

beginner abs

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 crunches



10 air bike crunches



10 sitting twists



10-count raised leg hold



10-count plank hold



10 plank leg raises

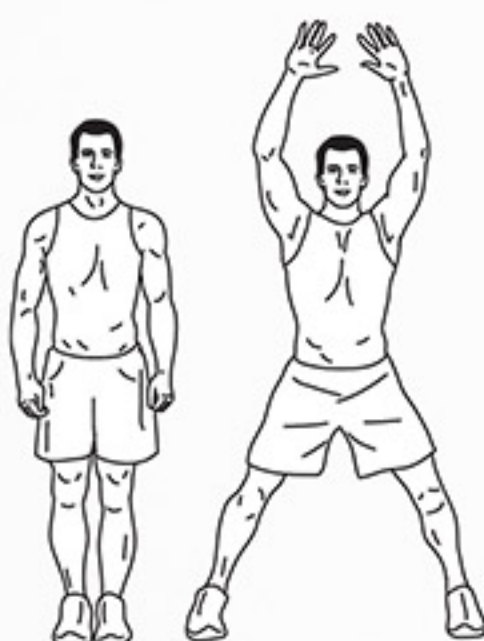
Beginner Cardio

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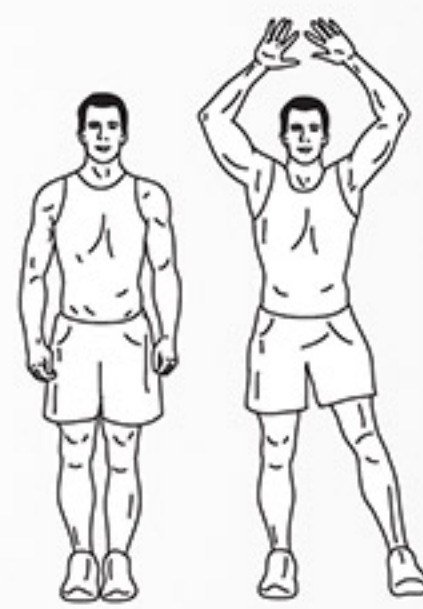
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 side jacks



30 jumping jacks



10 side jacks



10 march steps



30 high knees



10 march steps

beginner circuit

WORKOUT

by DAREBEE

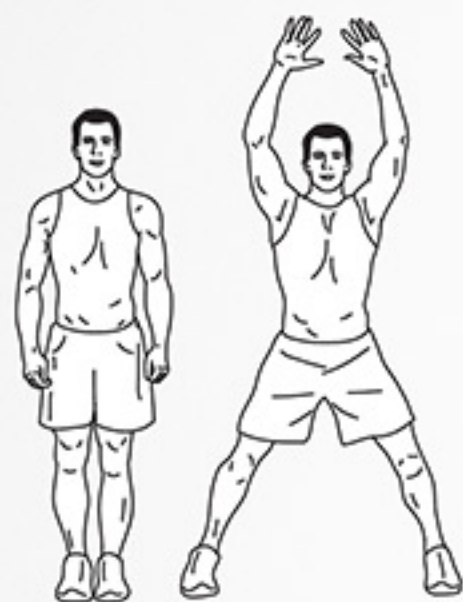
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Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



12 jumping jacks



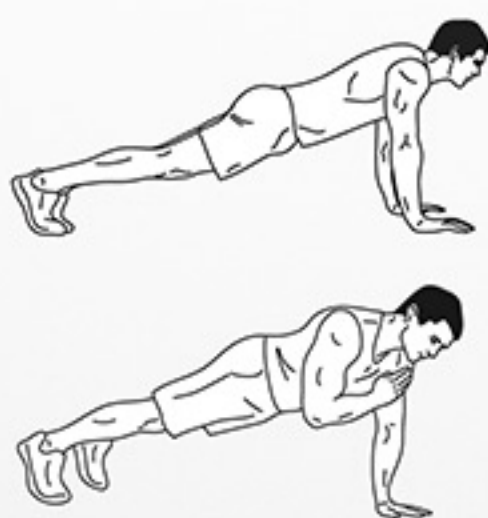
6 squats



6 calf raises



12 raised arm circles



6 shoulder taps



6 plank rotations

Beginner

HIT

DAREBEE WORKOUT

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repeat 5 times in total

up to 2 minutes rest between sets



15sec march steps



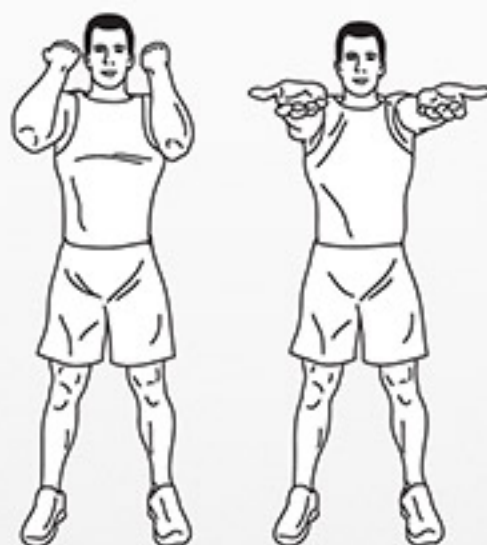
15sec high knees



15sec arm circles



15sec high knees



15sec bicep extensions



15sec high knees

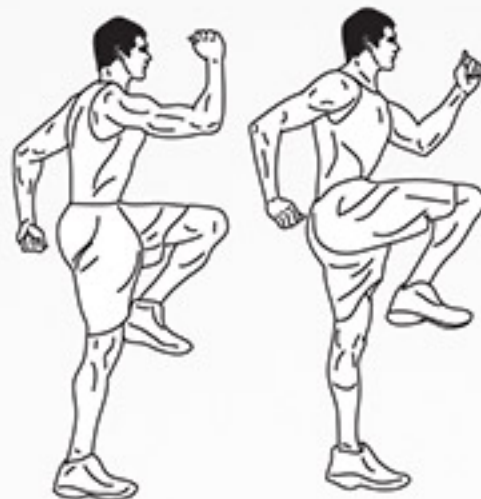
FUNDAMENTALS

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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 step jacks



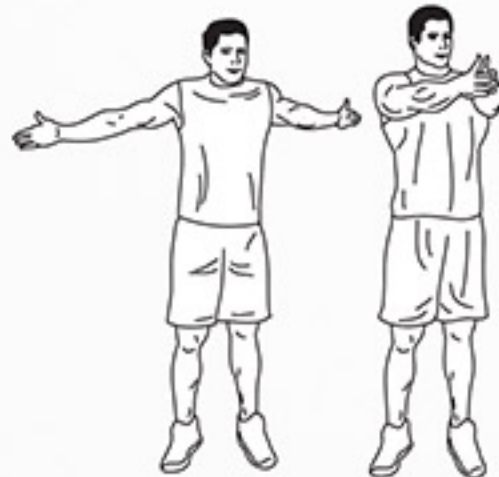
10 march steps



10 single hip rotations



10 arm circles



10 chest expansions



10 bicep extensions



10 calf raises



10 side leg raises



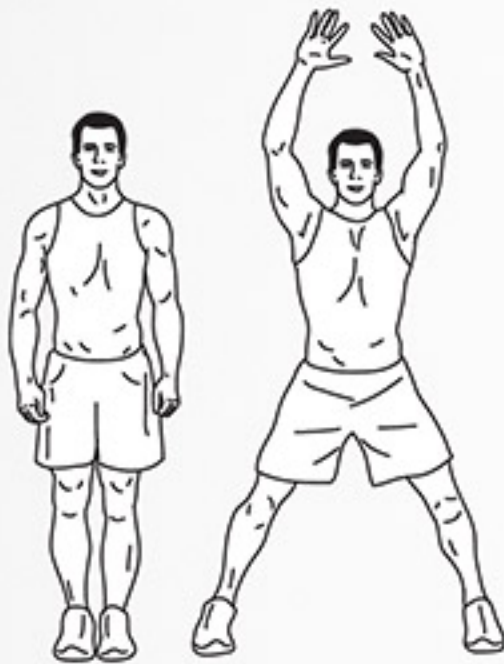
10 side jacks

JUMP START

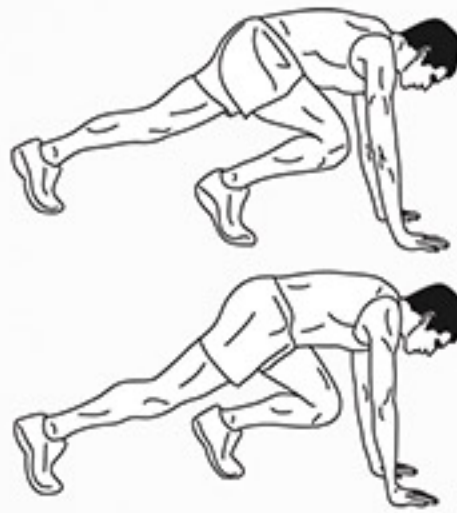
DAREBEE CARDIO WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

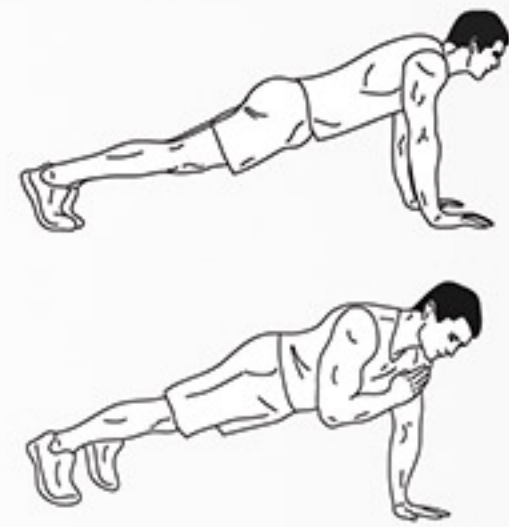
REST up to 2 minutes



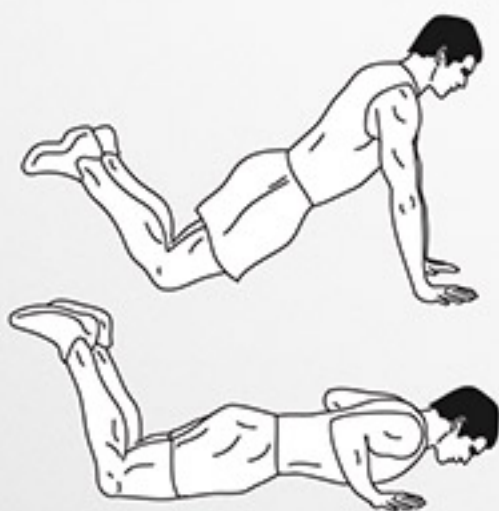
10 jumping jacks



10 climbers



10 shoulder taps



2 knee push-ups



2 jump squats



10 sit-ups

NEWBEE

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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



10 lunges



10 calf raises



20 butt kicks



20 bicep extensions



20 arm scissors

NOOB

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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



5 squats



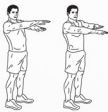
10 lunges



5 calf raises



10 scissor chops



10 arm scissors



10 bicep extensions



10 knee to elbow

ROOKIE

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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 step jacks



4 lunges



10 chest expansions



10 step jacks



4 lunges



10 raised arm circles



10 step jacks



4 lunges



10 shoulder taps

SQUARE ONE

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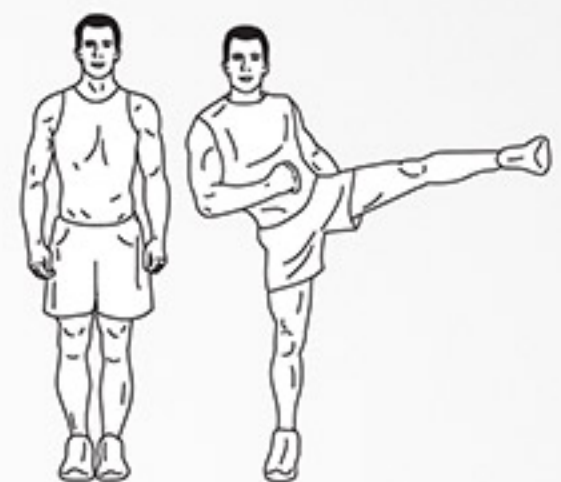
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



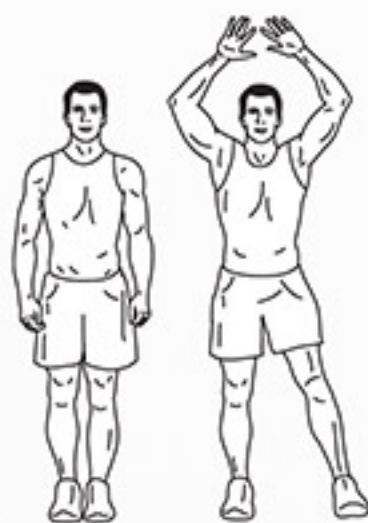
10 march twists



10 side leg raises



10 jumping jacks



10 step jacks



10 side jacks



10 jumping jacks



10 chest expansions



10 raised arm circles

STORY MODE

DAREBEE
WORKOUT

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Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



6 lunges



20 shoulder taps



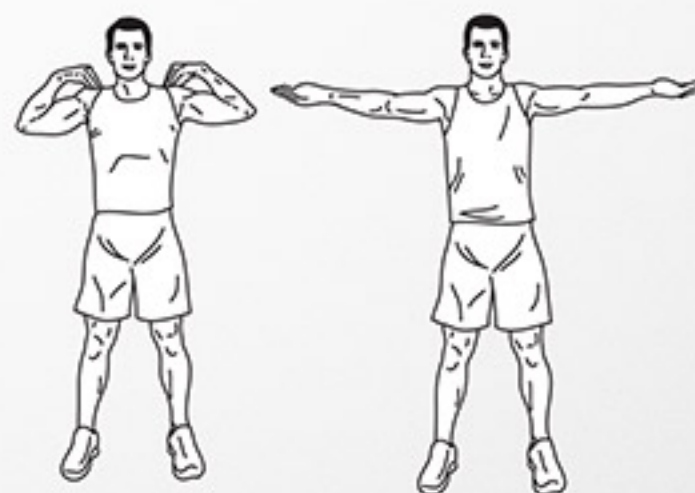
6 lunges



20 bicep extensions



6 lunges



20 side shoulder taps