

# Bag & Tag

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



10 deadlifts



10 squats



10 upright rows



max staggered push-ups



10 sitting twists

# HURRY UP & **BAG IT**

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 bag throws



10 squats



10 deadlifts



max push-up & drag



20 shoulder clean



20 lunges

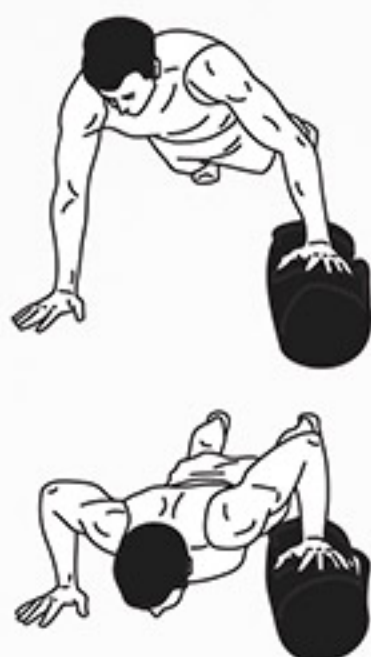
# CAVEMAN

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

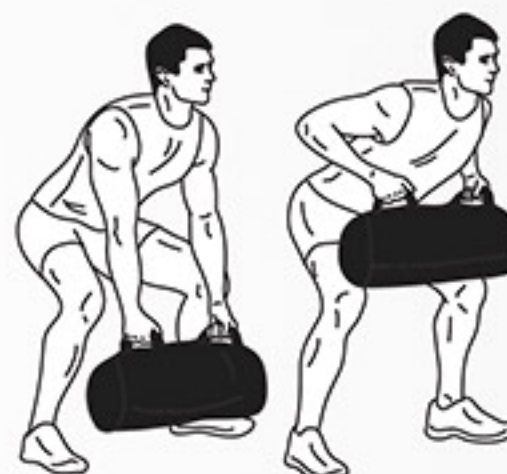
2 minutes rest between exercises



**12** squats  
x **3 sets** in total  
20 seconds rest



**12** uneven push-ups  
x **3 sets** in total  
20 seconds rest



**8** upright rows  
x **3 sets** in total  
20 seconds rest



**8** deadlifts  
x **3 sets** in total  
20 seconds rest



**12** knee-ins & twist  
x **3 sets** in total  
20 seconds rest



**2 minutes**  
elbow plank hold  
once

# COMBAT MEDIC +

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

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



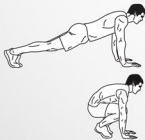
**40** high knees



**20** squats



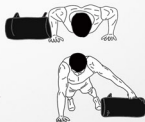
**10steps** duck walk



**10** plank jump-ins



**10** army crawl



**10** push and drag

# DRAG & DROP

DAREBEE WORKOUT  
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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

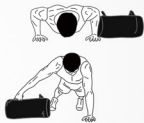
REST up to 2 minutes



20 rows



20 lunges



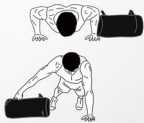
5 push-up & drag



20 squats



20 throws



5 push-up & drag

# ENDER+

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



10 basic burpees w/ jump



5 rows



20 punches



10 basic burpees w/ jump



5 sit-ups



20 sitting punches



10 basic burpees w/ jump



5 rows



20sec plank

# THE MARINE

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



16 squats



12 deadlifts



12 upright rows



12 upveven push-ups



max push-up & slide



max pull-ups

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LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes

# POWER HOUSE

1 SET repeat each move once; whole circuit 10 times



1  
push-up



2  
deadlift



3  
pick up, throw & catch



4  
walk 20 steps forward



5  
pick up, throw & catch



6  
walk 20 steps back



# SPECIAL OPS

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30 seconds rest between exercises



**20** lunges

**5 sets** | 30 seconds rest



**20** squats

**5 sets** | 30 seconds rest



**20** lifts

**5 sets** | 30 seconds rest



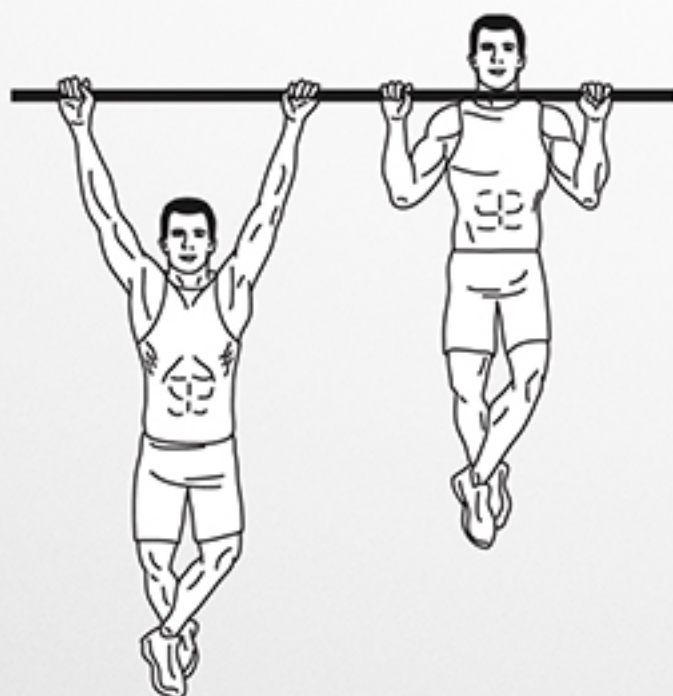
**max** push & drag

**5 sets** | 30sec rest



**10** sitting twists

**5 sets** | 30sec rest



**max** pull-ups

**5 sets** | 30 seconds rest