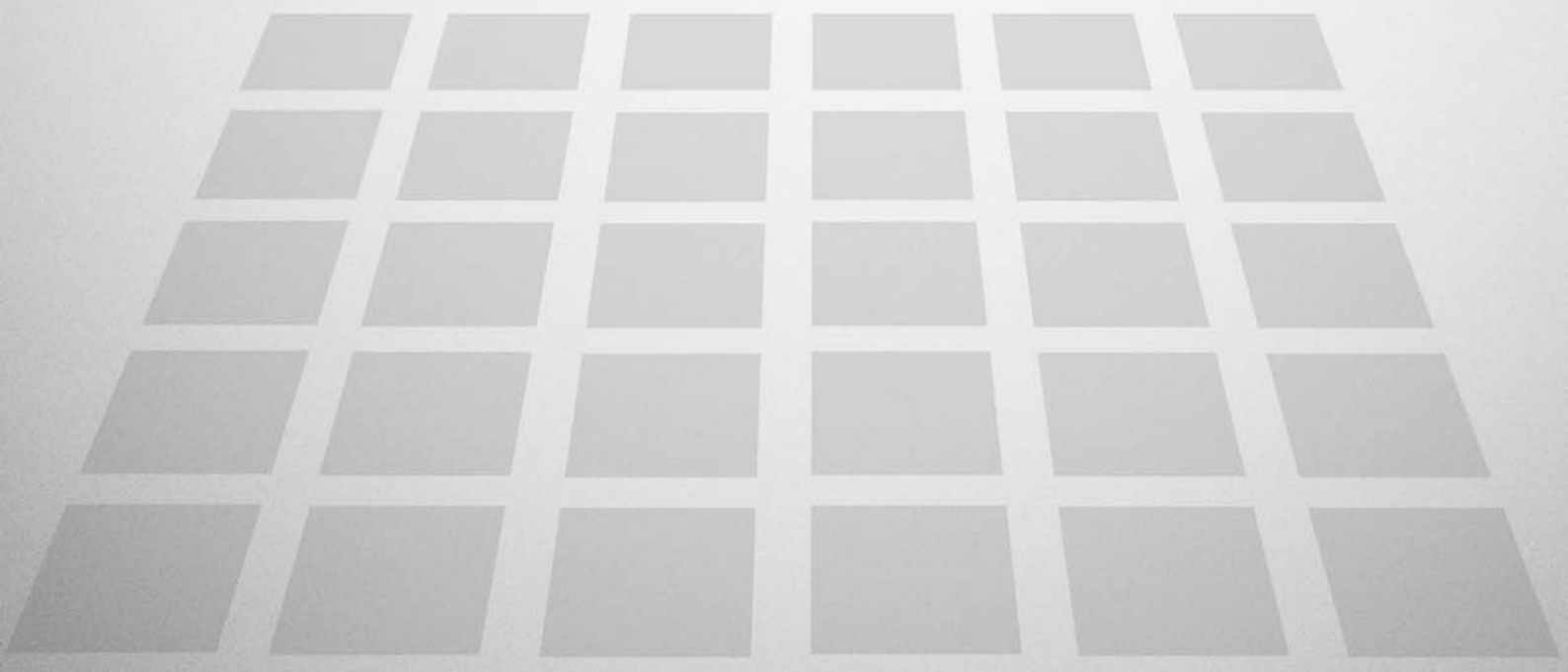


# EXERCISE CARDS

[© darebee.com](https://darebee.com)



© darebee.com

DARE



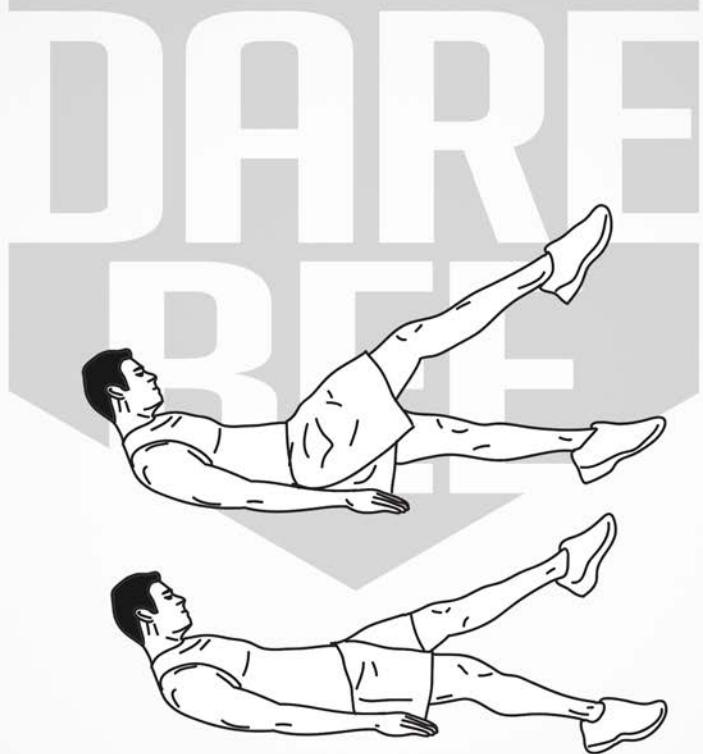
**cross crunches**

© darebee.com



**crunches**

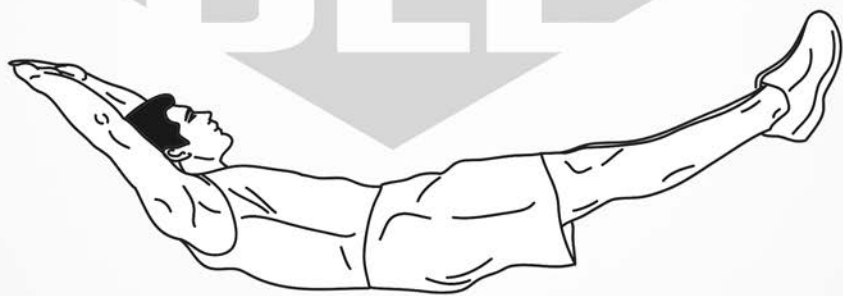
© darebee.com



**flutter kicks**

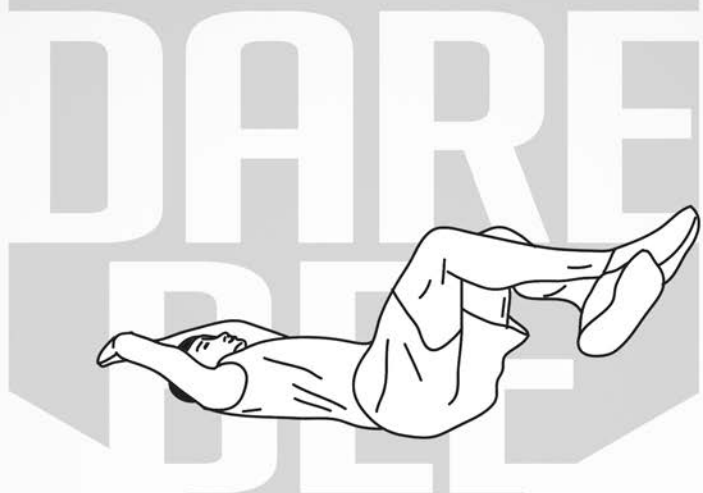
© darebee.com

DARE  
BEE



**hollow hold**

© darebee.com



**knee crunches**

© darebee.com



**knee-to-elbow crunches**

© darebee.com

DARE  
BEE



**leg raises**



© darebee.com

DARE  
BEE



**raised leg hold**

© darebee.com

DARE  
BEE



**reverse crunches**

© darebee.com

DARE  
BEE



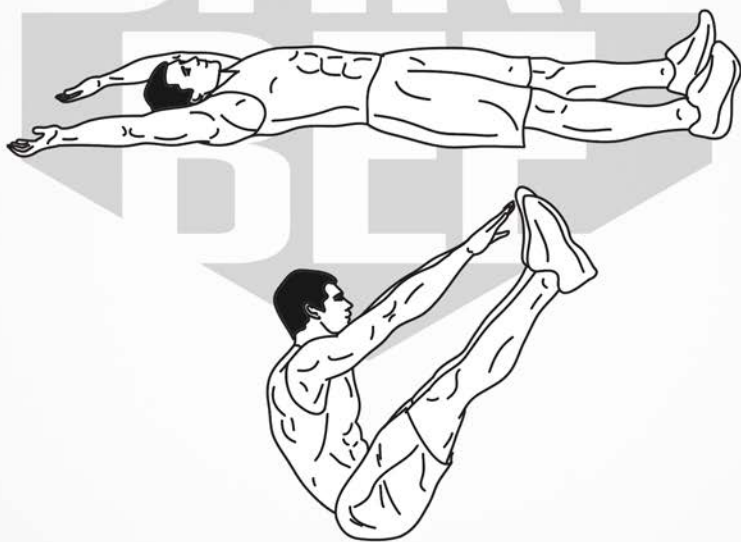
**sitting twists**

© darebee.com



**sit-ups**

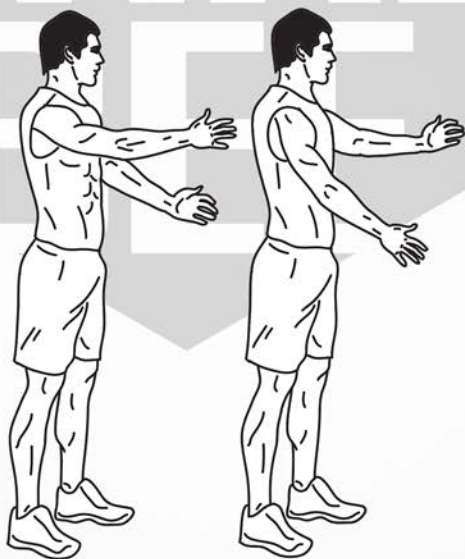
© darebee.com



**V-ups**

© darebee.com

DARE

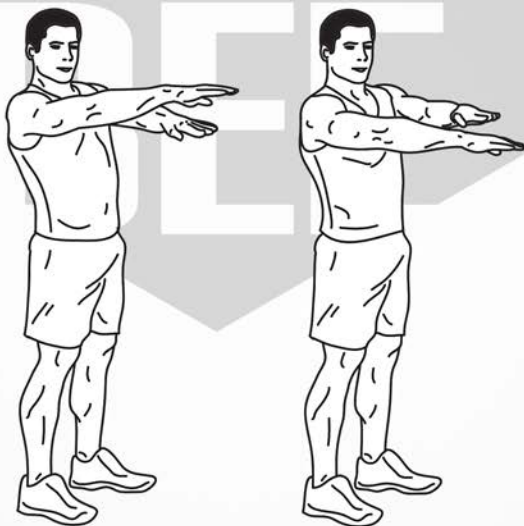


**arm chops**

© darebee.com

DARE

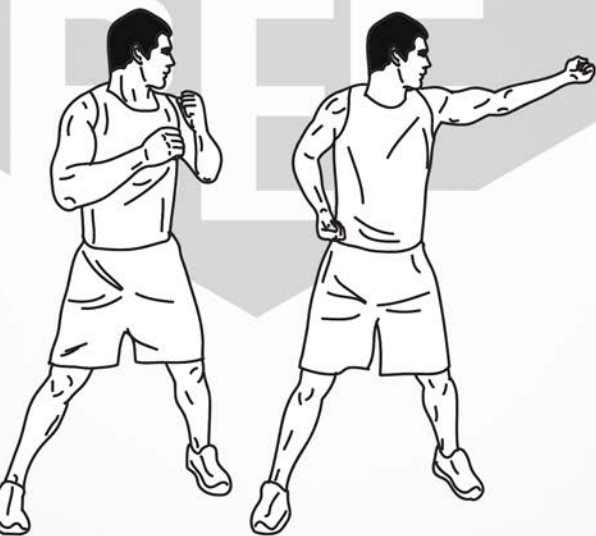
BEE



**arm chops**

© darebee.com

DARE



**backfists**



© darebee.com



**chin-ups**

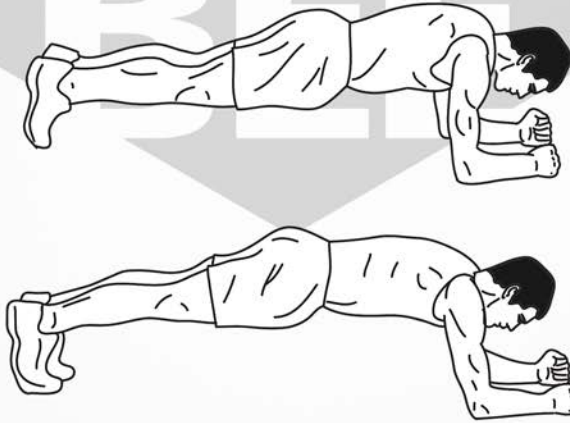
© darebee.com



**pull-ups**

© darebee.com

DARE  
BEE



**body saw**

© darebee.com



**bridges**

© darebee.com



**single leg bridges**

© darebee.com

DARE  
BEE



**burpees**

© darebee.com

DARE  
BEE



**basic burpees**

© darebee.com

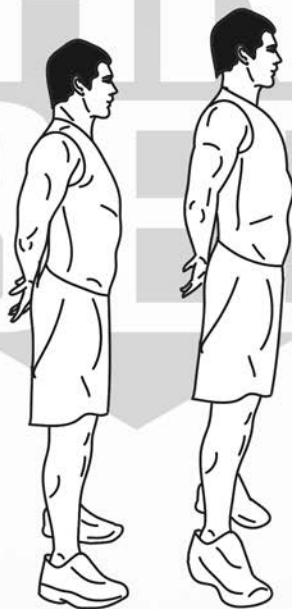


**butt kicks**



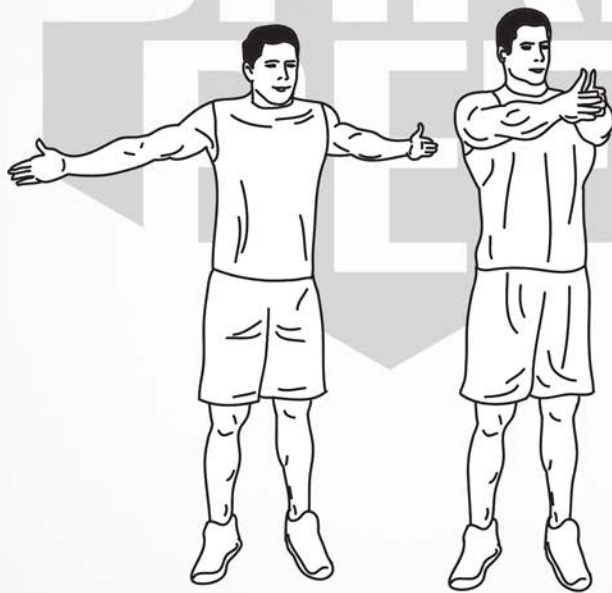
© darebee.com

DARE  
BEE



**calf raises**

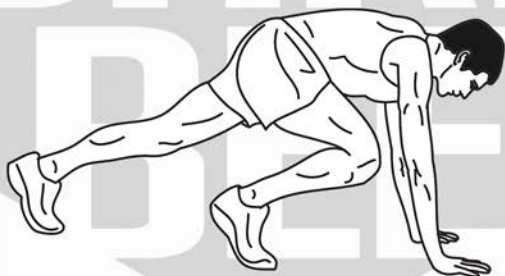
© darebee.com



**chest expansions**

© darebee.com

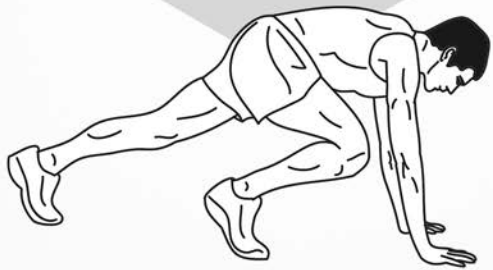
DARE



**climbers**

© darebee.com

DARE  
BEE



**slow climbers**

© darebee.com

DARE  
BEE



**climber taps**

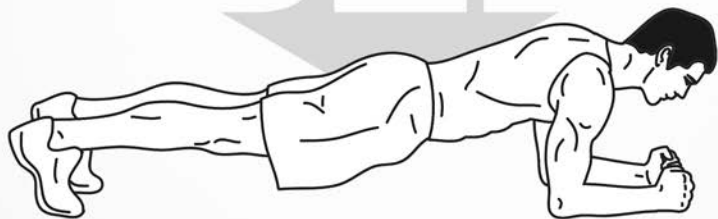
© darebee.com



**donkey kicks**

© darebee.com

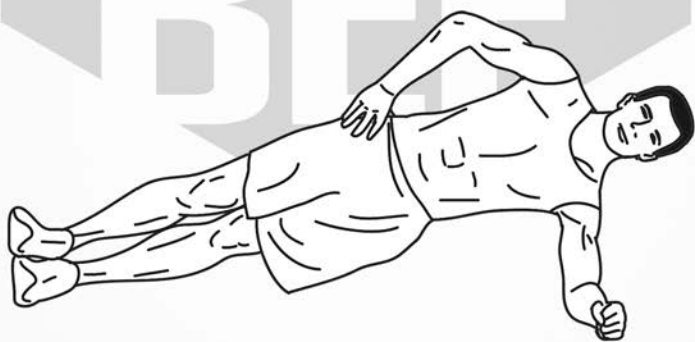
DARE  
BEE



**elbow plank**

© darebee.com

DARE  
BEE

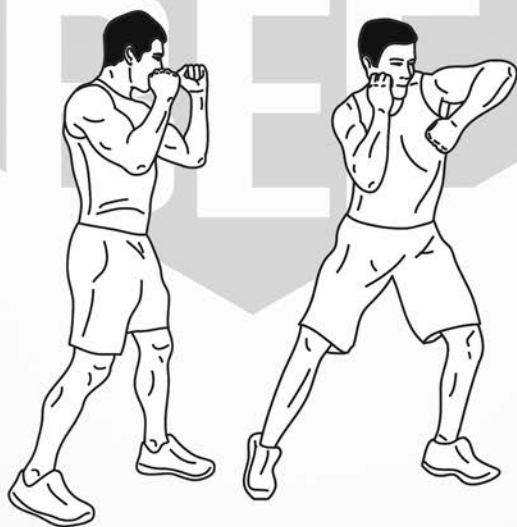


**side elbow plank**



© darebee.com

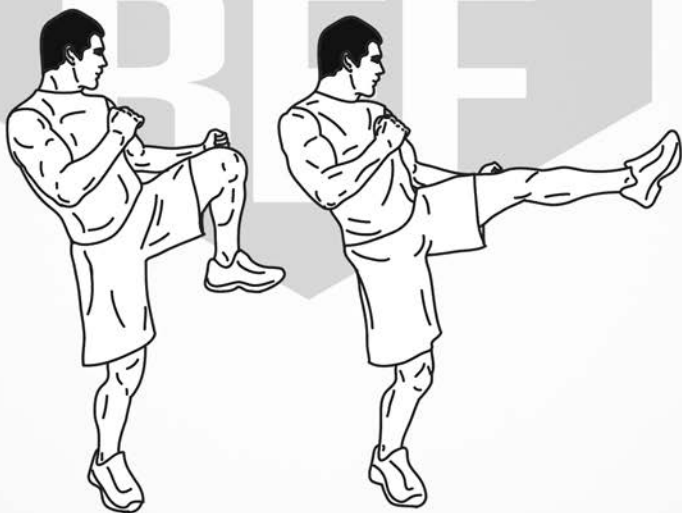
DARE



**elbow strikes**

© darebee.com

DARE  
BEE



**front kicks**

© darebee.com

DARE  
BEE



**get-ups**

© darebee.com



**half jacks**

© darebee.com

DARE

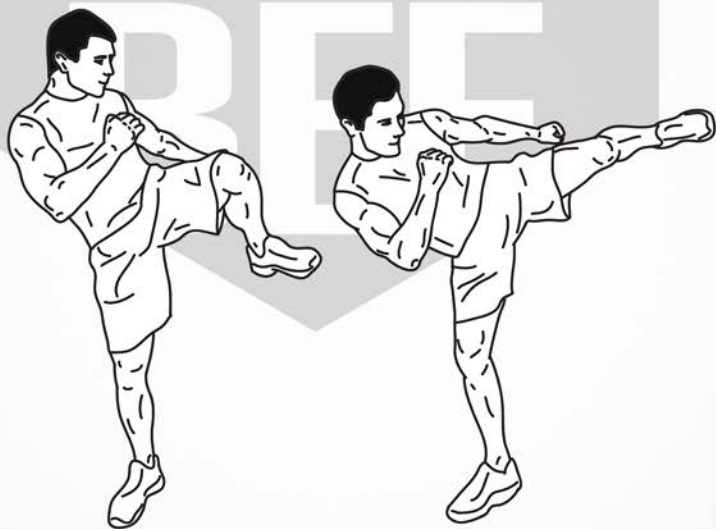


**high knees**

© darebee.com

DARE

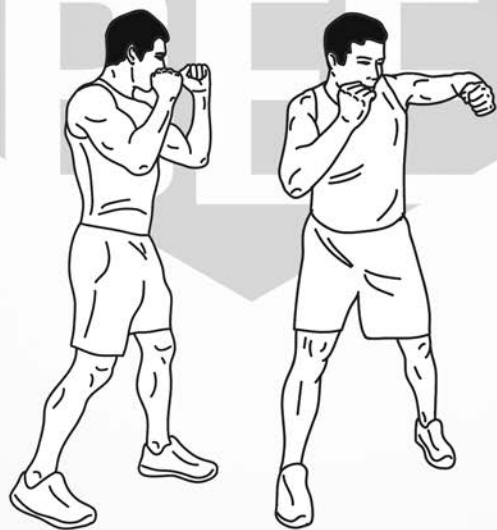
BEE



**hook kicks**

© darebee.com

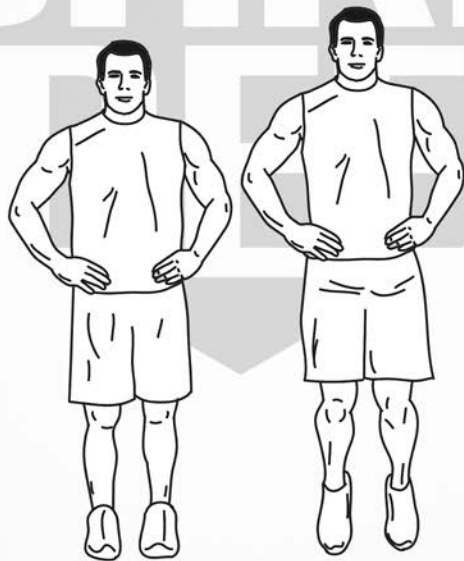
DARE



**hooks**

© darebee.com

DARE



**hops on the spot**

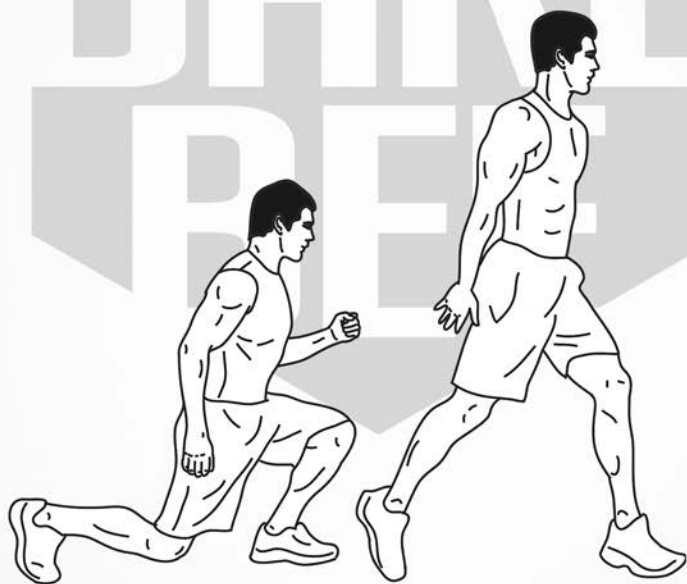


© darebee.com



**jumping jacks**

© darebee.com



**jumping lunges**

© darebee.com

DARE  
BEE



**jumping Ts**

© darebee.com

DARE



**knee strikes**

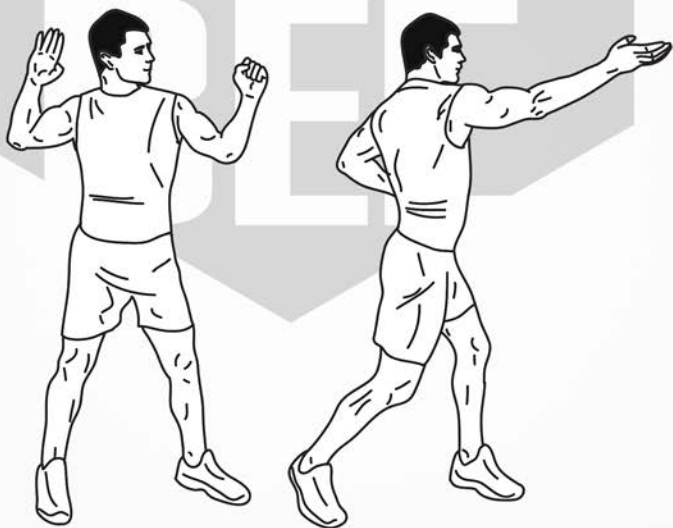
© darebee.com



**knee-to-elbows**

© darebee.com

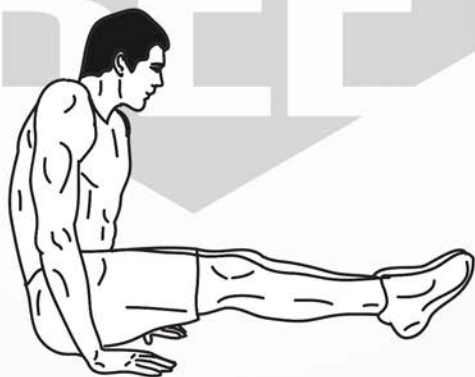
DARE  
BEE



**knife hand strikes**

© darebee.com

DARE  
BEE



**L-sit**

© darebee.com

DARE  
BEE



**lunges**



© darebee.com

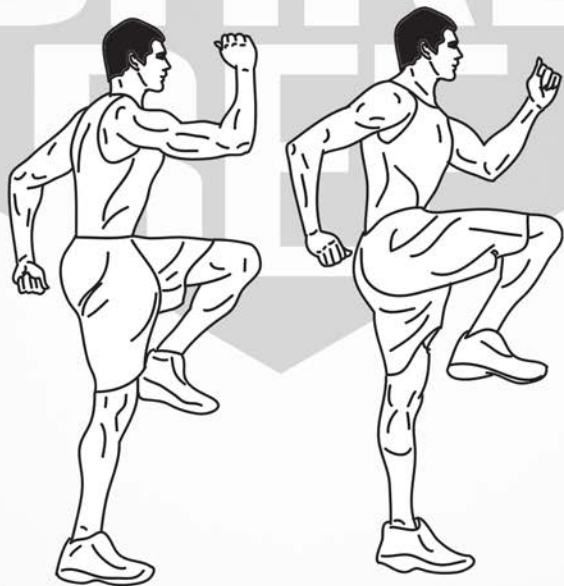
DARE  
BEE



**lunge step-ups**

© darebee.com

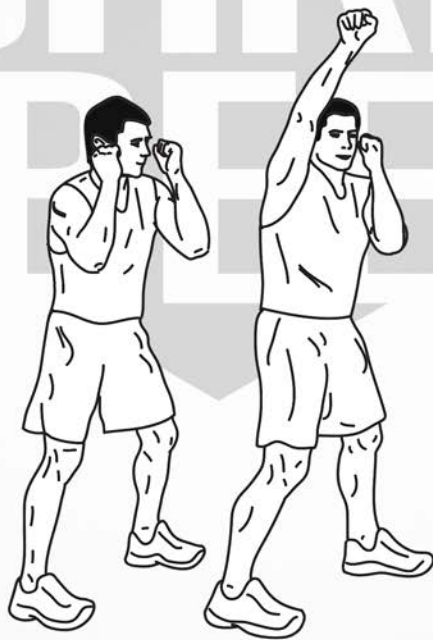
DARE



**march steps**

© darebee.com

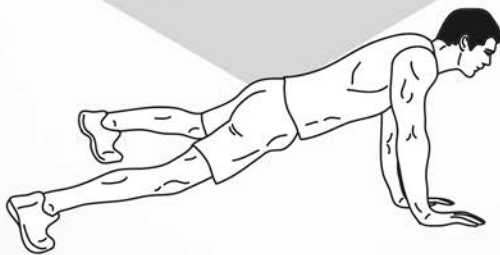
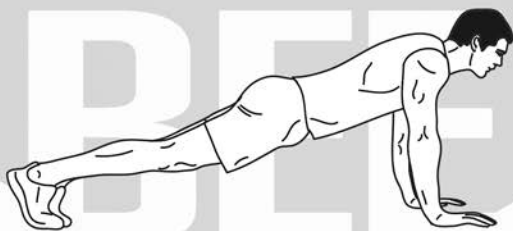
DARE  
BEE



**overhead punches**

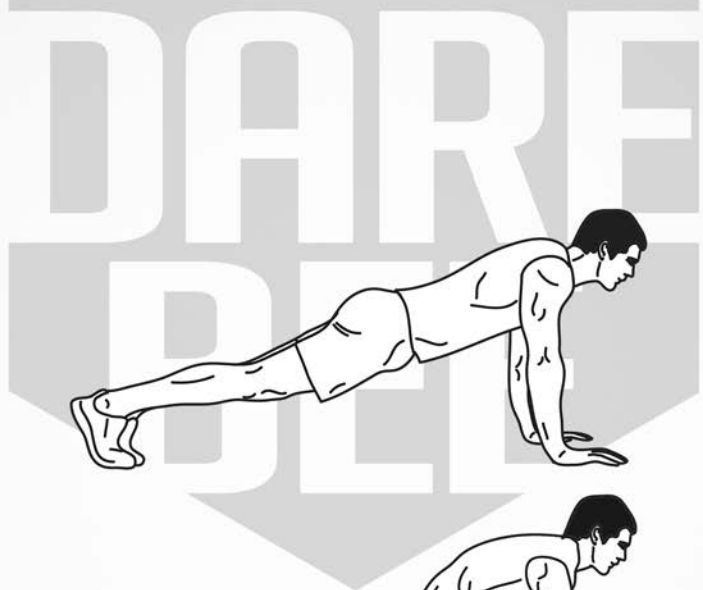
© darebee.com

DARE  
BEE



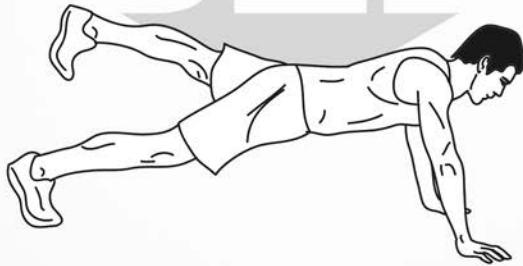
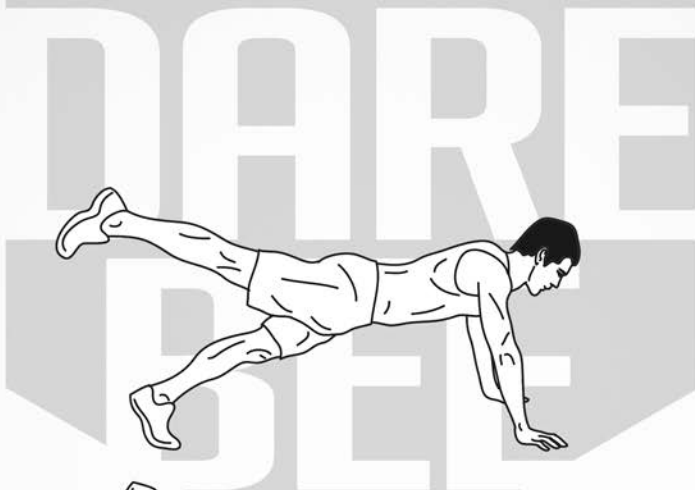
**plank jacks**

© darebee.com



**plank jump-ins**

© darebee.com



**plank leg raises**

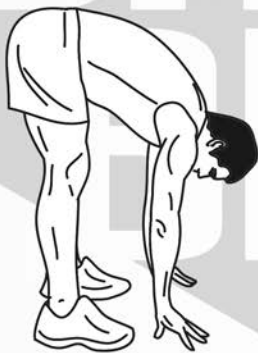
© darebee.com



**plank rotations**

© darebee.com

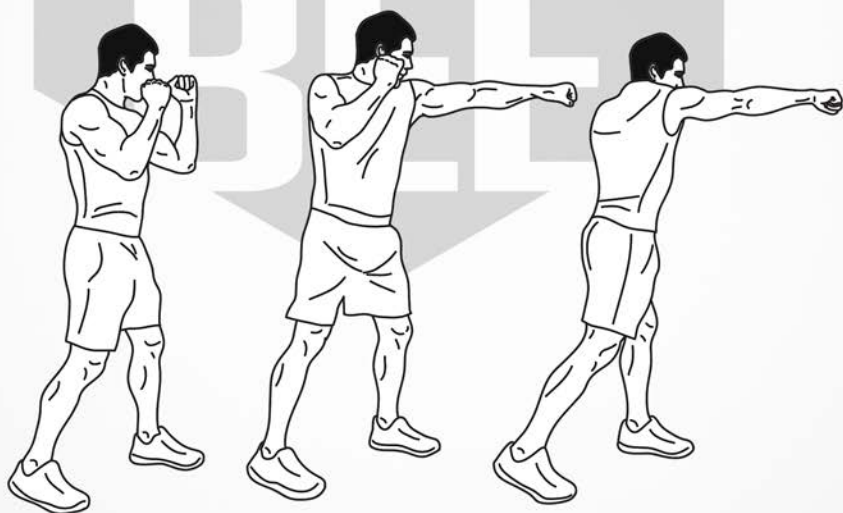
DARE  
BEE



**plank walk-outs**



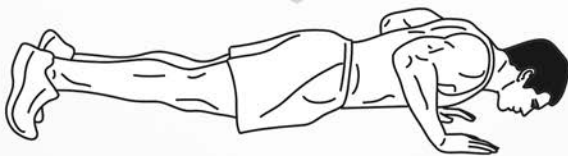
© darebee.com



**punches**  
jab + cross

© darebee.com

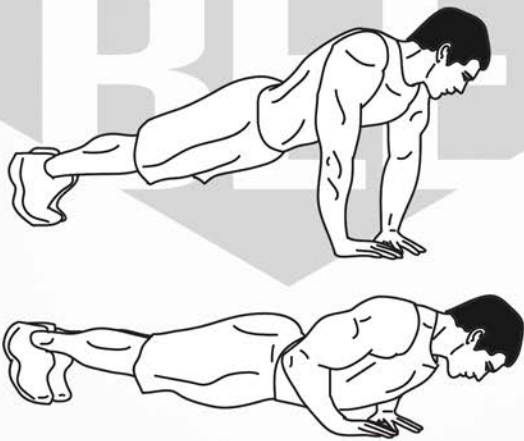
DARE



**push-ups**

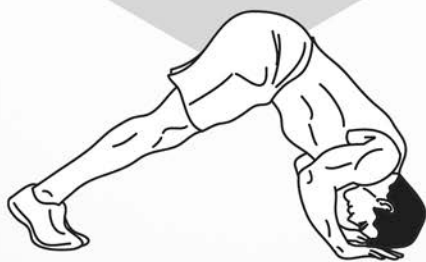
© darebee.com

DARE  
BEE



**close grip push-ups**

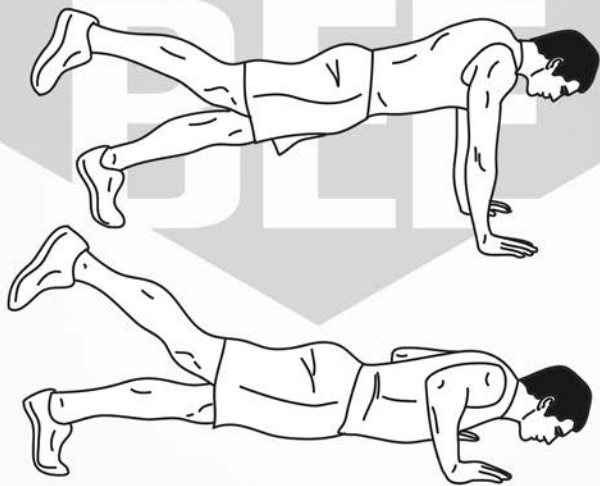
© darebee.com



**pike push-ups**

© darebee.com

DARE



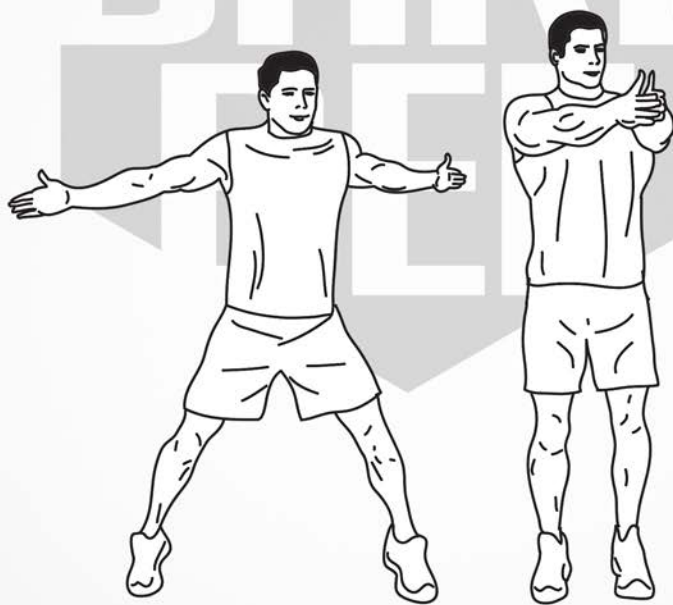
**raised leg push-ups**

© darebee.com



**raised arm circles**

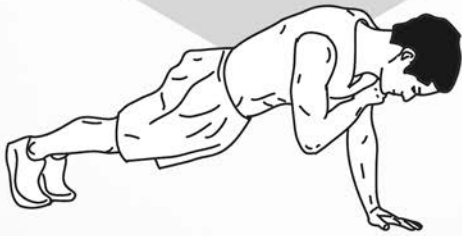
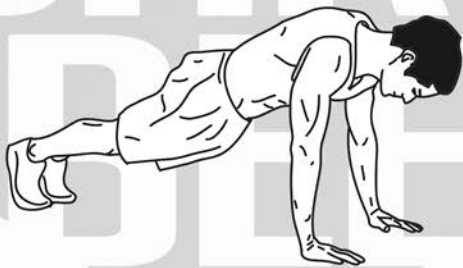
© darebee.com



**seal jacks**

© darebee.com

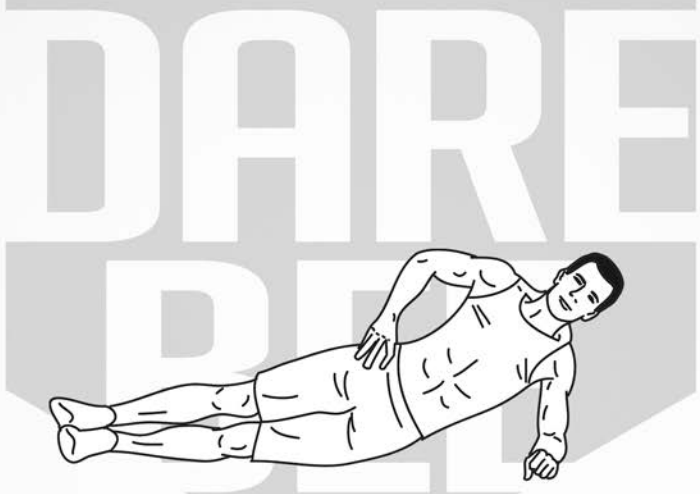
DARE  
BEE



**shoulder taps**



© darebee.com



**side bridges**

© darebee.com

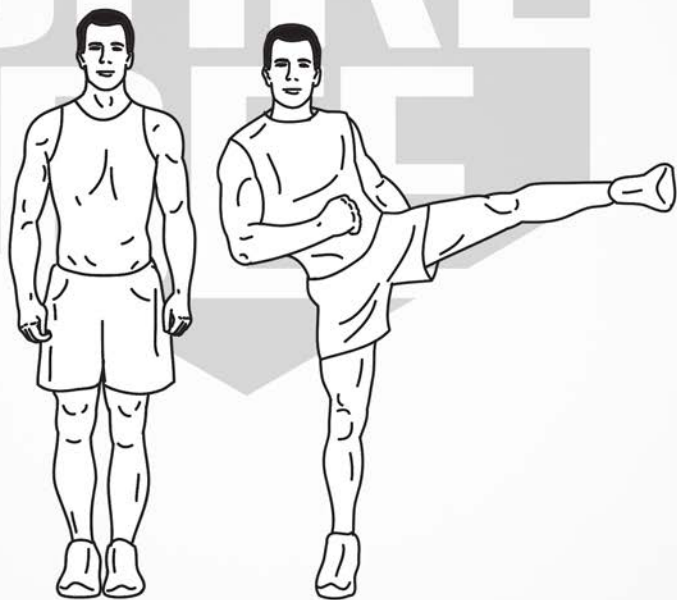
DARE  
BEE



**side kicks**

© darebee.com

DARE  
BEE



**side leg raises**

© darebee.com



**side-to-side lunges**

© darebee.com



**split jacks**

© darebee.com

DARE  
BEE



**squat hold punches**

© darebee.com

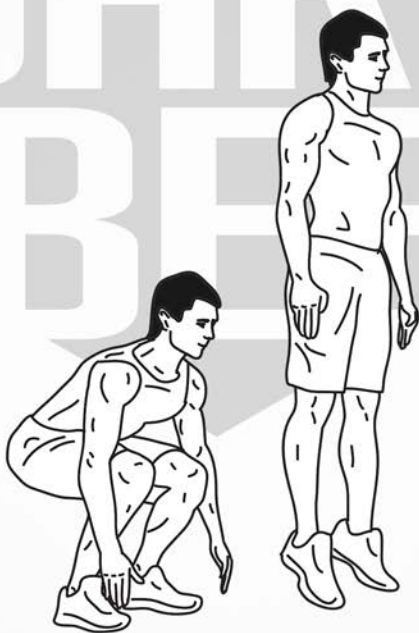
DARE  
BEE



**squats**

© darebee.com

DARE  
BEE

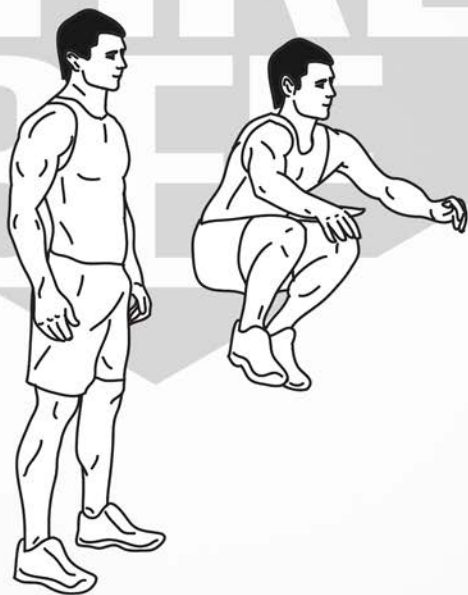


**jump squats**



© darebee.com

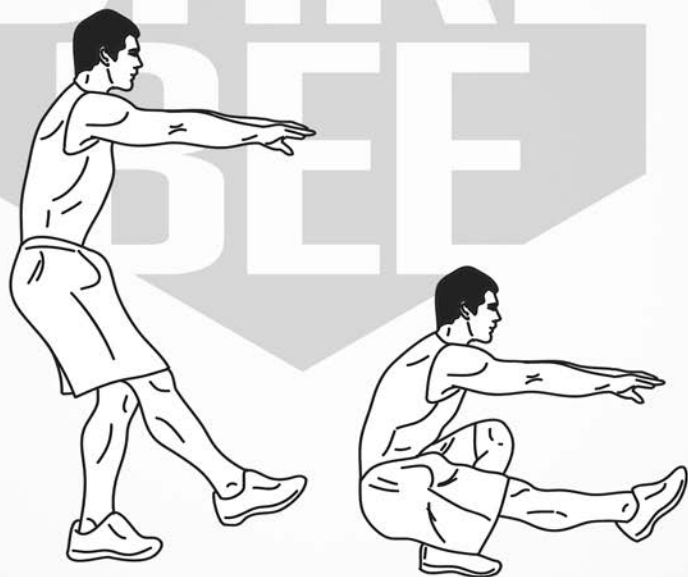
DARE  
BEE



**jump knee tucks**

© darebee.com

DARE  
BEE



**pistol squats**

© darebee.com

DARE  
BEE



**shrimp squats**

© darebee.com

DARE  
BEE



**wall-sit**

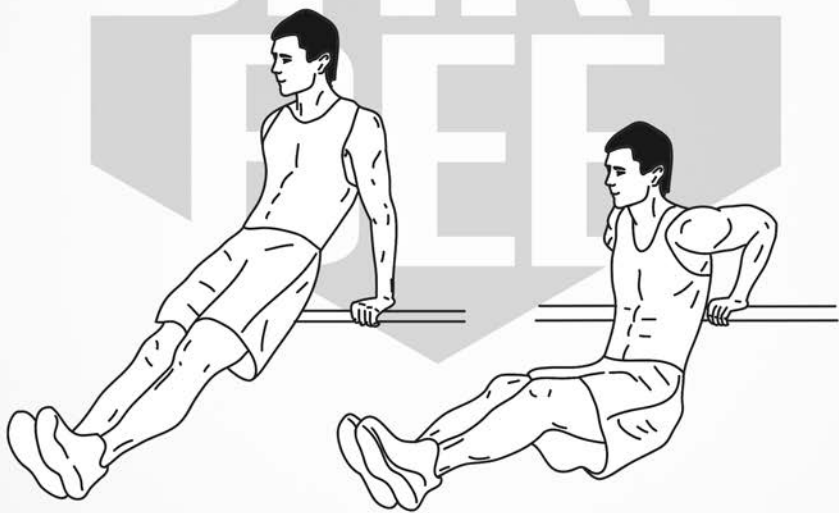
© darebee.com



**toe tap hops**

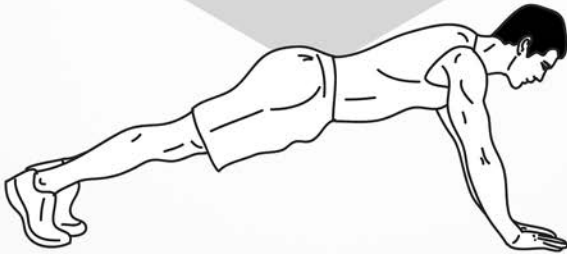
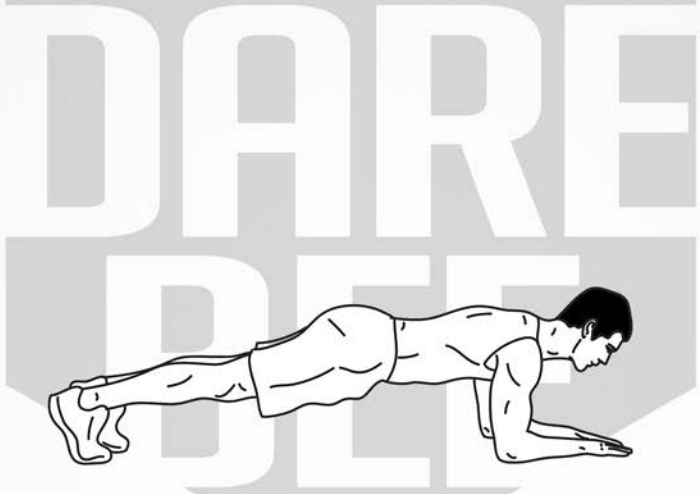
© darebee.com

DARE  
BEE



**tricep dips**

© darebee.com



**tricep extensions**

© darebee.com

DARE  
BEE



**turning kicks**



© darebee.com

DARE  
BEE



**uppercuts**

visual workouts and fitness programs at

**DAREBEE | darebee.com**

This project is supported exclusively via donations  
and every dollar makes a difference.

Whatever you feel comfortable giving  
it will be greatly appreciated and it will make a difference  
in this project's future.

**donate \$1**  
and help to keep this project up

***PayPal***



+ other options