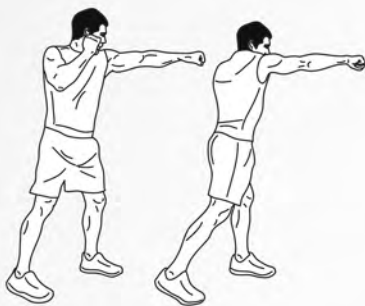


# ARMORY

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

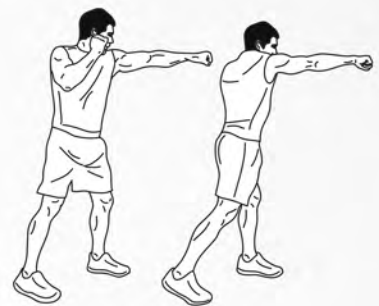
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**30** punches



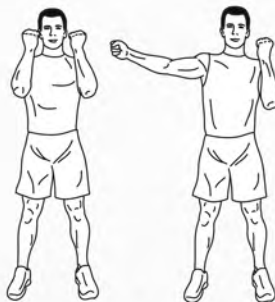
**10** squats



**30** punches



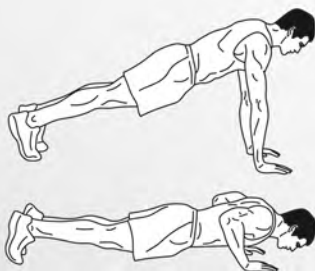
**10** squats



**30** side-to-side backfists



**10** squats



**10** push-ups



**30-count** elbow plank

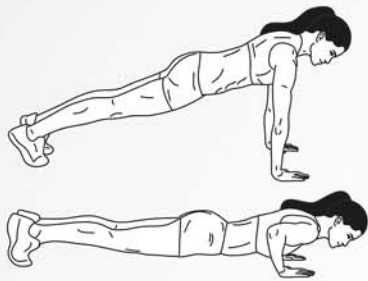


**30-count** side plank

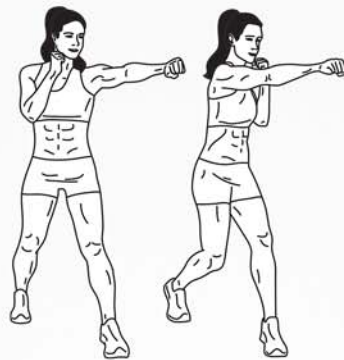
# Callisto

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

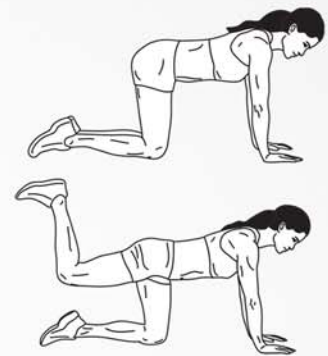
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



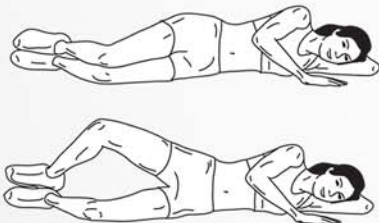
10 push-ups



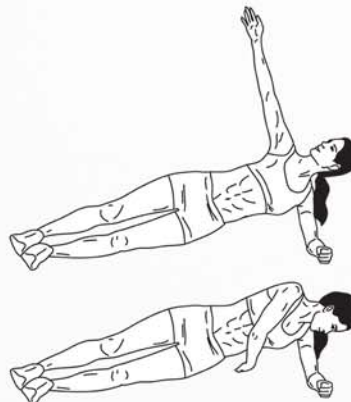
20 punches



10 donkey kicks



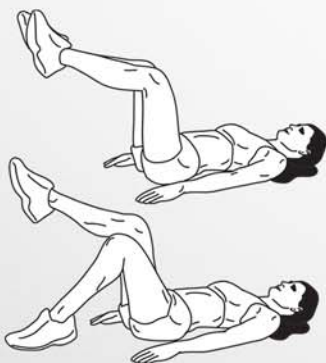
10 clamshells



10 side planks rotations



10 bridges



10 toe taps



10 sit-ups

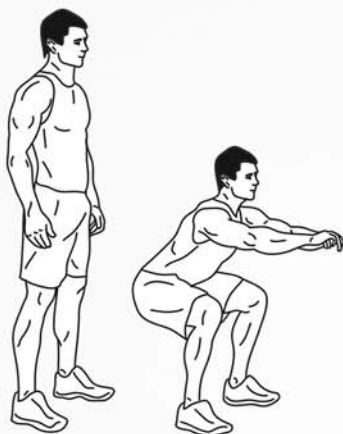


10 sitting twists

# EPIC QUEST

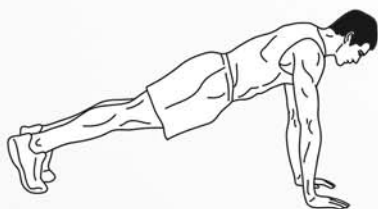
DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

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



5 squats  
5 sit-ups

5 push-ups  
5 sit-ups



5 squats  
5 sit-ups



5 push-ups  
5 sit-ups



5 squats  
5 sit-ups



5 push-ups  
5 sit-ups

# Gravity Control

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

LEVEL I 10 seconds LEVEL II 20 seconds LEVEL III 30 seconds each

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

REST up to 2 minutes



push-up plank



squat hold



calf raise hold



raised arms stand



balance stand



one leg squat hold



half side splits



toe reach

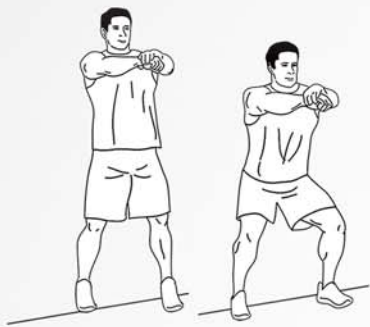


side leg raise hold

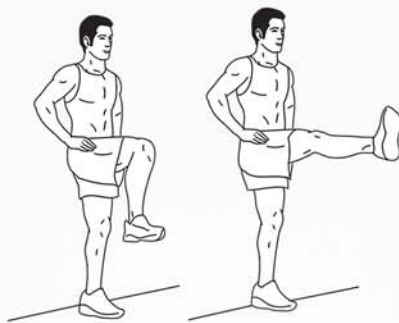
# GUARDSMAN

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

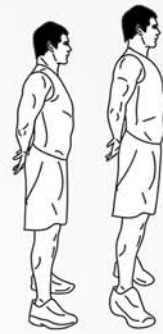
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



8 wall half squats



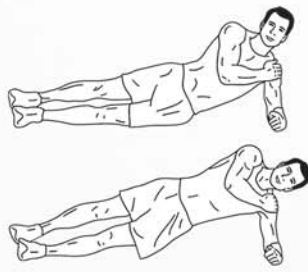
20 slow front kicks



8 calf raises



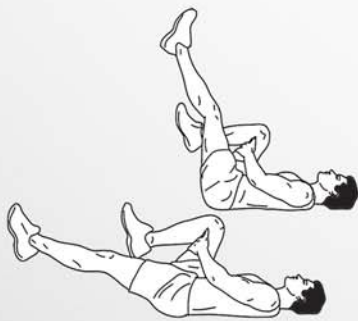
4 knee push-ups



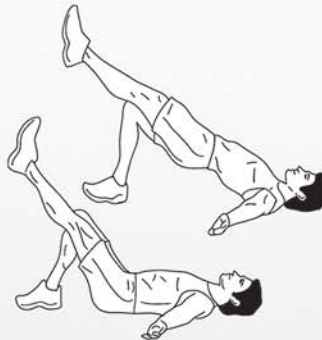
8 side plank raises



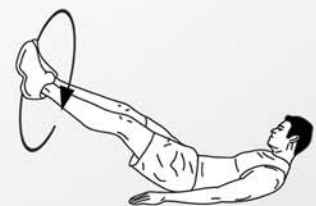
8 flutter kicks



8 lowering drills



8 single leg bridges



8 raised leg circles

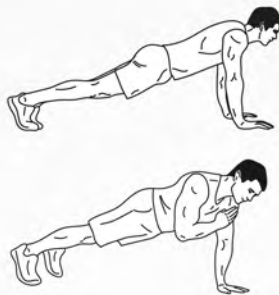
# NO CAPES

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 squats



20 shoulder taps



10 squats



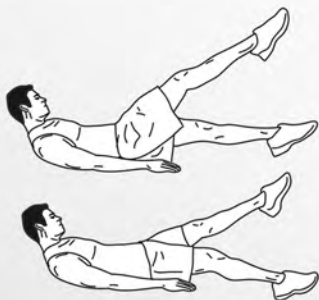
10-count plank



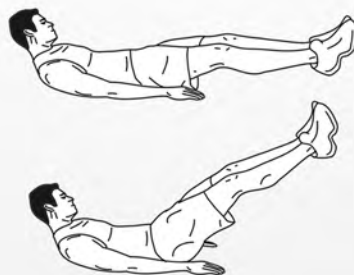
10-count raised leg plank



10-count raised leg plank



10 flutter kicks



10 leg raises



10-count raised legs hold

# PLAN B

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

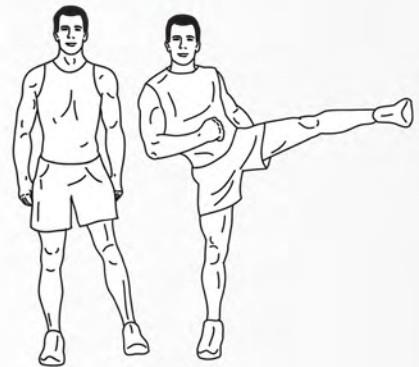
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



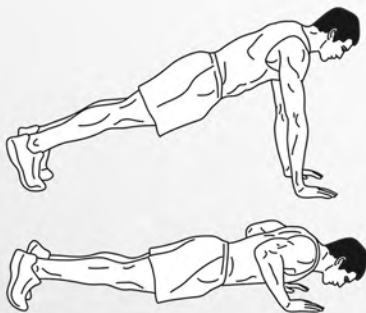
**20** squats



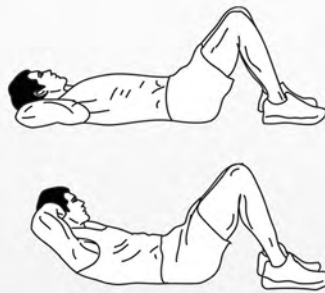
**20** calf raises



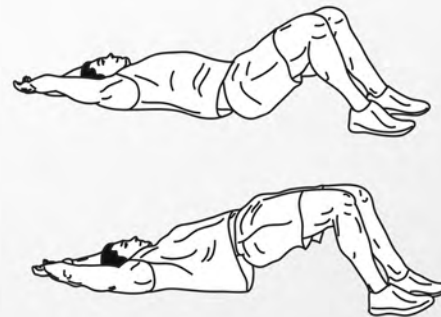
**20** side leg raises



**10** push-ups



**10** crunches



**10** bridges

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

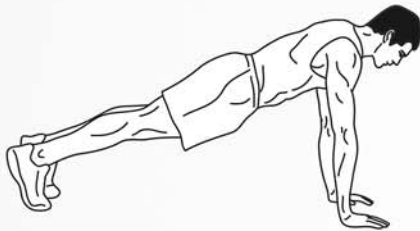
LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes

# PUSH SQUAT REPEAT



4 push-ups

4 squats

10 push-ups

10 squats

4 push-ups

4 squats

10 push-ups

10 squats



# TIGER, TIGER

DAREBEE WORKOUT

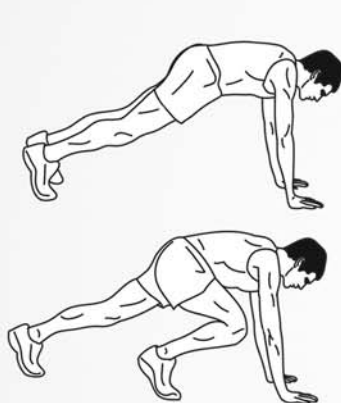
[@ darebee.com](https://darebee.com)

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

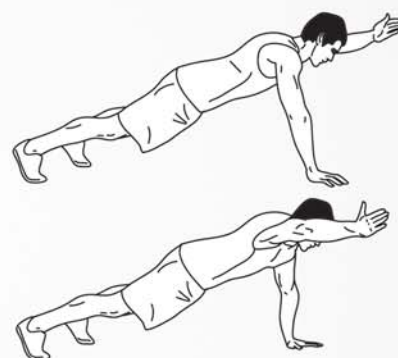
REST up to 2 minutes



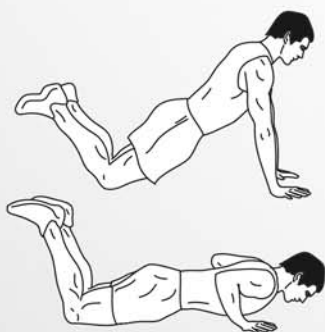
**20** slow climbers



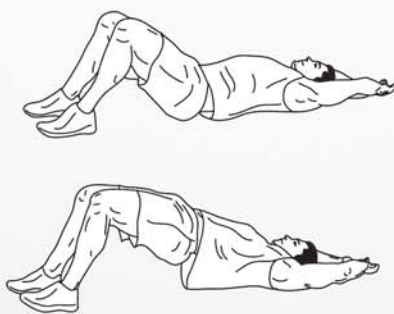
**10** squats



**20** plank arm raises



**5** knee push-ups



**10** bridges



**10** lunges