

# ACTION TIME

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

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



**20sec** basic burpees



**20sec** plank hold



**20sec** basic burpees



**20sec** plank hold



**20sec** elbow plank hold



**20sec** plank hold



**20sec** basic burpees



**20sec** plank hold



**20sec** basic burpees

# ADRENALINE RUSH

DAREBEE **HIT** WORKOUT

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

Level I 3 sets Level II 5 sets Level III 7 sets  
up to 2 minutes rest between sets



**15sec** jumping jacks



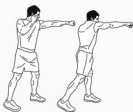
**15sec** push-ups



**15sec** basic burpees



**15sec** jumping jacks



**15sec** punches



**15sec** basic burpees



**15sec** jumping jacks



**15sec** push-ups

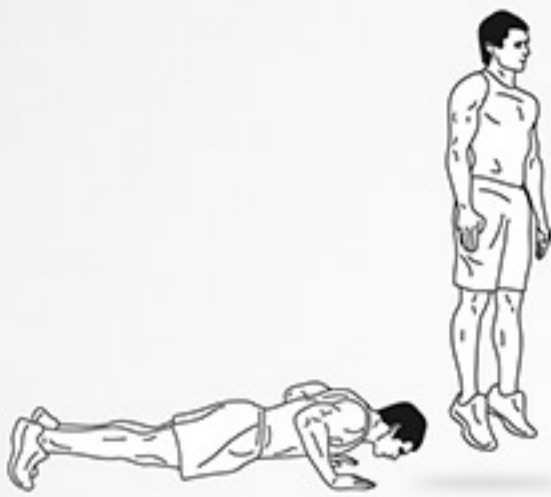


**15sec** basic burpees

# BRUTAL HIIT

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

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



**30sec** burpees



**30sec** squat hold



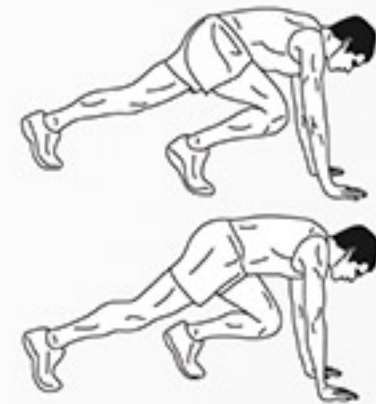
**30sec** high knees



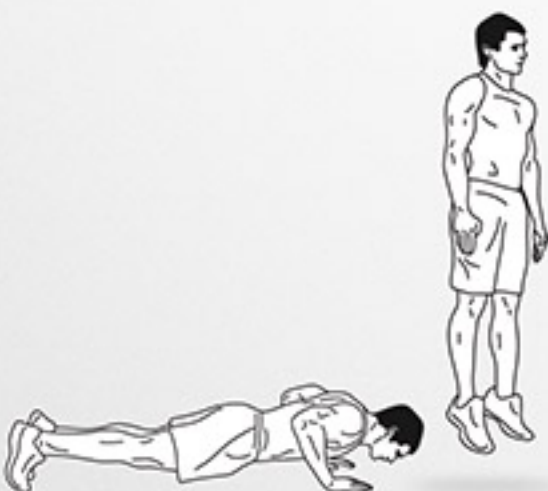
**30sec** burpees



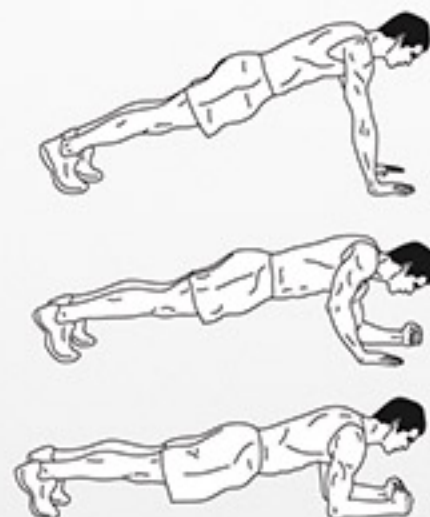
**30sec** plank hold



**30sec** climbers



**30sec** burpees



**30sec** up & down planks



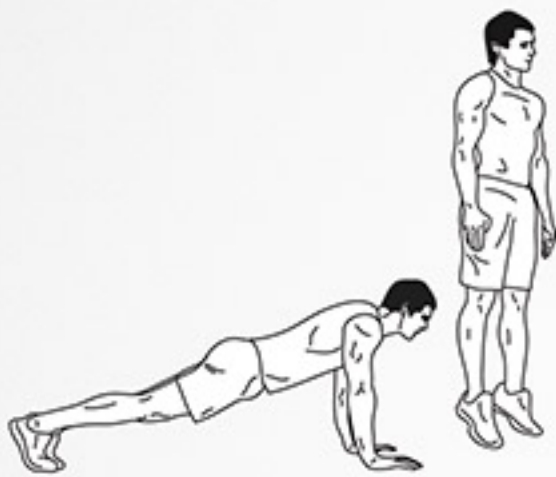
**30sec** plank crunches



# BURPEE HD

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

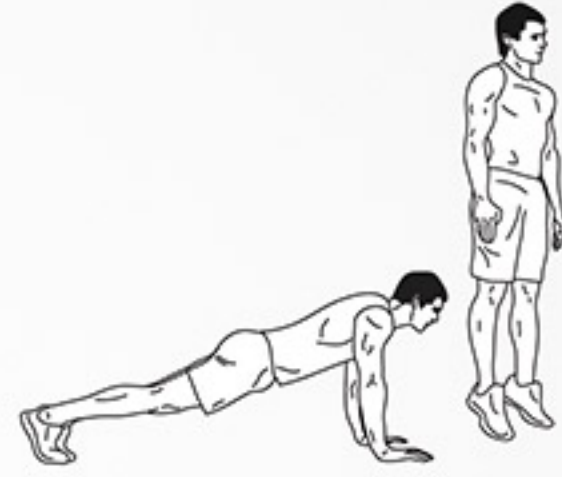
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



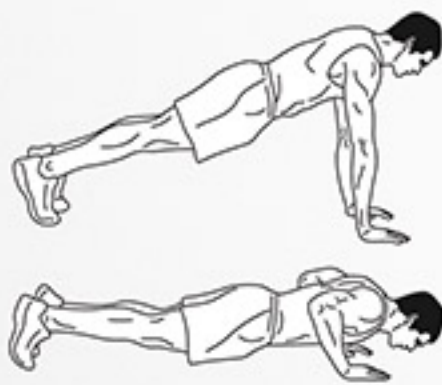
**30sec** basic burpees



**30sec** full plank hold



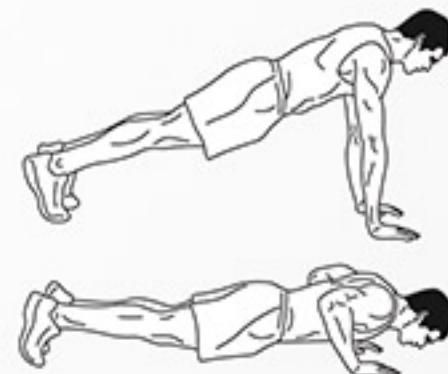
**30sec** basic burpees



**10sec** push-ups



**10sec** jump squats



**10sec** push-ups



**60seconds** plank hold, 20 seconds each

start with an elbow plank then come up to full plank and finish by going back to an elbow plank

# Cardio Pro

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

**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets

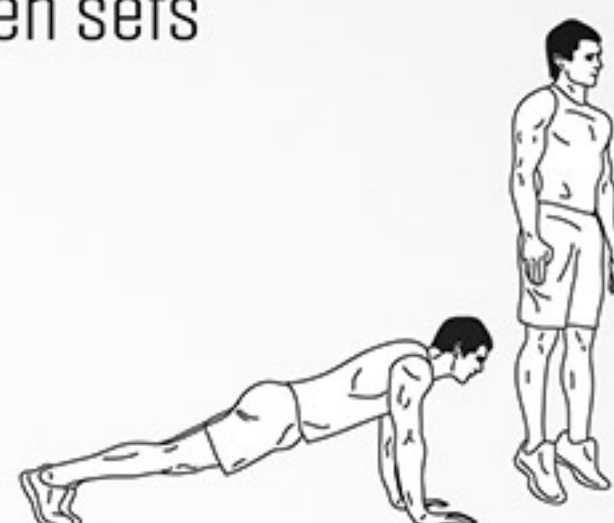
2 minutes rest rest between sets



**30sec** high knees



**30sec** elbow plank



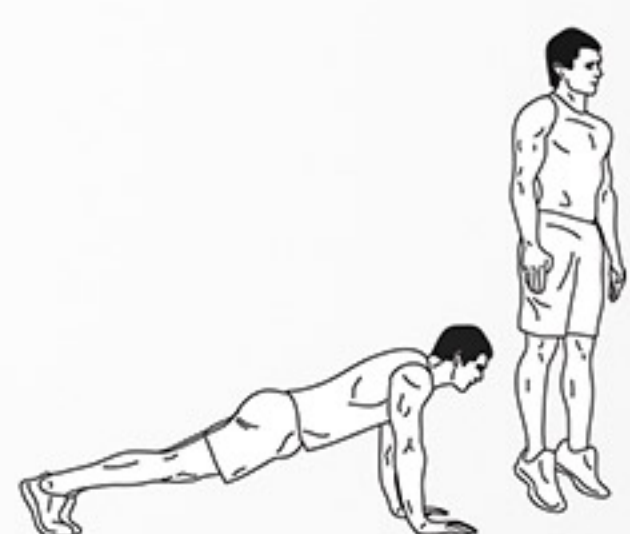
**10sec** basic burpees



**30sec** high knees



**30sec** raised leg plank



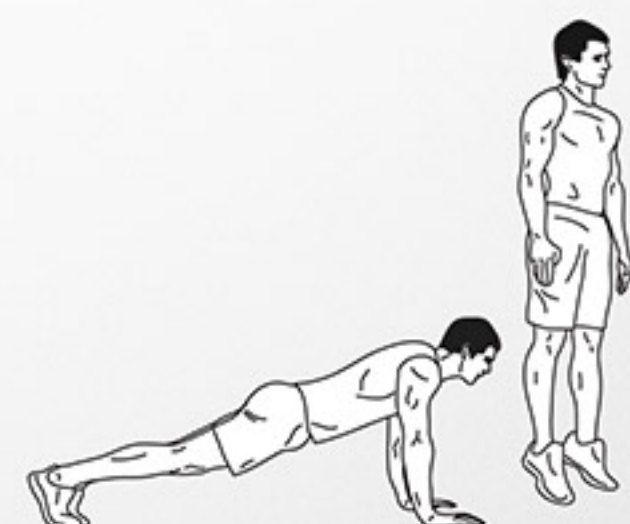
**10sec** basic burpees



**30sec** high knees



**30sec** side elbow plank



**10sec** basic burpees



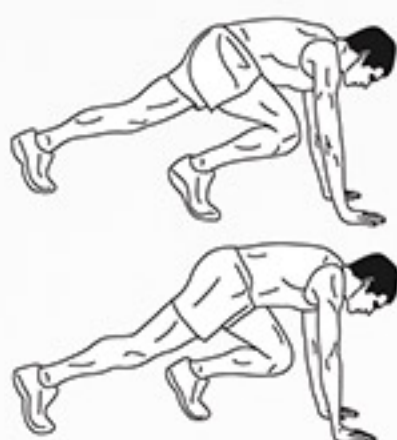
# CARPE DIEM

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

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



**20sec** high knees



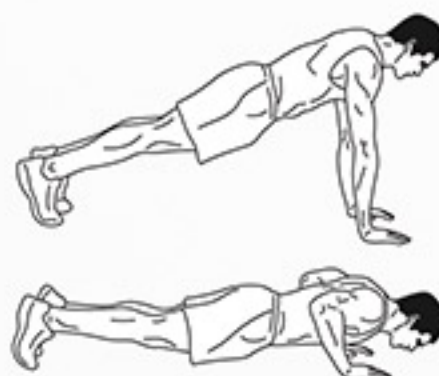
**20sec** climbers



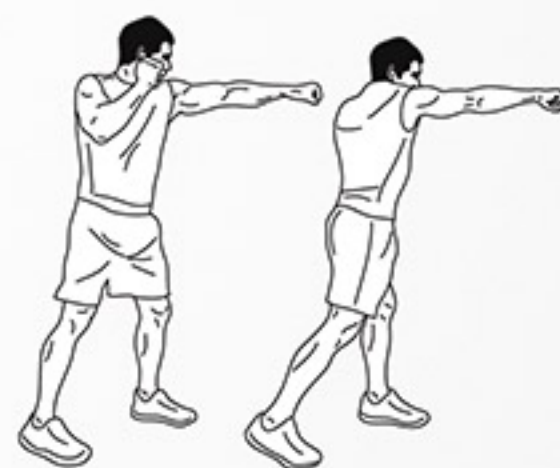
**20sec** high knees



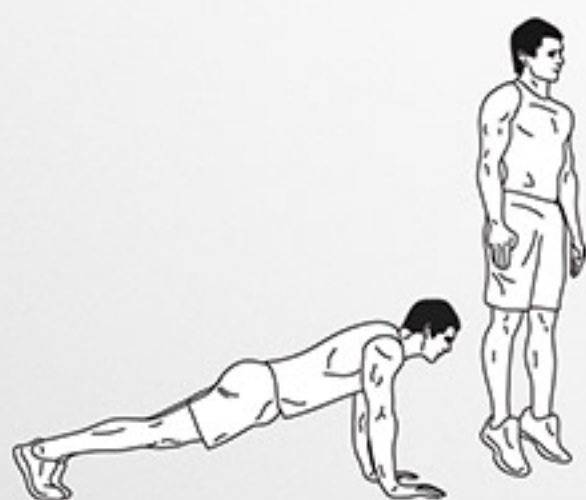
**20sec** overhead punches



**20sec** push-ups



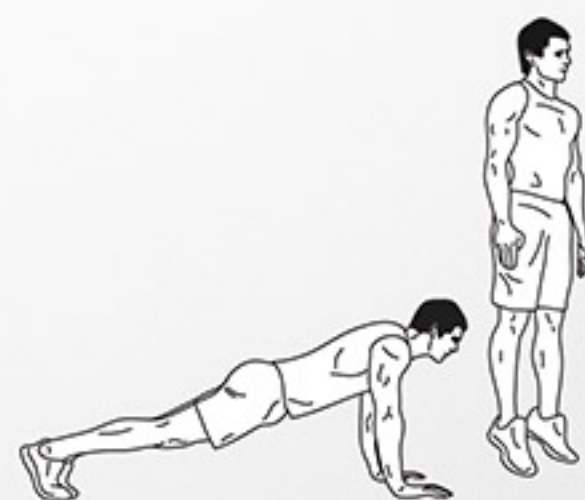
**20sec** punches



**20sec** basic burpees



**20sec** plank hold



**20sec** basic burpees

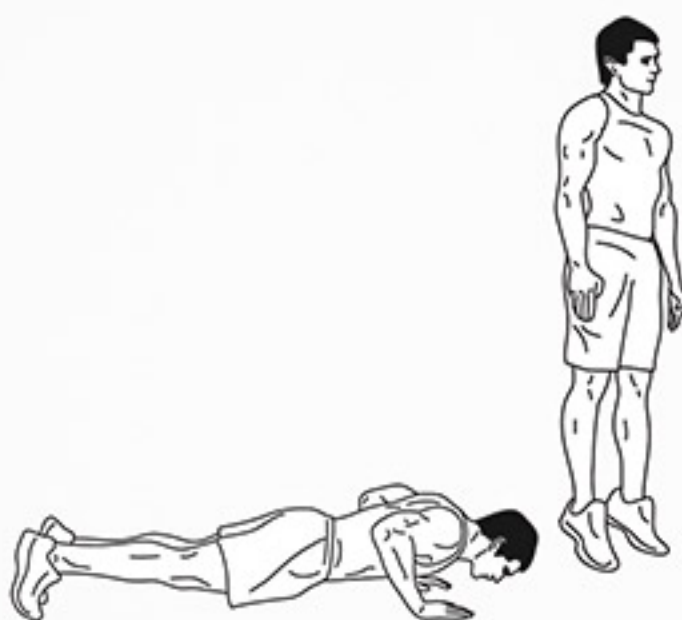
# DEATHWISH

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

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



**30sec** high knees



**30sec** burpees



**30sec** high knees



**30sec** elbow plank



**30sec** high knees



**30sec** burpees



# EXTREME

# BURN

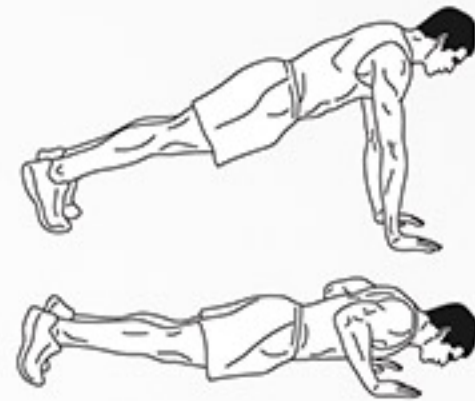
DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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

**3combos**

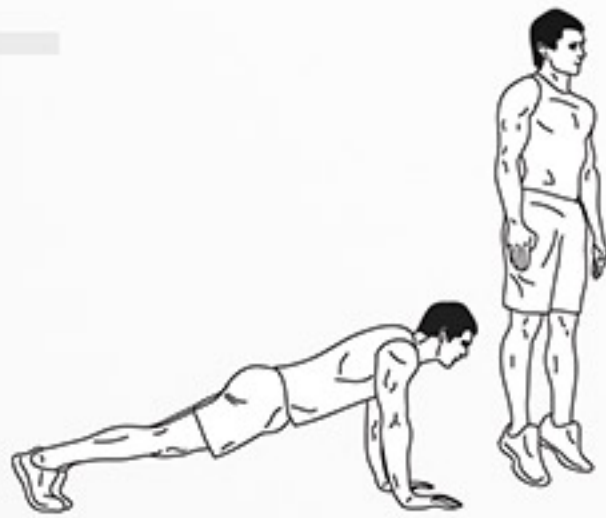


**10sec** high knees

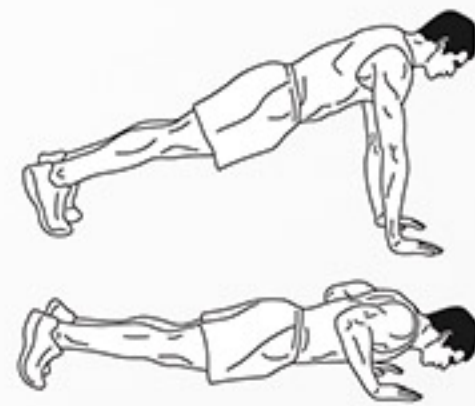


**10sec** push-ups

**3combos**

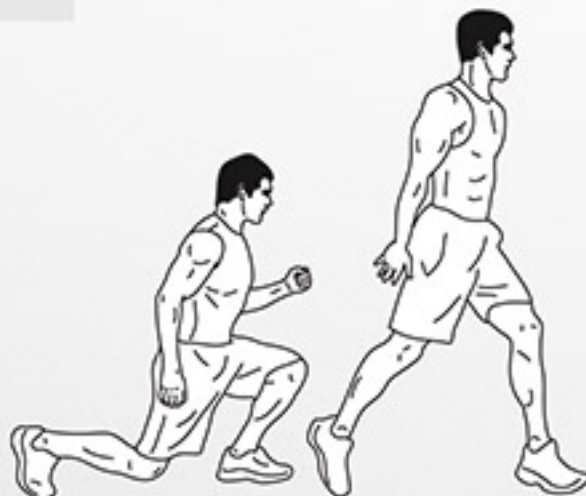


**10sec** basic burpees

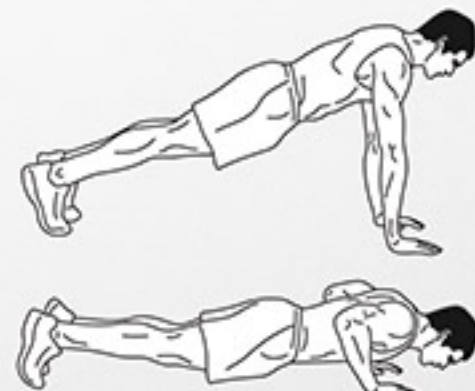


**10sec** push-ups

**3combos**



**10sec** jumping lunges



**10sec** push-ups



# GENESIS

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

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



**20sec** high knees



**20sec** knee-to-elbows



**20sec** high knees



**20sec** climbers



**20sec** high knees



**20sec** climbers



**20sec** high knees



**20sec** knee-to-elbows



**20sec** high knees

# Goku

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

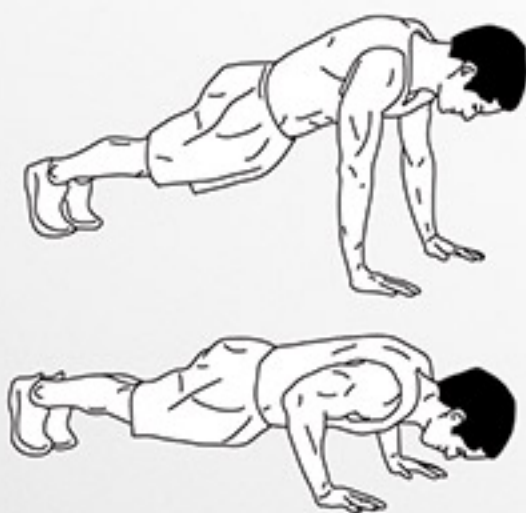
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



**10sec** squats



**20sec** side kicks



**10sec** push-ups



**20sec** squat hold punches



# HIT

## 10

### highway

DAREBEE **HIT** WORKOUT  
@ darebee.com

Level I 3 sets

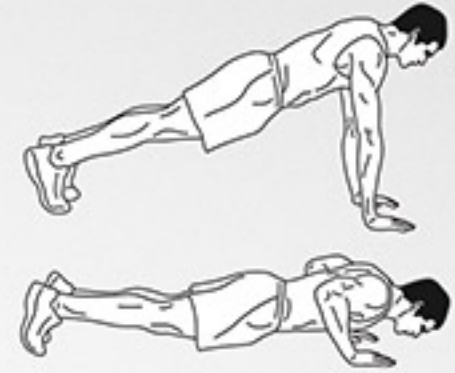
Level II 5 sets

Level III 7 sets

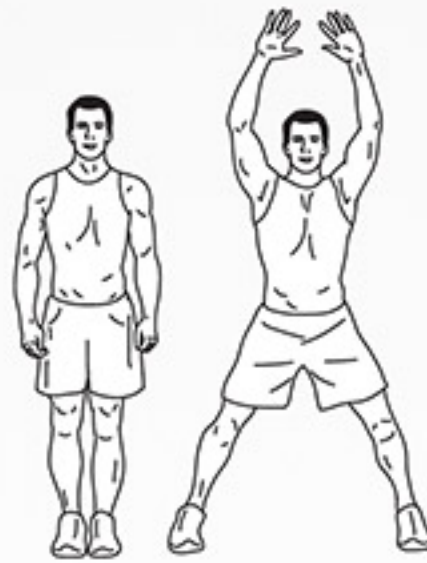
2 minutes rest



**40sec** jumping jacks



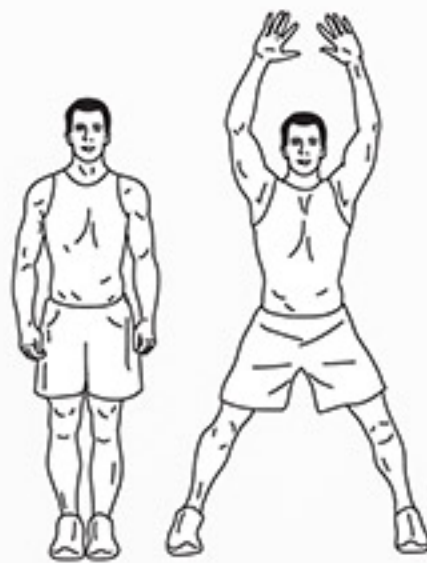
**20sec** push-ups



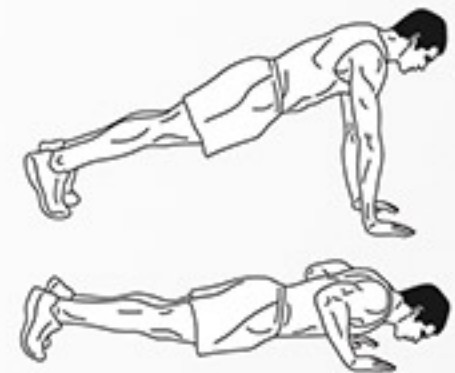
**40sec** jumping jacks



**20sec** jump squats



**40sec** jumping jacks



**20sec** push-ups



**40sec** jumping jacks



**20sec** jump squats

HIIT

LAUNCH

CODES

DAREBEE WORKOUT

© [darebee.com](http://darebee.com)

LEVEL I 3 sets

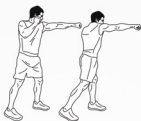
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



20sec push-ups



20sec punches



20sec jump knee-tucks



20sec push-ups



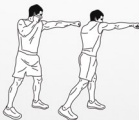
20sec plank



20sec jump knee-tucks



20sec push-ups



20sec punches



20sec jump knee-tucks



# MAX OUT

**HIIT** WORKOUT

BY DAREBEE

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

Level I 3 sets

Level II 5 sets

Level III 7 sets

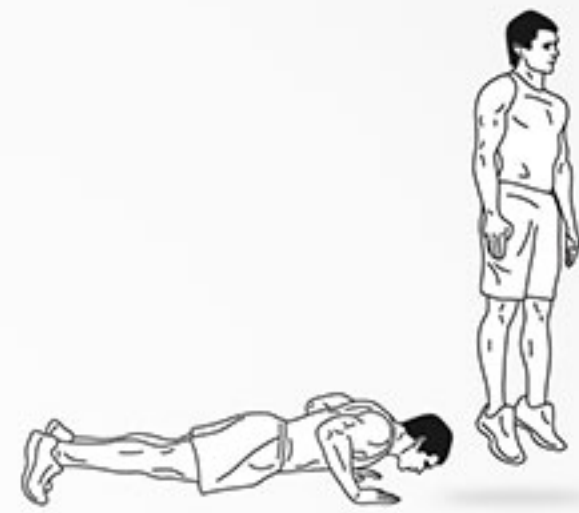
2 minutes rest



**20sec** march steps



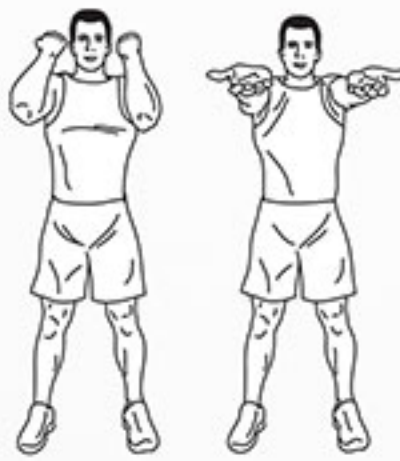
**20sec** high knees



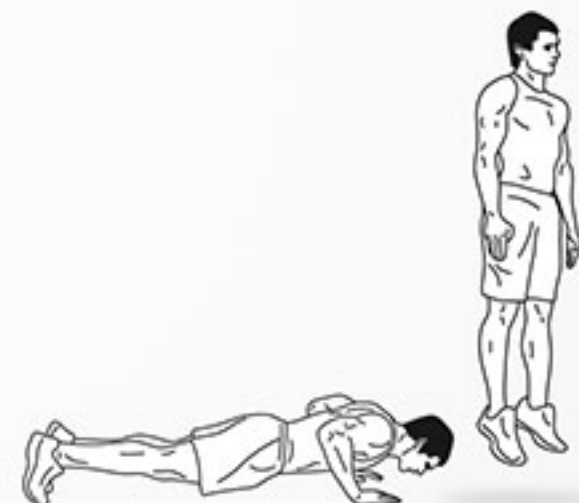
**20sec** burpees



**20sec** march steps



**20sec** bicep extensions



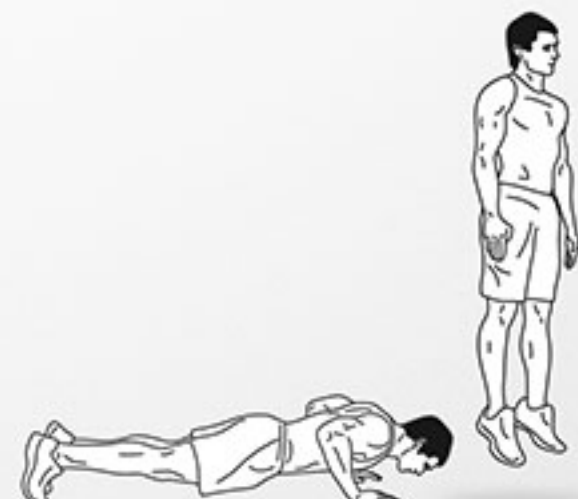
**20sec** burpees



**20sec** march steps



**20sec** high knees



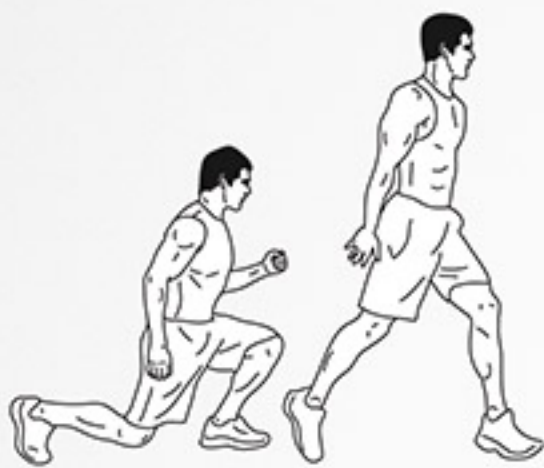
**20sec** burpees



# REFINER

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

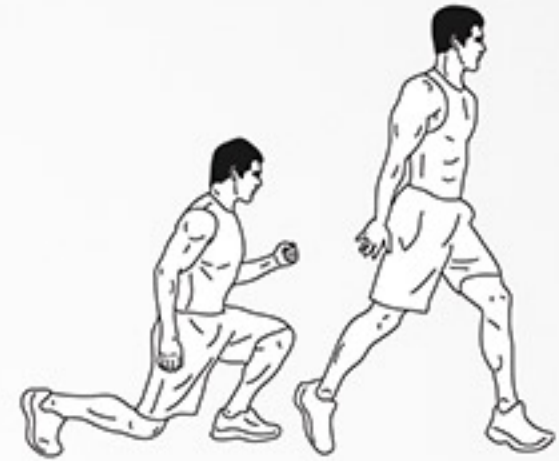
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



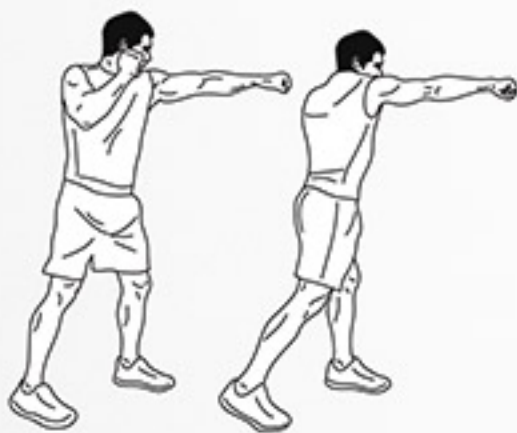
**20sec** jumping lunges



**20sec** calf raises



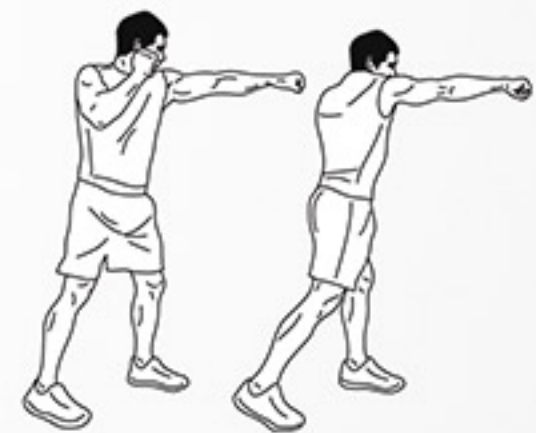
**20sec** jumping lunges



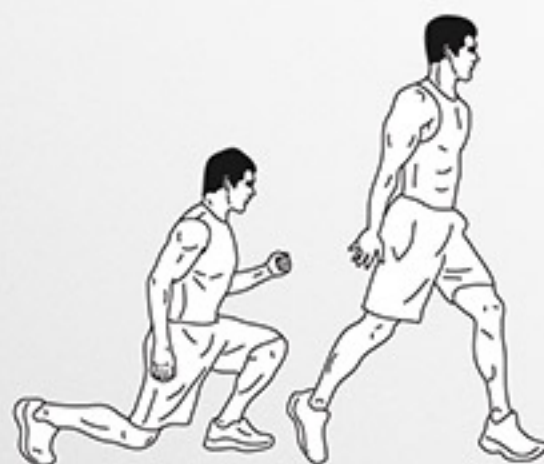
**20sec** punches



**20sec** burpees



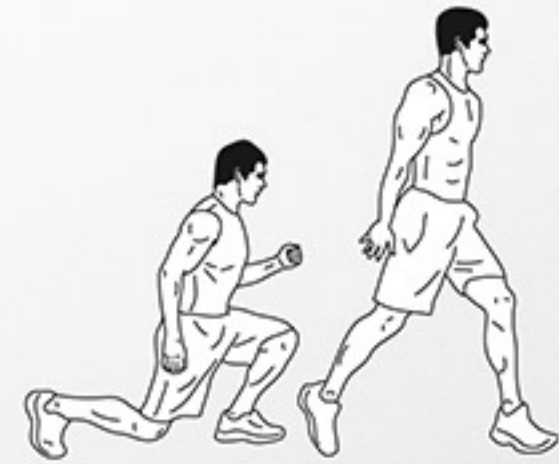
**20sec** punches



**20sec** jumping lunges



**20sec** calf raises



**20sec** jumping lunges



# SPEEDSTER

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

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



**10sec** march steps

**10sec** high knees

**10sec** march steps

**10sec** high knees

**10sec** march steps

**10sec** high knees

**10sec** plank hold

**10sec** climbers

**10sec** plank hold

**10sec** climbers

**10sec** plank hold

**10sec** climbers



**10sec** hollow hold

**10sec** flutter kicks

**10sec** hollow hold

**10sec** flutter kicks

**10sec** hollow hold

**10sec** flutter kicks



# superhero HIIT

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

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



**30sec** high knees



**30sec** basic burpees



**30sec** high knees



**30sec** climbers



**30sec** basic burpees



**30sec** climbers



**30sec** high knees



**30sec** basic burpees



**30sec** high knees



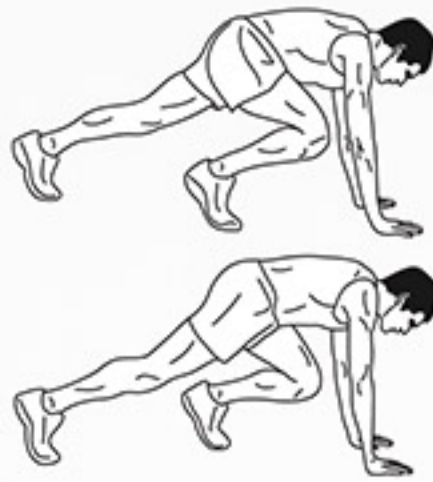
# SUPER HIIT

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

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



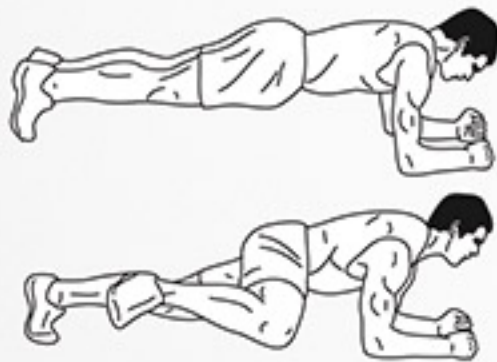
**20sec** high knees



**20sec** climbers



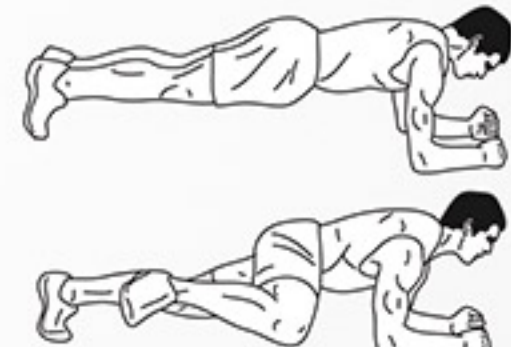
**20sec** high knees



**20sec** plank crunches



**20sec** plank hold



**20sec** plank crunches



**20sec** jump squats



**20sec** jumping jacks



**20sec** jump squats

# TNT

DESTROY TO BUILD

**ROGUE**

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

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



**20sec** push-up  
squat hold + jab + cross



**20sec** push-ups  
+ side kicks



**20sec** high knees



**20sec** push-up  
squat hold + jab + cross



**20sec** push-ups  
+ double side kicks



**20sec** high knees



**20sec** push-up



**20sec** squats



**20sec** high knees



# WAYWARD

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

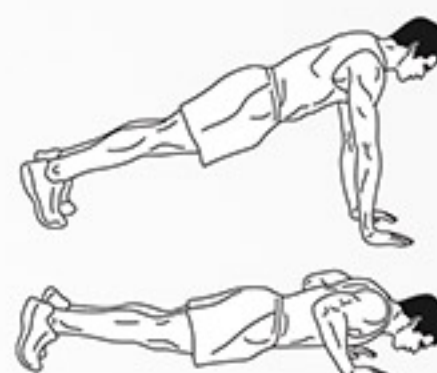
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



**40sec** high knees



**10sec** jump squats



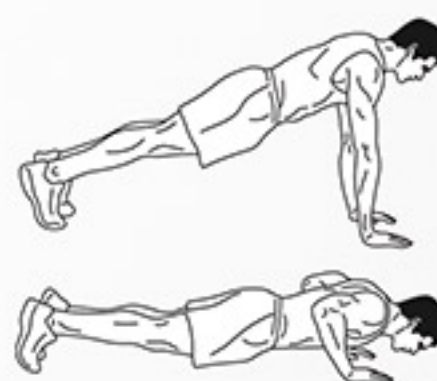
**10sec** push-ups



**40sec** high knees



**10sec** jumping lunges



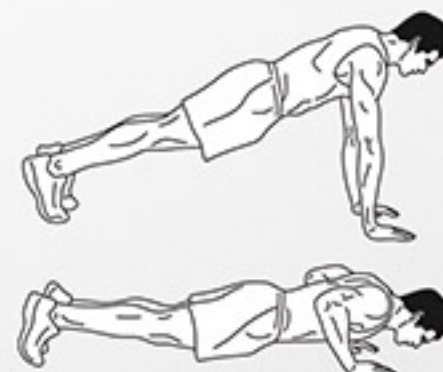
**10sec** push-ups



**40sec** high knees



**10sec** jump knee tucks



**10sec** push-ups