

TOTAL BODY
STRENGTH

by **DAREBEE**

TOTAL BODY STRENGTH

Day 1 © darebee.com

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



12 hero squats



12 calf raises



12 reverse lunges



12 plank rotations



6+ push-ups



12 shoulder taps

TOTAL BODY STRENGTH

Day 2 © darebee.com

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



12 bridges



12 side bridges



12 reverse angels



12 W-extensions



12 prone reverse fly

TOTAL BODY STRENGTH

Day 3 © darebee.com

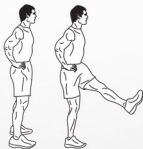
Level I 3 sets Level II 4 sets Level III 5 sets
2 minute rest between sets



24 side leg raises



24 back leg raises



24 front leg raises

TOTAL BODY STRENGTH

Day 4 © darebee.com

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



12 crunches



12 cross crunches



12 flutter kicks



10-count hold



6+ leg raises

TOTAL BODY STRENGTH

Day 5 © darebee.com

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



12 cossack squats

12 split lunges



6+ plank walk-outs

6+ push-ups

12 shoulder taps

TOTAL BODY STRENGTH

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

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



12 bridges



12 side bridges



12 plank rolls



6 back extensions



10-count hold

TOTAL BODY STRENGTH

Day 7 © darebee.com

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



24 shoulder taps



24 thigh taps



24 slow climbers

TOTAL BODY STRENGTH

Day 8 © darebee.com

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



12 crunches



12 cross crunches



12 heel taps



6+ knee-in & twist



12 crunch kicks

TOTAL BODY STRENGTH

Day 9 © darebee.com

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



12 power squats



6+ side-to-side lunges



12 reverse lunges



6+ push-ups



12 shoulder taps



12 plank leg raises

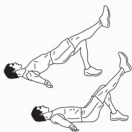
TOTAL BODY STRENGTH

Day 10 @ darebee.com

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



12 bridges



12 single leg bridges



12 side bridges



12 reverse angels



12 W-extensions

TOTAL BODY STRENGTH

Day 11 @ darebee.com

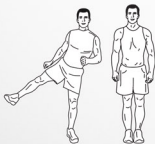
Level I 3 sets Level II 4 sets Level III 5 sets
2 minute rest between sets



24 side leg raises



10-count hold



24 side leg raises



10-count hold

TOTAL BODY STRENGTH

Day 12 @ darebee.com

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



12 crunches



12 cross crunches



12 scissors



10-count hold



12 knee-to-elbow

TOTAL BODY STRENGTH

Day 13 @ darebee.com

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



12 tap lunges



12 split lunges



6+ push-ups



12 plank rotations



12 shoulder taps

TOTAL BODY STRENGTH

Day 14 @ darebee.com

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



12 bridges



12 side bridges



12 side plank rotations



6 body saw



6 back extensions

TOTAL BODY STRENGTH

Day 15 @ darebee.com

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



24 plank arm raises



24 plank leg raises



24 slow climbers

TOTAL BODY STRENGTH

Day 16 @ darebee.com

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



12 crunches



12 cross crunches



12 reverse crunches



12 sitting twists



6+ butterfly sit-ups

TOTAL BODY STRENGTH

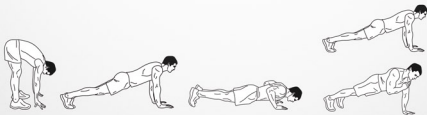
Day 17 @ darebee.com

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



12combo: one hero squat + 3-count hold

12 reverse lunges



6+combo: plank walk-out + push-up

12 shoulder taps

TOTAL BODY STRENGTH

Day 18 @ darebee.com

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



12 combo: one bridge + 3-count hold



12 single leg bridges



12 reverse angels



12 W-extensions



12 prone reverse fly



TOTAL BODY STRENGTH

Day 19 @ darebee.com

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



24 back leg raises



10-count hold



24 back leg raises



10-count hold

TOTAL BODY STRENGTH

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

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



12 crunches



12 cross crunches



12 dead bug



10-count hold



6+ leg circles

TOTAL BODY STRENGTH

Day 21 @ darebee.com

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



12 combo: one cossack squat + 3-count hold

12 split lunges



6+ combo: leg raise + plank rotation + push-up

12 shoulder taps

TOTAL BODY STRENGTH

Day 22 © darebee.com

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



12 bridges



12 combo: one side bridge + 3-count hold



12 body saw



6 back extensions



10-count hold

TOTAL BODY 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



24 shoulder taps



24 thigh taps



24 plank arm raises



24 slow climbers



TOTAL BODY STRENGTH

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

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



12 crunches



12 cross crunches



6+ butterfly sit-ups



12 high crunches



12 heel taps

TOTAL BODY 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



12 combo: one power squat + 3-count hold

12 side-to-side lunges



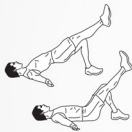
6+ combo: walk out + shoulder taps + push-up

12 shoulder taps

TOTAL BODY STRENGTH

Day 26 @ darebee.com

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



12combo: one single leg bridge + 3-count hold

12 bridges



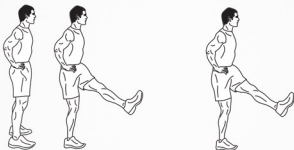
12combo: one W-extension
+ 3-count hold

12combo: one prone reverse fly
+ 3-count hold

TOTAL BODY STRENGTH

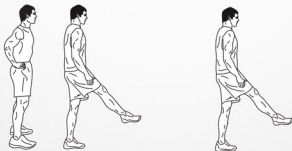
Day 27 [© darebee.com](http://darebee.com)

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



24 front leg raises

10-count hold



24 front leg raises

10-count hold

TOTAL BODY STRENGTH

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

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



12 crunches



12 cross crunches



12 scissors



10-count hold



12 flutter kicks



10-count hold

TOTAL BODY 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



12 combo: one lunge tap + 3-count hold

12 reverse lunges



6+ combo: shoulder tap + plank rotation + push-up

12 shoulder taps

TOTAL BODY 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



12 single leg bridges



12 combo: one side bridge + 3-count hold



12 side plank rotations



6 body saw



10-count hold