

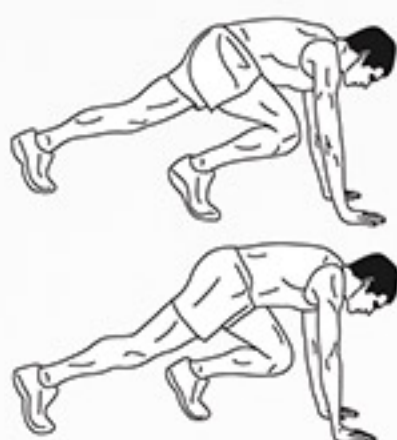
# CARPE DIEM

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



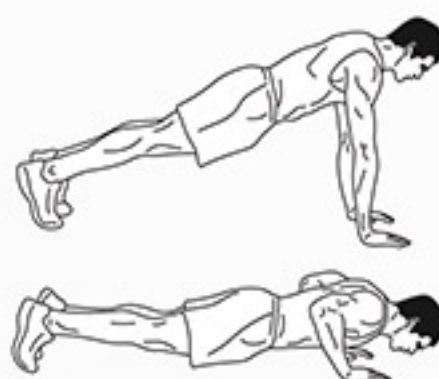
**20sec** climbers



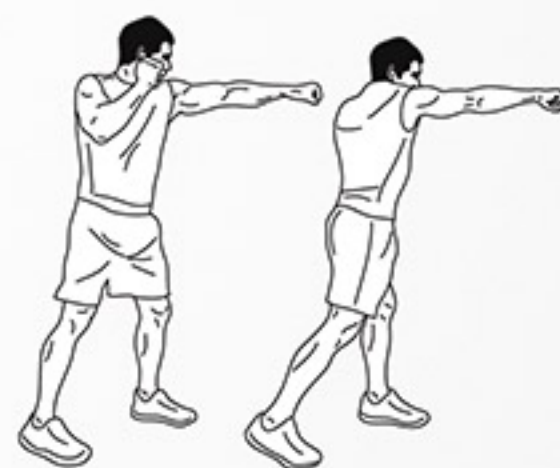
**20sec** high knees



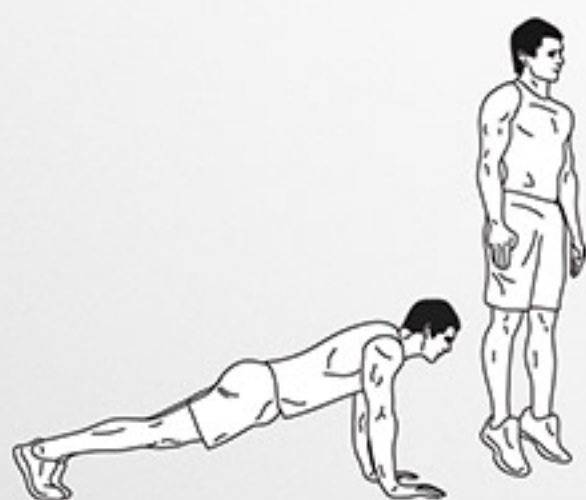
**20sec** overhead punches



**20sec** push-ups



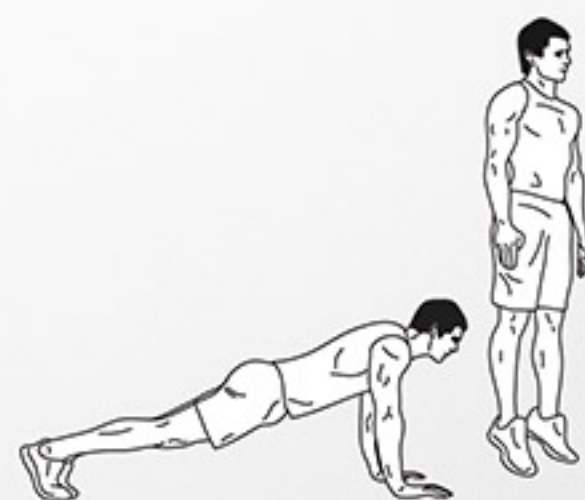
**20sec** punches



**20sec** basic burpees



**20sec** plank hold



**20sec** basic burpees

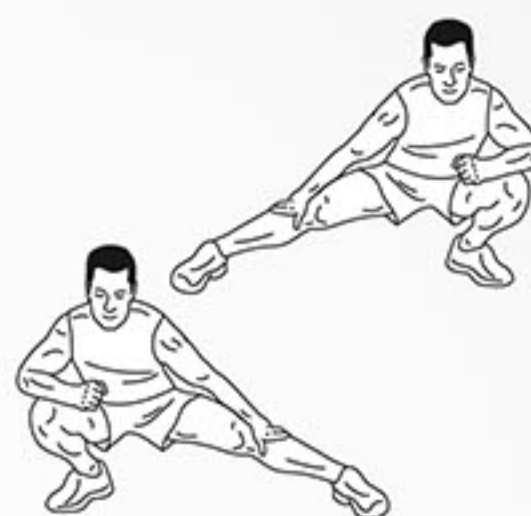
# CENTURION

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

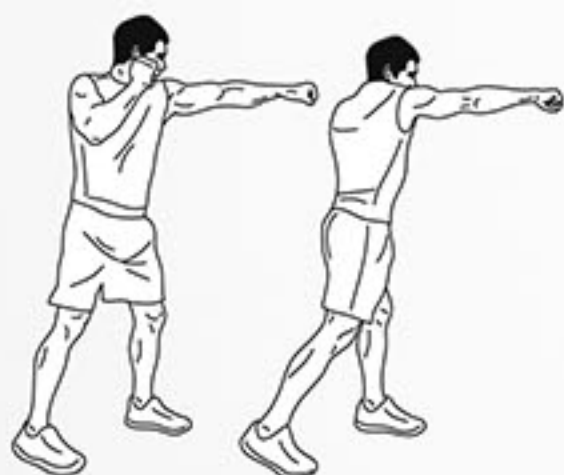
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



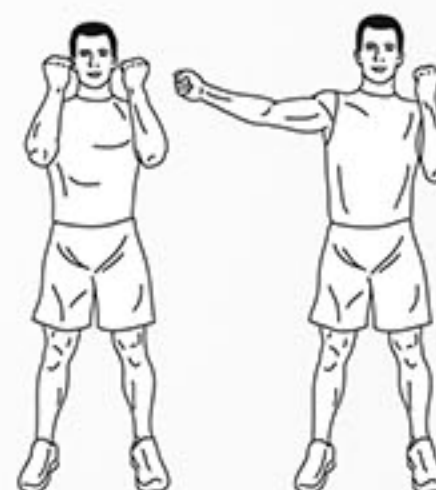
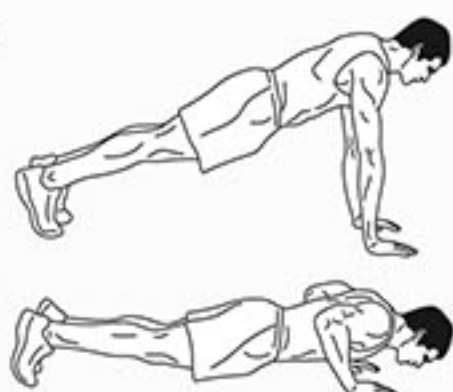
**6 combos** squat + calf raise



**6** side-to-side lunges



**6 combos** jab + cross + push-up



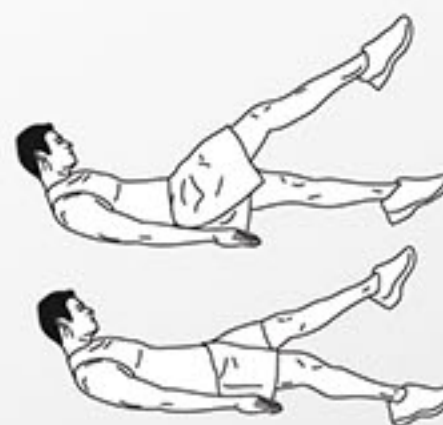
**12** side-to-side backfists



**6** high crunches



**6** leg raises



**12** flutter kicks



# GLADIATOR

DAREBEE WORKOUT

© [darebee.com](http://darebee.com)

**abs**

2 minutes rest  
between exercises



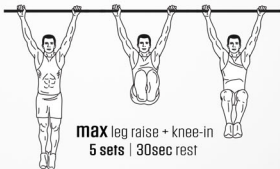
**max** knee-in & twist  
5 sets | 30sec rest



**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



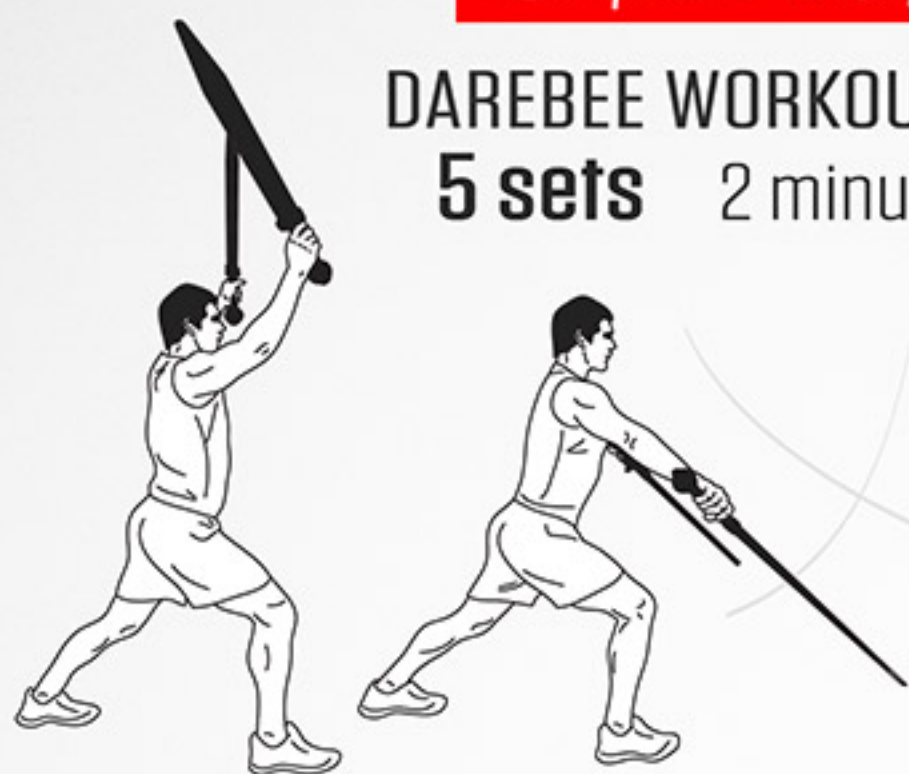
**50** crunches  
5 sets | 30sec rest

# GLADIATOR

## GLADIUS EDITION

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

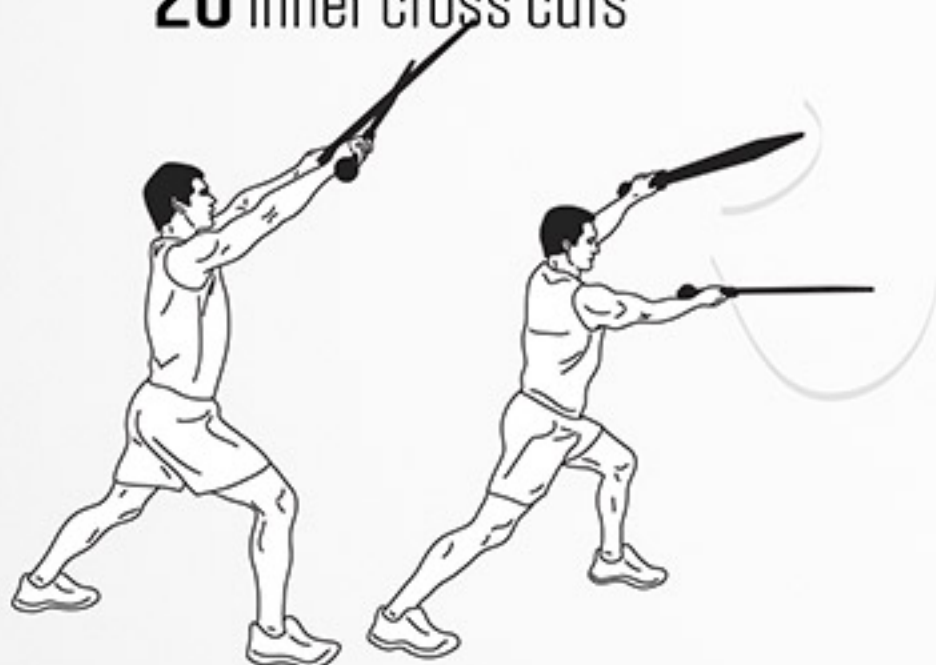
**5 sets** 2 minutes rest between sets



**20** inner cross cuts



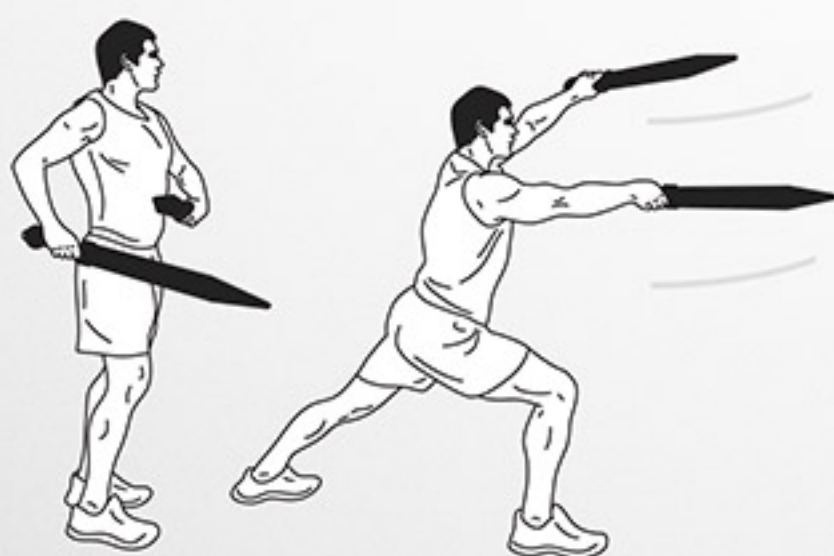
**20** outward cross cuts



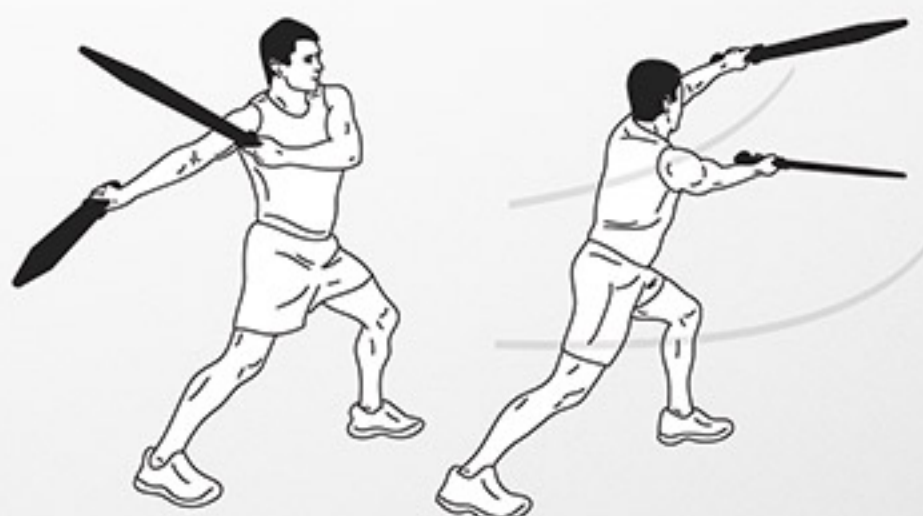
**20 combo** block & horizontal cuts



**20 combo** block & forward cut



**20** double forward thrusts



**20** full double horizontal cuts

# GLADIATOR

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 lunges



4 jumping lunges



10 squats



10 shoulder taps



10 slow climbers



4 push-ups



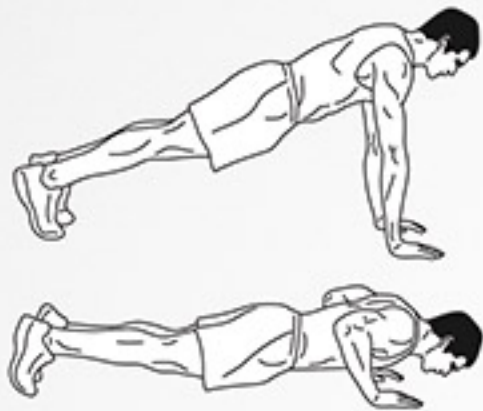
4 up & down planks



# IMPERIUM

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

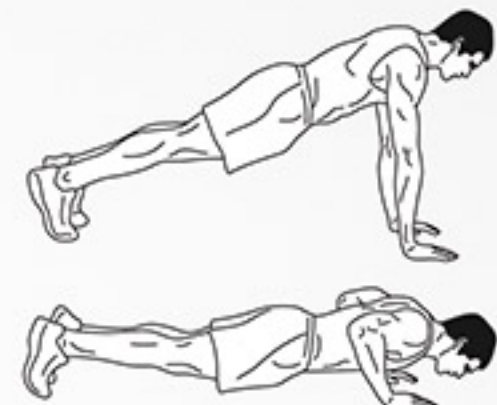
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 push-ups



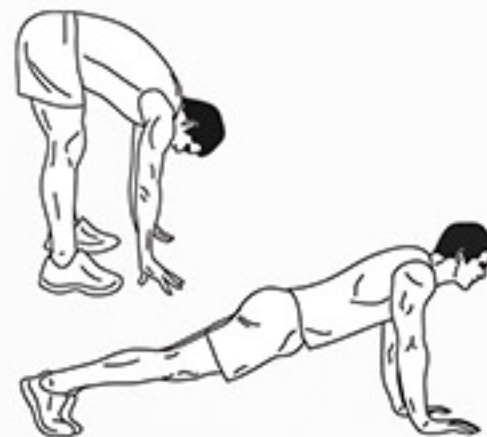
10 shoulder taps



10 push-ups



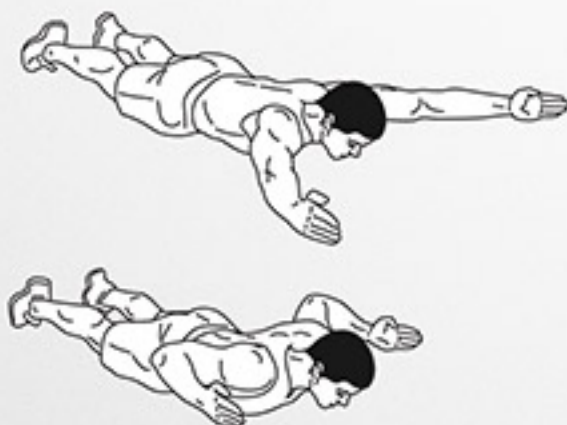
10 plank knee-to-elbow



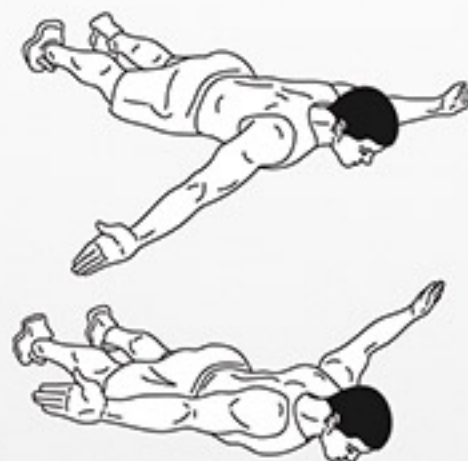
10 plank walk-outs



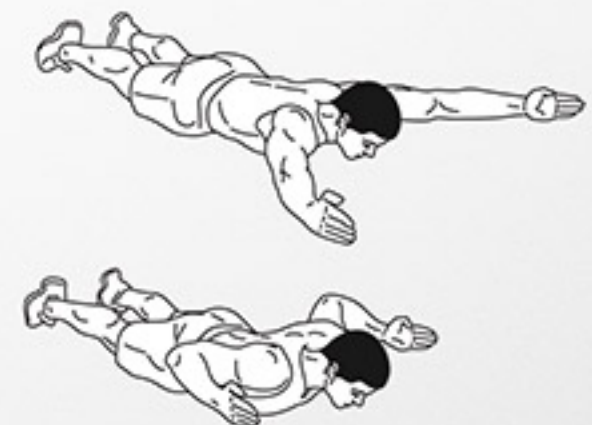
10 plank knee-to-elbow



10 W-extensions



10 prone reverse flies



10 W-extensions



# MEMENTO MORI

DAREBEE WORKOUT

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

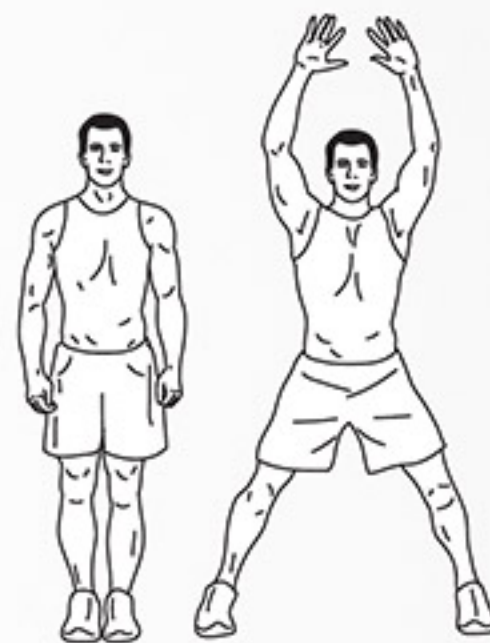
5 sets | 2 minutes rest



**20** jumping jacks



**5** jump squats



**20** jumping jacks



**5** jump squats



**20** calf raises



**5** jump squats

# ROMAN LEGION

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



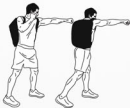
**20** lunges



**20** squats



**20** calf raises



**40** punches



**max** push-ups



**20-count** plank hold



# VENI, VIDI, VICI

DAREBEE WORKOUT

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

LEVEL I 3 sets

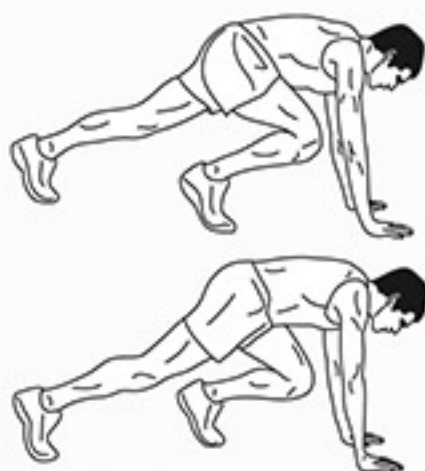
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



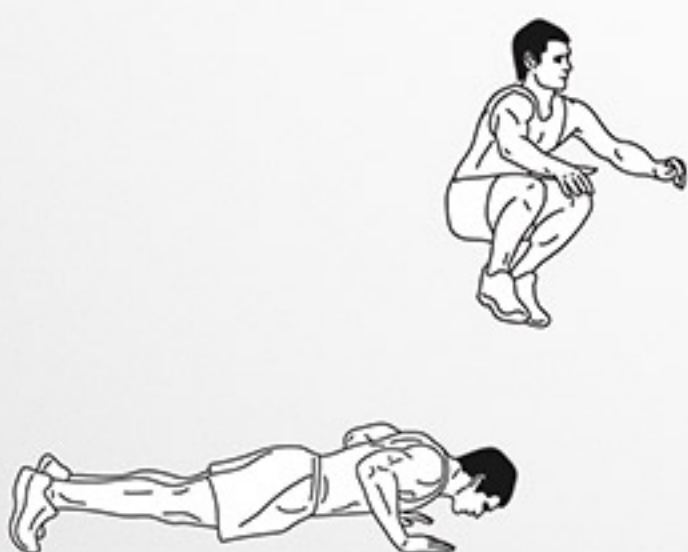
**20sec** high knees



**10sec** climbers



**20sec** high knees



**10sec** burpees w/ jump tuck



**20sec** high knees

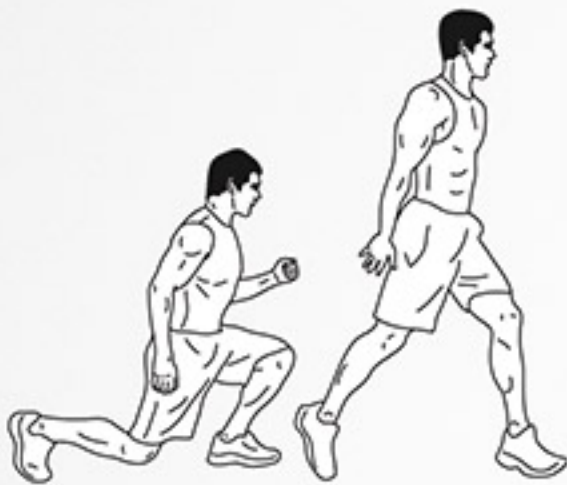


**40sec** elbow plank

# VICTOR

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

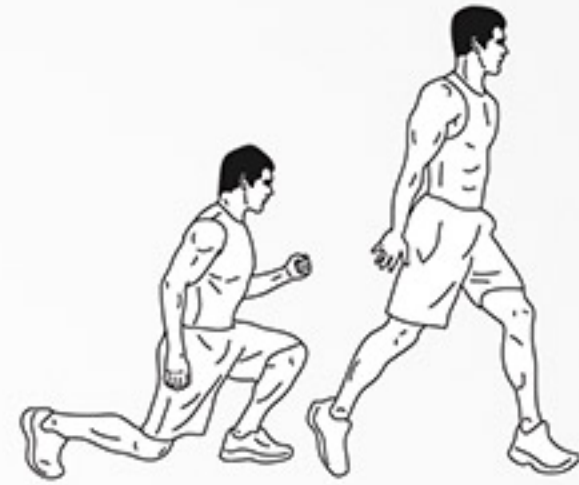
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



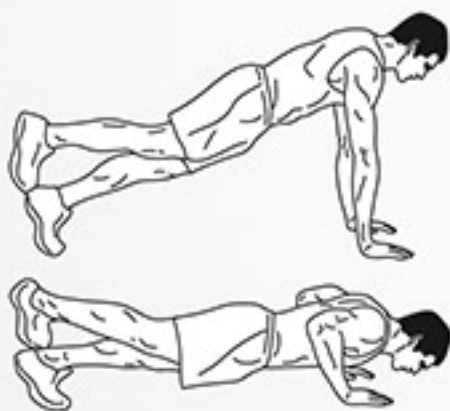
**10** jumping lunges



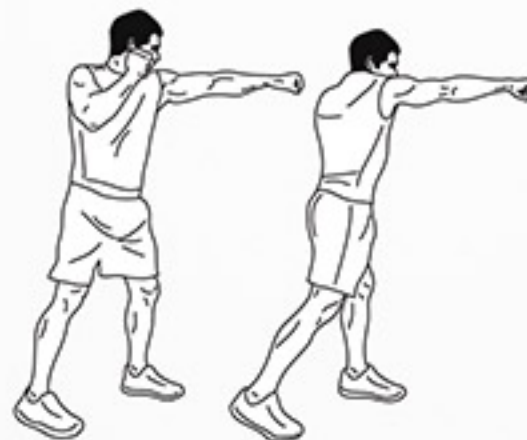
**20** knee strikes



**10** jumping lunges



**10** stacked push-ups



**20** punches



**10** stacked push-ups



**10** knee in & twists



**20** sit-ups



**10** knee in & twists