

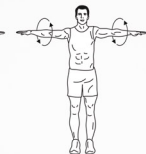
# ARMAGEDDON

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

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



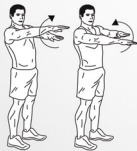
**20** side arm raises



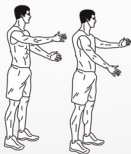
**20** raised arm circles



**20-count** arm hold



**20** fast scissors



**20** scissor chops



**20-count** arm hold

# ARM DAY

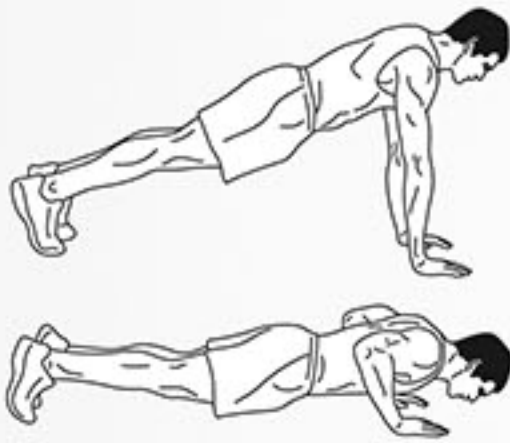
DAREBEE WORKOUT  
© [darebee.com](http://darebee.com)

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

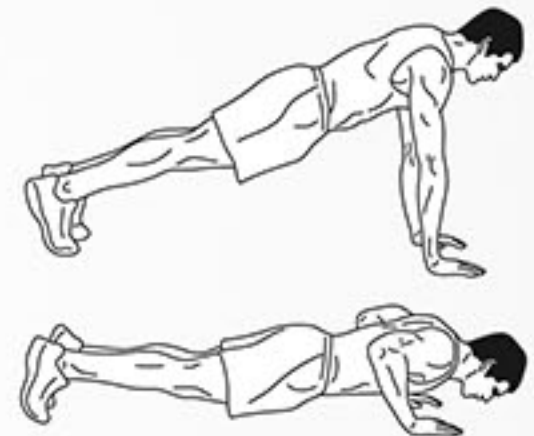
REST up to 2 minutes



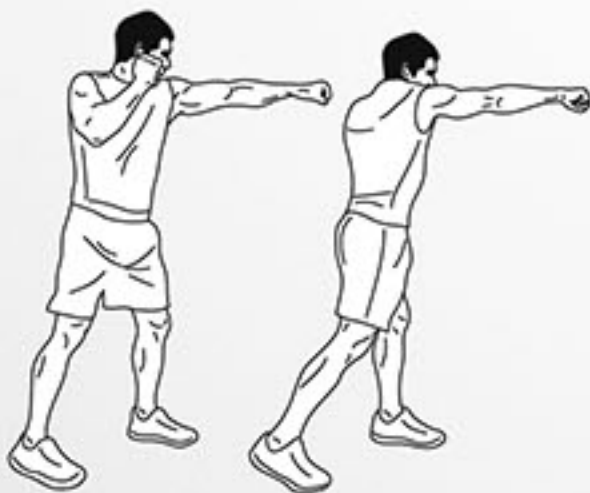
**10** push-ups



**10-count** push-up hold



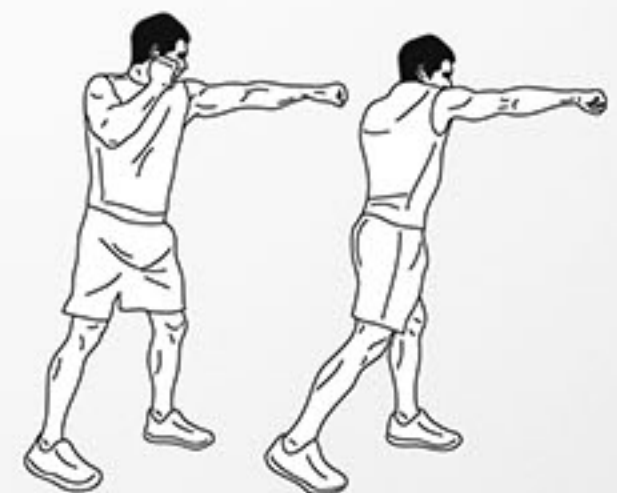
**10** push-ups



**30** punches



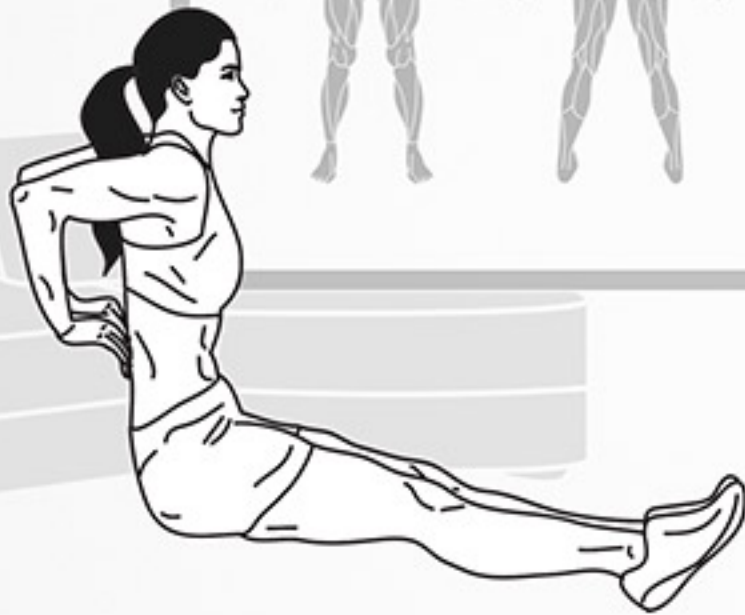
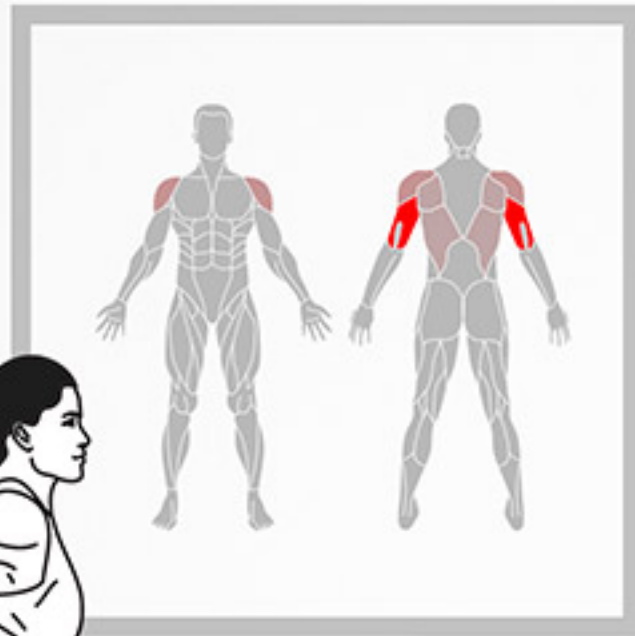
**30** overhead punches



**30** punches

# arm lift

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



**5** tricep dips

**10-count** tricep dip hold

**5** tricep dips

**10-count** tricep dip hold

**5** tricep dips

**10-count** tricep dip hold

**5** tricep dips

**10-count** tricep dip hold

**5** tricep dips

**10-count** tricep dip hold

done

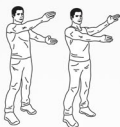
# arms 360

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

repeat 3 times with 1 minute rest in between



**5** tricep dips



**10** arm chops



**10** arm scissors



**5** tricep dips



**10** bicep extensions



**10** shoulder taps



**5** tricep dips



**10** W-extensions



**10** elbow clicks

# ARMS & SHOULDERS

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 bicep extensions



10 side shoulder taps



10 bicep extensions



10 arm circles



10 bicep extensions



10 arm circles



10 bicep extensions



10 side shoulder taps



10 bicep extensions

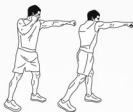
# Arms of Steel

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

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



2 push-ups



20 punches



10 thigh taps



10 shoulder taps



20 overhead punches



2 tricep push-ups



2 minutes speed bag punches



# BATTLE MAGE

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



**60sec** clench / unclench



**60sec** hold



**60sec** clench / unclench



**60sec** arm scissors



**60sec** hold



**60sec** scissor chops



**60sec** hold

# BIOMANCER

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 bicep extensions



10 arm circles



10 bicep extensions



10-count hold



10 bicep extensions



10-count hold



10 bicep extensions

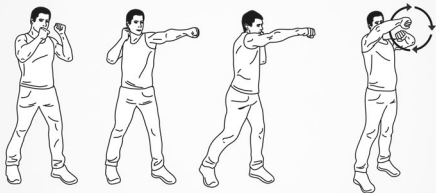


# Boxer Arms

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

Repeat 3 times with 1 minute rest in between.

Keep arms up during the set.



10 punches (jab + cross)

10 speed bag punches

20 punches (jab + cross)

20 speed bag punches

40 punches (jab + cross)

40 speed bag punches

done

# forearms & triceps

LIGHT

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

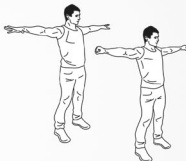
repeat 3 times with 1 minute rest in between



20 extended clench



20 raised arm circles



20 side extended clench



20 raised arm circles



20 overhead clench



20 raised arm circles

# GAME ON

DAREBEE  
WORKOUT

© darebee.com

LEVEL I 3 sets

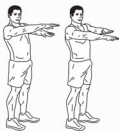
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



20 scissor chops



20 arm scissors



20 scissor chops



20 arm circles



20 scissor chops

# HERALD

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 shoulder taps



10 bicep extensions



10 arm circles



10 shoulder taps



10 bicep extensions



10 elbow clicks



10 shoulder taps



10 bicep extensions

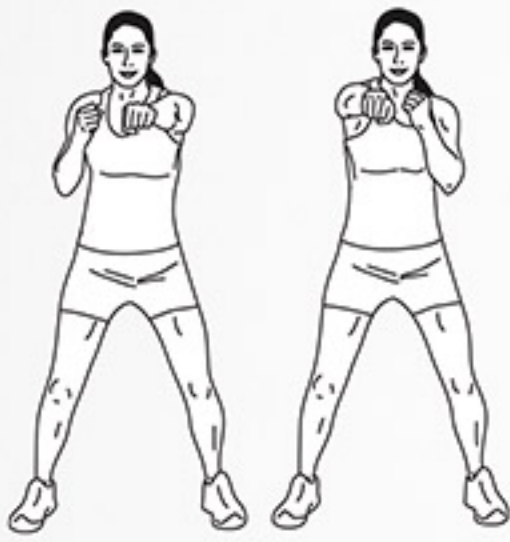


10 side shoulder taps

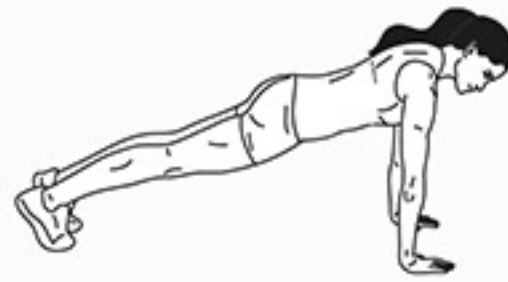
# MAYHEM

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** punches



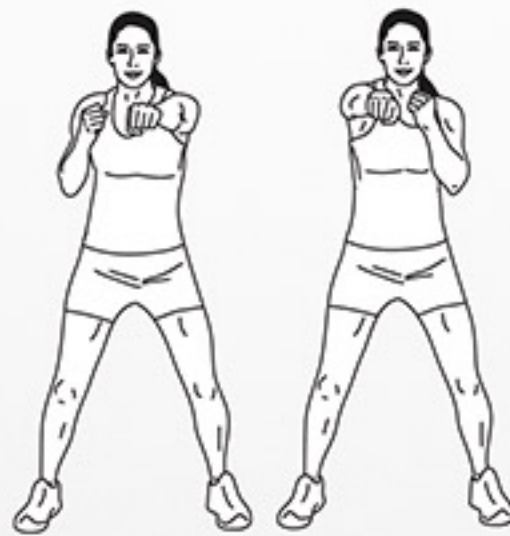
**20-count** plank hold



**20** punches



**20-count** side plank hold  
left side



**20** punches



**20-count** side plank hold  
right side



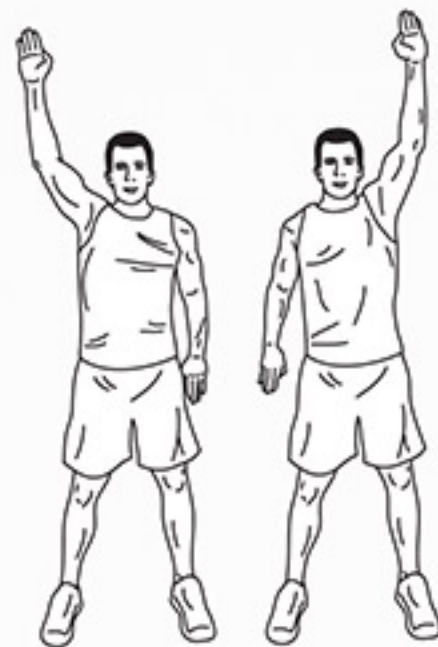
# Merlín

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

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



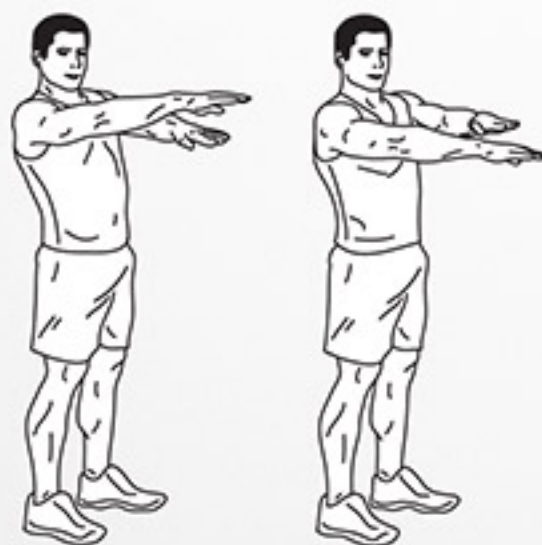
**20** chest expansions



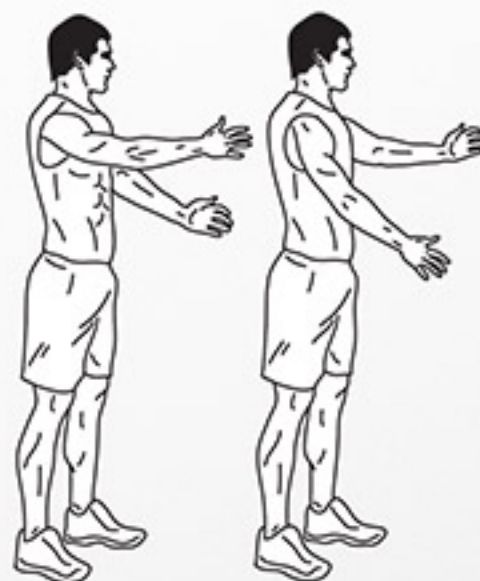
**20** alt chest expansions



**20** arm circles



**20** arm scissors



**20** scissor chops



# PUSH

# PULL

# LEGS

2 minute rest between sets  
2 minute rest between exercises

WORKOUT by

 [darebee.com](http://darebee.com)



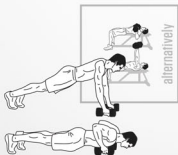
**4 sets**  
shoulder press  
6-10 reps



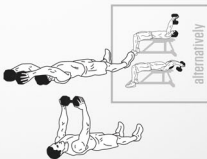
**4 sets**  
overhead tricep extensions  
5-7 reps / per arm



**4 sets**  
tricep extensions  
5-7 reps / per arm



**4 sets** push-ups  
10-14 reps



**4 sets** pullovers  
6-10 reps





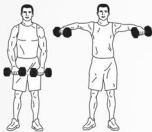
# PUSH

# PULL LEGS

2 minute rest between sets  
2 minute rest between exercises

WORKOUT by

 darebee.com



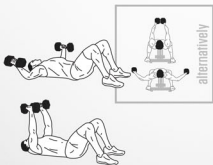
**4 sets**  
lateral raises  
6-10 reps



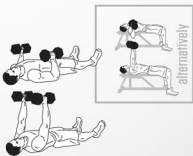
**4 sets**  
bent over lateral raises  
6-10 reps



**4 sets**  
tricep kickbacks  
6-10 reps



**4 sets chest fly**  
8-10 reps



**4 sets chest press**  
8-10 reps

# SLOWPOKE

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

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



20 scissors



10-count hold



20 scissors



20 W-extensions



10 elbow clicks



20 W-extensions



20 bicep extensions

# stronger arms

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-count hold



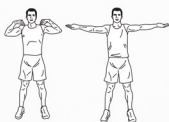
20 bicep extensions



10-count hold



10-count hold



20 side shoulder taps



10-count hold



10-count hold



20 shoulder taps



10-count hold

# triceps

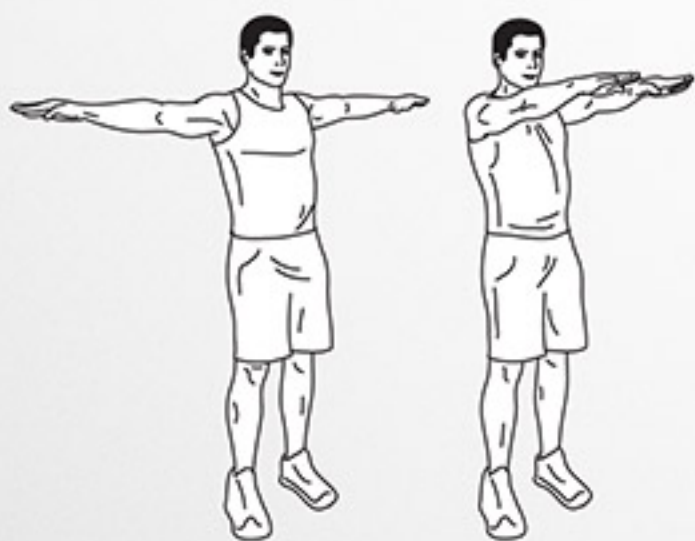
WORKOUT BY DAREBEE @ [darebee.com](https://darebee.com)  
repeat 3 times in total | 2 minutes rest in between



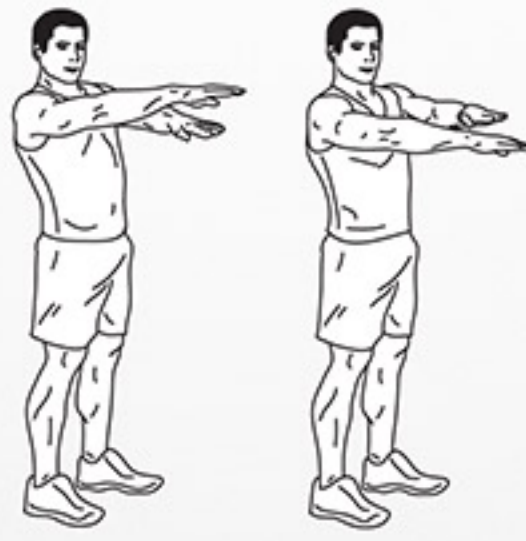
**10** tricep dips



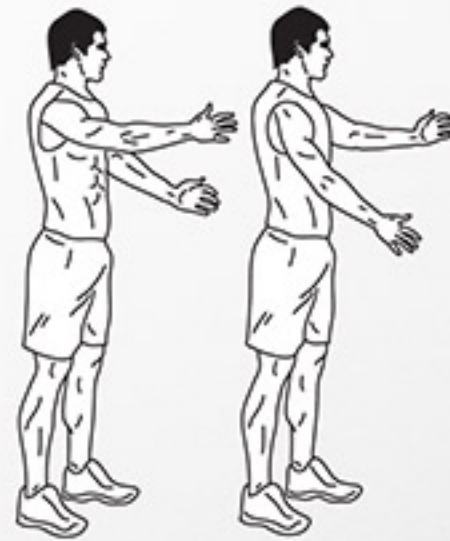
**10** raised arm circles



**10** arm extensions



**10** arm scissors



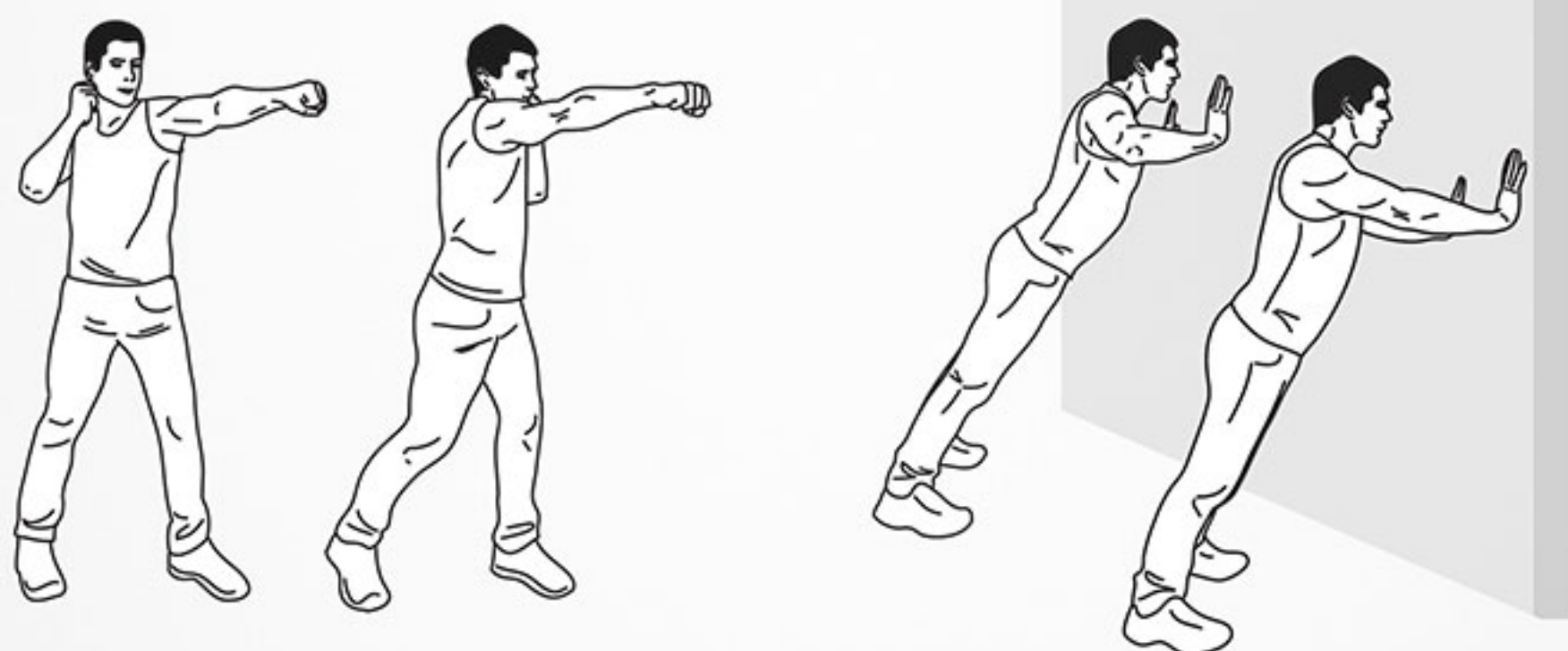
**10** scissor chops



# *upperbody* **press**

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

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



**15sec** punches (jab + cross)

**15sec** wall push-ups

**15sec** punches (jab + cross)

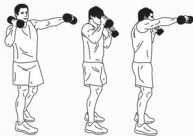
**15sec** wall push-ups

# UPPERBODY TENDON STRENGTH+

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



**30sec** dumbbell hold  
right arm



**10sec** punches  
slow motion



**30sec** dumbbell hold  
left arm



**30sec** bicep curls  
slow motion



**10sec** hold



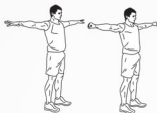
**30sec** bicep curls  
slow motion

# UPPERBODY TENDON STRENGTH

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



**30sec** clench/unclench  
overhead



**60sec** clench / unclench  
arms raised to the side



**30sec** clench/unclench  
overhead



**30sec** raised arm circles



**60sec** hold



**30sec** raised arm circles



**30sec** bicep extensions



**60sec** hold



**30sec** bicep extensions



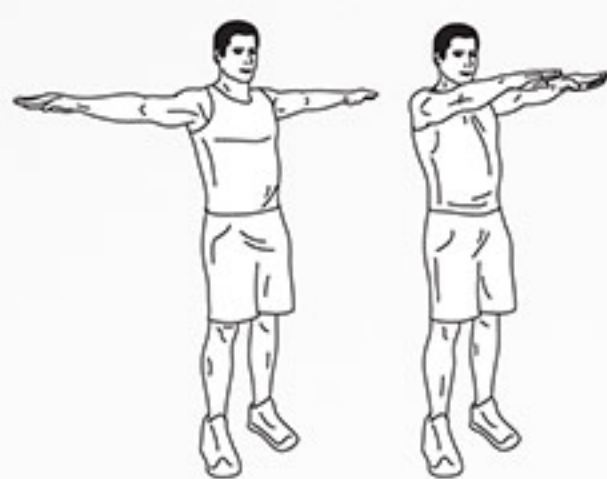
# UPPERBODY

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

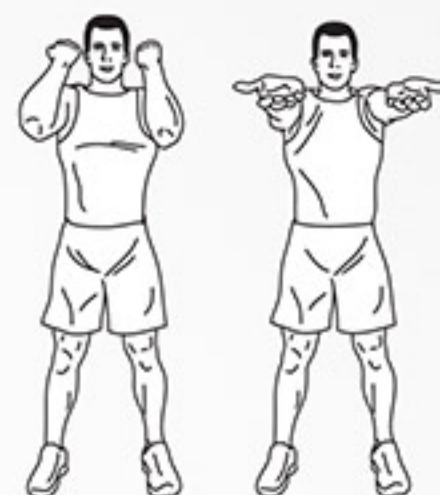
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



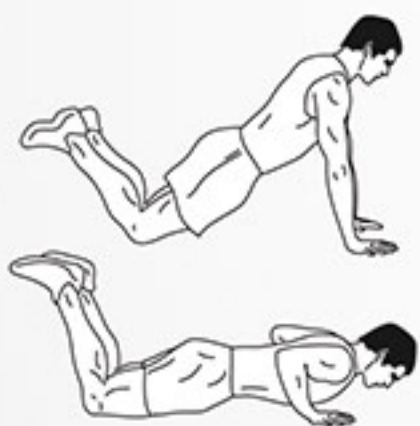
**10** knee push-ups



**10** arm extensions



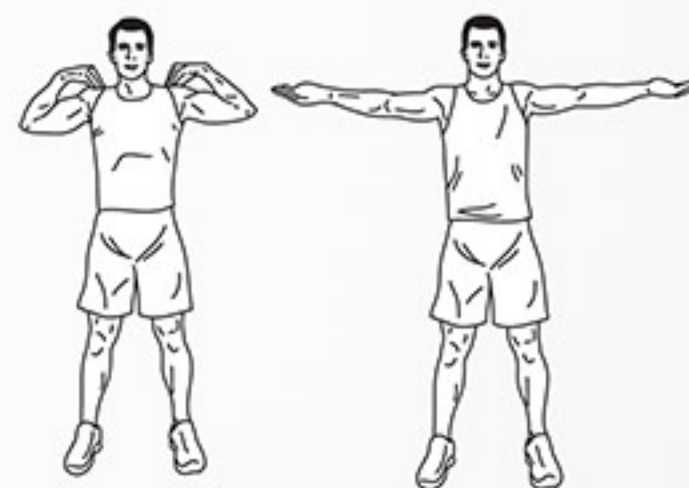
**10** bicep extensions



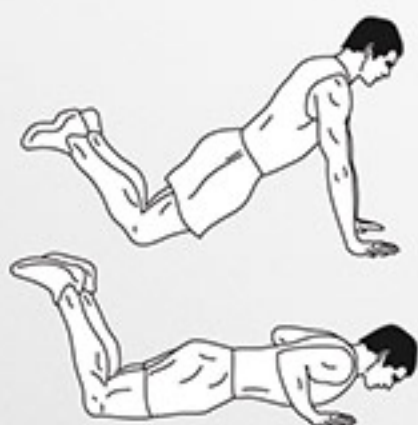
**10** knee push-ups



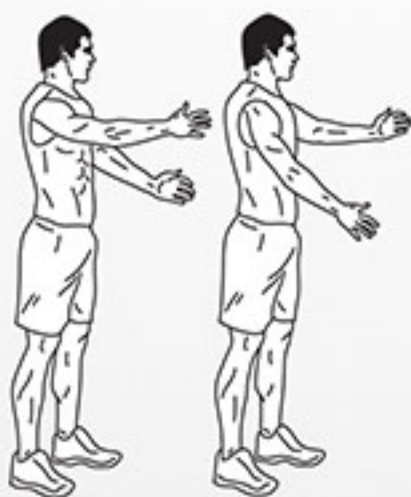
**10** shoulder taps



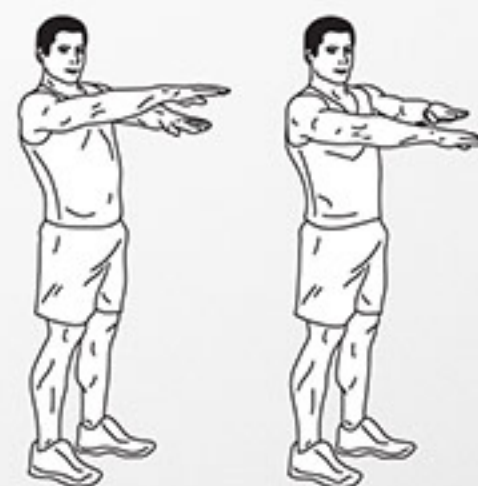
**10** side shoulder taps



**10** knee push-ups



**10** scissor chops



**10** arm scissors

# upperbody works

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

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



20 bicep extensions



20 standing shoulder taps



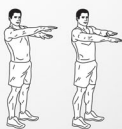
20 bicep extensions



20 scissors chops



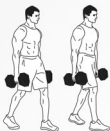
20 bicep extensions



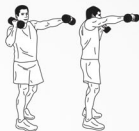
20 arm scissors

# VALOUR

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



**60 seconds** farmer's walk  
**3 sets in total**  
60 sec rest in between



**60 seconds** punches  
**3 sets in total**  
60 sec rest in between



**30 seconds**  
overhead punches  
**3 sets in total**  
60 sec rest in between



**30 seconds**  
renegade rows  
**3 sets in total**  
60 sec rest in between



**30 seconds**  
sitting twists  
**3 sets in total**  
60 sec rest in between