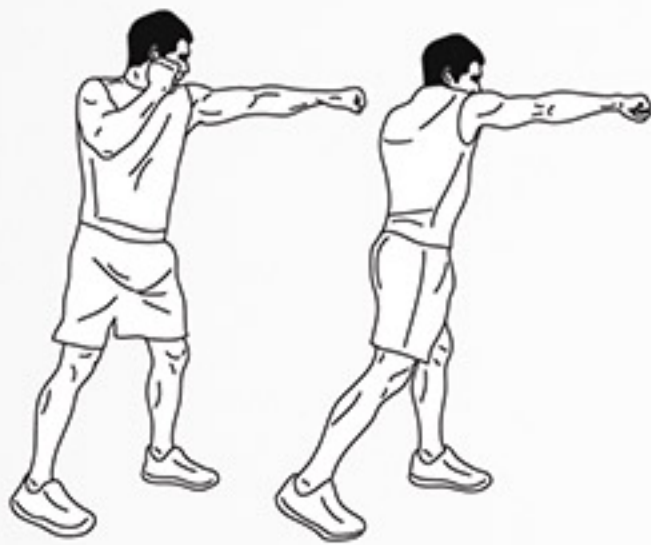


# 3-MINUTE WARRIOR

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

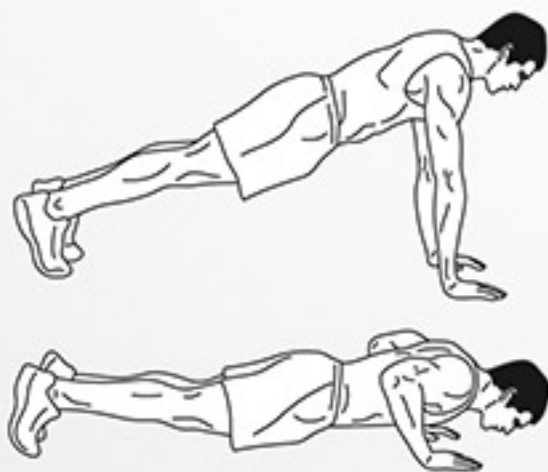
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**60sec** punches



**60sec** side kicks



**30sec** push-ups

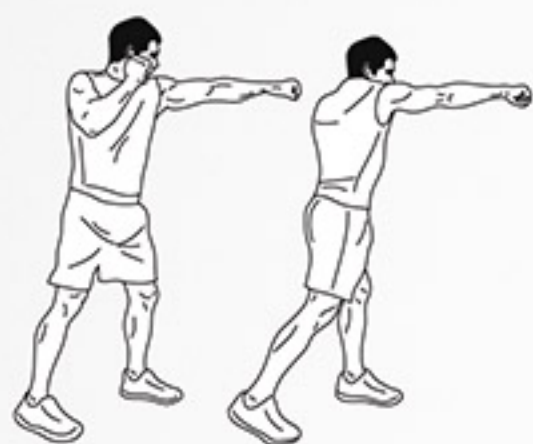


**30sec** jump squats

# GLOBAL WARRIOR

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

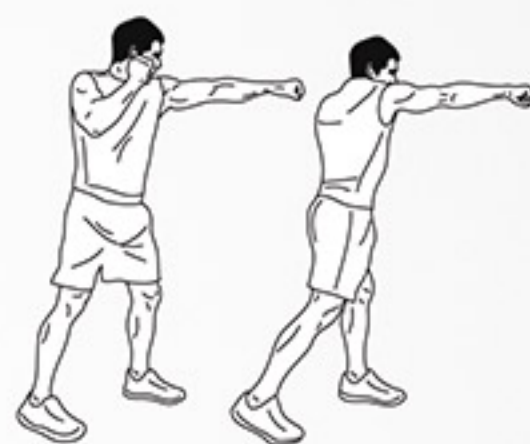
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**10** punches



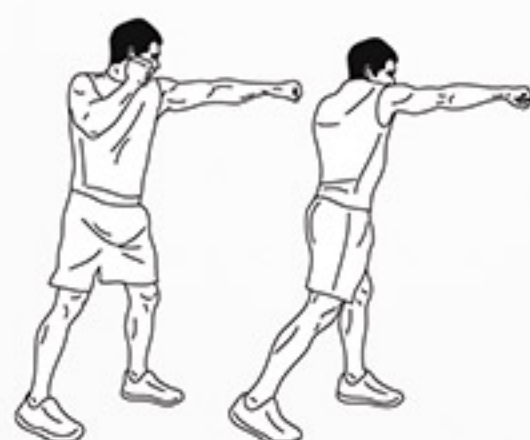
**20** squat hold punches



**10** punches



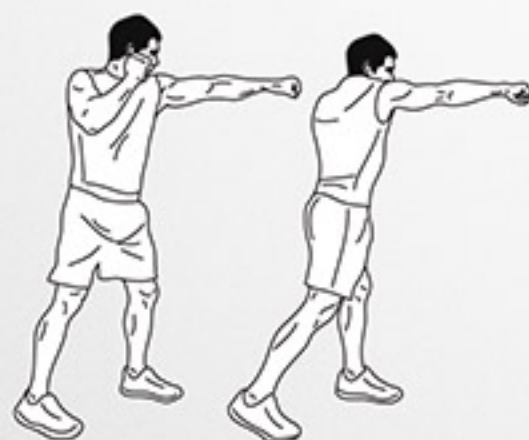
**5** calf raises



**10** punches



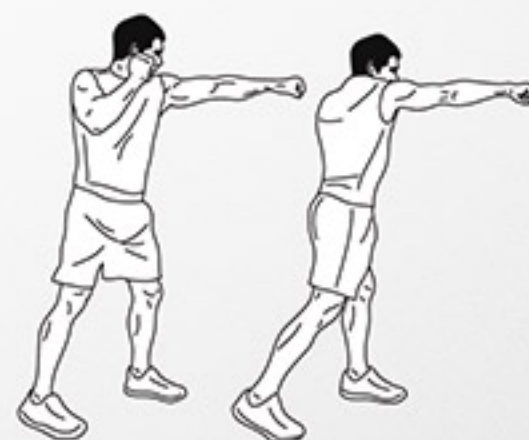
**5** calf raises



**10** punches



**20** squat hold punches



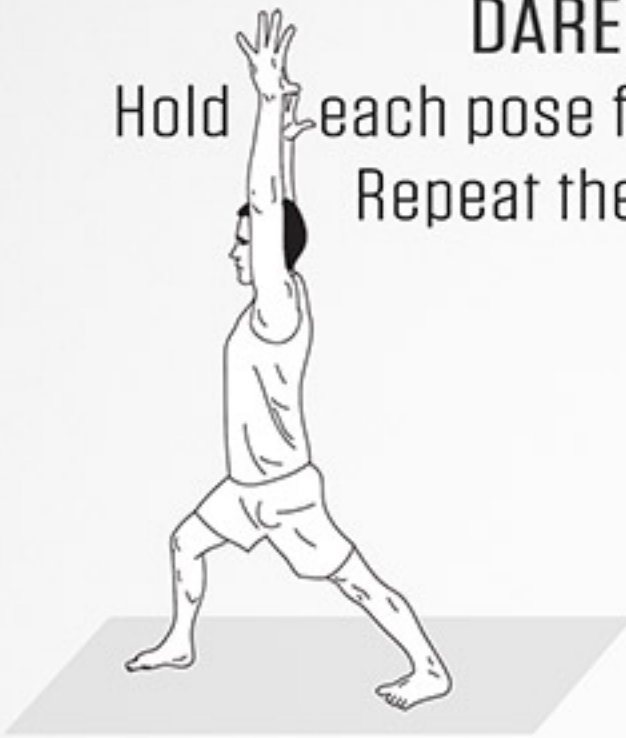
**10** punches



# INNER WARRIOR

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

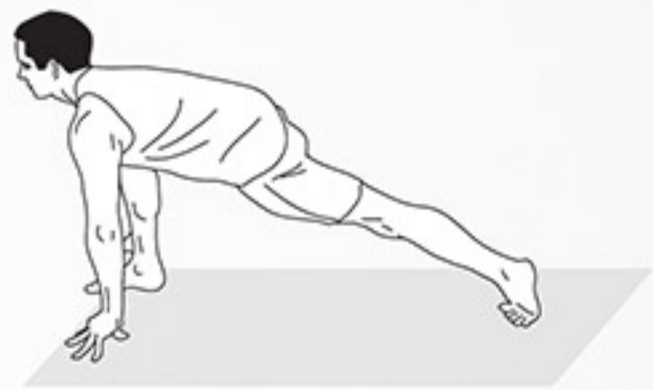
Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.



1. warrior I



2. warrior II



3. lunge



4. lunge with twist



5. pigeon pose



6. downward dog



7. bow pose



8. child pose



9. reclining hero

# KEYBOARD WARRIOR

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

10 reps each exercise.

Repeat every couple of hours.



arrow - into - table top - into - straight fist - into - claw - into - fist



fist rotations



resistance stretch



resistance press



clench / unclench



thumb folds

# LONE WARRIOR

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

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

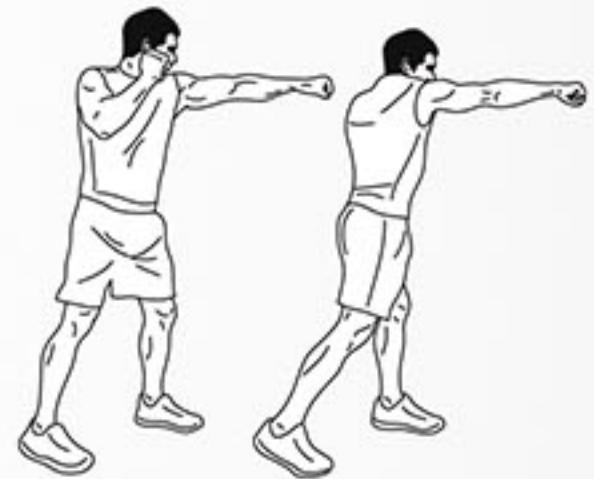
2 minutes rest between sets



**20** squats



**5** push-ups



**20** punches



**10** sit-ups



**10** reverse crunches

# NINJA WARRIOR

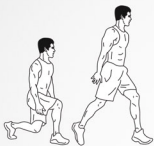
DAREBEE WORKOUT  
© [darebee.com](http://darebee.com)

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

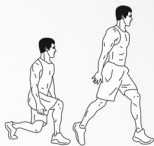
REST up to 2 minutes



20 jumping lunges



20 climbers



20 jumping lunges



max pull-ups



max leg raises



40 burpees with a push-up and a jump knee tuck



# office WARRIOR

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

Hold each pose for 20 seconds.



raised arms pose



forward bend



extended side angle



chair pigeon



chair warrior I

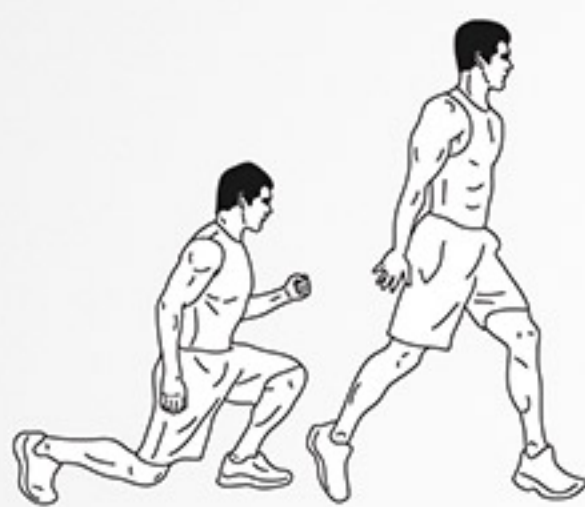


chair warrior II

# WARRIOR

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

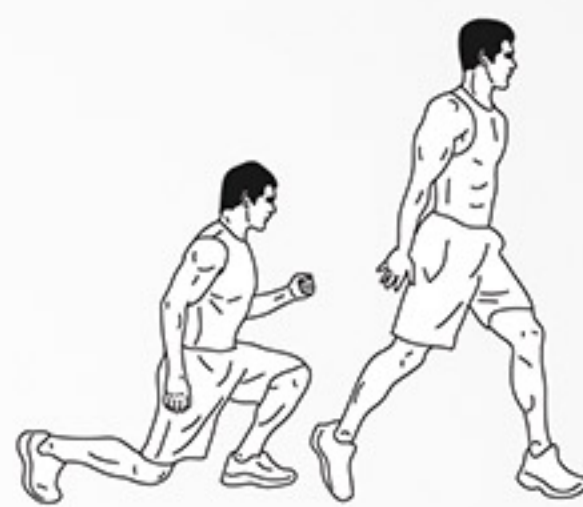
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



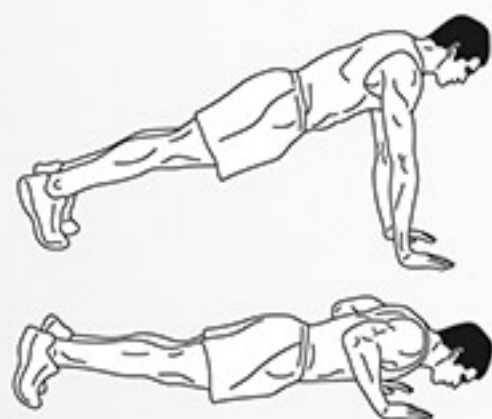
**10** jumping lunges



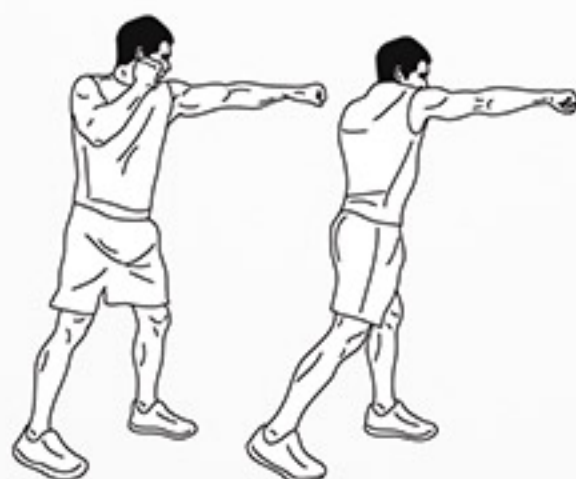
**4** side-to-side lunges



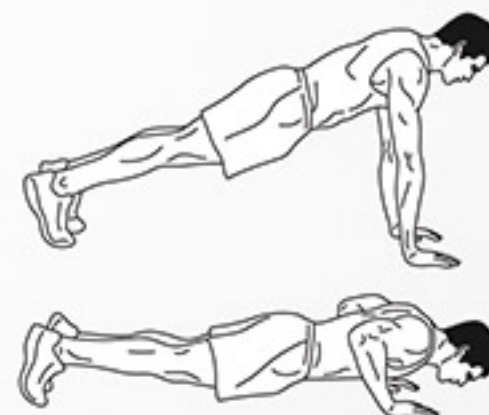
**10** jumping lunges



**10** push-ups



**40** punches



**10** push-ups



**10sec** elbow plank



**40sec** side elbow plank



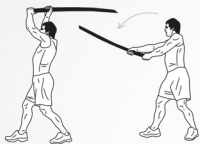
**10sec** elbow plank



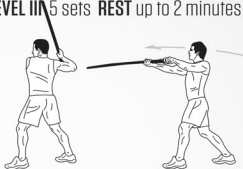
# SHADOW WARRIOR

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

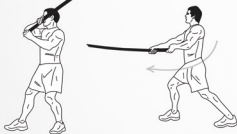
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



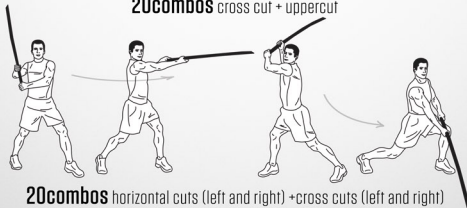
20 vertical cuts



20 horizontal cuts



20 combos cross cut + uppercut



20 combos horizontal cuts (left and right) + cross cuts (left and right)

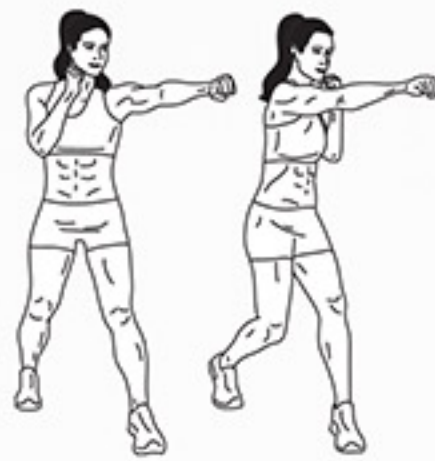
# WARRIOR QUEEN

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

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



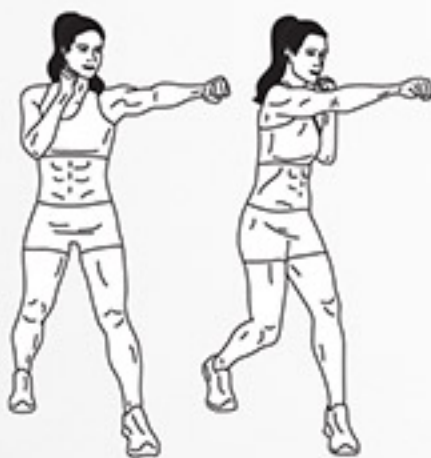
10 lunge punches



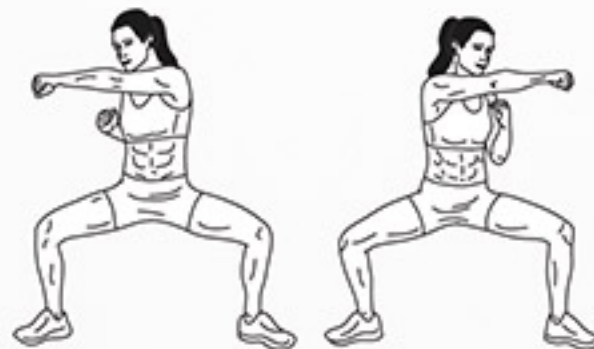
20 punches



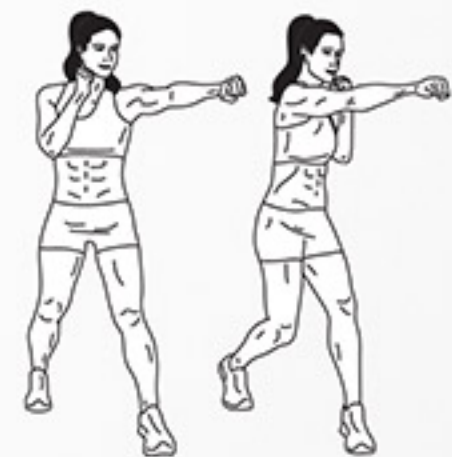
10 lunge punches



20 punches



20 squat hold punches



20 punches



10 sit-up punches



20 sitting punches



10 sit-up punches