



HIGH GEAR

HIGH GEAR

darebee.com

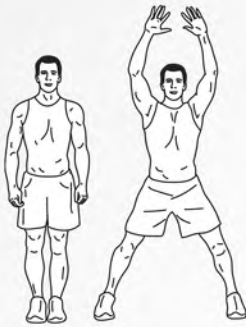
Day 1

Level I 3 sets

Level II 5 sets

Level III 7 sets

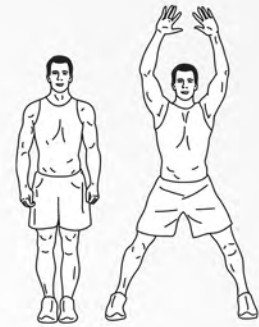
2 minutes rest between sets



20 jumping jacks



2 burpees



20 jumping jacks



20 shoulder taps



2 burpees



20 shoulder taps



2 up & down planks



2 burpees



2 up & down planks



HIGH GEAR

darebee.com

Day 2

Level I 3 sets

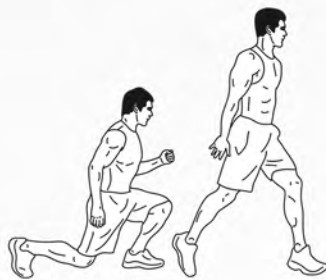
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



40 high knees



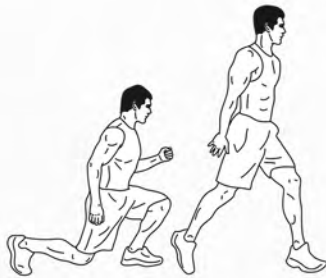
2 jumping lunges



2 side-to-side lunges



40 high knees



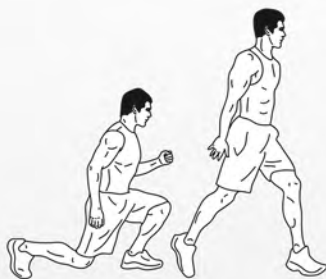
2 jumping lunges



2 calf raises



40 high knees



2 jumping lunges



20 butt kicks

HIGH GEAR

darebee.com

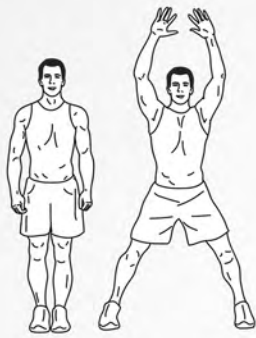
Day 3

Level I 3 sets

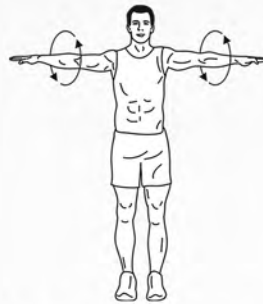
Level II 5 sets

Level III 7 sets

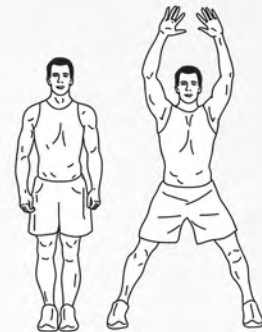
2 minutes rest between sets



20 jumping jacks



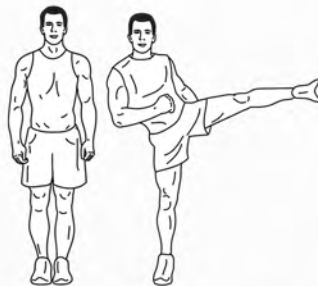
20 arm circles



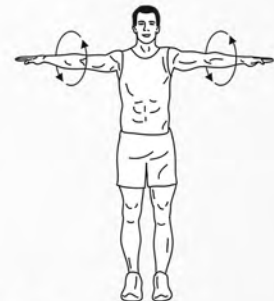
20 jumping jacks



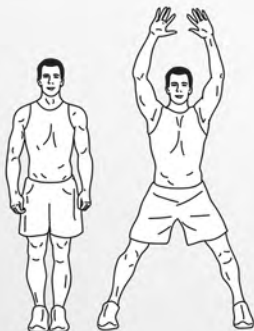
20 arm circles



20 side leg raises



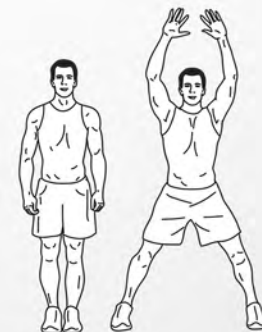
20 arm circles



20 jumping jacks



20 arm circles



20 jumping jacks

HIGH GEAR

darebee.com

Day 4

Level I 3 sets

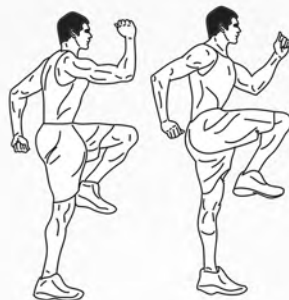
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



20 high knees



20 march steps



20 high knees



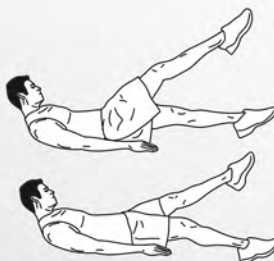
10-count plank hold



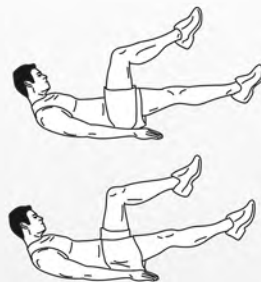
10 plank rotations



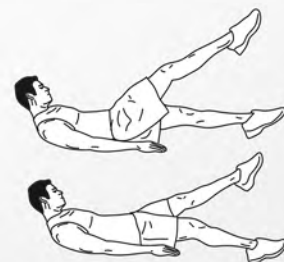
10-count plank hold



20 flutter kicks



20 cycling crunches



20 flutter kicks

HIGH GEAR

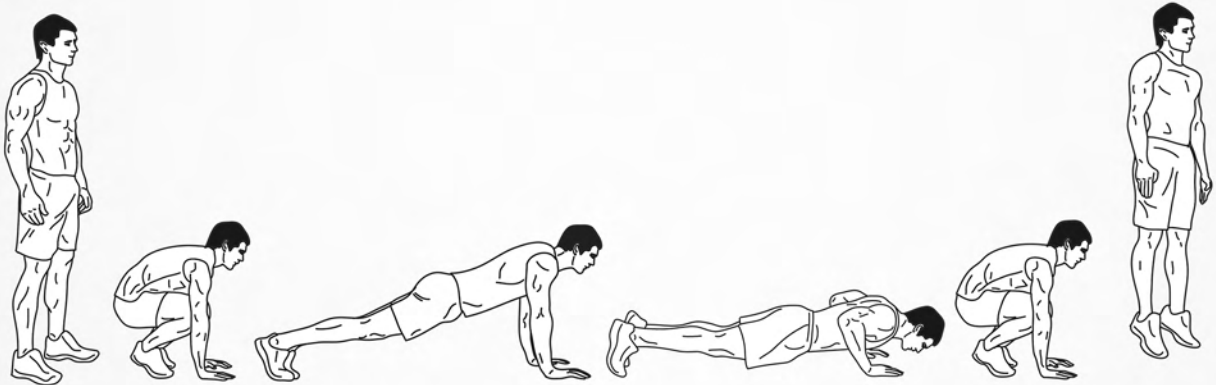
darebee.com

Day 5

Split into manageable sets throughout the day.



Complete in one workout to earn a gear.



30
burpees

HIGH GEAR

darebee.com

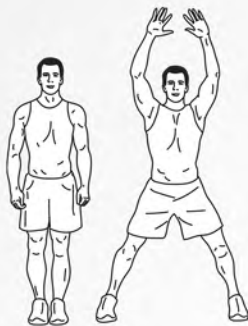
Day 6

Level I 3 sets

Level II 5 sets

Level III 7 sets

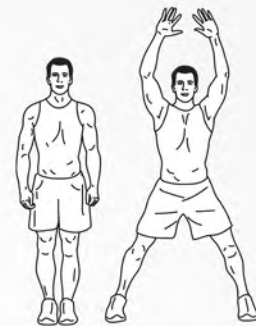
2 minutes rest between sets



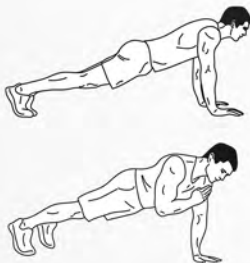
20 jumping jacks



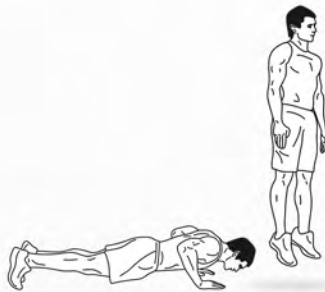
4 hop heel clicks



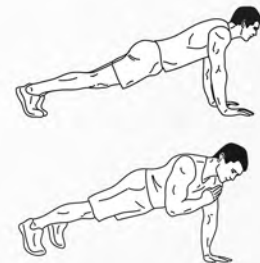
20 jumping jacks



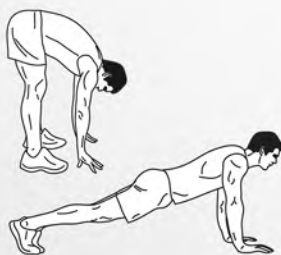
20 shoulder taps



4 burpees



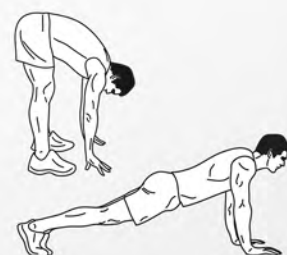
20 shoulder taps



2 plank walk-outs



4 plank rotations



2 plank walk-outs

HIGH GEAR

darebee.com

Day 7

Level I 3 sets

Level II 5 sets

Level III 7 sets

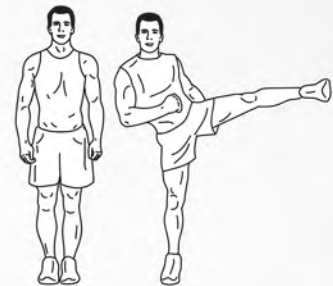
2 minutes rest between sets



40 high knees



2 squats



20 side leg raises



40 high knees



2 squats



10 calf raises



40 high knees



2 squats



20 knee-to-elbows

HIGH GEAR

darebee.com

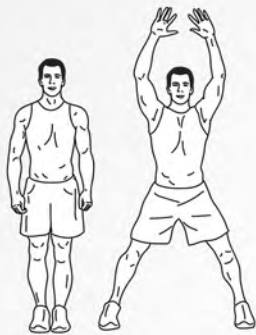
Day 8

Level I 3 sets

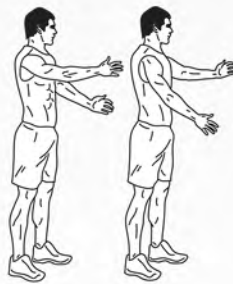
Level II 5 sets

Level III 7 sets

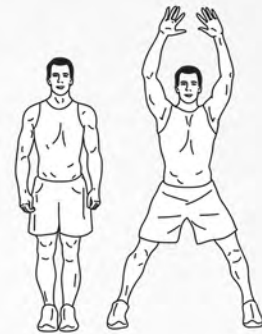
2 minutes rest between sets



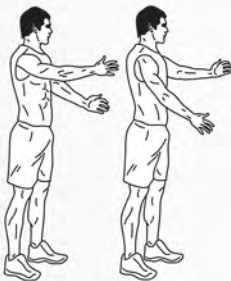
20 jumping jacks



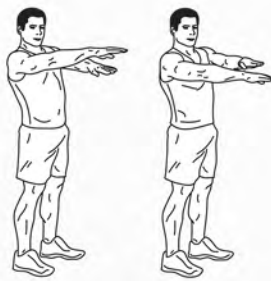
20 scissor chops



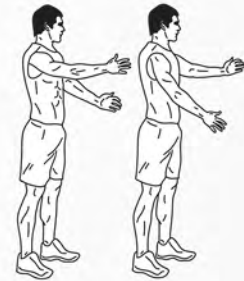
20 jumping jacks



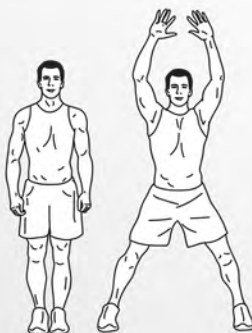
20 scissor chops



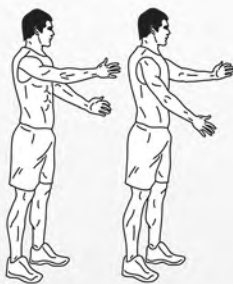
20 arm scissors



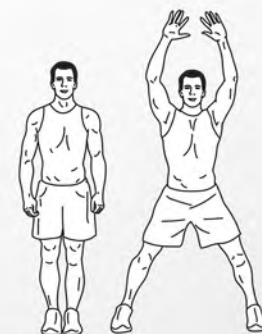
20 scissor chops



20 jumping jacks



20 scissor chops



20 jumping jacks

HIGH GEAR

darebee.com

Day 9

Level I 3 sets

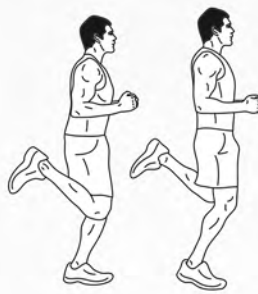
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



20 high knees



20 butt kicks



20 high knees



10-count plank hold



20 shoulder taps



10-count plank hold



10 sit-ups



10 sitting twists



10 sit-ups

HIGH GEAR

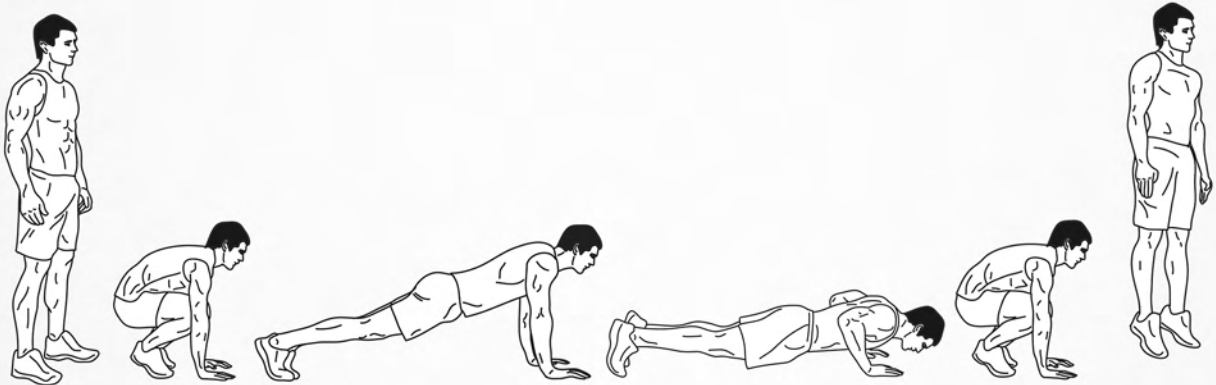
darebee.com

Day 10

Split into manageable sets throughout the day.



Complete in one workout to earn a gear.



40
burpees

HIGH GEAR

darebee.com

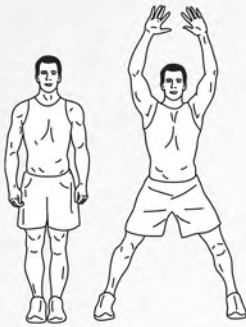
Day 11

Level I 3 sets

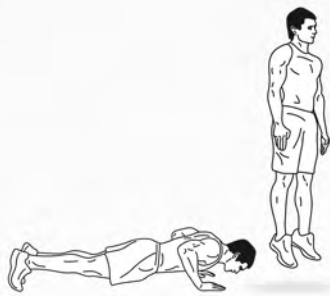
Level II 5 sets

Level III 7 sets

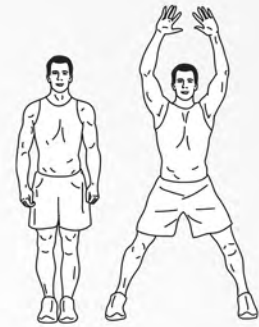
2 minutes rest between sets



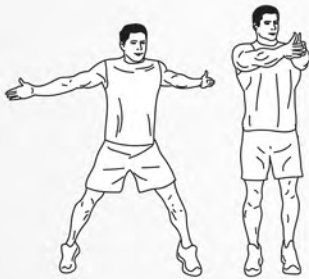
20 jumping jacks



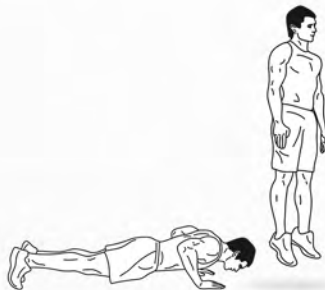
3 burpees



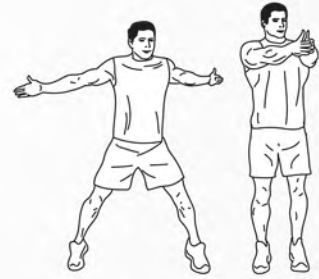
20 jumping jacks



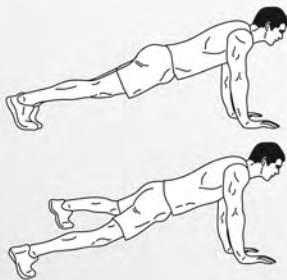
20 seal jacks



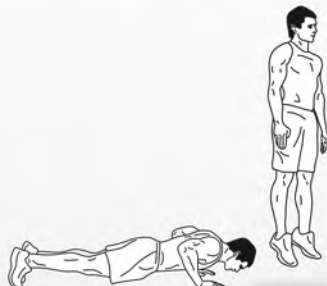
3 burpees



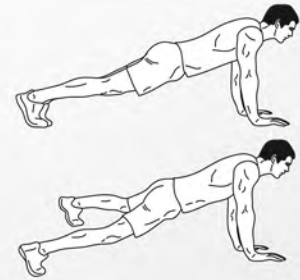
20 seal jacks



3 plank jacks



3 burpees



3 plank jacks

HIGH GEAR

darebee.com

Day 12

Level I 3 sets

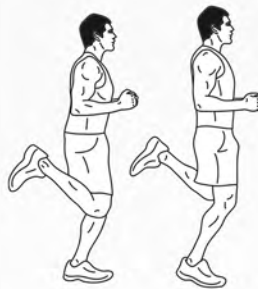
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



40 high knees



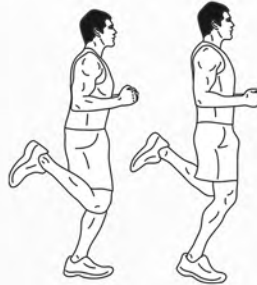
20 butt kicks



4 jump squats



40 high knees



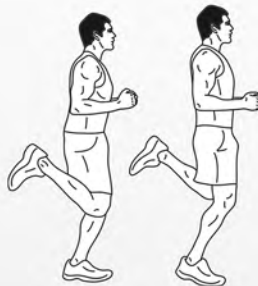
20 butt kicks



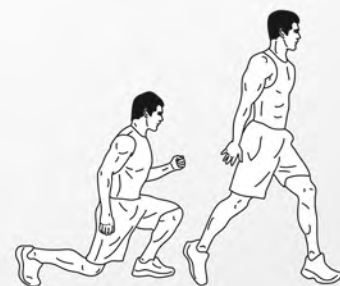
10 calf raises



40 high knees



20 butt kicks



4 jumping lunges

HIGH GEAR

darebee.com

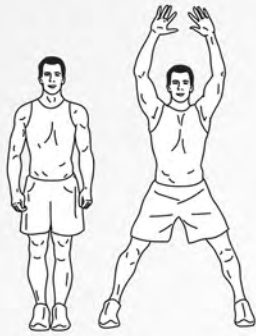
Day 13

Level I 3 sets

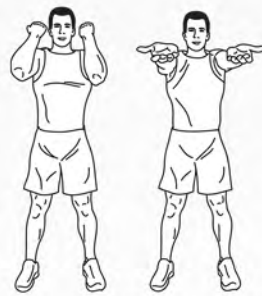
Level II 5 sets

Level III 7 sets

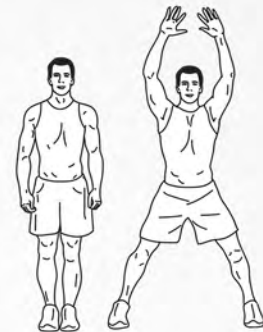
2 minutes rest between sets



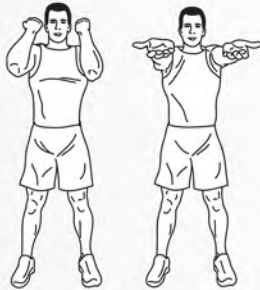
20 jumping jacks



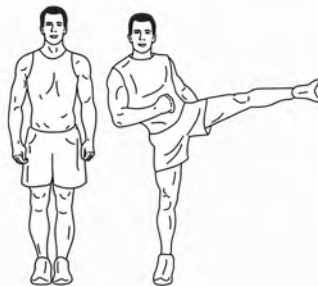
20 bicep extensions



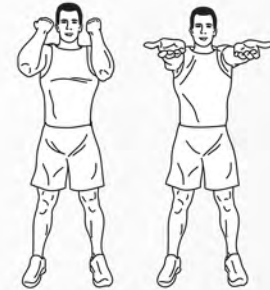
20 jumping jacks



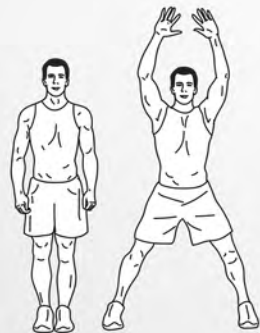
20 bicep extensions



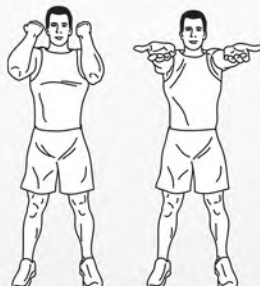
20 side leg raises



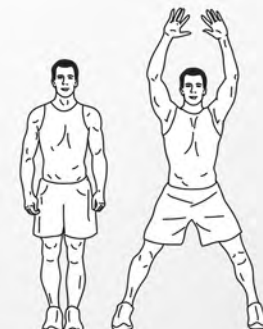
20 bicep extensions



20 jumping jacks



20 bicep extensions



20 jumping jacks

HIGH GEAR

darebee.com

Day 14

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



20 high knees



20 climbers



20 high knees



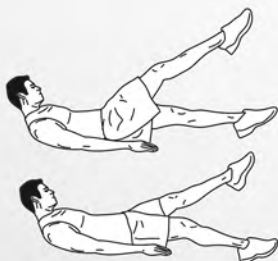
10-count plank hold



20 climbers



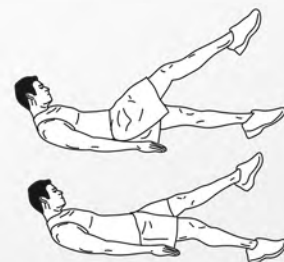
10-count plank hold



20 flutter kicks



20 climbers



20 flutter kicks

HIGH GEAR

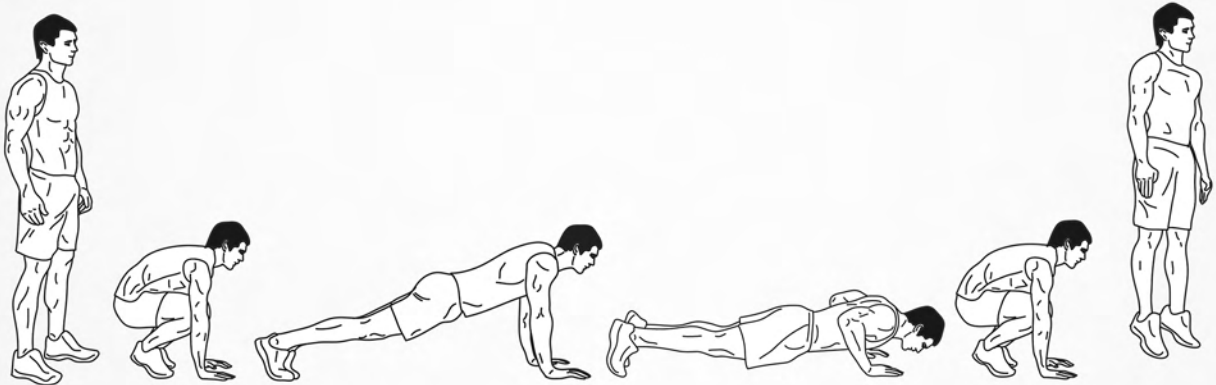
darebee.com

Day 15

Split into manageable sets throughout the day.



Complete in one workout to earn a gear.



50
burpees

HIGH GEAR

darebee.com

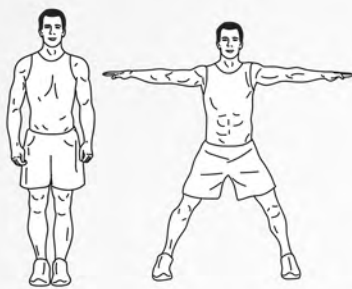
Day 16

Level I 3 sets

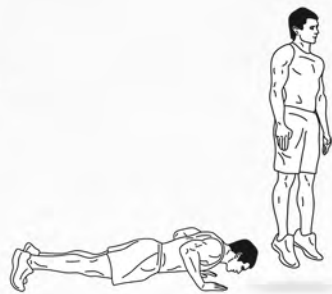
Level II 5 sets

Level III 7 sets

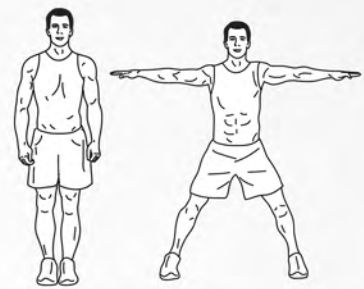
2 minutes rest between sets



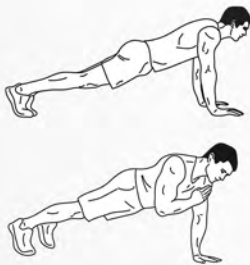
20 jumping Ts



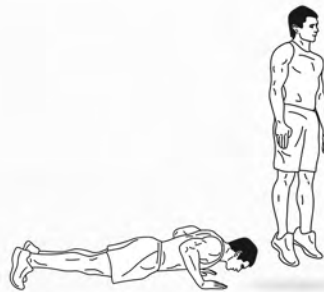
3 burpees



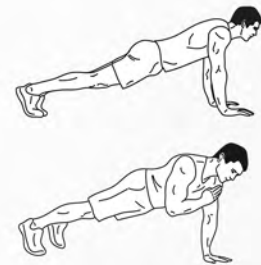
20 jumping Ts



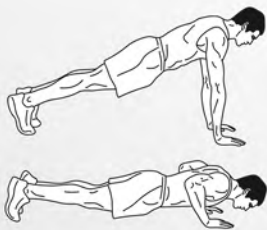
20 shoulder taps



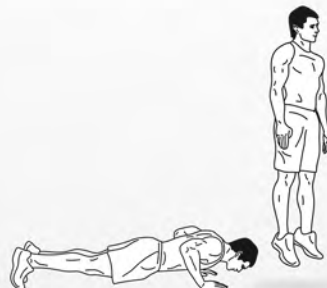
3 burpees



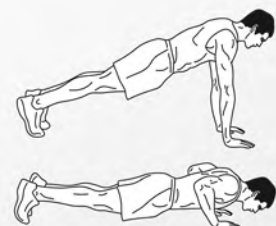
20 shoulder taps



3 push-ups



3 burpees



3 push-ups

HIGH GEAR

darebee.com

Day 17

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



40 high knees



4 side-to-side lunges



10 squat hops



40 high knees



4 side-to-side lunges



4 calf raises



40 high knees



4 side-to-side lunges



4 jump squats

HIGH GEAR

darebee.com

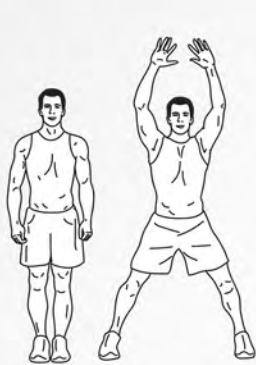
Day 18

Level I 3 sets

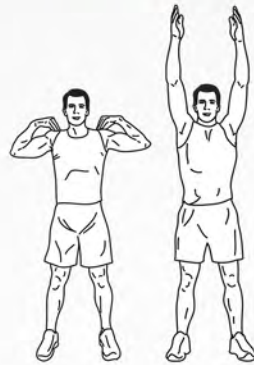
Level II 5 sets

Level III 7 sets

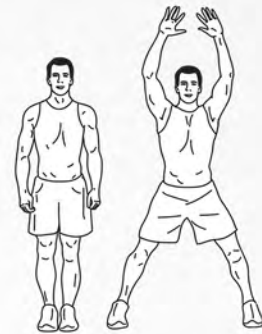
2 minutes rest between sets



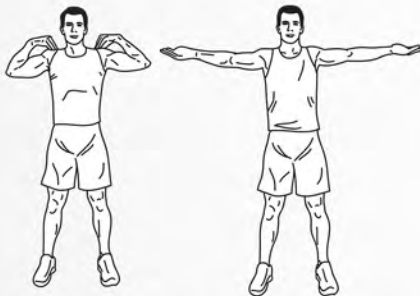
20 jumping jacks



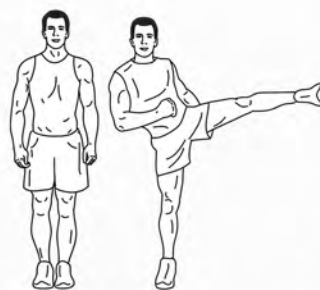
20 shoulder taps



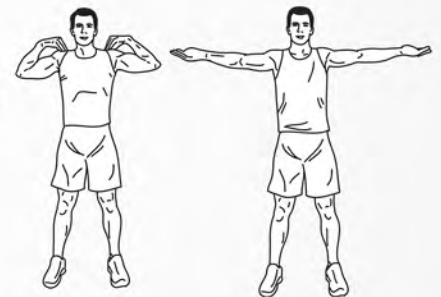
20 jumping jacks



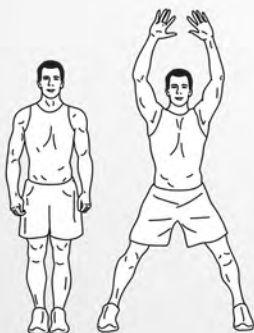
20 side shoulder taps



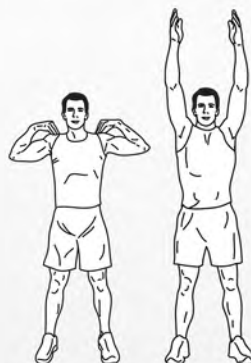
20 side leg raises



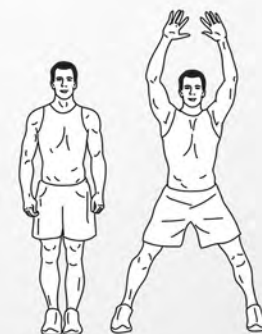
20 side shoulder taps



20 jumping jacks



20 shoulder taps



20 jumping jacks

HIGH GEAR

darebee.com

Day 19

Level I 3 sets

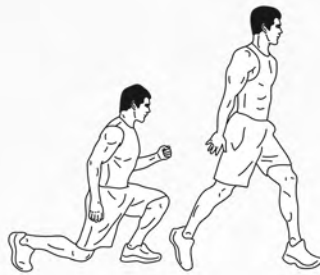
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



40 high knees



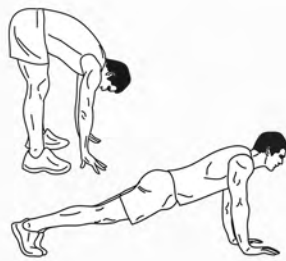
4 jumping lunges



40 high knees



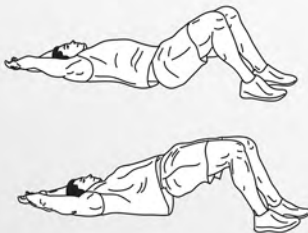
10-count plank hold



4 plank walk-outs



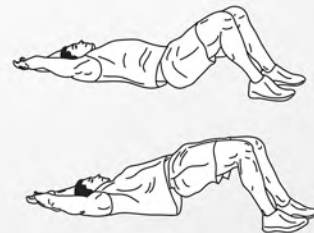
10-count plank hold



10 bridges



10 sit-ups



10 bridges

HIGH GEAR

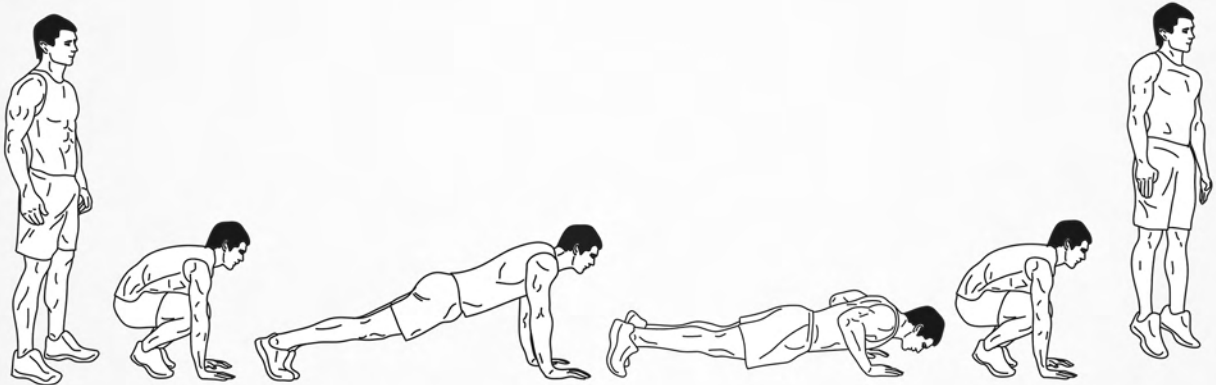
darebee.com

Day 20

Split into manageable sets throughout the day.



Complete in one workout to earn a gear.



60
burpees

HIGH GEAR

darebee.com

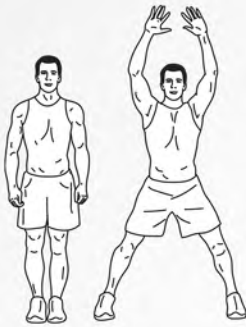
Day 21

Level I 3 sets

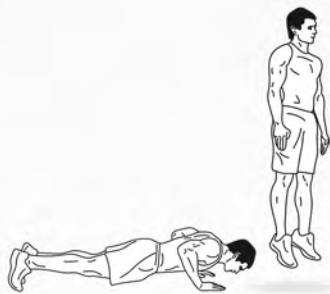
Level II 5 sets

Level III 7 sets

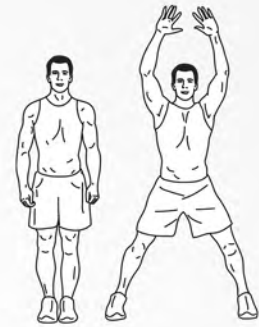
2 minutes rest between sets



20 jumping jacks



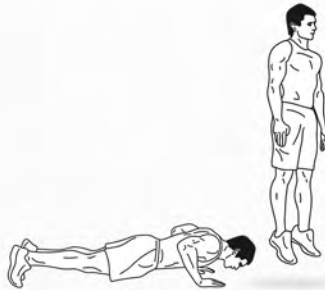
4 burpees



20 jumping jacks



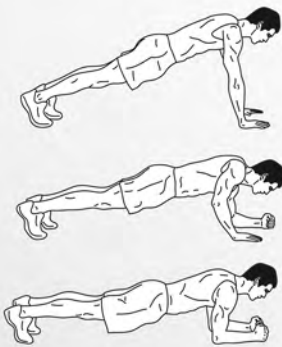
10 plank rotations



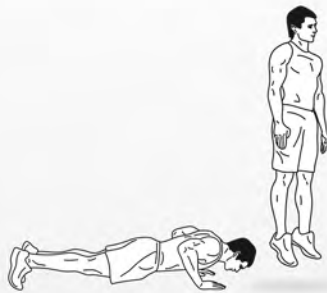
4 burpees



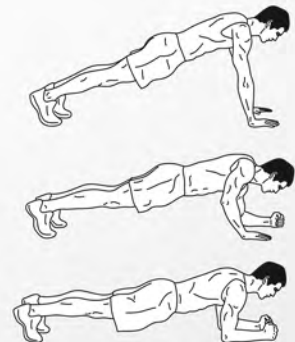
10 plank rotations



4 up & down planks



4 burpees



4 up & down planks

HIGH GEAR

darebee.com

Day 22

Level I 3 sets

Level II 5 sets

Level III 7 sets

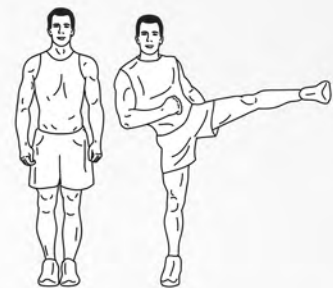
2 minutes rest between sets



40 high knees



4 jump squats



20 side leg raises



40 high knees



4 jump squats



10 calf raises



40 high knees



4 jump squats



20 knee-to-elbows

HIGH GEAR

darebee.com

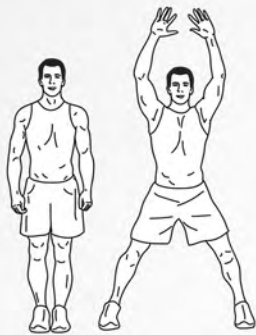
Day 23

Level I 3 sets

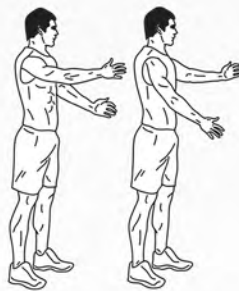
Level II 5 sets

Level III 7 sets

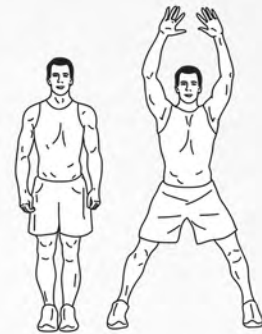
2 minutes rest between sets



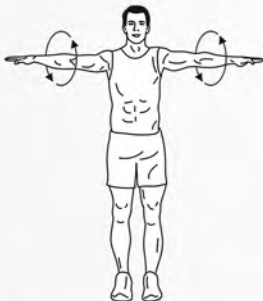
20 jumping jacks



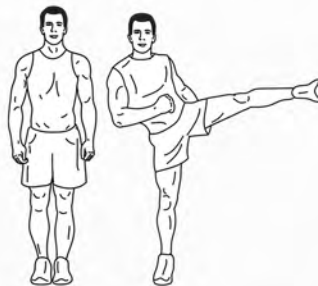
20 scissor chops



20 jumping jacks



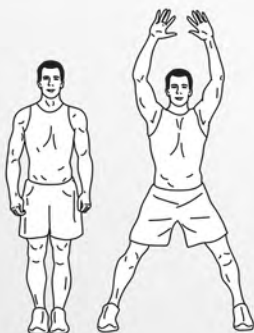
20 arm circles



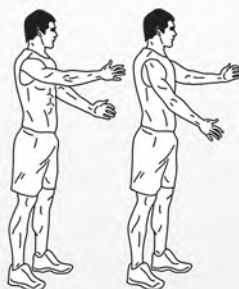
20 side leg raises



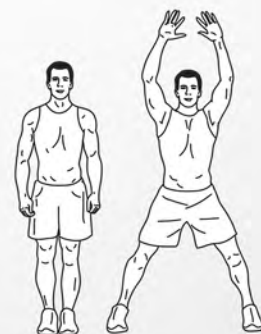
20 arm circles



20 jumping jacks



20 scissor chops



20 jumping jacks

HIGH GEAR

darebee.com

Day 24

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



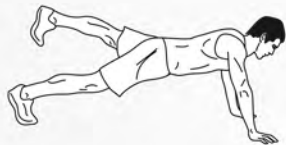
20 high knees



20 march steps



20 high knees



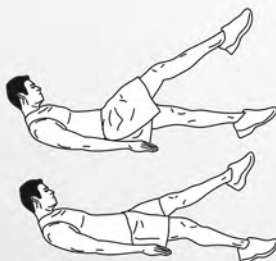
10-count plank hold
single leg



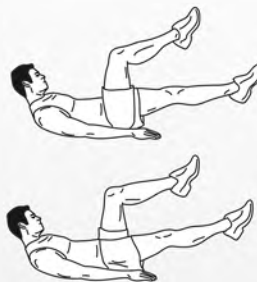
20 shoulder taps



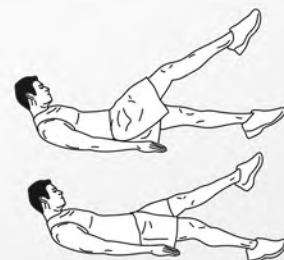
10-count plank hold
single leg



20 flutter kicks



20 cycling crunches



20 flutter kicks

HIGH GEAR

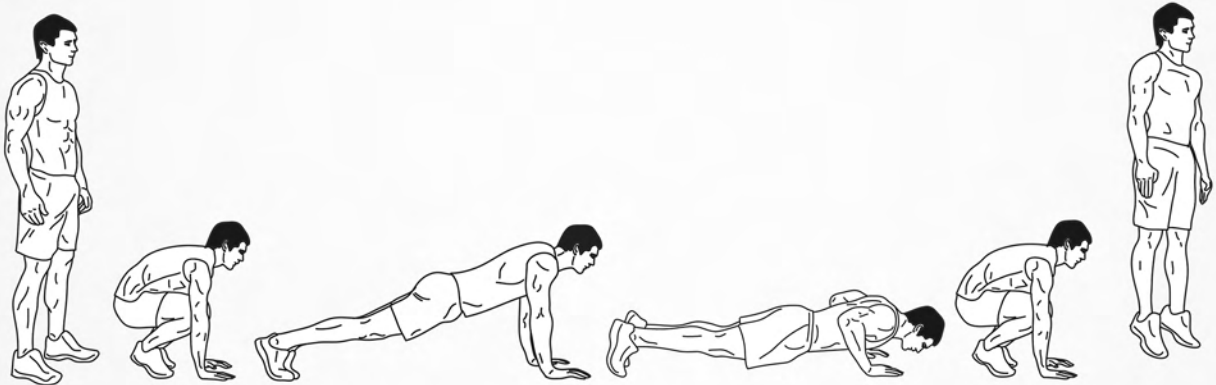
darebee.com

Day 25

Split into manageable sets throughout the day.



Complete in one workout to earn a gear.



70
burpees

HIGH GEAR

darebee.com

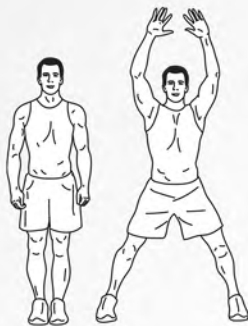
Day 26

Level I 3 sets

Level II 5 sets

Level III 7 sets

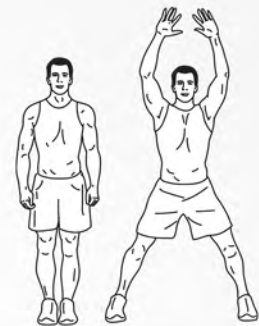
2 minutes rest between sets



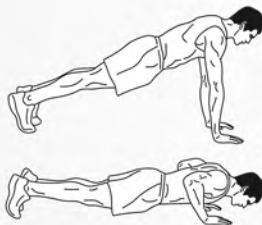
20 jumping jacks



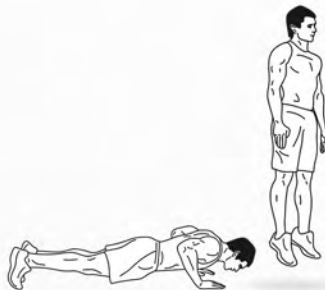
5 hop heel clicks



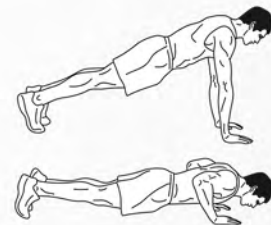
20 jumping jacks



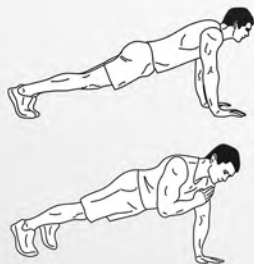
2 push-ups



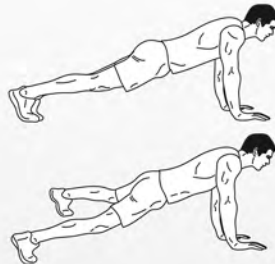
5 burpees



2 push-ups



20 shoulder taps



5 plank jacks



20 shoulder taps

HIGH GEAR

darebee.com

Day 27

Level I 3 sets

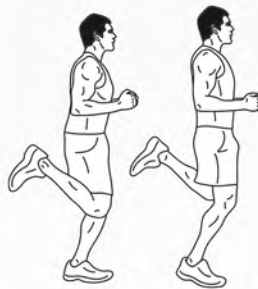
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



40 high knees



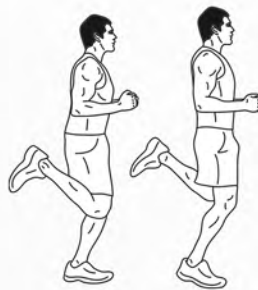
20 butt kicks



4 side-to-side lunges



40 high knees



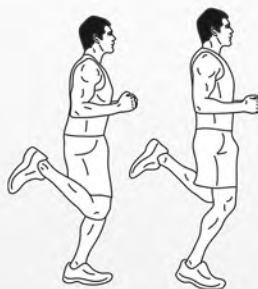
20 butt kicks



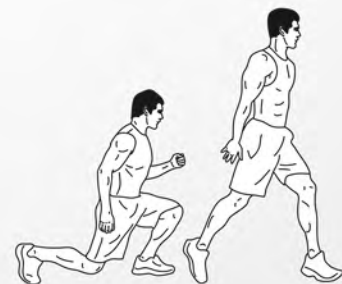
4 jump squats



40 high knees



20 butt kicks



4 jumping lunges

HIGH GEAR

darebee.com

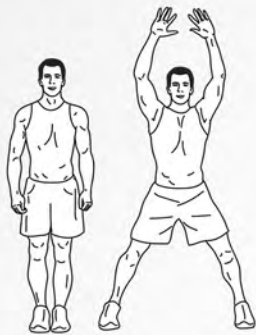
Day 28

Level I 3 sets

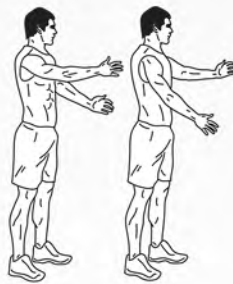
Level II 5 sets

Level III 7 sets

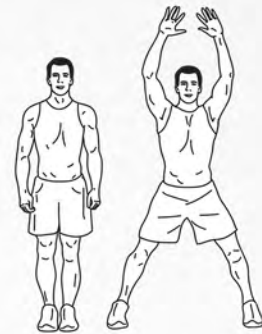
2 minutes rest between sets



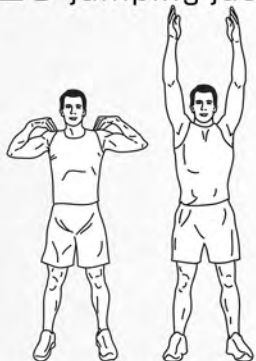
20 jumping jacks



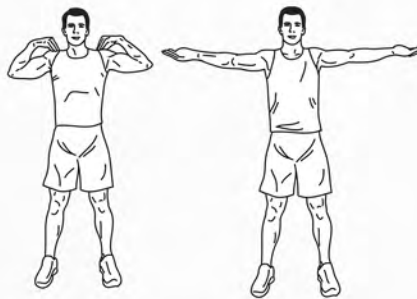
20 scissor chops



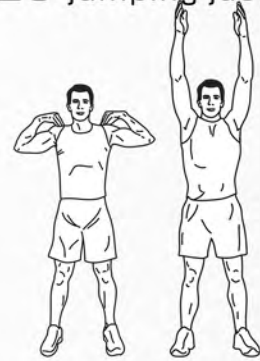
20 jumping jacks



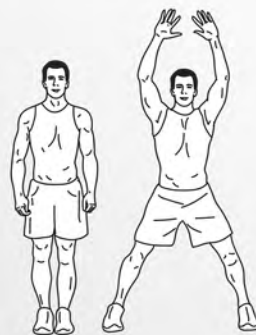
20 shoulder taps



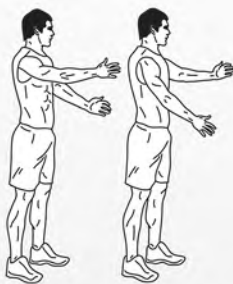
20 side shoulder taps



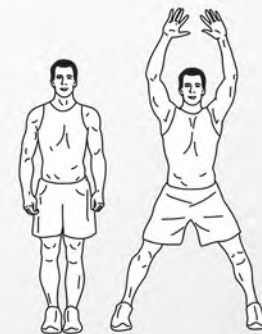
20 shoulder taps



20 jumping jacks



20 scissor chops



20 jumping jacks

HIGH GEAR

darebee.com

Day 29

Level I 3 sets

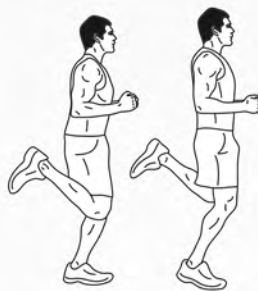
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



20 high knees



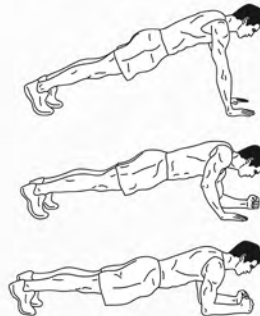
20 butt kicks



20 high knees



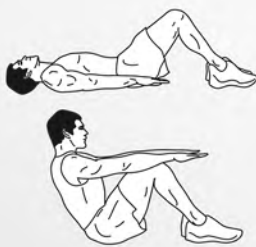
10-count plank hold
alt arm / leg



5 up & down planks



10-count plank hold
alt arm / leg



10 sit-ups



10 sitting twists



10 sit-ups

HIGH GEAR

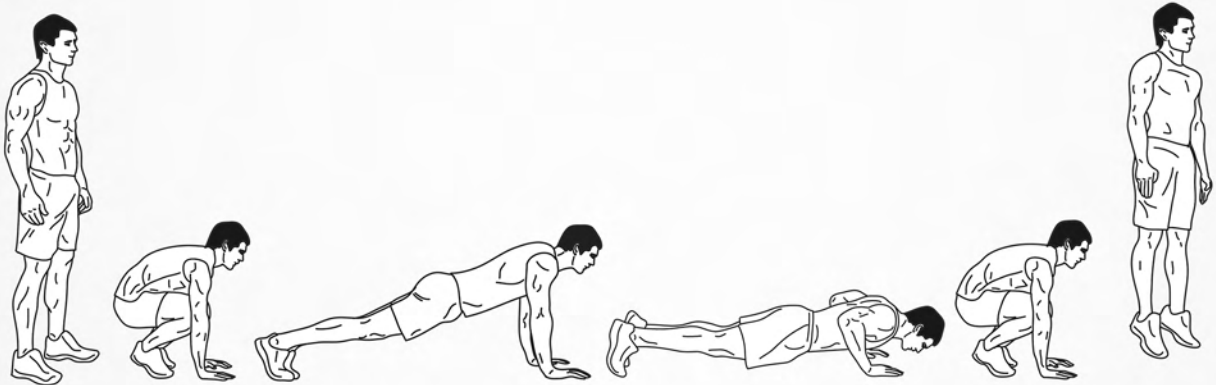
darebee.com

Day 30

Split into manageable sets throughout the day.



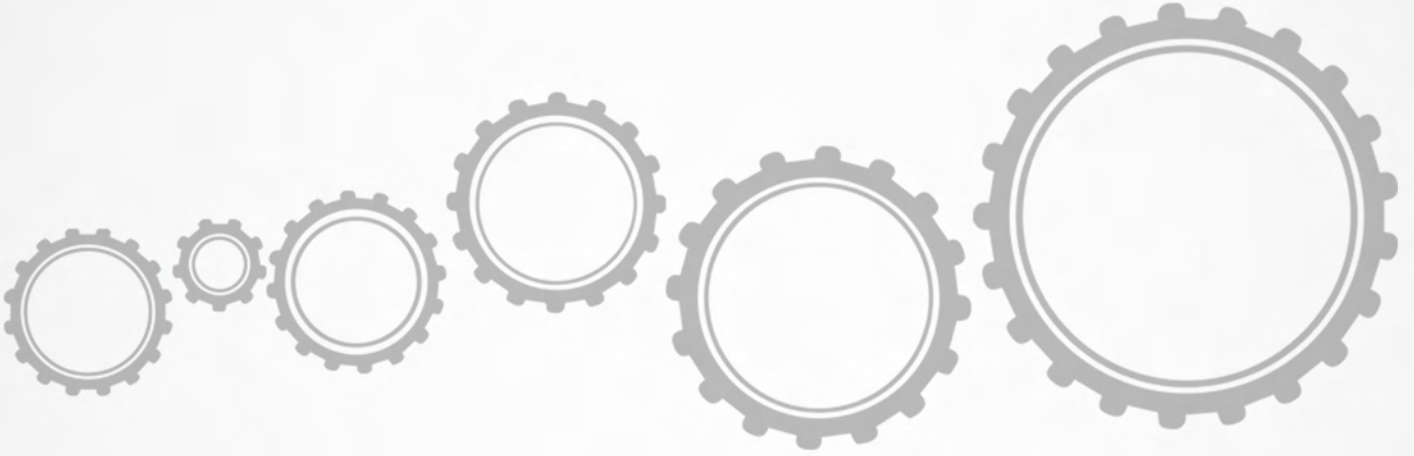
Complete in one workout to earn a gear.



80
burpees

**HIGH
GEAR**

© darebee.com



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