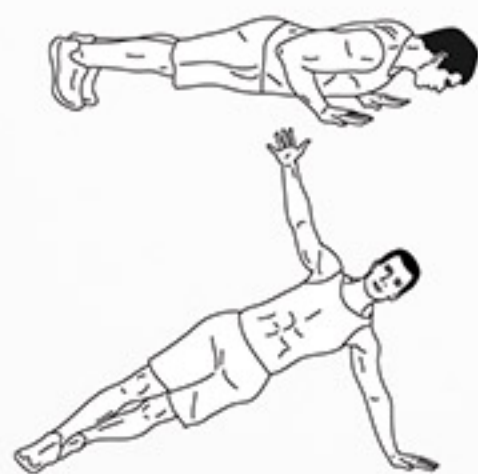
**10** push-up shoulder taps



**5** jump squats



**20** jumping jacks



**10** push-up with rotations



**5** jump squats



**20** jumping jacks



**10** cross body push-ups



**5** jump squats

# SUPERHUMAN

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

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



**40** march steps



**40** climbers



**80** high knees



**20** shoulder taps



**20** push-ups



**20** burpees



**40** plank crunches



**40** plank leg raises



**80** punches



# ULTIMATE TEST

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

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



5 burpees



20 high knees



10 climbers



5 burpees



20 high knees



10 shoulder taps



5 burpees



20 high knees



10 plank rotations

# WANTED DEAD OR ALIVE

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 wide grip push-ups



40 high knees



10 classic grip push-ups



40 high knees



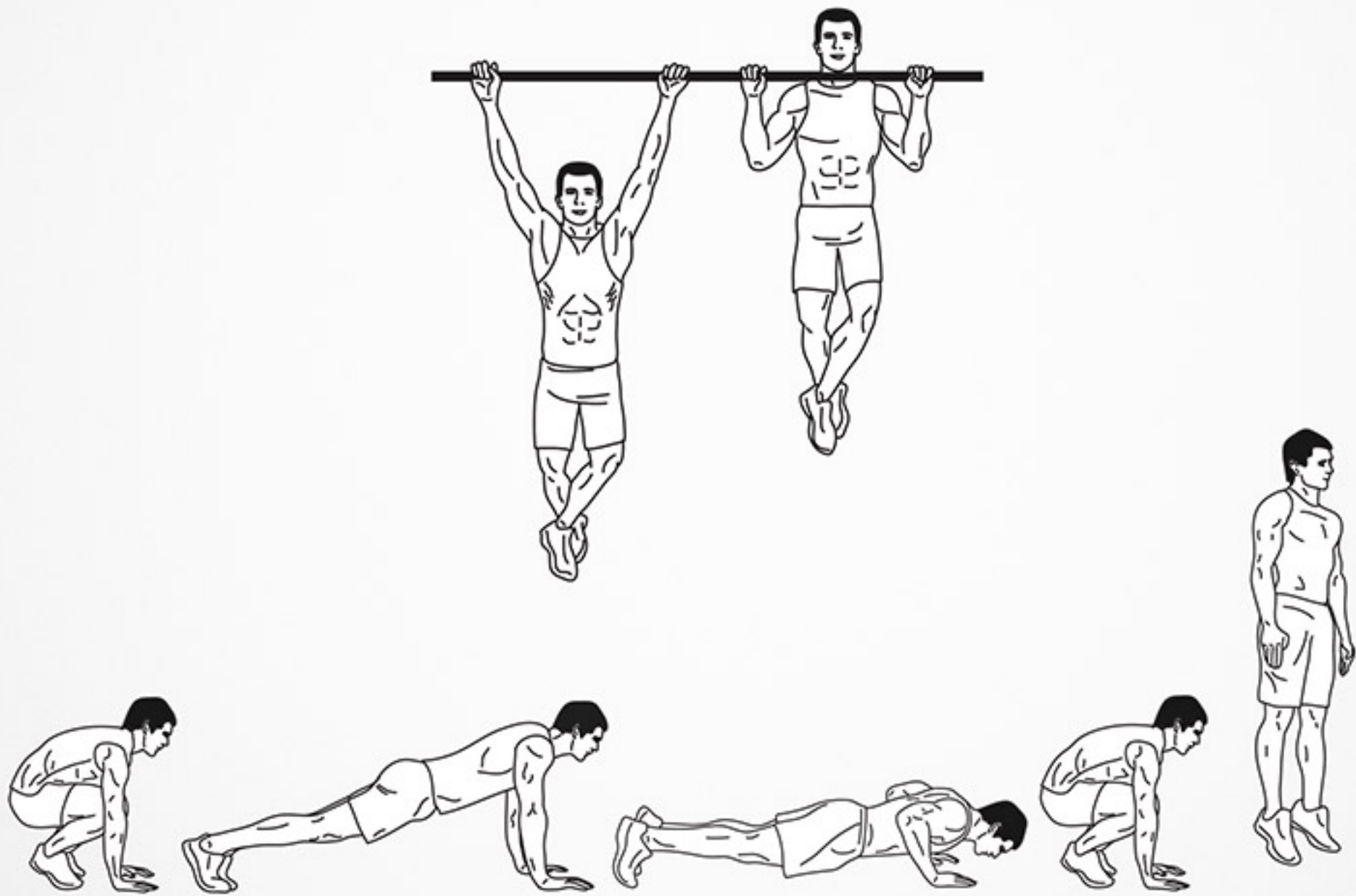
10 close grip push-ups



40 high knees

# I AM WRATH

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



**30 seconds**

**2 pull-ups + 2 burpees**

30 seconds rest

repeat 5 times in total