

Abroadlife

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

2 minutes rest between sets



20 lunges



10 deadlift & twist



20 side leg raises



20 plank rotations



10 downward upward dog



20 raised arm circles



20 knee-to-elbow



10 leg raises

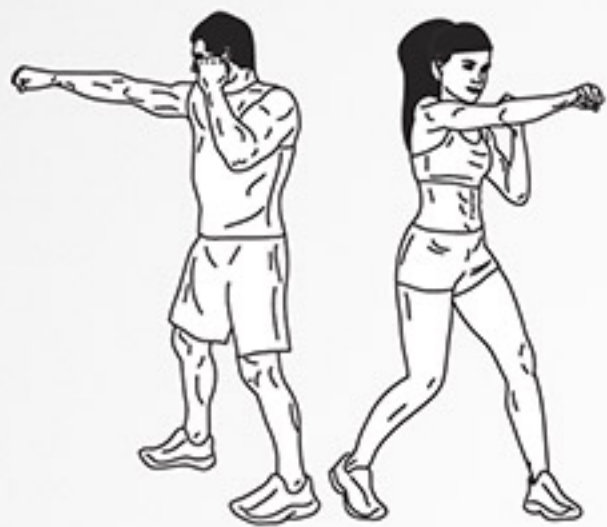


20 scissors

ARMY OF TWO

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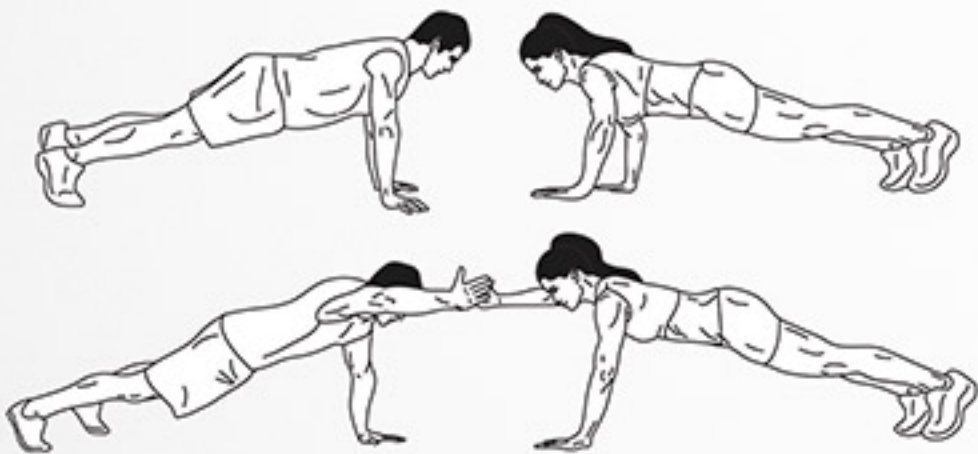
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



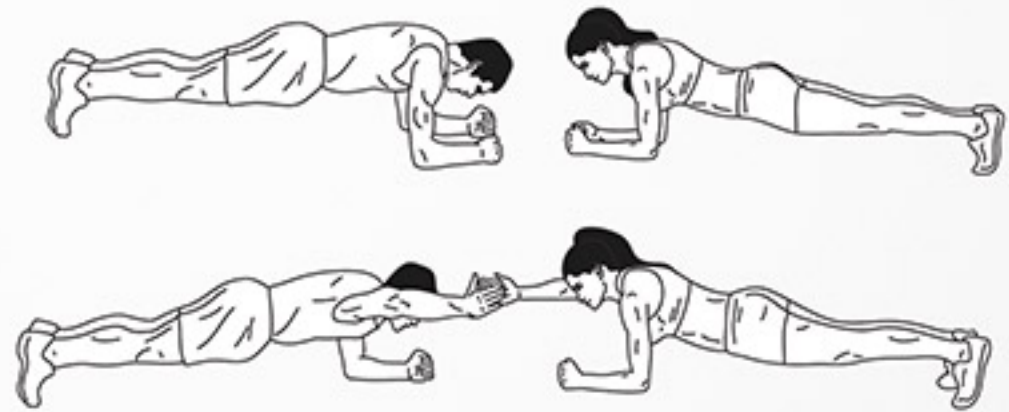
40 back-to-back punches



40 hand holding side leg raises



10 plank high fives



10 elbow plank high fives



10 sit-ups



10 back-to-back sitting twists

CUPID

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



6 archer lunges



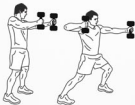
12 bicep curls



6 archer lunges



12 shrugs



6 archer lunges



12 shrugs



6 archer lunges

LOVENOTE

DAREBEE WORKOUT © darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.



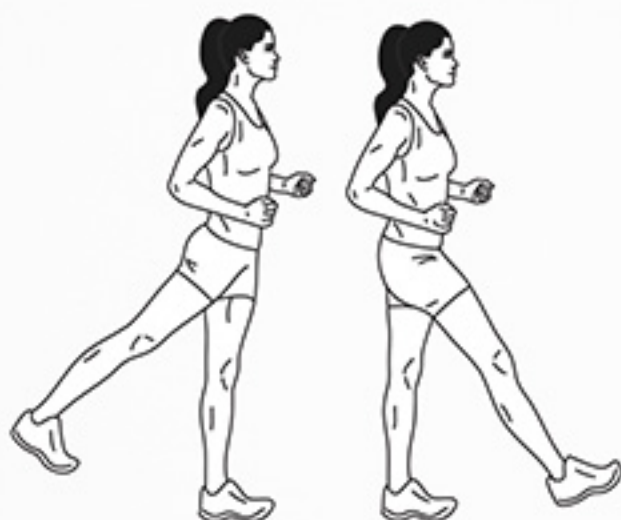
MADE WITH LOVE

DAREBEE WORKOUT @ darebee.com

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



20 back leg raises



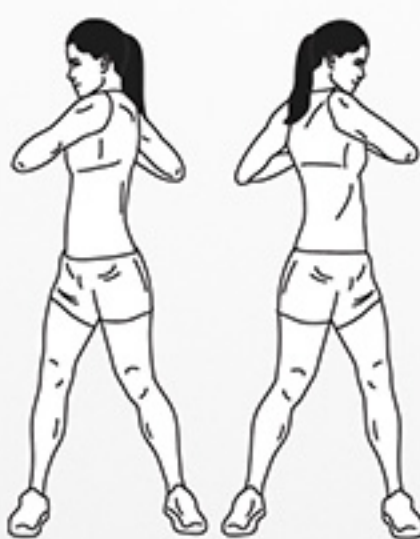
20 leg swings



20 side leg raises



20 side bends



20 twists



20 knee-to-elbows

QUEEN OF HEARTS

WORKOUT BY DAREBEE @ darebee.com

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



2 jump squats



10 squat hold punches



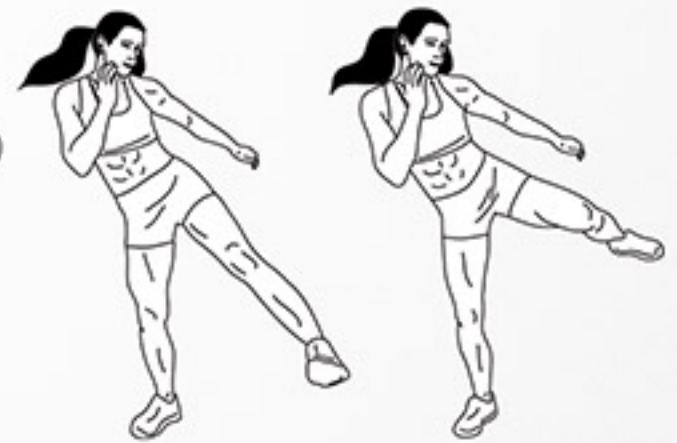
2 squat step back



10 punches



10 side kicks



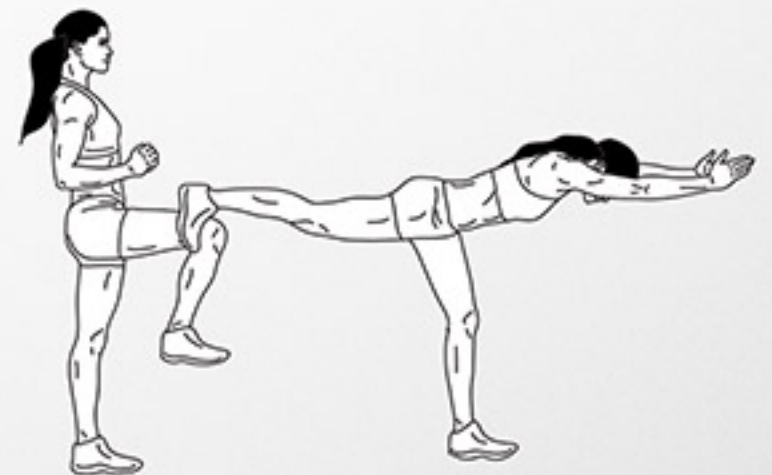
2 hook kicks



10 high knees



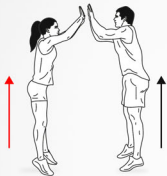
10 front kicks



2 single leg deadlifts

together

DAREBEE WORKOUT © darebee.com



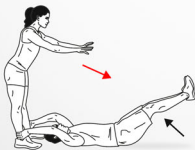
10 high five jump squats
5 sets | 60 seconds rest



60 seconds
back-to-back squat hold



10 hand clasp lunges
5 sets | 60 seconds rest



10 push away leg raises
5 sets | 60 seconds rest



10 over & under raised leg circles
5 sets | 60 seconds rest

You & Me

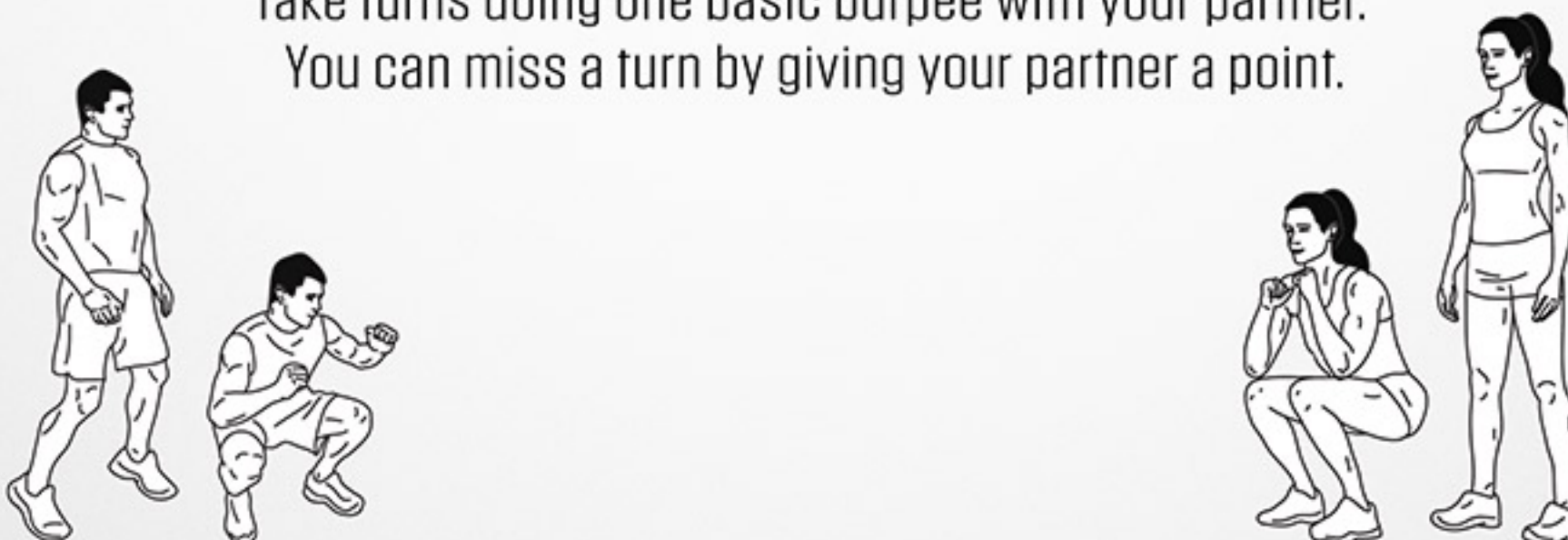
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Set a timer for **2 minutes**. Hold the elbow plank together and don't drop down. Each time you do, you give a point to your partner. Get back up immediately and continue holding the plank.



Set a timer for **60 seconds**. Take turns doing one basic burpee with your partner. You can miss a turn by giving your partner a point.



Set a timer for **30 seconds** and do squats together. If you do fewer squats when the time is up, you give 3 points to your partner.

Whoever has the most points in total wins.