

# FIREFIGHTER

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

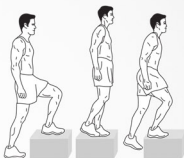
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jumping jack



10 wide grip push-ups



20 box step-ups



20 box jumps



20 box lifts



40 high knees

# MASON+

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

10 sets or as many as you can do | up to 2 minutes rest between sets



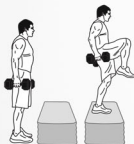
10 bicep curl steps



5 push-ups



10-count push-up hold



10 dumbbell step-ups



5 leg raises



10-count raised leg hold



10 dumbbell step-up reverse lunges



5 tricep dips



10-count tricep dip hold

# MASON

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10 sets or as many as you can do | up to 2 minutes rest between sets



10 steps



5 push-ups



10-count push-up hold



10 step-ups



5 leg raises



10-count raised leg hold



10 step-up reverse lunges



5 tricep dips



10-count tricep dip hold

**STRENGTH  
WORKOUT**

# MINE CRAFTER

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



10 STEPS  
BACK



10 STEPS  
FORWARD



**20** squat, lift, walk and repeat



**20** box jumps



**20** lunges



**40** cross chops



**20** tricep dips



**10** leg pull-ins

# PANDORA<sup>3</sup>

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



20 box taps



20 box step-ups



20 box jumps



10 incline push-ups



10-count box plank hold



10 leg raises



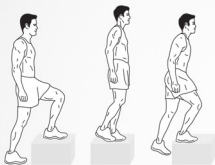
10 crunch kicks



# pixel

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



20 box step-ups



20 box jumps



10 split squats



10 decline push-ups



10 leg pull-ins



10 flutter kicks