

BERSERKER

DAREBEE WORKOUT @ darebee.com

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



10 squats



4 push-up + shoulder tap



10 squats



4 walk-out + shoulder tap



10 squats



20 backfists



20sec elbow plank



20sec one arm plank



20sec side plank

Freya

Hold each pose for 30 seconds
then move on to the next one.

DAREBEE WORKOUT
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1



2



3



4



5



6



7



8



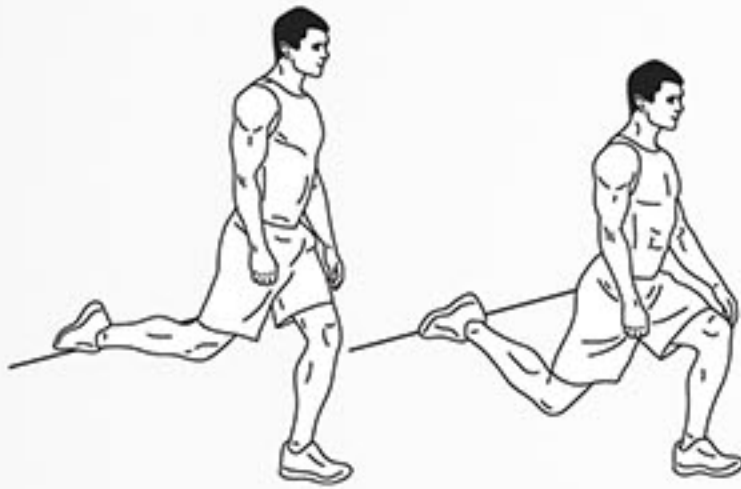
9



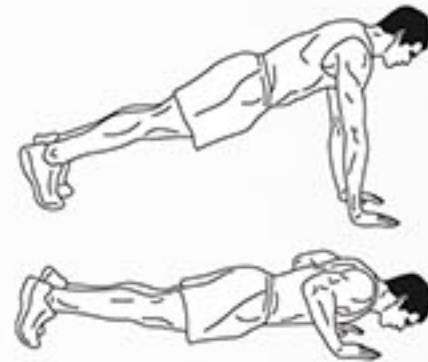
GOD OF WAR

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



12 split squats



to fatigue push-ups



to fatigue push-up plank hold



12 side-to-side lunges



to fatigue push-up plank hold



to fatigue push-ups

KRATOS

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



4 close grip push-ups



10 wide grip push-ups



4 cross body push-ups



20 knee-to-elbow crunches



20 flutter kicks



10 reverse crunches



to failure
chin-ups



to failure
pull-ups

LOKI

DAREBEE WORKOUT
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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



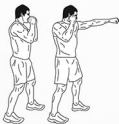
10 side-to-side jumps



10 speed skater slides



20 high knees



20 punches



4 twist jacks



4 plank jump-ins



4 plank jacks



10 climbers

THE WRATH OF ODIN

DAREBEE WORKOUT @ darebee.com

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



10 squats



2 plank jump-ins



2 jump squats



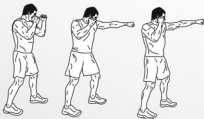
10-count hold



10-count hold



10-count hold



20 punches



10 push-ups

RAGNARÖK

DAREBEE WORKOUT @ darebee.com

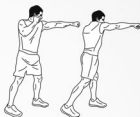
Level I 3 sets Level II 5 sets Level III 7 sets REST up to 2 minutes rest



20 push-ups



20-count plank hold



20 jab + cross



20 squats



20-count squat hold



20 side kicks



20 flutter kicks



20-count raised leg hold



20 sit-ups

shieldmaiden

DAREBEE WORKOUT @ darebee.com

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



10 knee strikes



10 palm strikes



10 lunge push strikes



10 combos hop heel click + palm strike



2 push-ups



10 cross chops



10-count plank hold



10 shoulder taps

THE STRENGTH OF ASGARD

THOR

DAREBEE WORKOUT © darebee.com

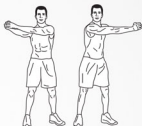
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



20 lunges



20 side-to-side chops



10 climber taps



10 push-ups



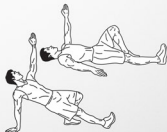
10 shoulder taps



10 sit-ups



10 sitting twists



10 get-ups

TYR

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12 goblet squats
5 sets in total
30 sec rest in between



12 single leg deadlifts
5 sets in total
30 sec rest in between



12 calf raises
5 sets in total
30 sec rest in between



12 lunges
5 sets in total
30 sec rest in between



12 side lunges
5 sets in total
30 sec rest in between

THE ROAD TO VALHALLA

DAREBEE WORKOUT © darebee.com

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



10 jumping lunges



10 calf raises



10 jumping lunges



10 calf raises



10 jump squats



10 calf raises



to fatigue push-ups

Valkyrie

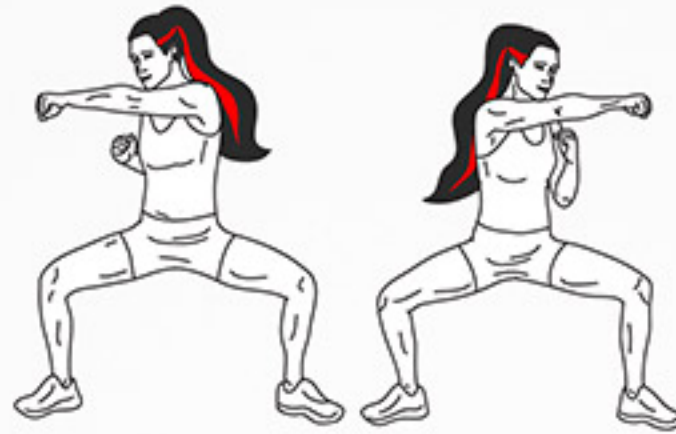
DAREBEE WORKOUT

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



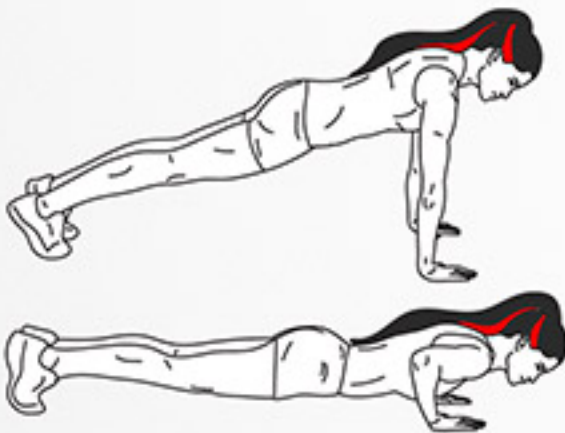
4 squats



10 squat punches



4 squat cross steps



4 push-ups



20-count balance stand



10 lunge step-ups



10 sit-up punches



10 crunch kicks



4 side Vs



V I K I N G

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



20 squats



20-count squat hold



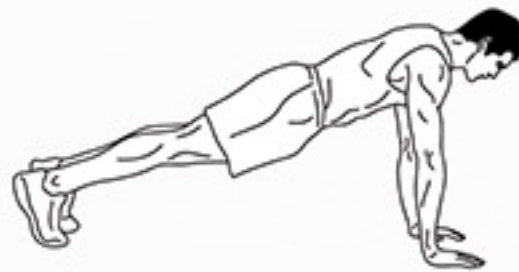
2 jump squats



10 push-ups



20-count plank hold



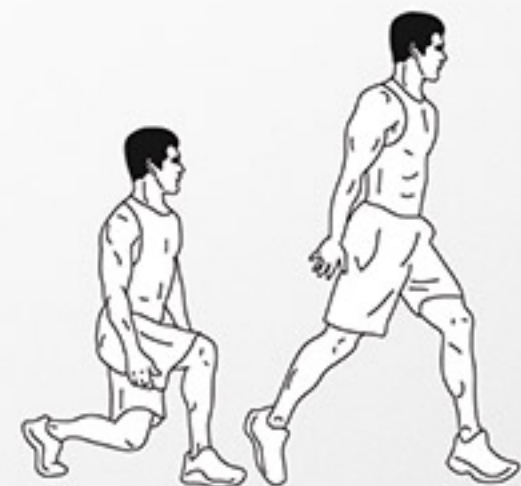
2 power push-ups



20 lunges



20-count deep lunge hold



2 jumping lunges