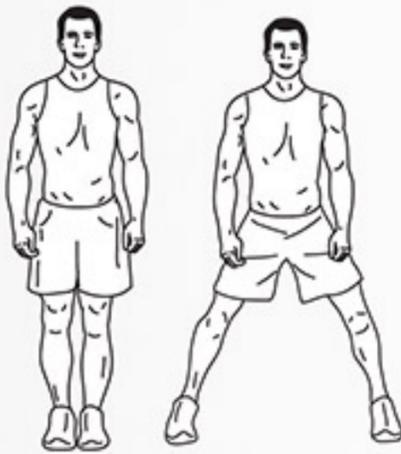


HOME ALONE

DAREBEE WORKOUT @ darebee.com

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



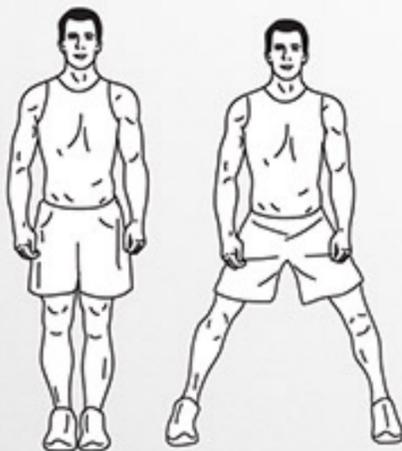
10 half jacks



20 high knees



4 reverse lunges



10 half jacks



20 high knees

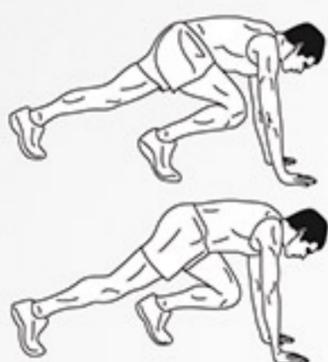


4 squats

ICE AGE

DAREBEE WORKOUT @ darebee.com

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



10 climbers



10 high knees



10 climbers



10 high knees



10 butt kicks



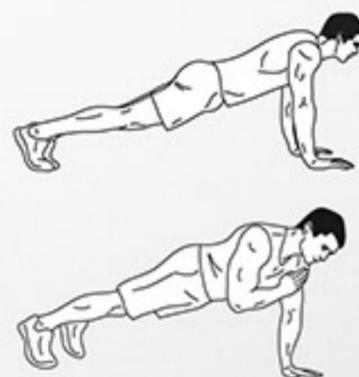
10 high knees



10 shoulder taps



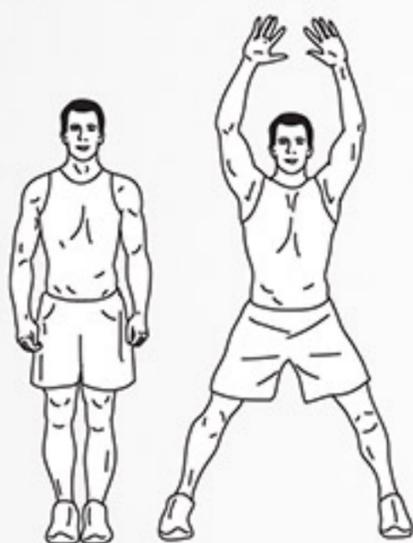
10 high knees



10 shoulder taps

KEEP WARM

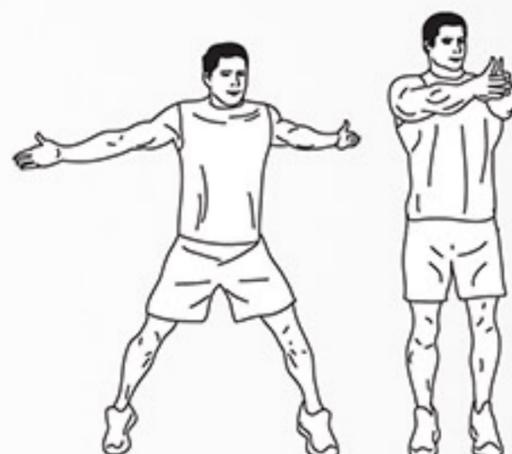
DAREBEE WORKOUT @ darebee.com



10 jumping jacks



5 squats



10 seal jacks



10 rapid shake



10 clench / unclench



10 clench / unclench

MELT OFF

DAREBEE **HIT** WORKOUT @ darebee.com

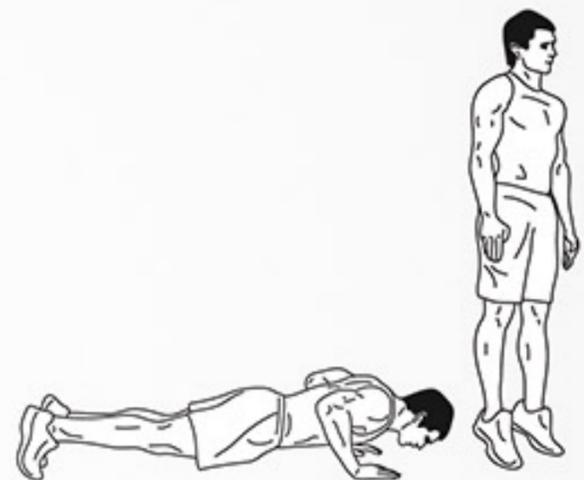
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec high knees



20sec elbow plank



20sec burpees



20sec elbow plank



20sec high knees



20sec elbow plank

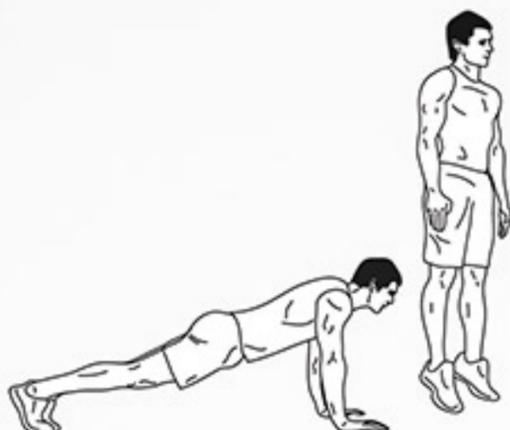
PowerMelt

DAREBEE **HIT** WORKOUT @ darebee.com

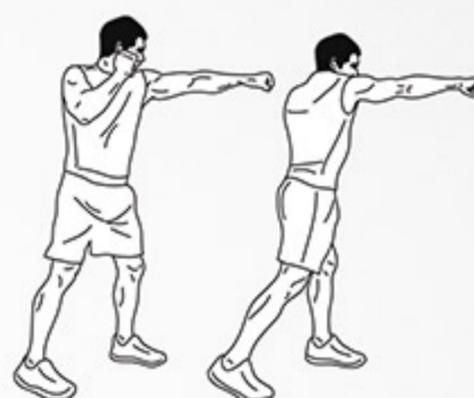
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



30sec high knees



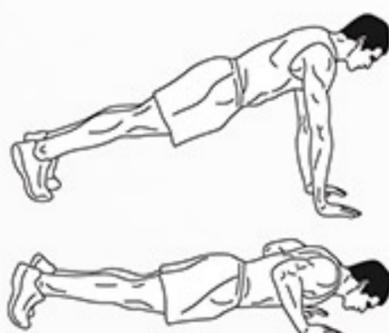
10sec basic burpees



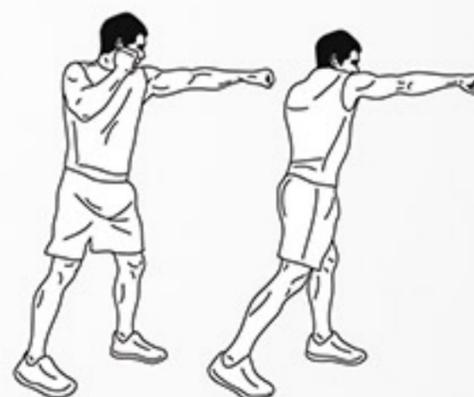
20sec punches



30sec high knees



10sec push-ups



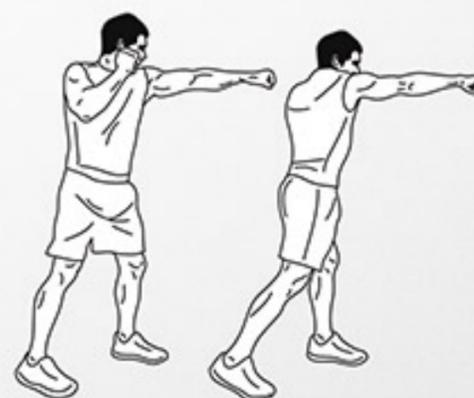
20sec punches



30sec high knees



10sec jump squats



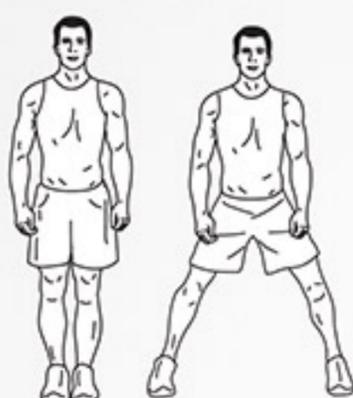
20sec punches

Rocking Around

DAREBEE WORKOUT

@ darebee.com

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



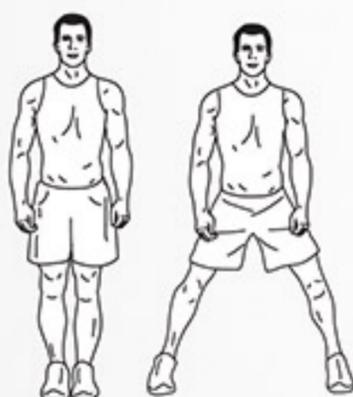
10 half jacks



2 hop heel clicks



2 squats



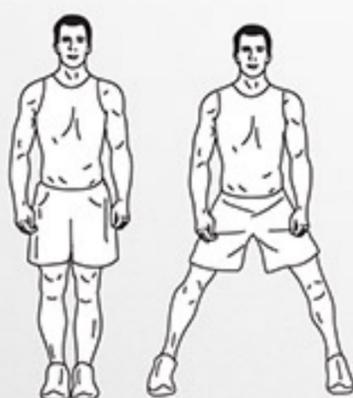
10 half jacks



2 hop heel clicks



10 shoulder taps



10 half jacks



2 hop heel clicks

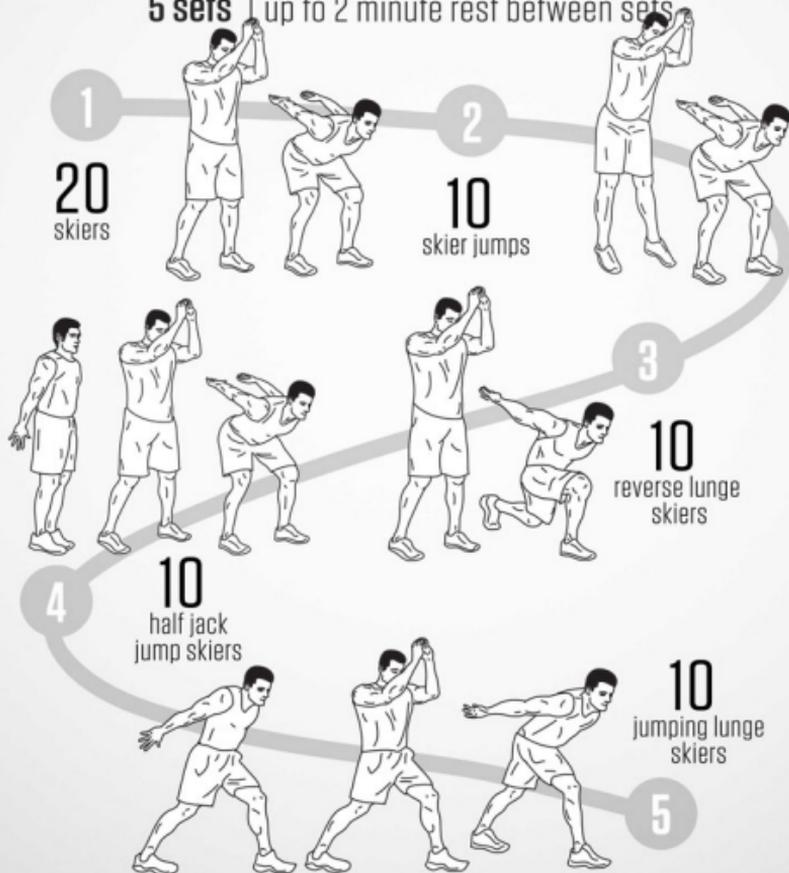


2 hop heel taps

skier

DAREBEE WORKOUT @ darebee.com

5 sets | up to 2 minute rest between sets



I Am THE STORM

DAREBEE WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



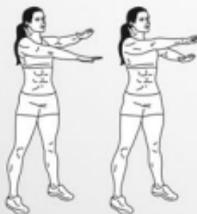
20sec raised arms hold



20sec raised arm circles



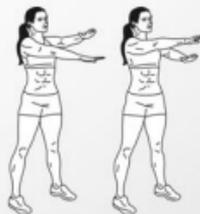
20sec raised arms hold



20sec arm scissors



20sec jumping jacks

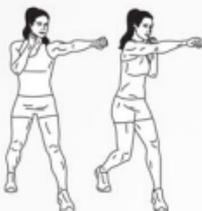


20sec arm scissors

SWEEPER

DAREBEE WORKOUT @ darebee.com

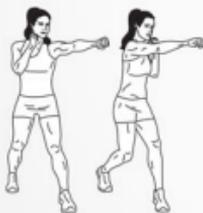
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 punches



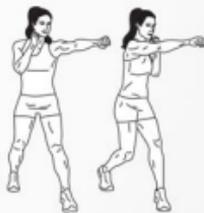
20 hook kicks



20 punches



20 side kicks



20 punches



20 front kicks

TIME TO SHINE

DAREBEE WORKOUT @ darebee.com

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



20 butt kicks



4 high squats



20 butt kicks



4 reverse lunges



20 butt kicks



4 side lunges

WHITE WOLF

DAREBEE WORKOUT @ darebee.com

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



10 lunges



10 calf raises



10 lunges



6 raised leg push-ups



10-count plank hold



6 raised leg push-ups



10-count plank hold

WINTER *IS* HERE

DAREBEE WORKOUT @ darebee.com

Repeat 5 times in total | up to 2 minutes rest between sets



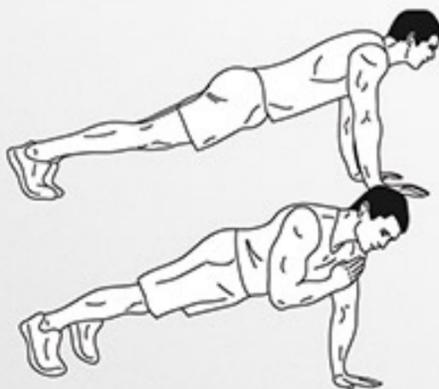
20 squats



10 knee-to-elbows



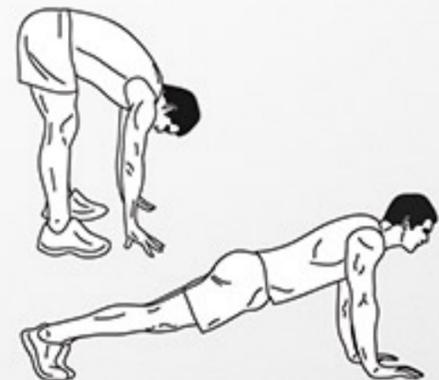
4 side-to-side lunges



20 shoulder taps



10 plank rotations



4 plank walk-outs