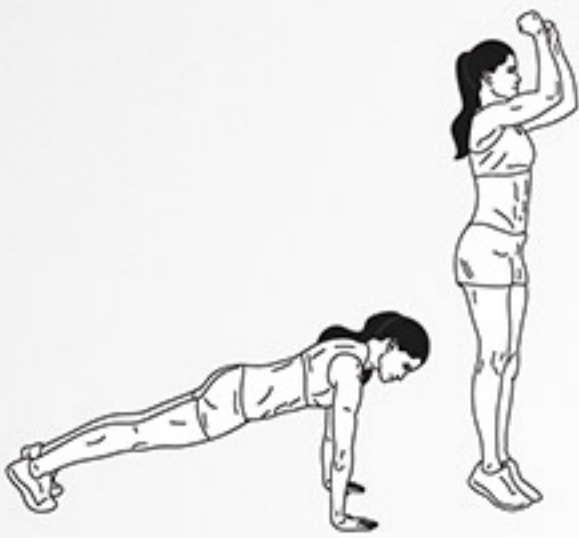


Alooy

DAREBEE WORKOUT @ darebee.com

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



6 basic burpees w / jump



10 climbers



6 plank rotations



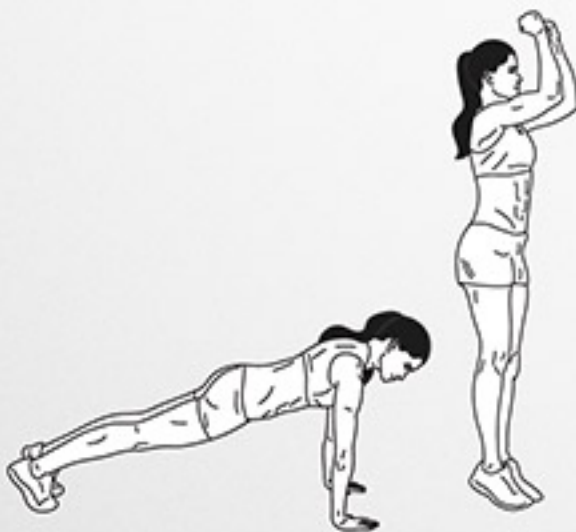
6 basic burpees w / jump



10 palm strikes



6 arm rotations



6 basic burpees w / jump



10 butt kicks



6 jumping lunges

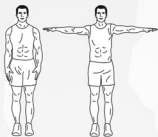
ALTAIR

DAREBEE WORKOUT @ darebee.com

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



to failure pull-ups



20 arm raises



5 tricep push-ups



30sec elbow plank



20 plank arm raises



20 side plank rotations



20 knee-to-elbow crunches



10 leg raises



10 windshield wipers

BOSS FIGHT



DAREBEE WORKOUT @ darebee.com

1 bar = 1 set rest between sets up to 2 minutes



20 lunge punches



20 squat + uppercut



20 squat hold punches



10 shoulder taps



10 push-ups



10-count one-arm plank



10 sit-up punches



10 sitting punches



10 crunch kicks

CRITICAL HIT

DAREBEE WORKOUT @ darebee.com

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



10 jumping lunges



20 knee strikes



20 punches



10 jumping lunges



20 push-ups



20 punches



10 jumping lunges



20 knee strikes



20 punches

DARKSIDER

DAREBEE WORKOUT @ darebee.com

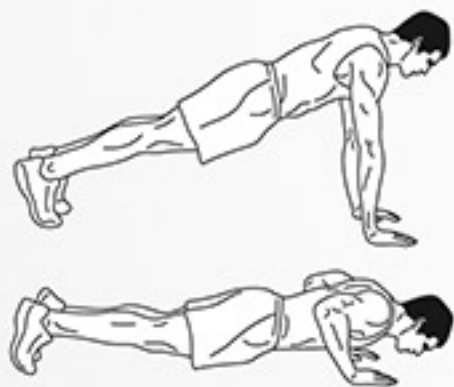
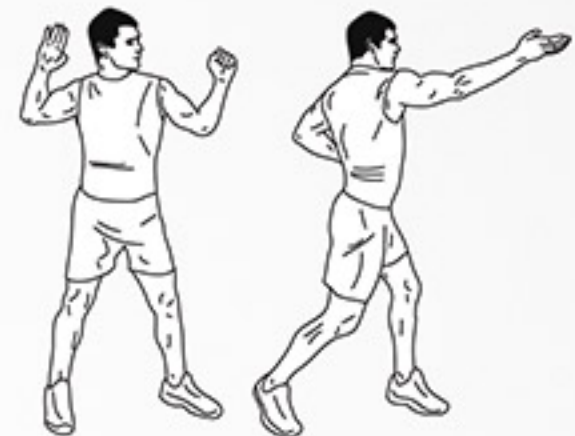
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jump squats



20 combos squat + knife hand strike



10 push-ups



10 plank rotations



20 overhead punches



20 crunches



10-count hollow hold



10 reverse angels

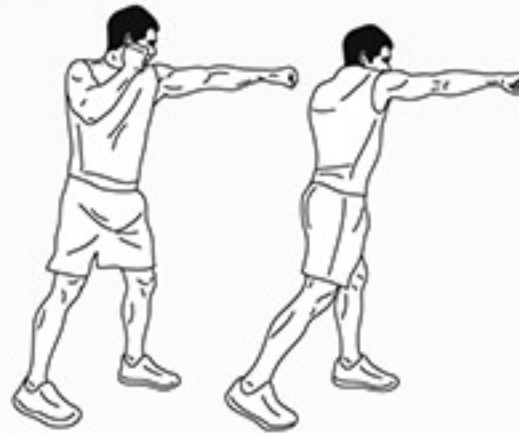
Dungeon Crawler

DAREBEE WORKOUT @ darebee.com

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



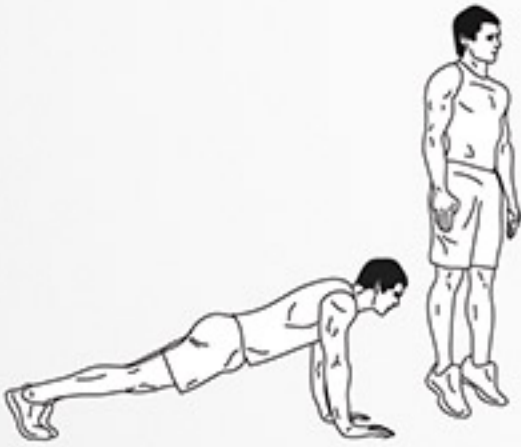
5 squats



20 punches



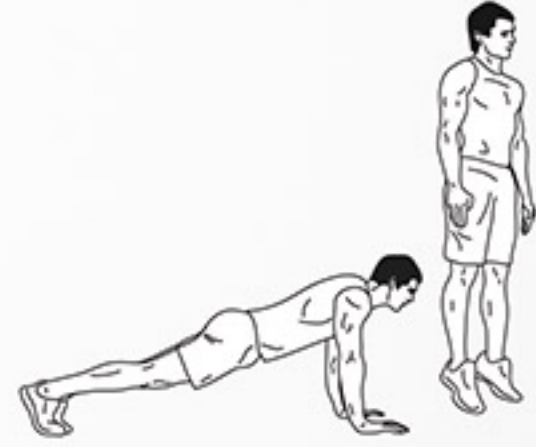
5 squats



5 basic burpees



20 overhead punches



5 basic burpees



5 sit-ups



20 sitting punches



5 sit-ups

ENDGAME

DAREBEE WORKOUT @ darebee.com

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



10 lunges



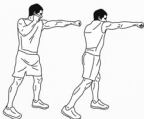
20 overhead punches



20 side-to-side backfists



10 lunges



20 punches



20 side-to-side backfists



10 flutter kicks



10 leg raises



10-count raised leg hold

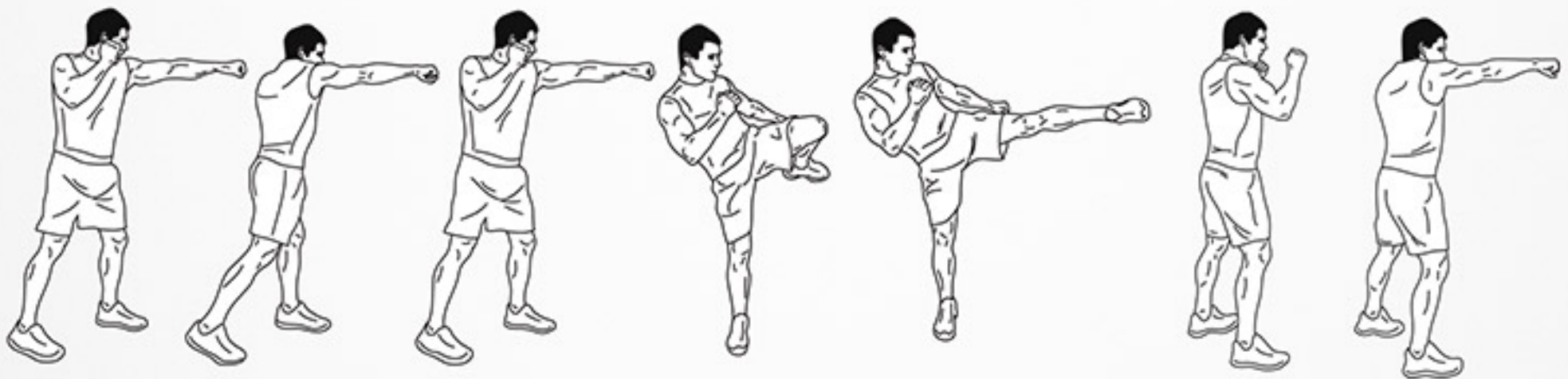
Finish Him!

DAREBEE WORKOUT @ darebee.com

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



40combos backfist + side kick + step forward + backfist



40combos jab + cross + turning kick + step forward + jab



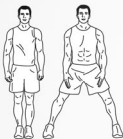
40combos elbow strike + knee strike + step forward + elbow strike

GAMER



DAREBEE WORKOUT © darebee.com

every respawn, construction or cinematic trailer



10 half jacks



10 squats



2 plank jump-ins



10 climbers



10 lunges



10 flutter kicks

GLADIOLUS

FINAL FANTASY XV TRIBUTE WORKOUT

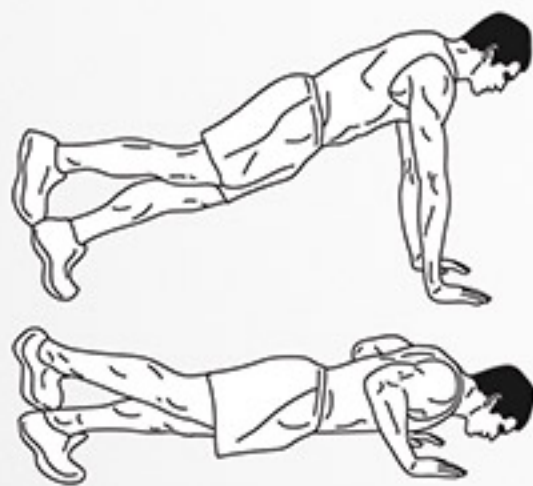
by DAREBEE @ darebee.com



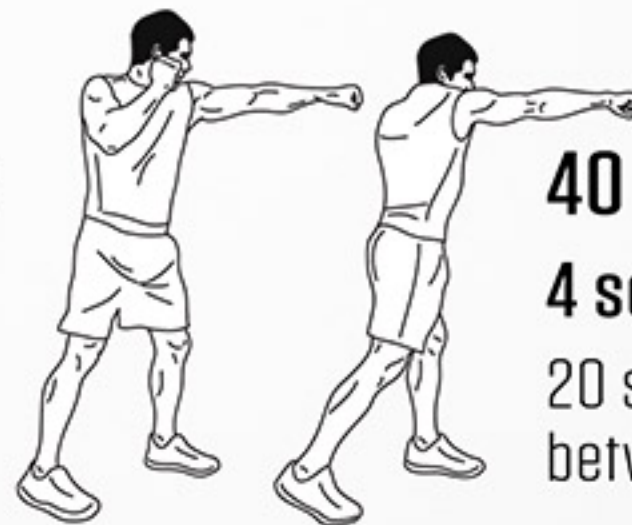
20 lunges
4 sets
10 lunges per leg
20 seconds rest
between sets



20 calf raises
4 sets
20 seconds rest
between sets



to failure
stacked push-ups
4 sets
20 seconds rest
between sets



40 punches
4 sets
20 seconds rest
between sets



2 minutes elbow plank



2 minutes side elbow plank
60 seconds per side

HOLLOW KNIGHT

DAREBEE WORKOUT @ darebee.com

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



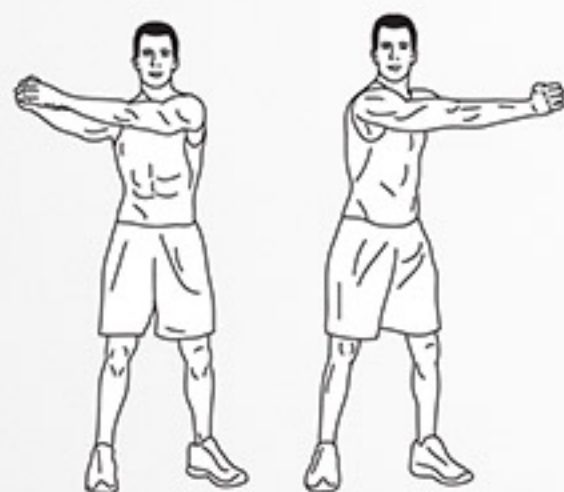
4 jump squats



10-count squat hold



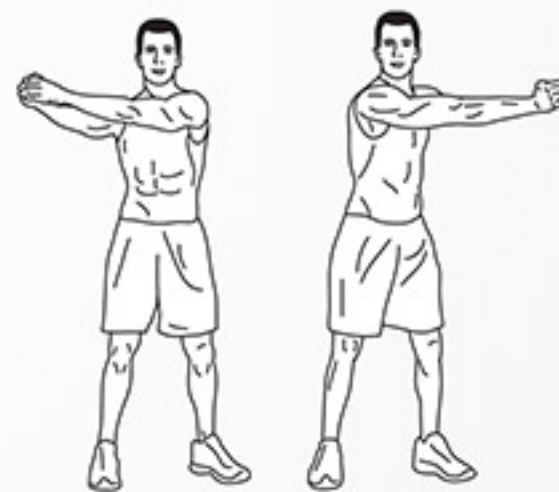
4 jump squats



20 side-to-side chops



4 jump squats



20 side-to-side chops



10-count squat hold

Instant Dungeon

DAREBEE WORKOUT

@ darebee.com

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



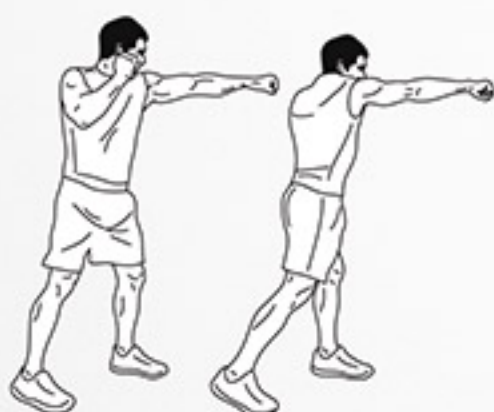
20 climbers



10-count plank hold



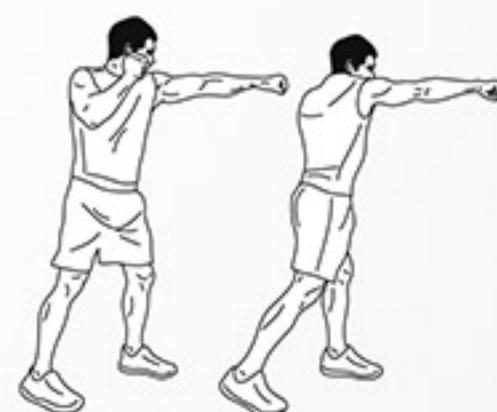
20 shoulder taps



20 punches



20 overhead punches



20 punches

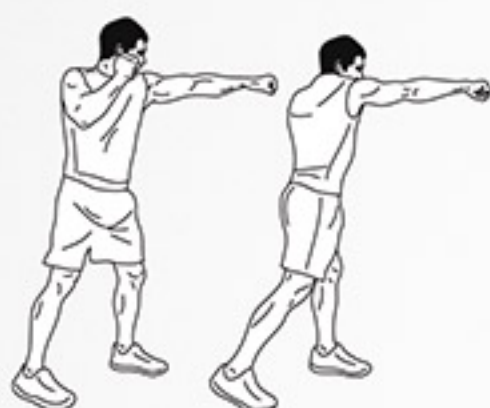


4 up and down planks

KEEP DEFENDER

DAREBEE WORKOUT @ darebee.com

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



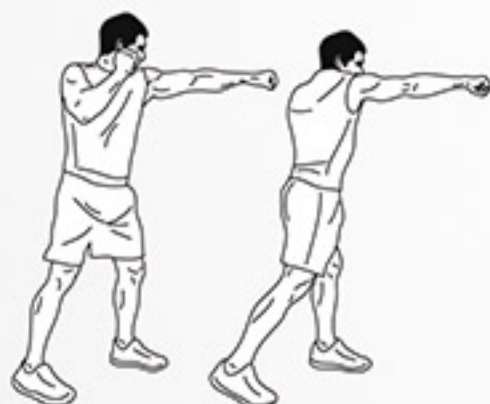
20 punches



4 plank rotations



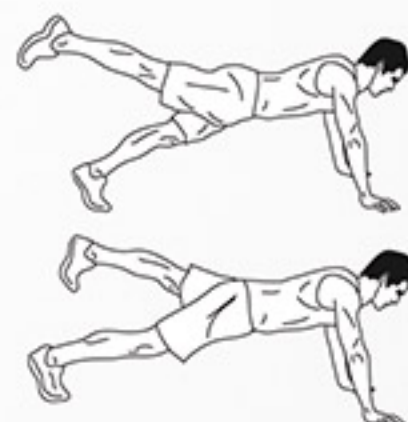
10 shoulder taps



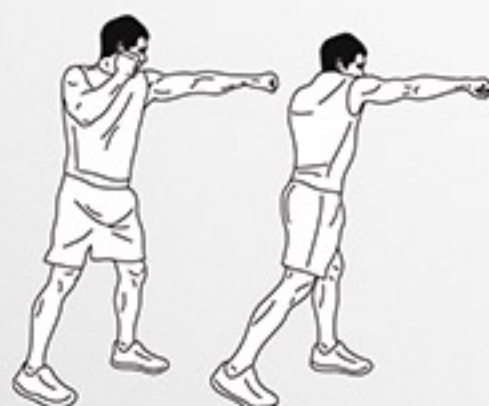
20 punches



4 plank rotations



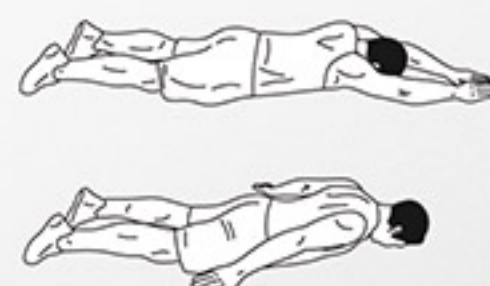
10 plank leg raises



20 punches



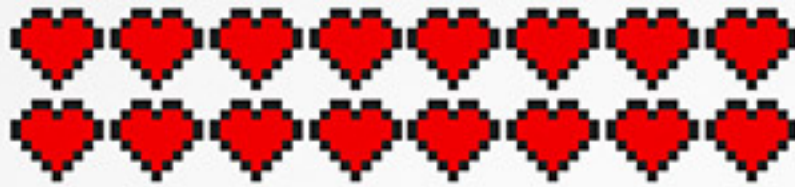
4 plank rotations



10 reverse angels

LINK

— LIFE —



DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

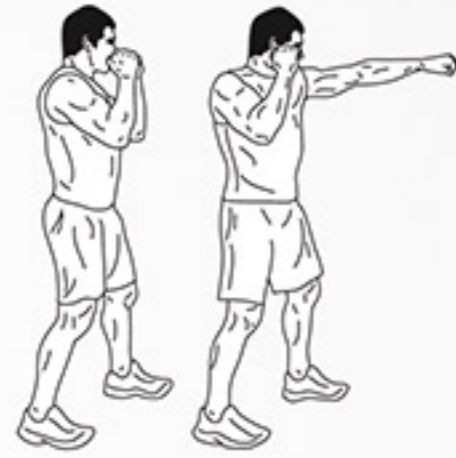
up to 2 minutes
rest between sets



10 lunges



5 knee push-ups



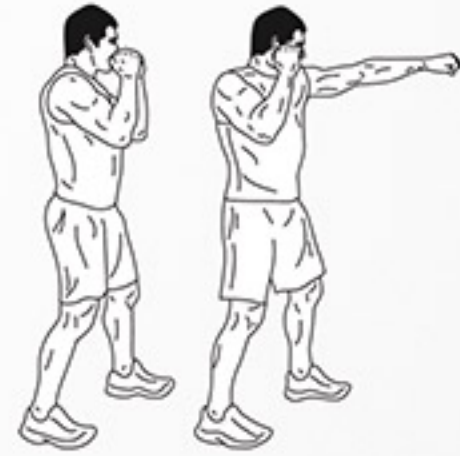
20 punches



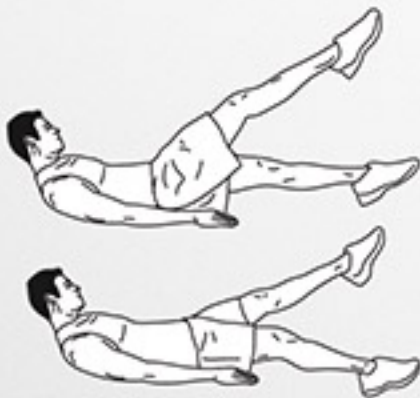
10 squats



5 knee push-ups



20 punches



10 flutter kicks



5 sit-ups



20 sitting twists

Lone Wanderer

DAREBEE WORKOUT @ darebee.com

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



40 high knees



10 bounce + bounce + squat



10 squat + front kick



20 lunges



20 side leg raises



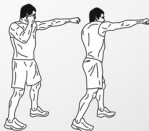
40-count raised leg hold



10 push-ups



10-count push-up plank



40 punches

MAGE

DAREBEE WORKOUT

@ darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



10 reverse lunges



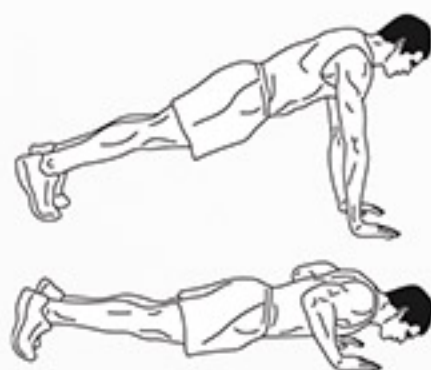
10 calf raises



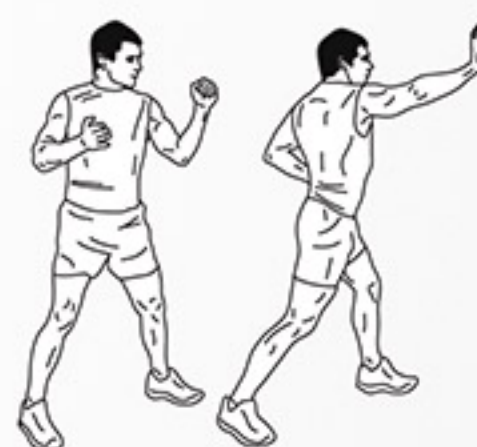
10 side kicks



10 reverse lunges



10 push-ups



30 palm strikes



10 reverse lunges



10 sit-ups



10 sitting twists

MONSTER HUNTER

DAREBEE WORKOUT @ darebee.com

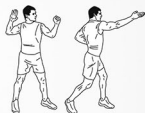
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 shoulder taps



2 raised leg push-ups



20 knife-hand strikes



6 plank crunches



6 plank rotations



20 W-extensions

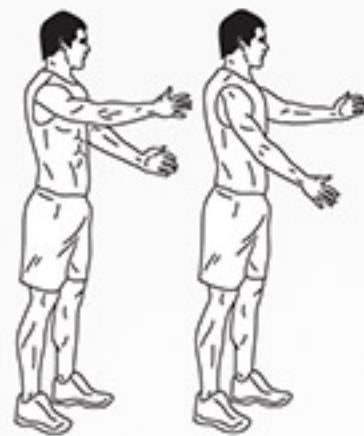
ONE ANGRY BIRD

DAREBEE WORKOUT @ darebee.com

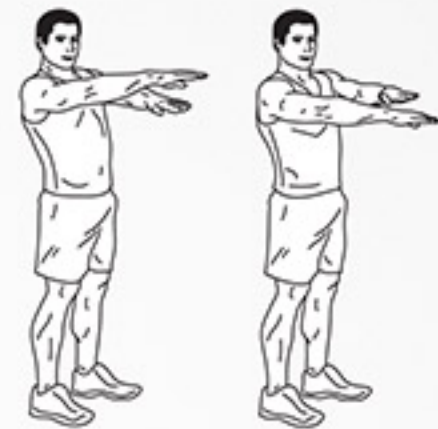
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 arm circles



10 scissor chops



10 arm scissors



10 arm circles



10 arm raises



10 chest expansions



10 arm circles



10 shoulder taps



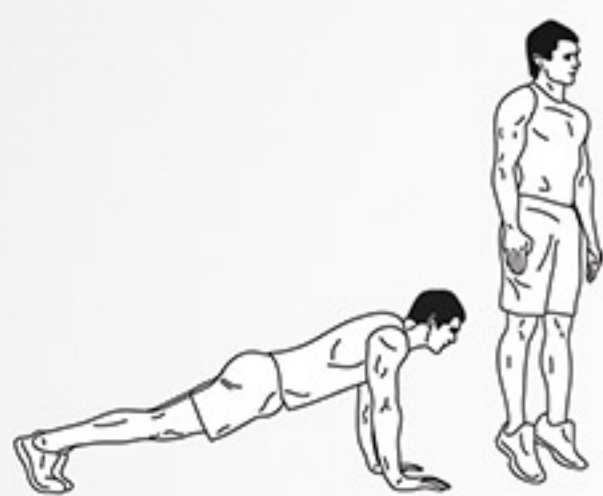
10 bicep extensions

READY PLAYER

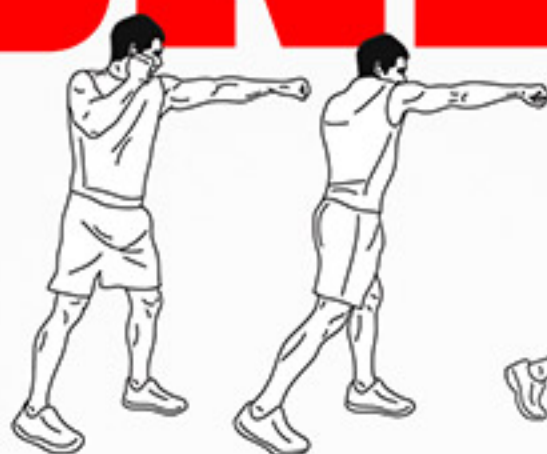
DAREBEE WORKOUT
@ darebee.com

ONE

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



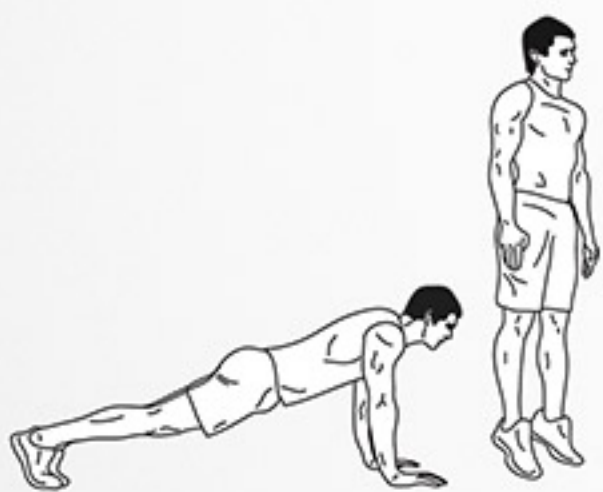
2 basic burpees



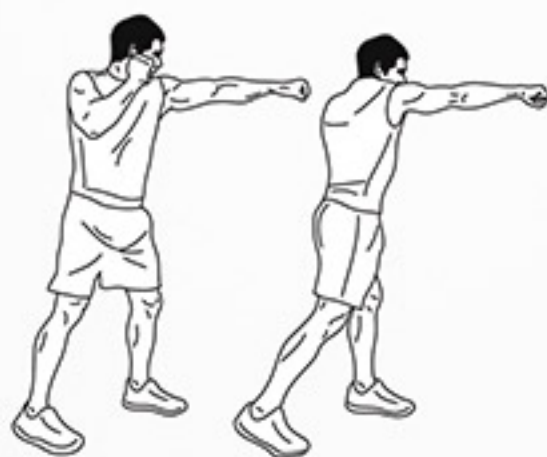
20 punches



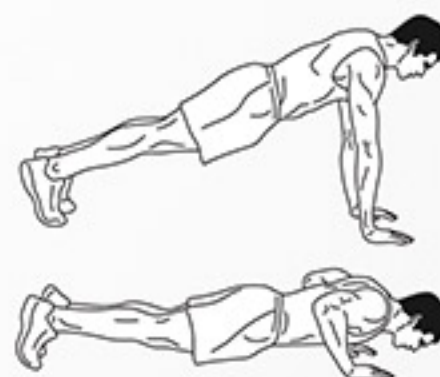
10 climbers



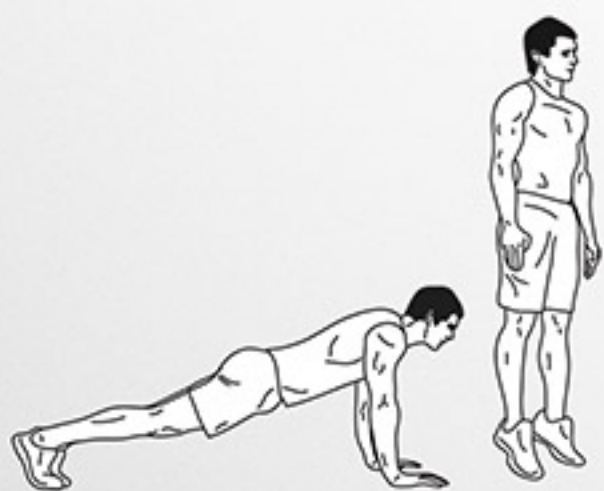
2 basic burpees



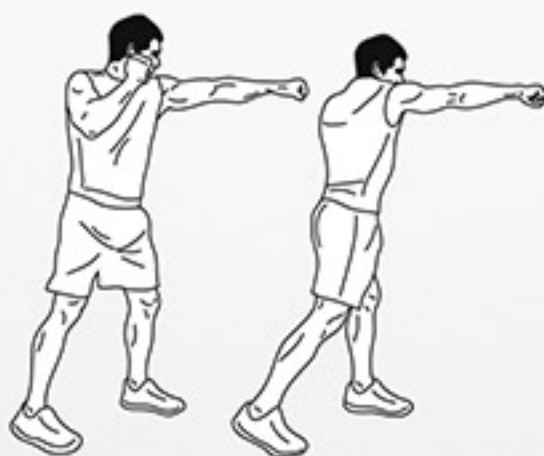
20 punches



2 push-ups



2 basic burpees



20 punches



20 high knees (sprint!)

run & gun

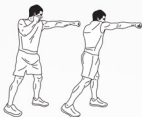
DAREBEE **HIT** WORKOUT © darebee.com

Level I 3 rounds Level II 5 rounds Level III 7 rounds 2 min rest between rounds

Extra Credit 1 push-up every 20 seconds



20sec high knees



20sec punches



20sec high knees



20sec hooks



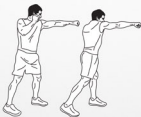
20sec high knees



20sec uppercuts



20sec high knees



20sec punches



20sec high knees

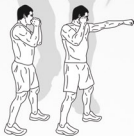
SHEPARD

TRIBUTE WORKOUT BY DAREBEE © darebee.com

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



40 squats



40 punches



4 jump squats



14 push-ups



14 shoulder taps



14 slow climbers



14 elbow strike sit-ups



14 flutter kicks



14 scissors



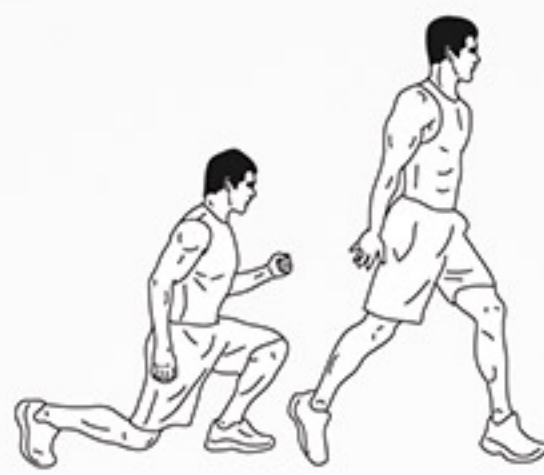
SPEED +1

DAREBEE WORKOUT @ darebee.com

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



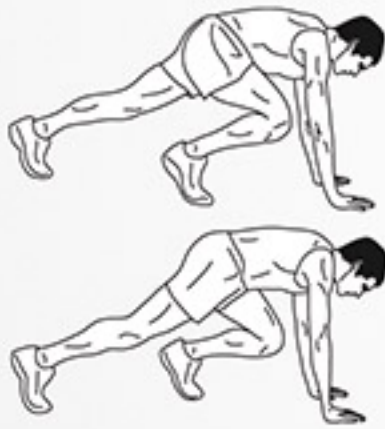
20 high knees



2 jumping lunges



10 calf raises



20 climbers



2 burpees



10-count squat hold



2 jump squats

STRENGTH +1

DAREBEE WORKOUT @ darebee.com

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



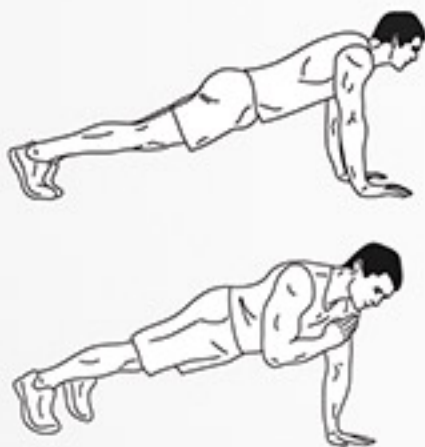
10 split lunges



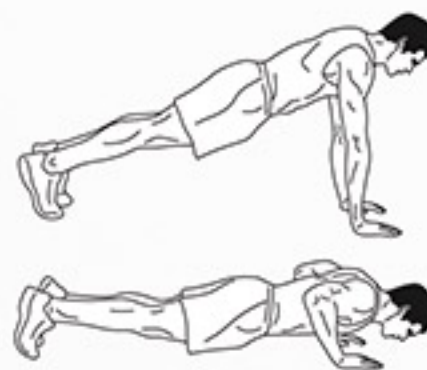
4 lunge step-ups



4 side lunges



10 shoulder taps



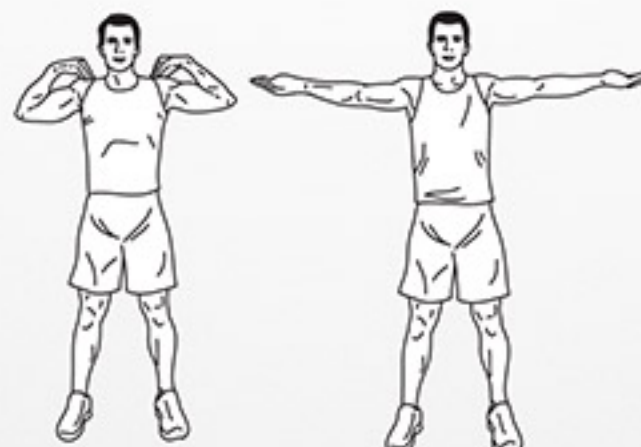
4 push-ups



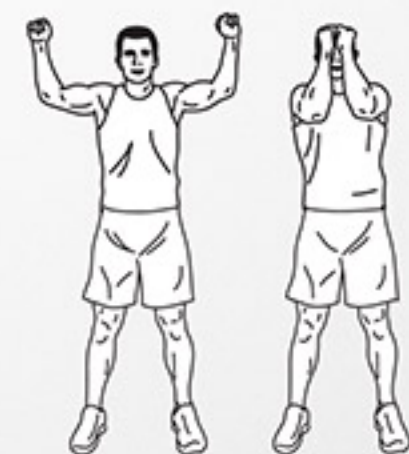
4 plank rotations



10 bicep extensions



10 side shoulder taps



10 elbow clicks

TRACER

DAREBEE CARDIO WORKOUT © darebee.com

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



20 high knees



10 side-to-side lunges



20 high knees



40 punches



10 push-ups



40 punches



20 reverse lunges



10 side-to-side lunges



20 jumping lunges