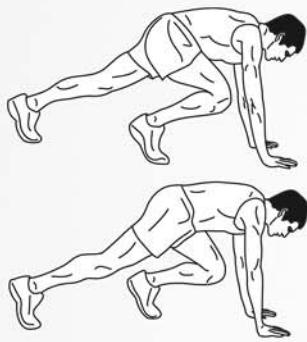


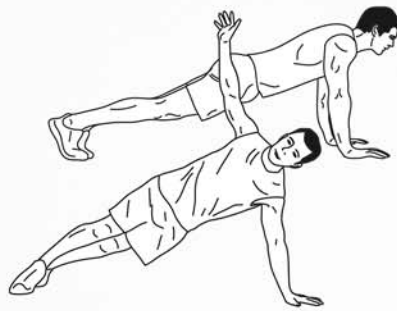
cycle **core**

DAREBEE BACK WORKOUT @ darebee.com

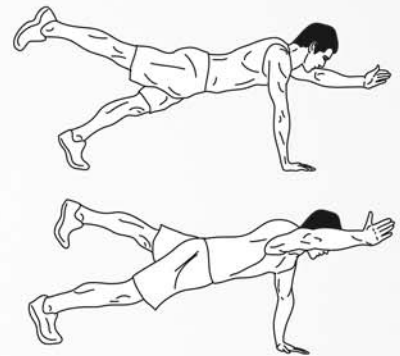
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



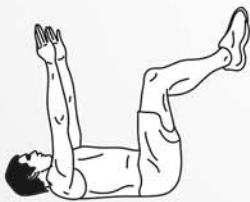
10 climbers



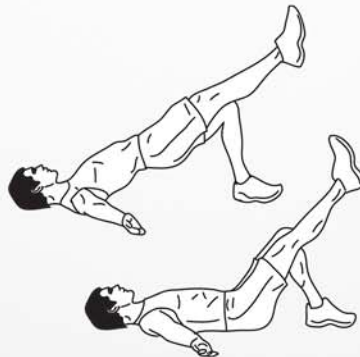
10 plank rotations



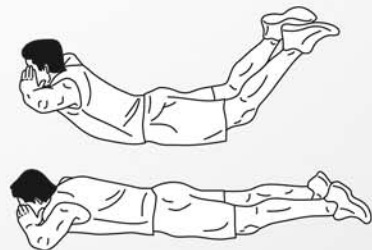
10 alt arm / leg raises



10 dead bug



10 single leg bridges

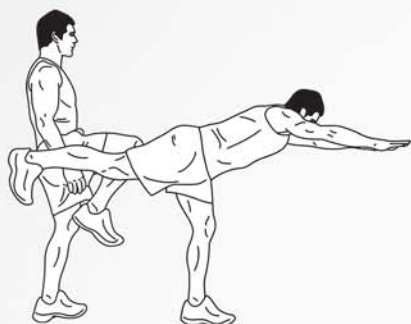


10 back extensions

DRYLAND

DAREBEE WORKOUT FOR SWIMMERS @ darebee.com

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



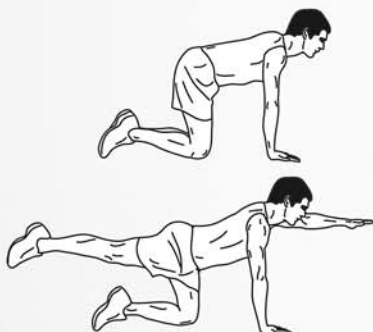
12 balance stretch



6 upward dogs



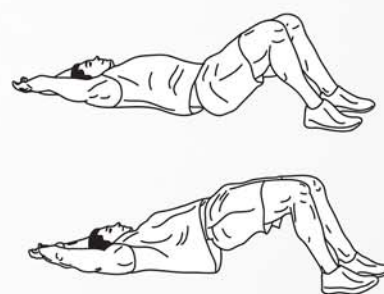
6 staggered push-ups



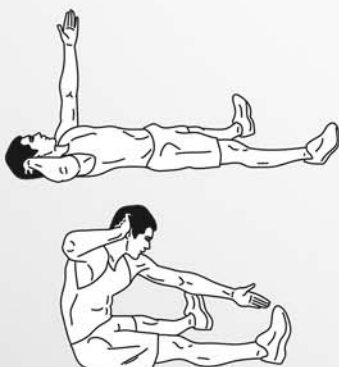
12 bird dogs



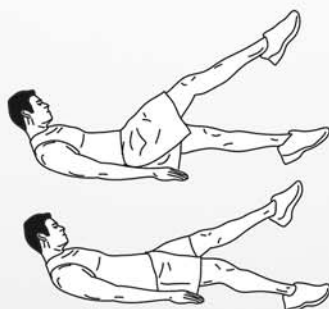
12 plank rotations



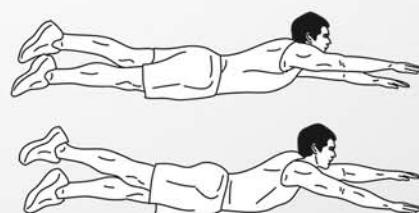
6 bridges



6 cross reach sit-ups



12 flutter kicks

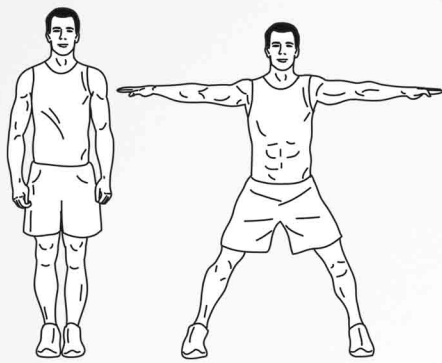


12 swimmers

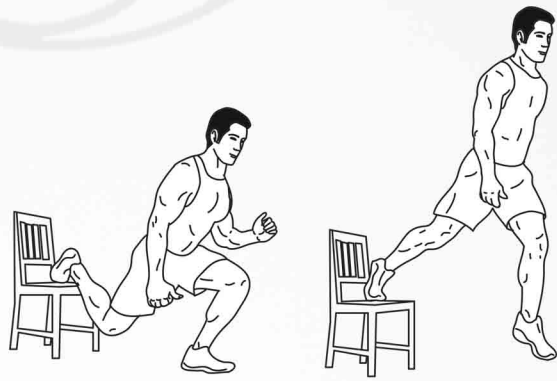
FOOTBALLER

DAREBEE WORKOUT @ darebee.com

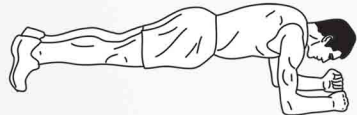
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



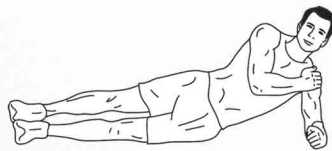
20 jumping Ts



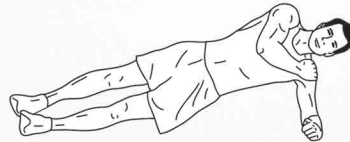
10 split squats



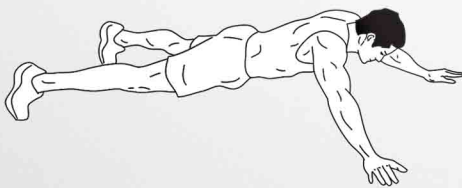
10 body saw



20 side planks



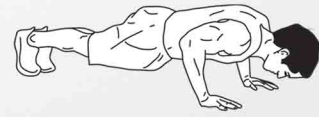
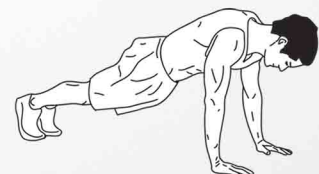
10 supermen



10sec star plank



20sec elbow plank

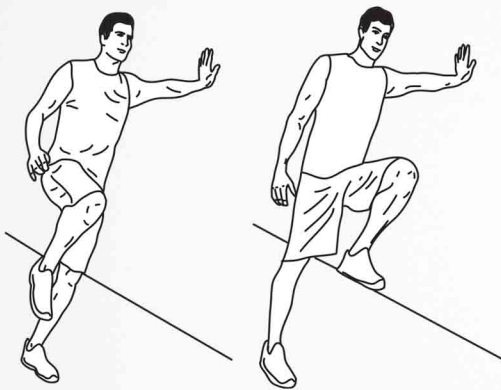


10 push-ups

POWER SPRINTER

DAREBEE WORKOUT @ darebee.com

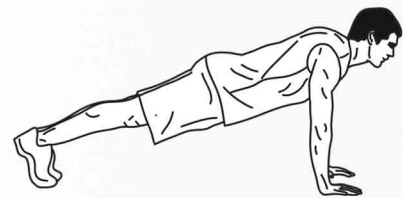
40 seconds each | 3 sets | up to 2 minutes between sets



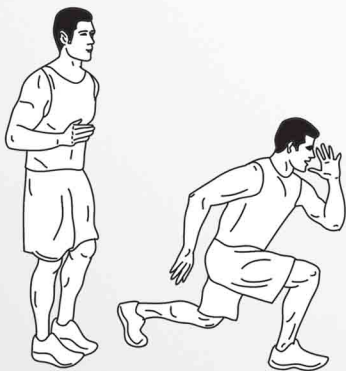
lateral wall run



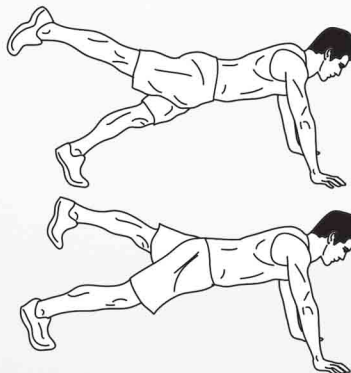
wall sit



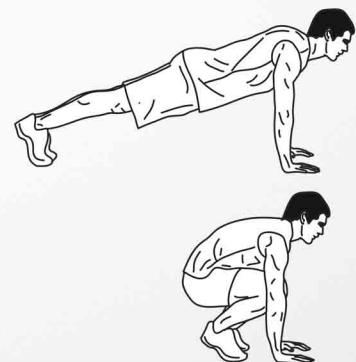
plank



sprinter lunges



plank leg raises



plank jump-ins

PREMIUM RUSH

DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

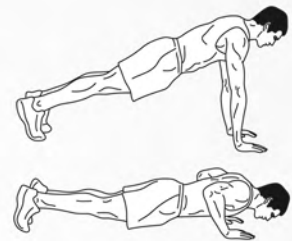
REST up to 2 minutes



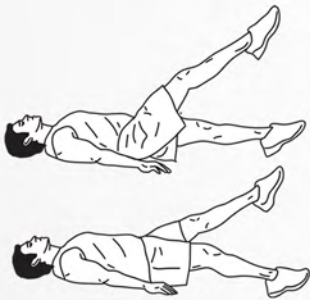
10 lunges



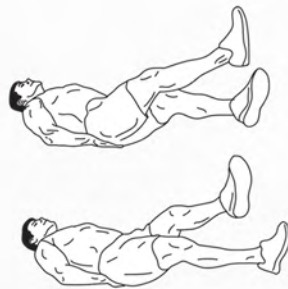
10 side-to-side lunges



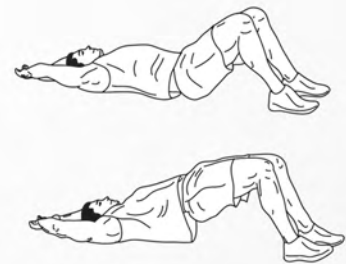
2 push-ups



10 flutter kicks



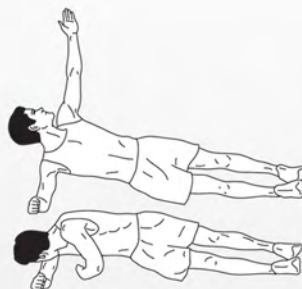
10 scissors



10 bridges



10 long-arm crunches



10 side plank rotations

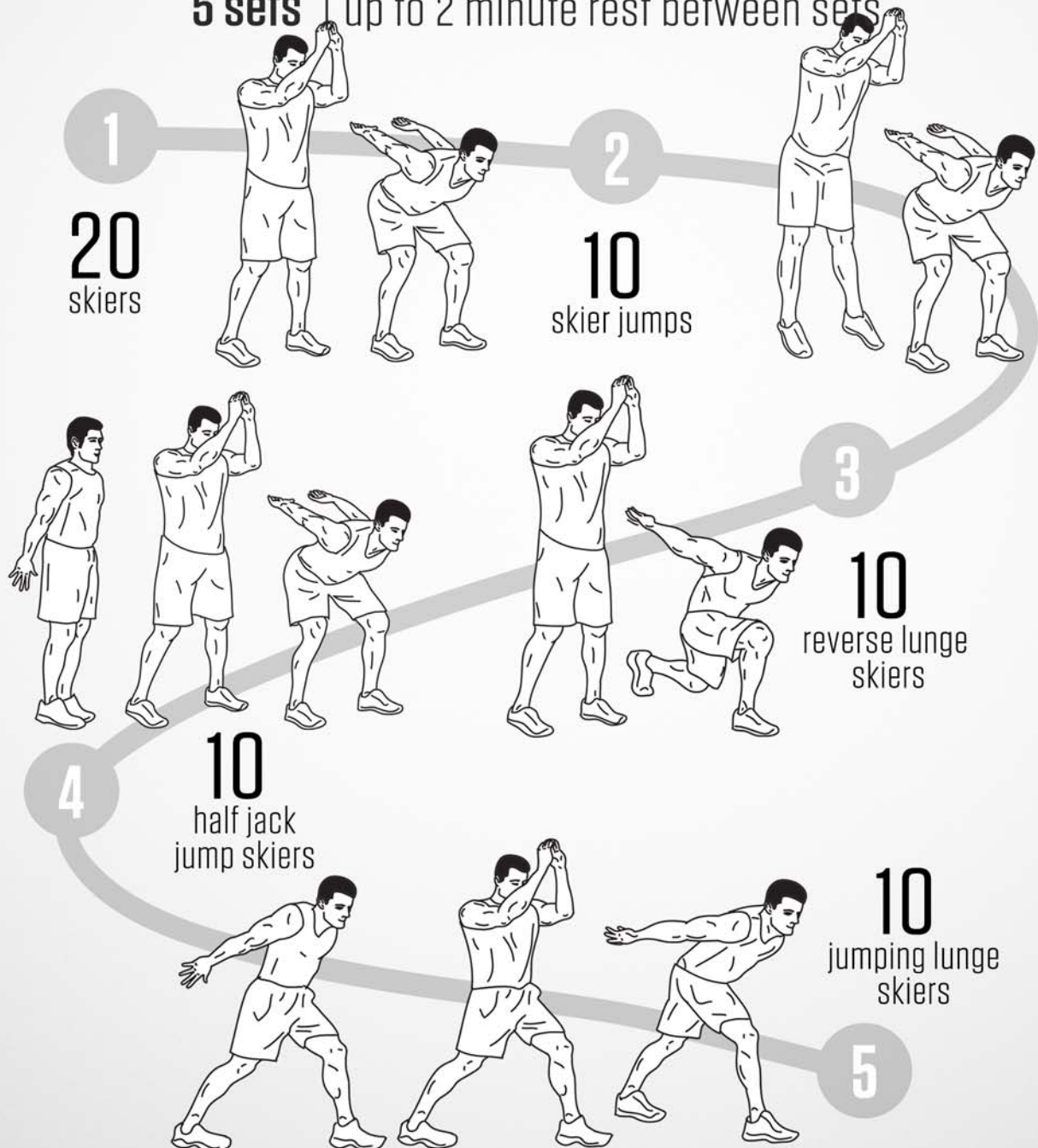


10-count elbow plank

skier

DAREBEE WORKOUT @ darebee.com

5 sets | up to 2 minute rest between sets



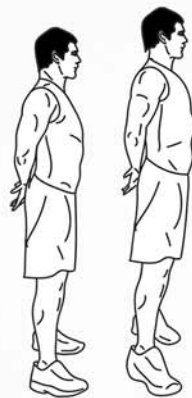
SLAM DUNK

JUMP HIGHER
DAREBEE WORKOUT
@ darebee.com

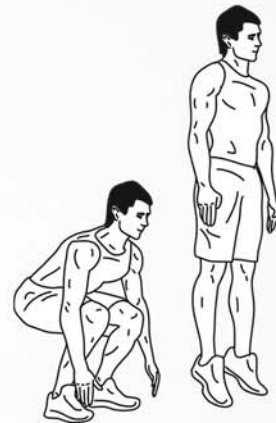
LEVEL I 3 sets
LEVEL II 5 sets
LEVEL III 7 sets
REST 2 minutes



40 squats



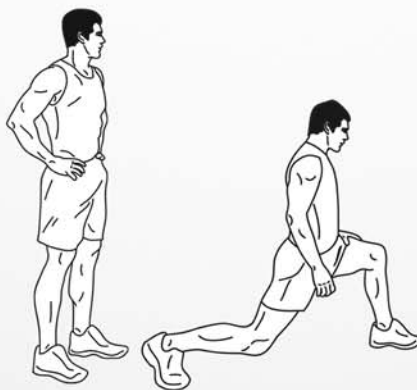
10 calf raises



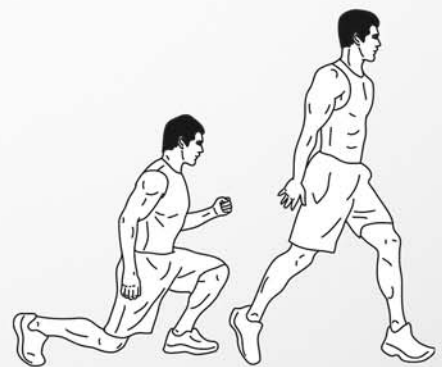
20 jump squats



40 high knees



10 deep lunges

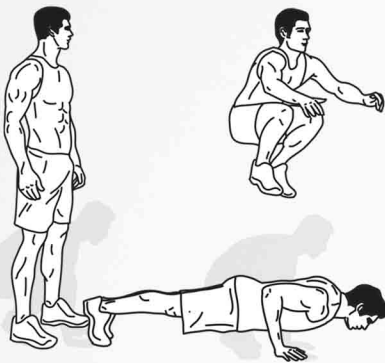


20 jumping lunges

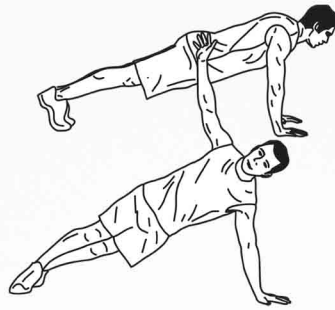
Volleyball **Pro**

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes
designed in collaboration with **Boston Institute of Jump**



10 burpees



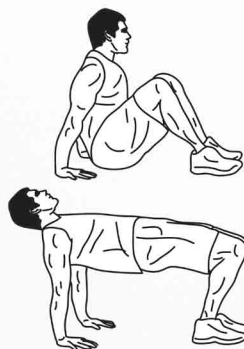
16 side planks



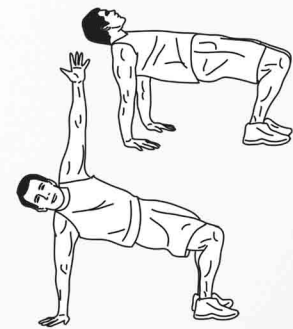
16 lateral lunges



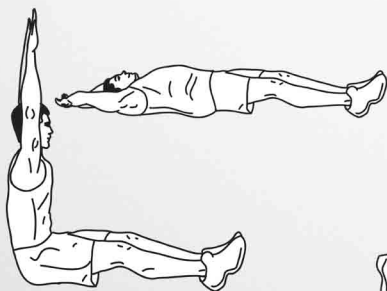
10 vertical hop



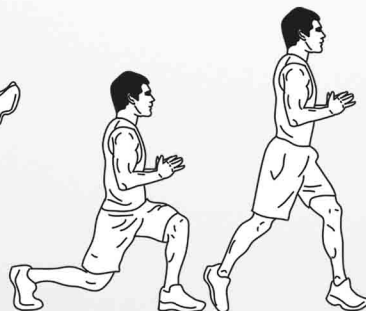
15 table thrusts



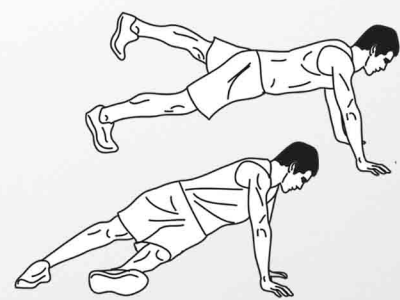
20 side tables



10 L-sit-ups



16 split jumps



16 plank to hip flare

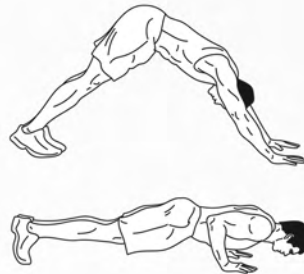
WRESTLER

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



20 squats
x 3 sets in total
20 seconds rest
between sets



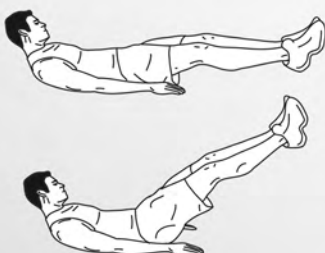
20 judo push-ups
x 3 sets in total
20 seconds rest
between sets



20 full bridges
x 3 sets in total
20 seconds rest
between sets



20 side bridges
x 3 sets in total
20 seconds rest
between sets



20 leg raises
x 3 sets in total
20 seconds rest
between sets



20 sitting twists
x 3 sets in total
20 seconds rest
between sets