

total BURN

total BURN

© darebee.com

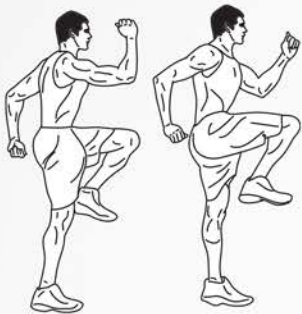
DAY 1

Level I 3 sets

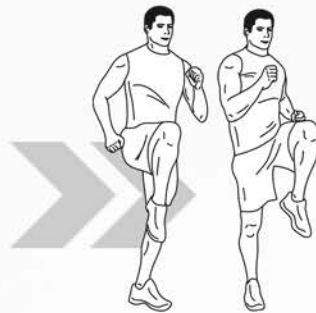
Level II 5 sets

Level III 7 sets

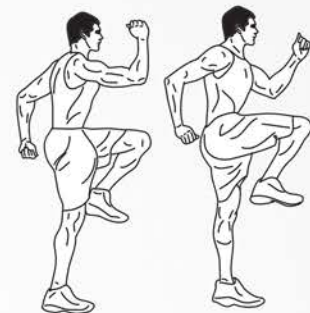
2 minutes rest between sets



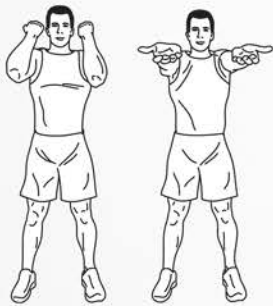
10 march steps



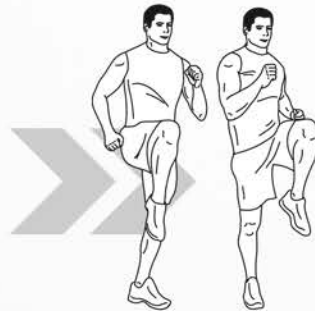
20 high knees



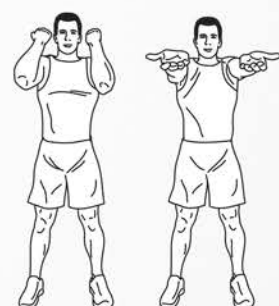
10 march steps



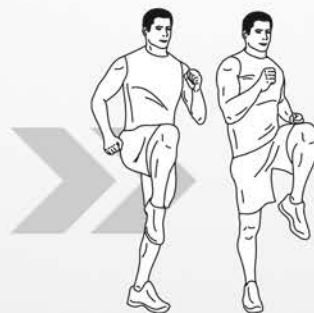
10 bicep extensions



20 high knees



10 bicep extensions



20 high knees

total BURN

© darebee.com

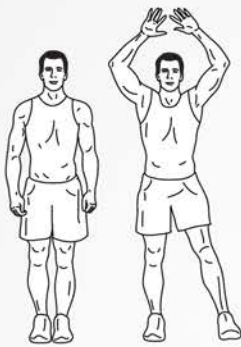
DAY 2

Level I 3 sets

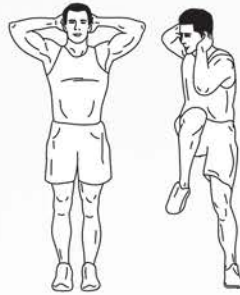
Level II 5 sets

Level III 7 sets

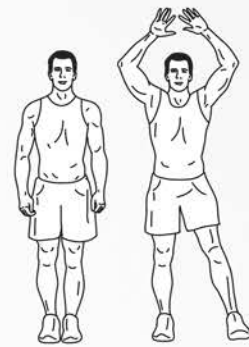
2 minutes rest between sets



20 step jacks



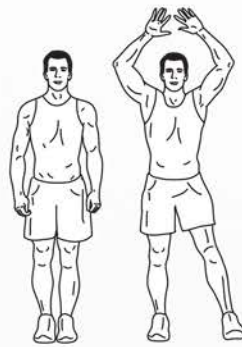
10 knee to elbows



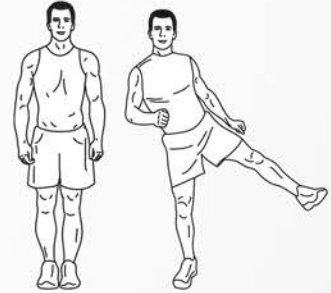
20 step jacks



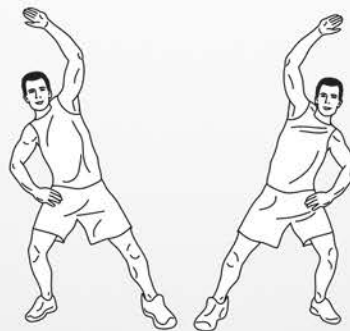
10 side leg raises



20 step jacks



10 side leg raises



10 side jacks

total BURN

© darebee.com

DAY 3

Level I 3 sets

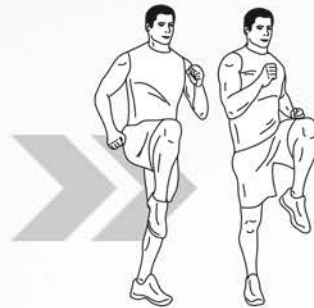
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



20 butt kicks



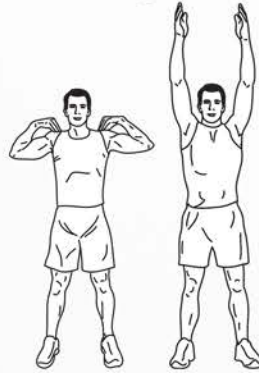
20 high knees



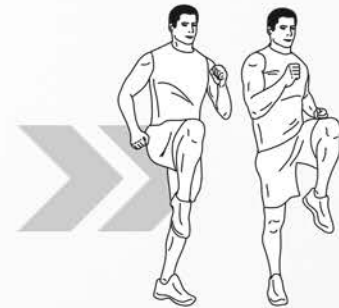
20 butt kicks



20 high knees



20 shoulder taps



20 high knees



4 jump squats

total BURN

© darebee.com

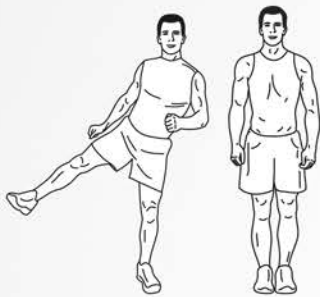
DAY 4

Level I 3 sets

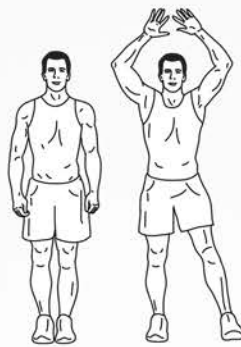
Level II 5 sets

Level III 7 sets

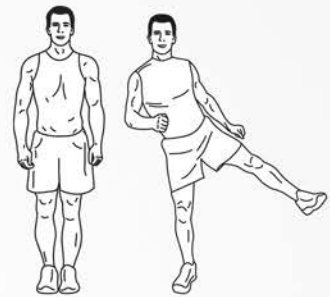
2 minutes rest between sets



10 side leg raises



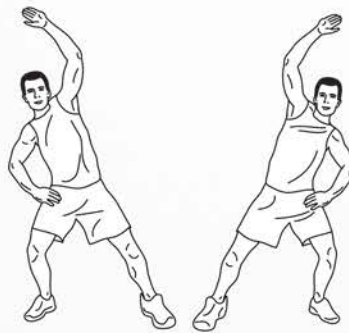
20 step jacks



10 side leg raises



10 calf raises



20 side jacks



10 calf raises



10 knee to elbow

total BURN

© darebee.com

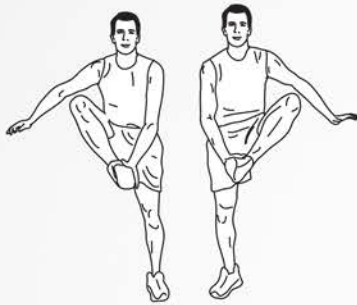
DAY 5

Level I 3 sets

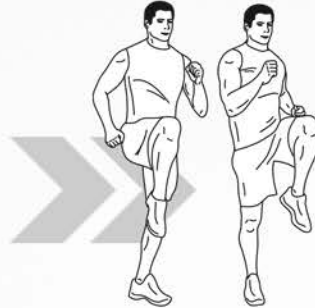
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



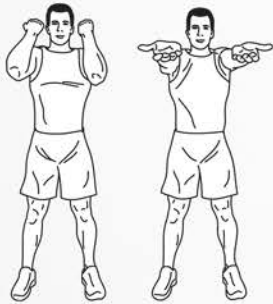
10 toe tap hops



20 high knees



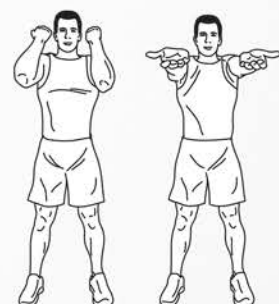
10 toe tap hops



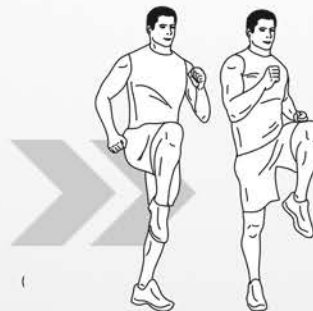
10 bicep extensions



20 high knees



10 bicep extensions



20 high knees

total BURN

© darebee.com

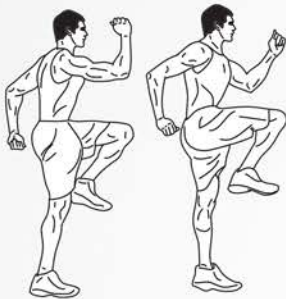
DAY 6

Level I 3 sets

Level II 5 sets

Level III 7 sets

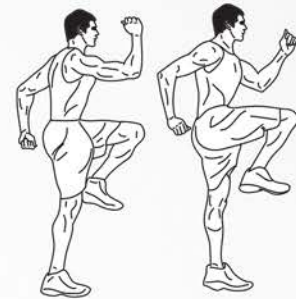
2 minutes rest between sets



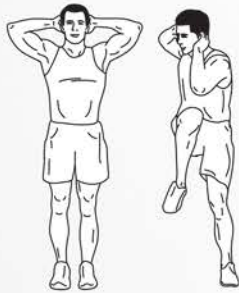
20 march steps



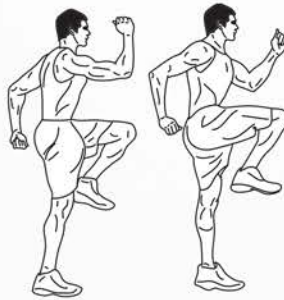
20 arm circles



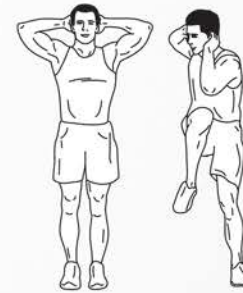
20 march steps



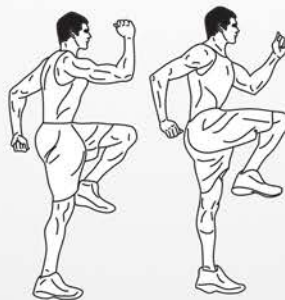
10 knee to elbow



20 march steps



10 knee to elbow



20 march steps

total BURN

© darebee.com

DAY 7

Level I 3 sets

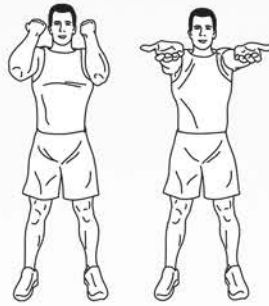
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



20 high knees



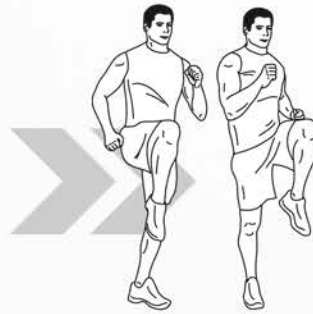
20 bicep extensions



20 high knees



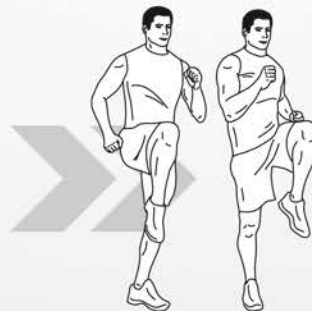
10 squats



20 high knees



10 squats



20 high knees

total BURN

© darebee.com

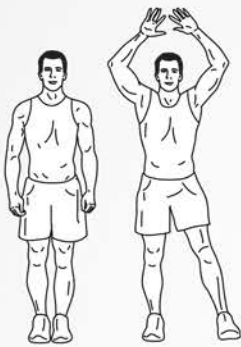
DAY 8

Level I 3 sets

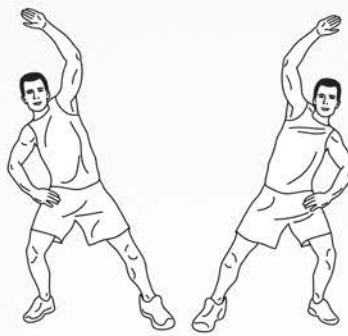
Level II 5 sets

Level III 7 sets

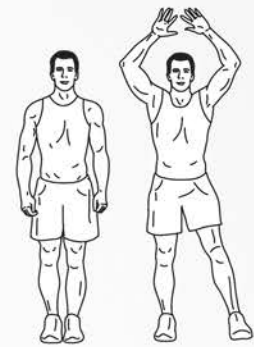
2 minutes rest between sets



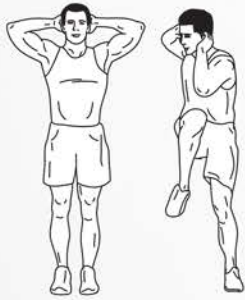
20 step jacks



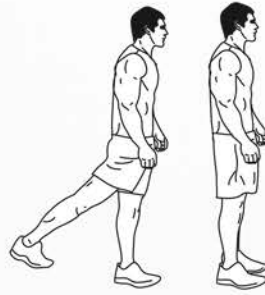
10 side jacks



20 step jacks



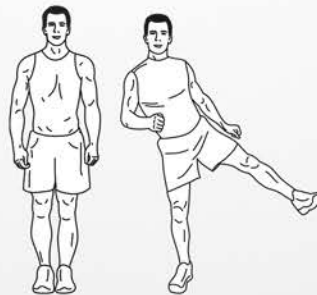
10 knee to elbow



20 back leg raises



10 knee to elbow



20 side leg raises

total BURN

© darebee.com

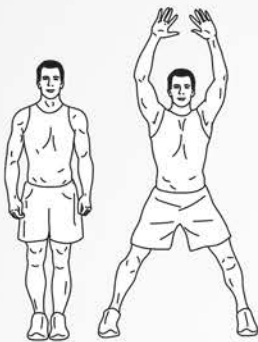
DAY 9

Level I 3 sets

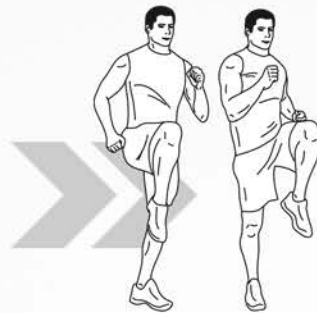
Level II 5 sets

Level III 7 sets

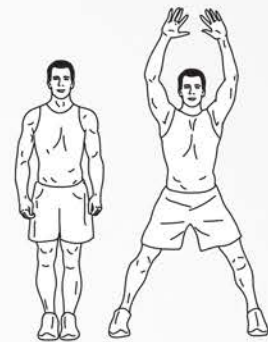
2 minutes rest between sets



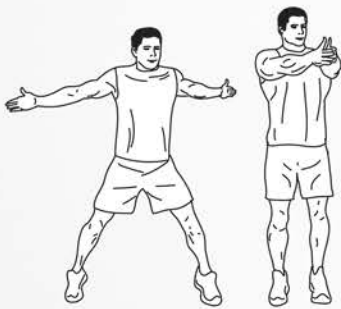
10 jumping jacks



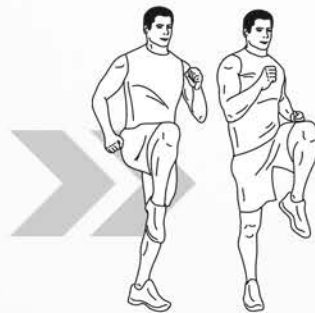
20 high knees



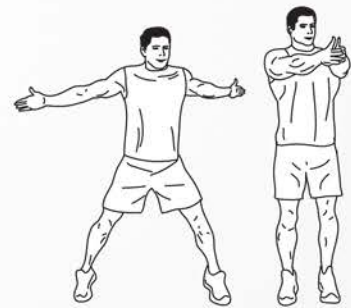
10 jumping jacks



10 seal jacks



20 high knees



10 seal jacks



20 high knees

total BURN

© darebee.com

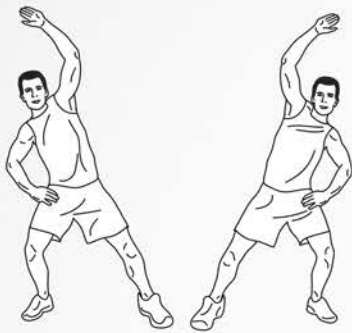
DAY 10

Level I 3 sets

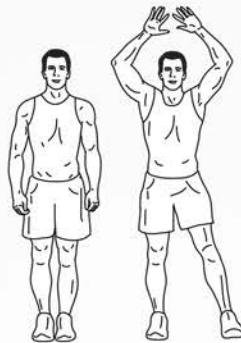
Level II 5 sets

Level III 7 sets

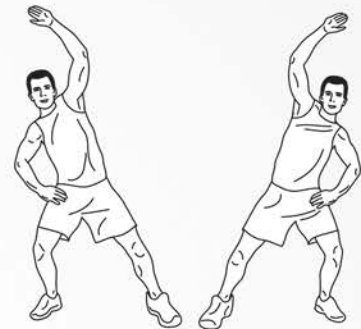
2 minutes rest between sets



10 side jacks



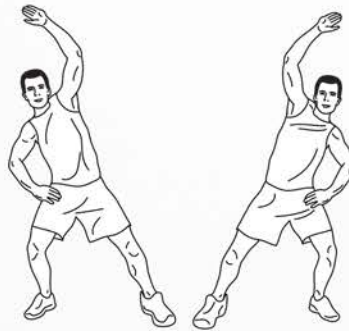
20 step jacks



10 side jacks



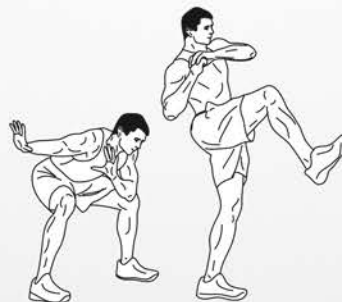
10 calf raises



10 side jacks



10 calf raises



10 squat step-ups

total BURN

© darebee.com

DAY 11

Level I 3 sets

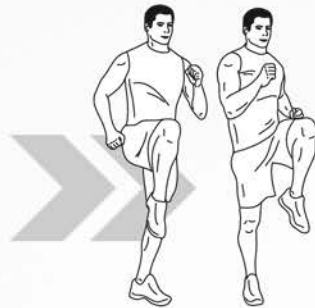
Level II 5 sets

Level III 7 sets

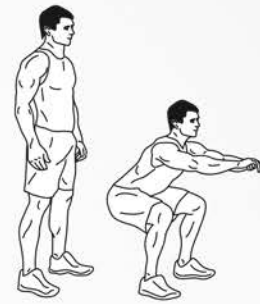
2 minutes rest between sets



10 squats



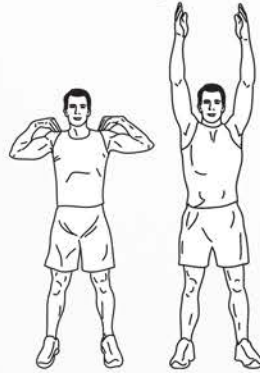
20 high knees



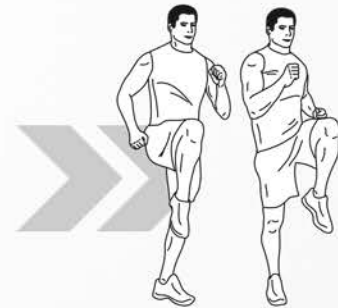
10 squats



20 high knees



20 shoulder taps



20 high knees



4 jump squats

total BURN

© darebee.com

DAY 12

Level I 3 sets

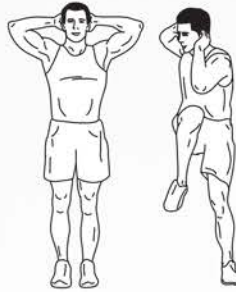
Level II 5 sets

Level III 7 sets

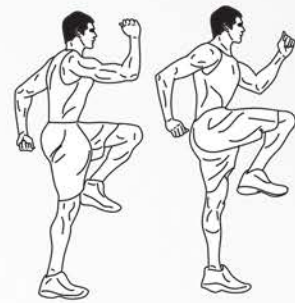
2 minutes rest between sets



20 march steps



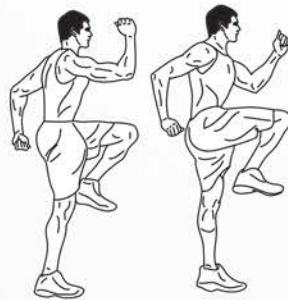
20 knee to elbow



20 march steps



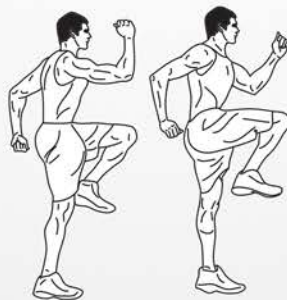
20 arm circles



20 march steps



20 arm circles



20 march steps

total BURN

© darebee.com

DAY 13

Level I 3 sets

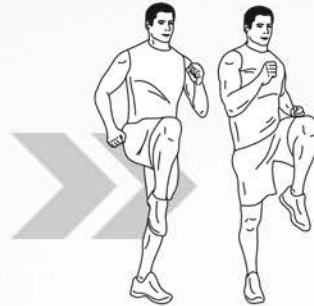
Level II 5 sets

Level III 7 sets

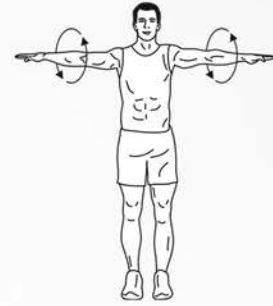
2 minutes rest between sets



20 arm circles



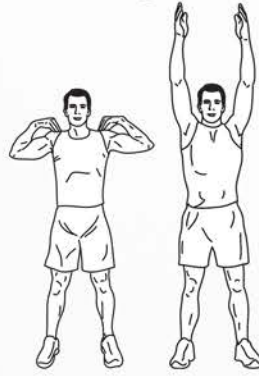
20 high knees



20 arm circles



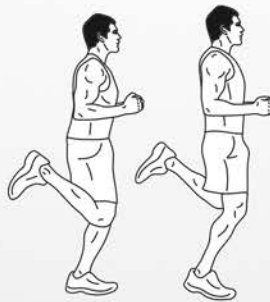
20 high knees



20 shoulder taps



20 high knees



20 butt kicks

total BURN

© darebee.com

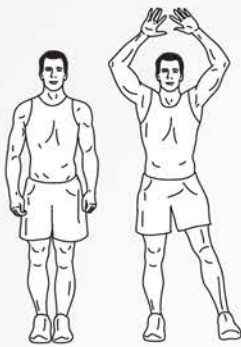
DAY 14

Level I 3 sets

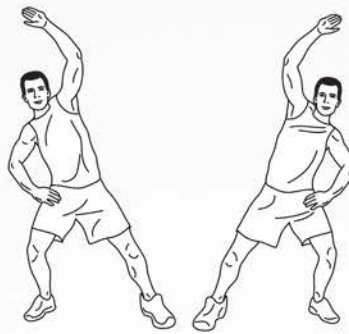
Level II 5 sets

Level III 7 sets

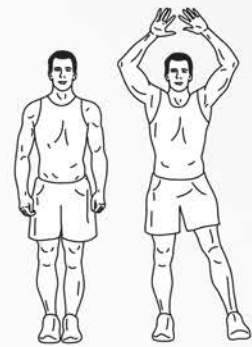
2 minutes rest between sets



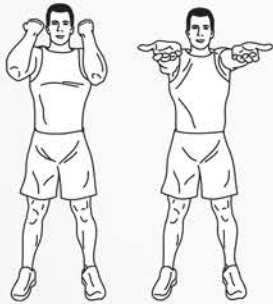
20 step jacks



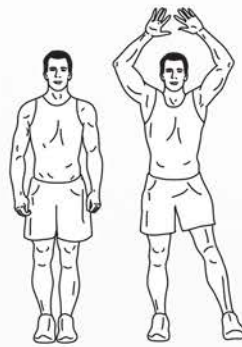
10 side jacks



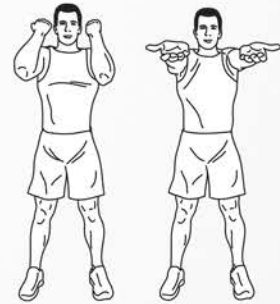
20 step jacks



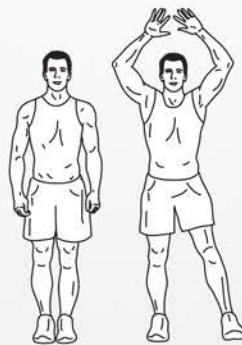
10 bicep extensions



20 step jacks



10 bicep extensions



20 step jacks

total BURN

© darebee.com

DAY 15

Level I 3 sets

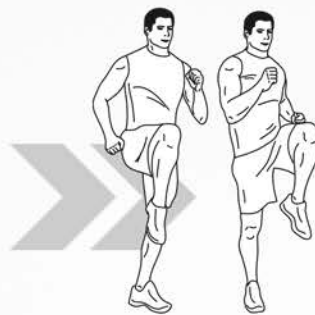
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



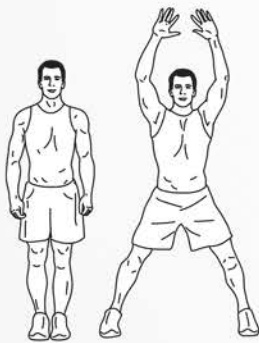
10 butt kicks



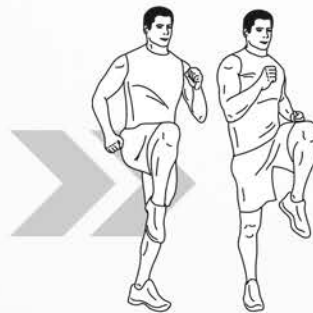
20 high knees



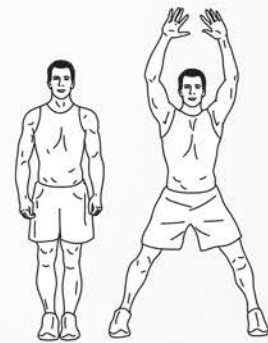
10 butt kicks



10 jumping jacks



20 high knees



10 jumping jacks



20 high knees

total BURN

© darebee.com

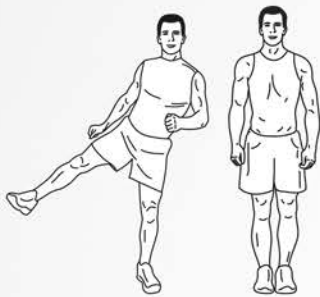
DAY 16

Level I 3 sets

Level II 5 sets

Level III 7 sets

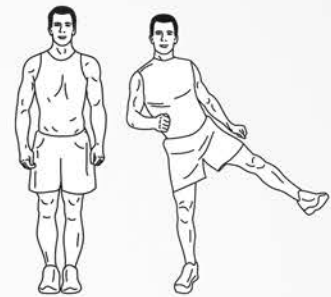
2 minutes rest between sets



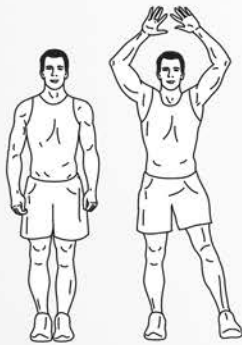
10 side leg raises



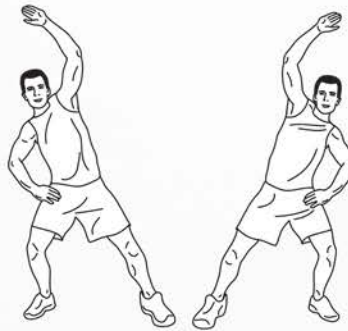
10 calf raises



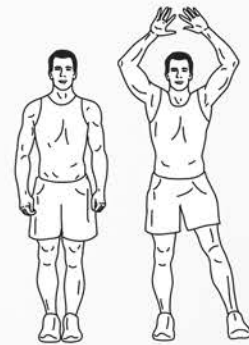
10 side leg raises



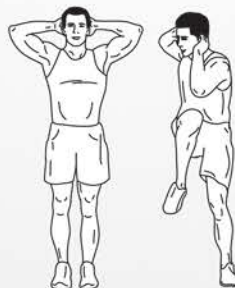
20 step jacks



20 side jacks



20 step jacks



10 knee to elbow

total BURN

© darebee.com

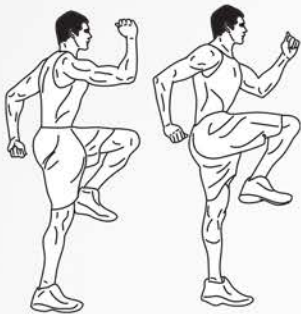
DAY 17

Level I 3 sets

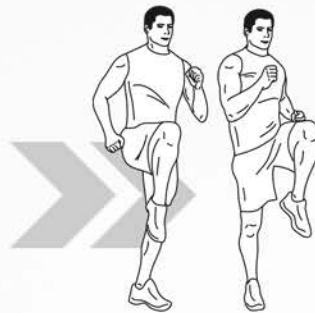
Level II 5 sets

Level III 7 sets

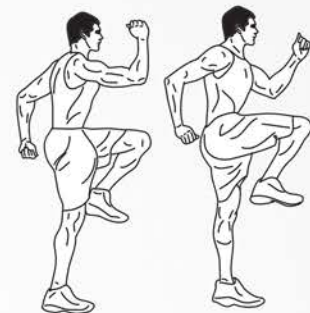
2 minutes rest between sets



10 march steps



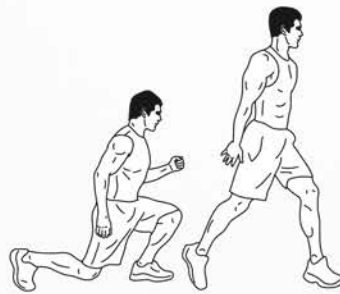
20 high knees



10 march steps



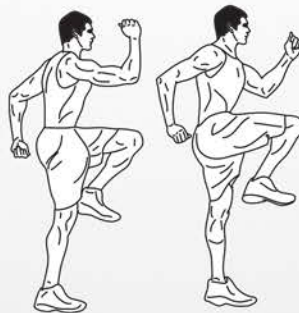
20 high knees



10 jumping lunges



20 high knees



10 march steps

total BURN

© darebee.com

DAY 18

Level I 3 sets

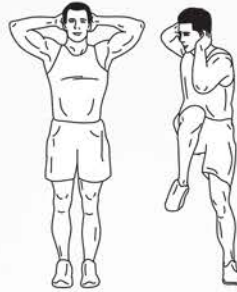
Level II 5 sets

Level III 7 sets

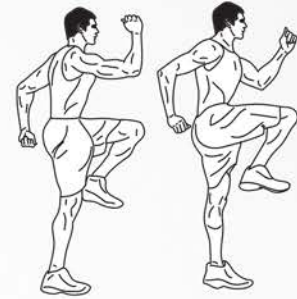
2 minutes rest between sets



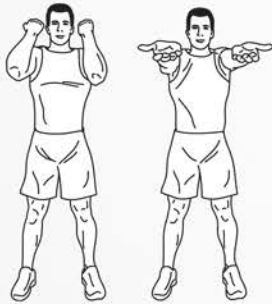
20 march steps



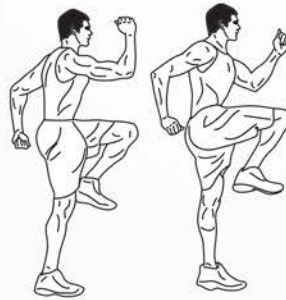
10 knee to elbow



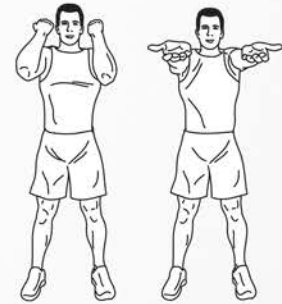
20 march steps



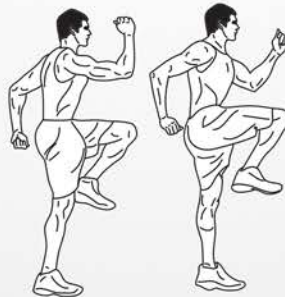
10 bicep extensions



20 march steps



10 bicep extensions



20 march steps

total BURN

© darebee.com

DAY 19

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



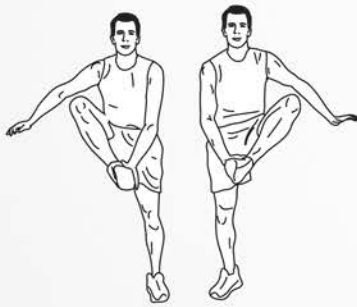
10 squats



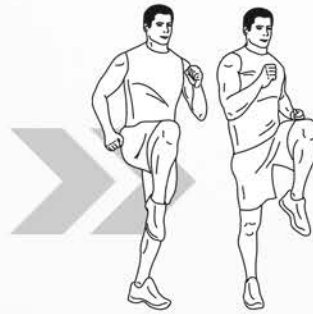
20 high knees



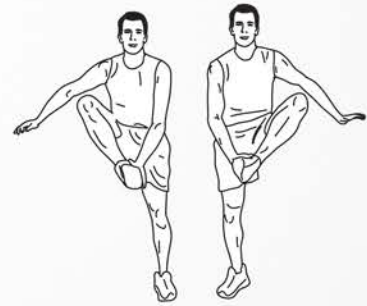
10 squats



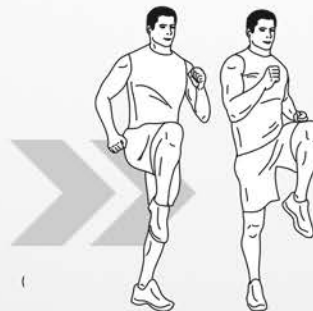
10 toe tap hops



20 high knees



10 toe tap hops



20 high knees

total BURN

© darebee.com

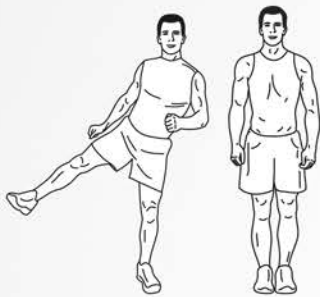
DAY 20

Level I 3 sets

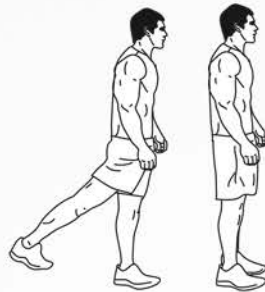
Level II 5 sets

Level III 7 sets

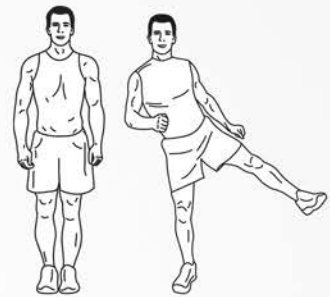
2 minutes rest between sets



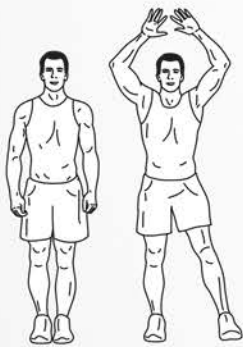
10 side leg raises



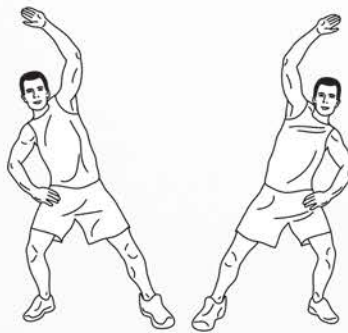
20 back leg raises



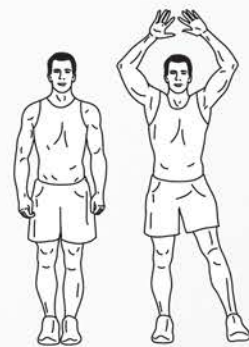
10 side leg raises



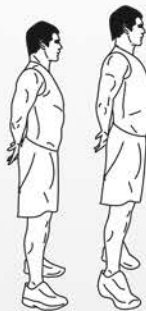
10 step jacks



20 side jacks



10 step jacks



10 calf raises

total BURN

© darebee.com

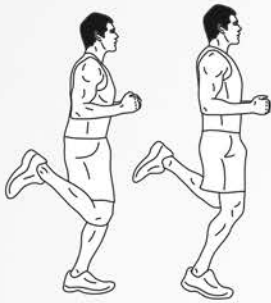
DAY 21

Level I 3 sets

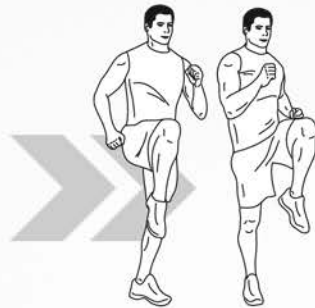
Level II 5 sets

Level III 7 sets

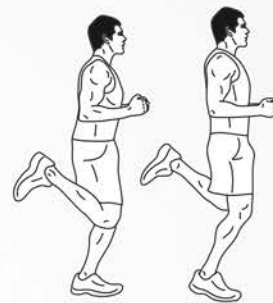
2 minutes rest between sets



20 butt kicks



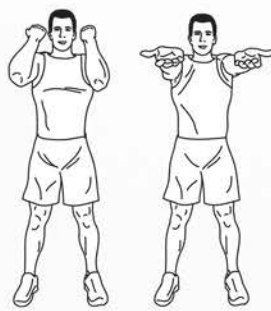
20 high knees



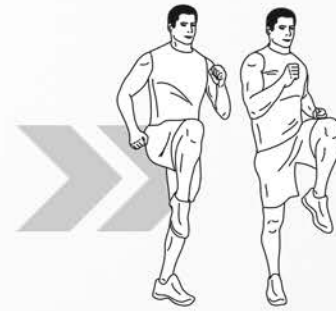
20 butt kicks



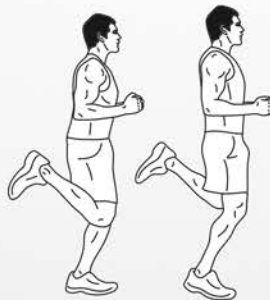
20 high knees



20 bicep extensions



20 high knees



20 butt kicks

total BURN

© darebee.com

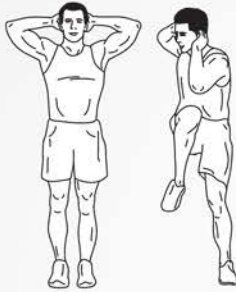
DAY 22

Level I 3 sets

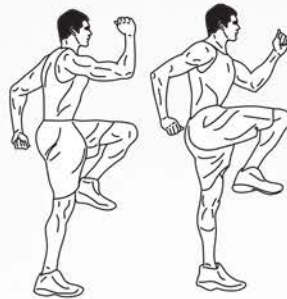
Level II 5 sets

Level III 7 sets

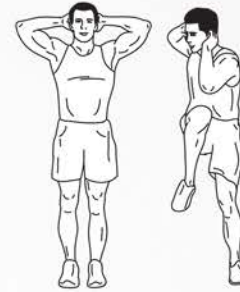
2 minutes rest between sets



10 knee to elbow



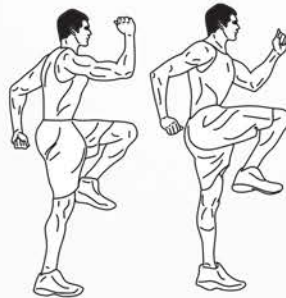
20 march steps



10 knee to elbow



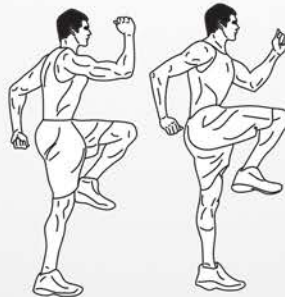
10 calf raises



20 march steps



10 calf raises



20 march steps

total BURN

© darebee.com

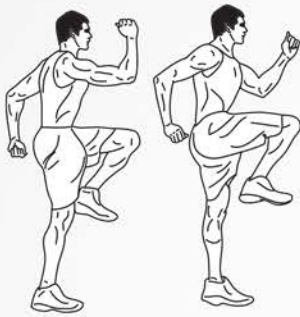
DAY 23

Level I 3 sets

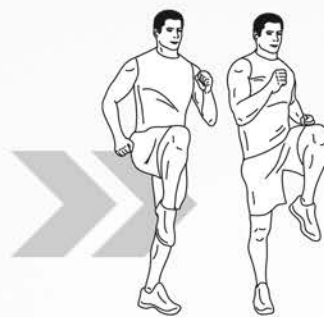
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10 march steps



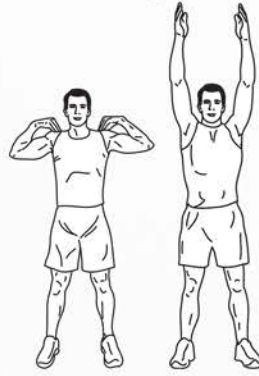
20 high knees



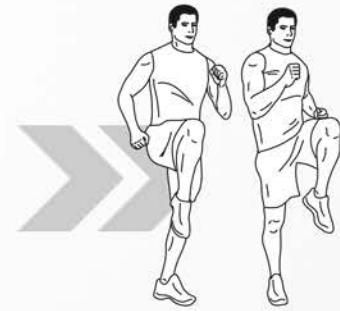
10 march steps



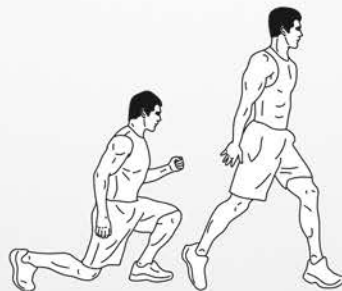
20 high knees



20 shoulder taps



20 high knees



10 jumping lunges

total BURN

© darebee.com

DAY 24

Level I 3 sets

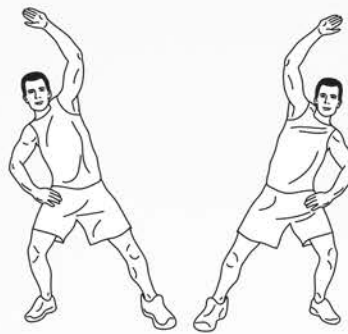
Level II 5 sets

Level III 7 sets

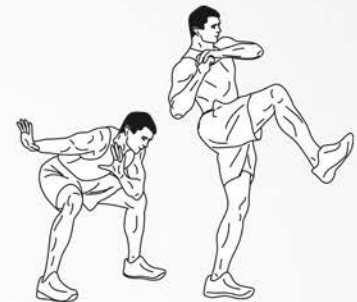
2 minutes rest between sets



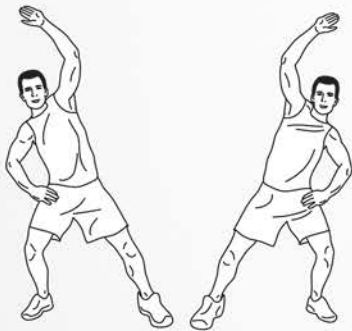
10 squat step-ups



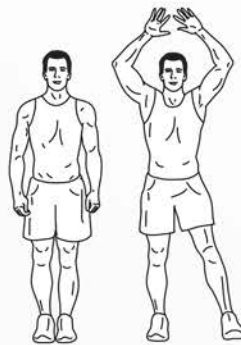
20 side jacks



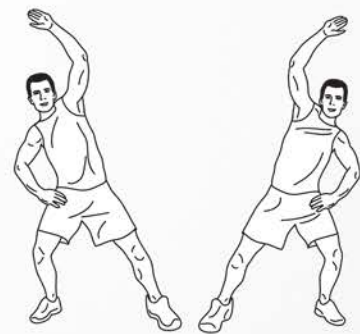
10 squat step-ups



10 side jacks



20 step jacks



10 side jacks



10 calf raises

total BURN

© darebee.com

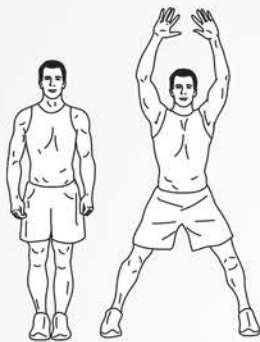
DAY 25

Level I 3 sets

Level II 5 sets

Level III 7 sets

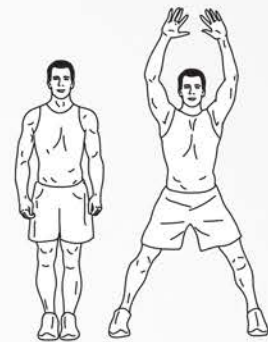
2 minutes rest between sets



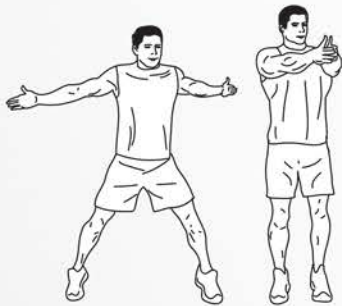
10 jumping jacks



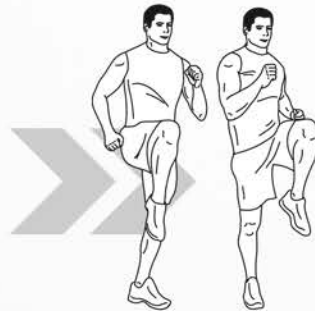
20 high knees



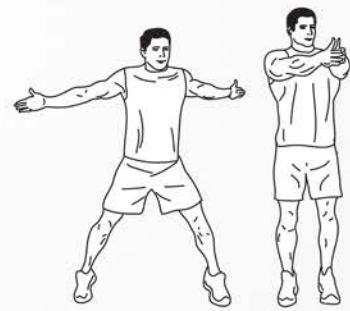
10 jumping jacks



10 seal jacks



20 high knees



10 seal jacks



20 high knees

total BURN

© darebee.com

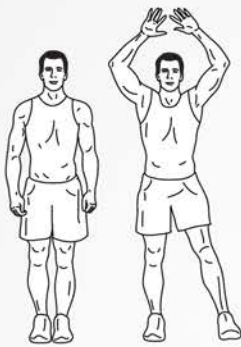
DAY 26

Level I 3 sets

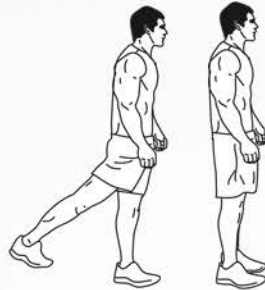
Level II 5 sets

Level III 7 sets

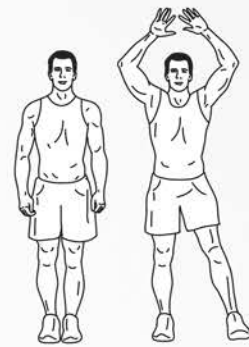
2 minutes rest between sets



20 step jacks



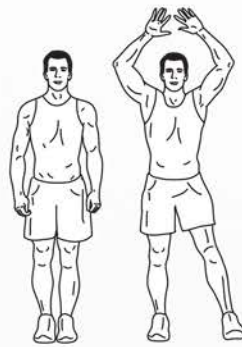
20 back leg raises



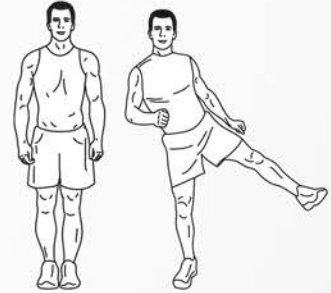
20 step jacks



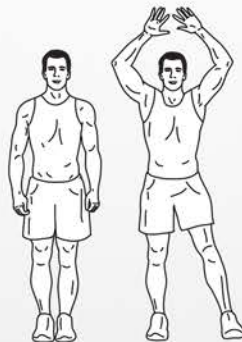
10 side leg raises



20 step jacks



10 side leg raises



20 step jacks

total BURN

© darebee.com

DAY 27

Level I 3 sets

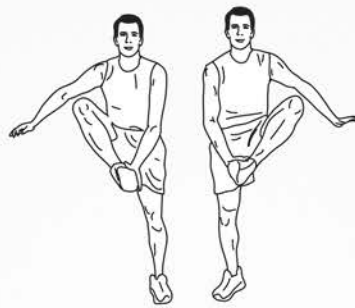
Level II 5 sets

Level III 7 sets

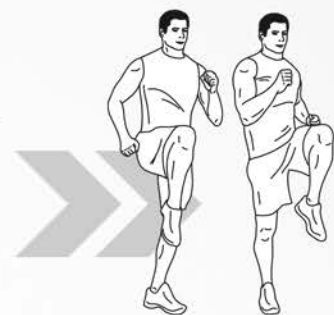
2 minutes rest between sets



20 high knees



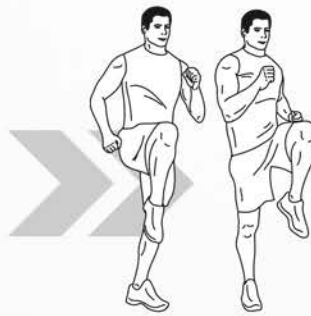
10 toe tap hops



20 high knees



10 squats



20 high knees



10 squats



20 high knees

total BURN

© darebee.com

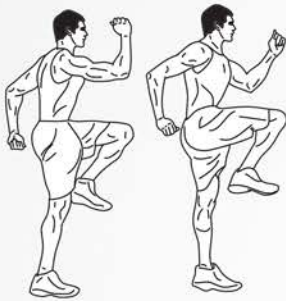
DAY 28

Level I 3 sets

Level II 5 sets

Level III 7 sets

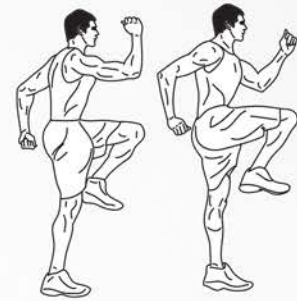
2 minutes rest between sets



20 march steps



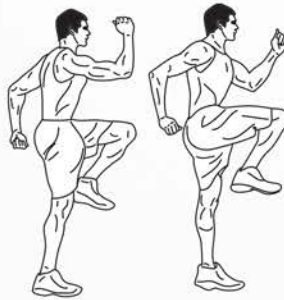
20 arm circles



20 march steps



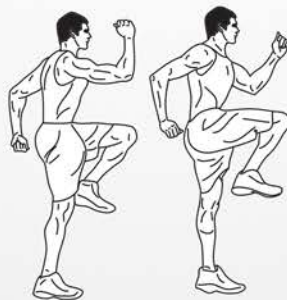
10 reverse lunges



20 march steps



10 reverse lunges



20 march steps

total BURN

© darebee.com

DAY 29

Level I 3 sets

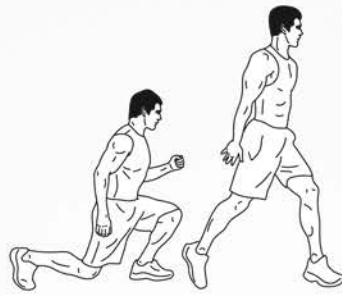
Level II 5 sets

Level III 7 sets

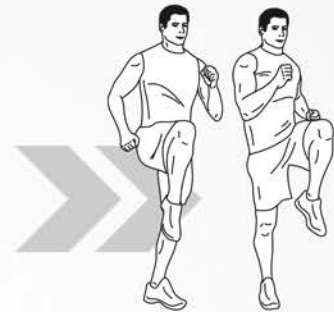
2 minutes rest between sets



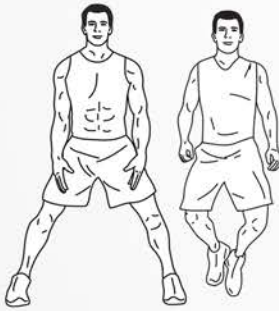
20 high knees



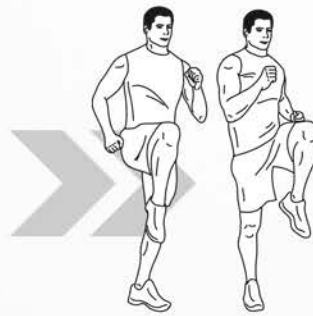
10 jumping lunges



20 high knees



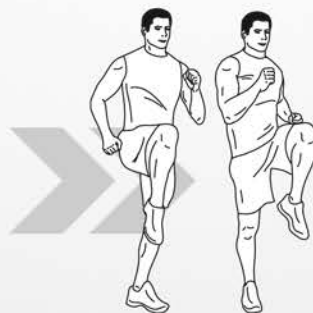
4 hop heel clicks



20 high knees



4 hop heel clicks



20 high knees

total BURN

© darebee.com

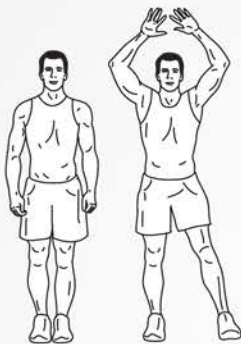
DAY 30

Level I 3 sets

Level II 5 sets

Level III 7 sets

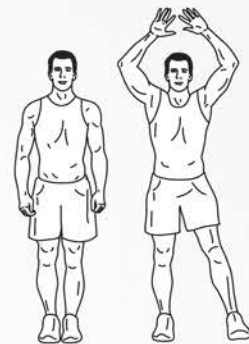
2 minutes rest between sets



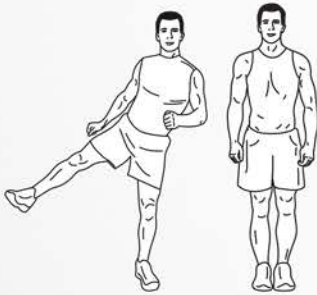
20 step jacks



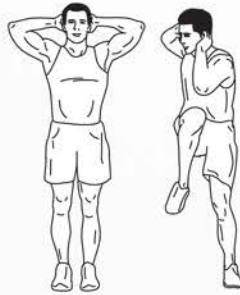
10 knee to elbows



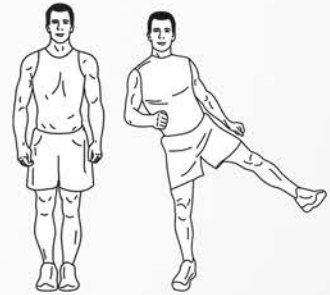
20 step jacks



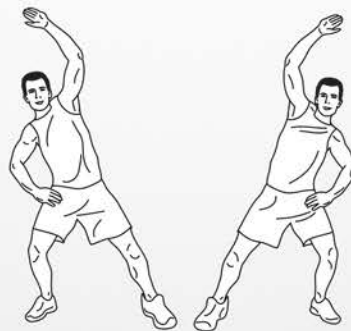
20 side leg raises



10 knee to elbows



20 side leg raises



20 side jacks

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