

**PRIMAL  
STRENGTH**

# PRIMAL STRENGTH

Day 1 © [darebee.com](http://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



**20** side-to-side hops



**20** ape reaches



**10** deadbug



**10-count** hollow hold

# PRIMAL STRENGTH

Day 2 [© darebee.com](https://darebee.com)

Level I 3 sets   Level II 4 sets   Level III 5 sets  
2 minute rest between sets



10 bear crawl



10 scorpion reach



10 front steps



10 back arches

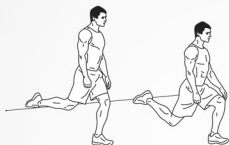


10 back extensions

# PRIMAL STRENGTH

Day 3 [@ darebee.com](https://darebee.com)

60 seconds rest between exercises



**24** split squats  
5 sets | 30sec rest



**12** calf raises  
5 sets | 30sec rest



**12** deadlifts  
5 sets | 30sec rest



**60 seconds**  
squat hold

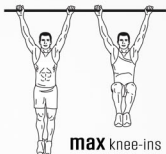


**12** push-up shoulder taps  
5 sets | 30sec rest

# PRIMAL STRENGTH

Day 4 @ [darebee.com](http://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



**10** sit-outs

**10** sit-up with reach

**10** full bridges

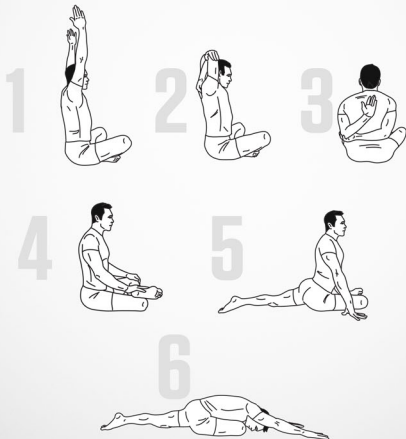


**10** knee rolls

# PRIMAL STRENGTH

Day 5 [© darebee.com](https://darebee.com)

Hold each pose for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.



# PRIMAL STRENGTH

Day 6 @ [darebee.com](https://darebee.com)

60 seconds rest between exercises



**12** jump squats  
5 sets | 30sec rest



**12** toe rolls  
5 sets | 30sec rest



**max** push-ups  
5 sets | 30sec rest



**30sec** elbow plank  
2 sets | 30sec rest

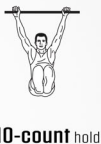


**12** plank crunches  
5 sets | 30sec rest

# PRIMAL STRENGTH

Day 7 [© darebee.com](https://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets





# PRIMAL STRENGTH

Day 8 [© darebee.com](https://darebee.com)

Level I 3 sets    Level II 4 sets    Level III 5 sets  
2 minute rest between sets



**10** side-to-side lunges



**10** front steps



**10** scorpion reach



**10** back arches

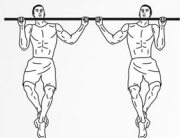


**10** sit-outs

# PRIMAL STRENGTH

Day 9 @ [darebee.com](http://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



4 side-to-side swings



max pull-ups



max dead hang



20 side-to-side hops



20 ape reaches



10 up and down planks

# PRIMAL STRENGTH

Day 10 © [darebee.com](http://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



10 roll taps



10 bear crawl



10 scorpion reach



10 front steps

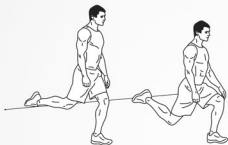


10 back extensions

# PRIMAL STRENGTH

Day 11 @ [darebee.com](https://darebee.com)

60 seconds rest between exercises



**24** split squats  
5 sets | 30sec rest



**60 seconds** per side  
balance hold



**12** calf raises  
5 sets | 30sec rest



**60 seconds**  
calf raise hold



**12** push-up with rotations  
5 sets | 30sec rest

# PRIMAL STRENGTH

Day 12 © [darebee.com](http://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



**10** knee rolls

# PRIMAL STRENGTH

Day 13 © [darebee.com](http://darebee.com)

Hold each pose for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.



# PRIMAL STRENGTH

Day 14 © [darebee.com](http://darebee.com)

Level I 3 sets    Level II 4 sets    Level III 5 sets  
2 minute rest between sets



**10** side-to-side lunges



**10** front steps



**10** sit-outs



**10** leg extensions

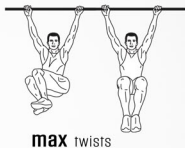
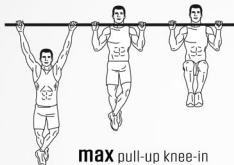


**10** side leg extensions

# PRIMAL STRENGTH

Day 15 © [darebee.com](http://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets





# PRIMAL STRENGTH

Day 16 © [darebee.com](http://darebee.com)

60 seconds rest between exercises



**12** jump squats  
5 sets | 30sec rest



**12** power squats  
5 sets | 30sec rest



**max** push-ups  
5 sets | 30sec rest



**30sec** elbow plank  
2 sets | 30sec rest

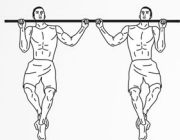


**12** side bridges  
5 sets | 30sec rest

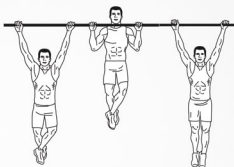
# PRIMAL STRENGTH

Day 17 [© darebee.com](http://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



4 side-to-side swings



max pull-ups + 3-count dead hang



10 sit-up with reach



10 full bridges



10 reverse plank kicks



10 deadbug

# PRIMAL STRENGTH

Day 18 © [darebee.com](http://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



**10** roll taps



**10** scorpion reach



**10** front steps



**10** back extensions

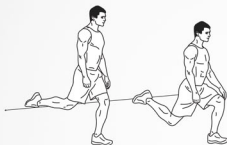


**10-count** hold

# PRIMAL STRENGTH

Day 19 © [darebee.com](http://darebee.com)

60 seconds rest between exercises



**24** split squats  
5 sets | 30sec rest



**12** calf raises  
5 sets | 30sec rest



**12** raised leg push-ups  
5 sets | 30sec rest



**30 seconds**  
push-up plank hold



**6** cross tricep extensions  
5 sets | 30sec rest

# PRIMAL STRENGTH

Day 20 © [darebee.com](http://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



# PRIMAL STRENGTH

Day 21 © [darebee.com](http://darebee.com)

Hold each pose for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.



# PRIMAL STRENGTH

Day 22 © [darebee.com](http://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



**10** side-to-side lunges



**10** bear crawl



**10** front steps



**10** knee-ins

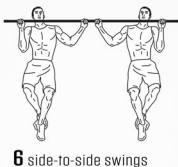


**10** scorpion reach

# PRIMAL STRENGTH

Day 23 © [darebee.com](http://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets

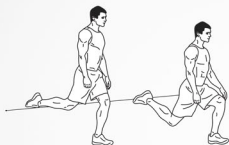




# PRIMAL STRENGTH

Day 24 © [darebee.com](http://darebee.com)

60 seconds rest between exercises



**24** split squats  
5 sets | 30sec rest



**12** decline push-ups  
5 sets | 30sec rest



**12** calf raises  
5 sets | 30sec rest



**60 seconds**  
calf raise hold



**60 seconds**  
splits hold

# PRIMAL STRENGTH

Day 25 © [darebee.com](http://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



**10** roll taps

**10** matrix tilts



**10** back arches

**10** sit-outs

**10-count** fold hold

# PRIMAL STRENGTH

Day 26 © [darebee.com](http://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets

2 minute rest between sets



**max** pull-up

**max** leg raises

**max** knees-in hold & twist



10 up and down planks



10 windshield wipers



10 deadbug

# PRIMAL STRENGTH

Day 27 © [darebee.com](http://darebee.com)

Hold each pose for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.



# PRIMAL STRENGTH

Day 28 © [darebee.com](http://darebee.com)

60 seconds rest between exercises



**12** jump squats  
5 sets | 30sec rest



**12** toe rolls  
5 sets | 30sec rest



**12** power squats  
5 sets | 30sec rest



**24** shoulder taps  
5 sets | 30sec rest



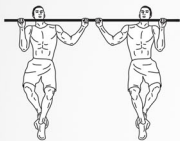
**max** push-up crunches  
5 sets | 30sec rest

# PRIMAL STRENGTH

Day 29 © [darebee.com](http://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets

2 minute rest between sets



4 side-to-side swings



max pull-ups



6 circles



20 side-to-side hops



20 ape reaches



20 full bridges



10 knee rolls

# PRIMAL STRENGTH

Day 30 © [darebee.com](http://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minute rest between sets



**10** side-to-side lunges



**10** roll taps



**10** bear crawl



**10** front steps



**10** knee-ins



**10** scorpion reach