

10-MINUTE

STREAMLINE

DAREBEE WORKOUT @ darebee.com



60sec march steps

60sec reverse lunges

60sec march steps

60sec reverse lunges

60sec march steps

60sec reverse lunges



60sec march steps

60sec reverse lunges

60sec march steps

60sec reverse lunges

done

CLOSE CONTACT EXPRESS

DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest

30sec knee strikes

30sec elbow strikes

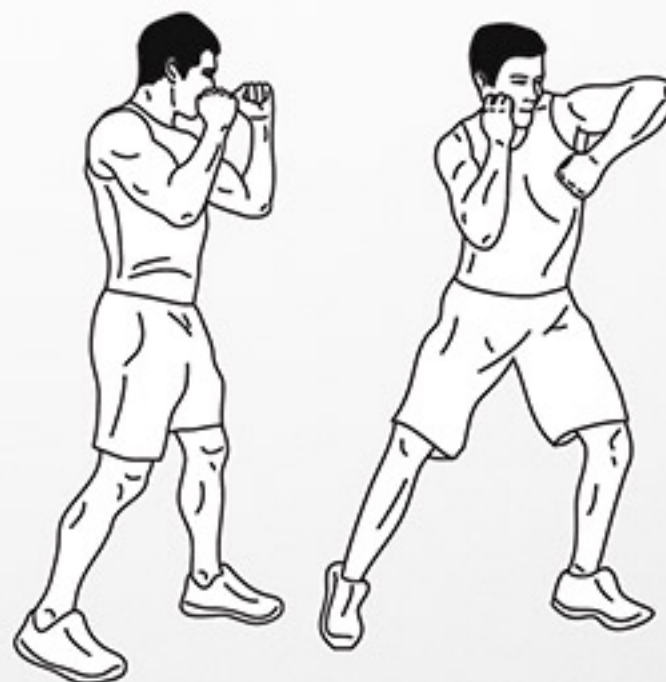
30sec knee strikes

30sec elbow strikes

30sec knee strikes

30sec elbow strikes

done



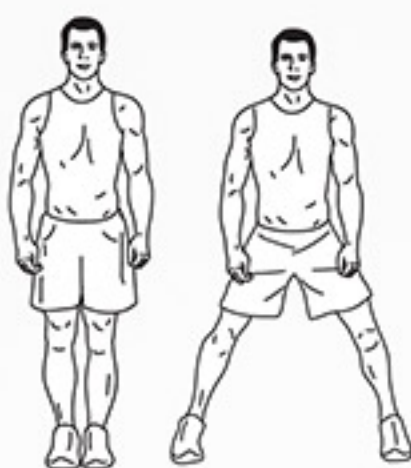
Fast Lane

DAREBEE **HIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec hops on the spot



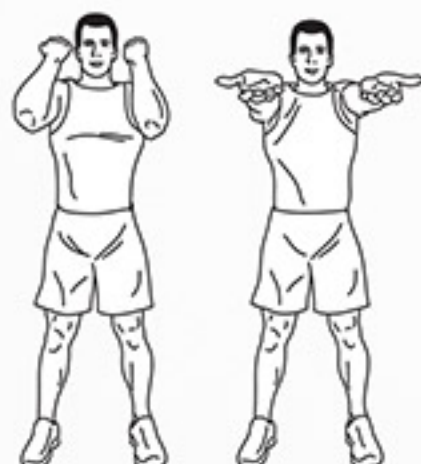
20sec half jacks



20sec hops on the spot



20sec shoulder taps



20sec bicep extensions



20sec shoulder taps



20sec march steps



20sec butt kicks



20sec march steps

Firebrand

DAREBEE **HIT** WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec butt kicks



20sec march steps



20sec butt kicks



20sec calf raise hold



20sec butt kicks



20sec calf raise hold



20sec butt kicks



20sec march steps

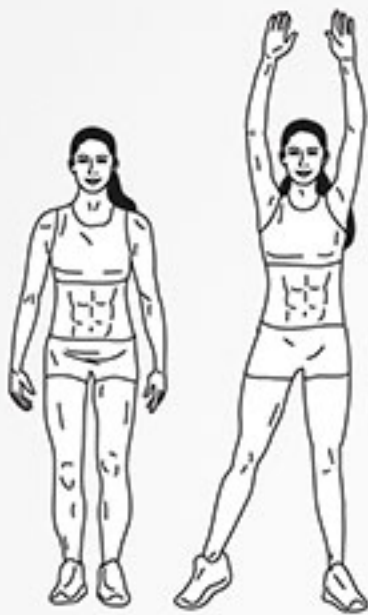


20sec butt kicks

FREE SPIRIT

DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec step jacks



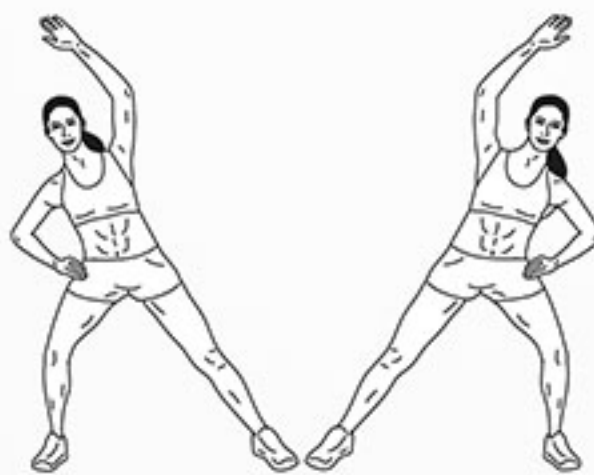
20sec raised arm circles



20sec step jacks



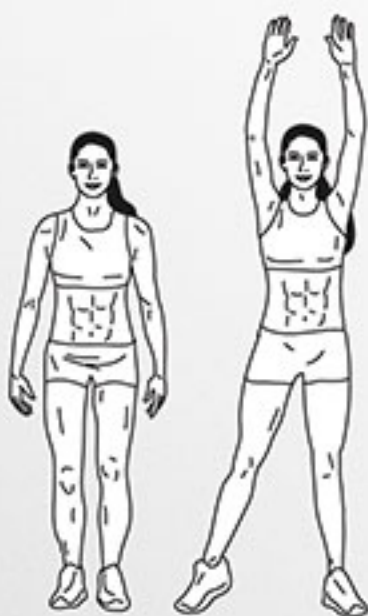
20sec raised arm circles



20sec side jacks



20sec raised arm circles



20sec step jacks



20sec raised arm circles



20sec step jacks

THE GRIND

DAREBEE **HIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



30sec march steps



10sec squat hold



30sec march steps



10sec calf raises



30sec march steps



10sec calf raises



30sec march steps



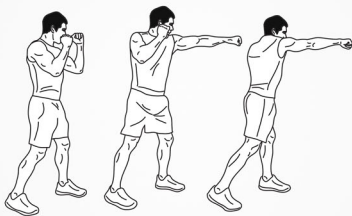
10sec squat hold



30sec march steps

PACK A PUNCH

DAREBEE **HIIT** WORKOUT © darebee.com



3min punches

30sec rest

3min punches

30sec rest

3min punches

done

RECTIFIER

DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec jumping jacks



20sec side leg raises



20sec jumping jacks



20sec bicep extensions



20sec standing shoulder taps



20sec bicep extensions



20sec march steps



20sec reverse lunges



20sec march steps

SILVER

DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec step jacks



20sec step side jacks



20sec arm circles

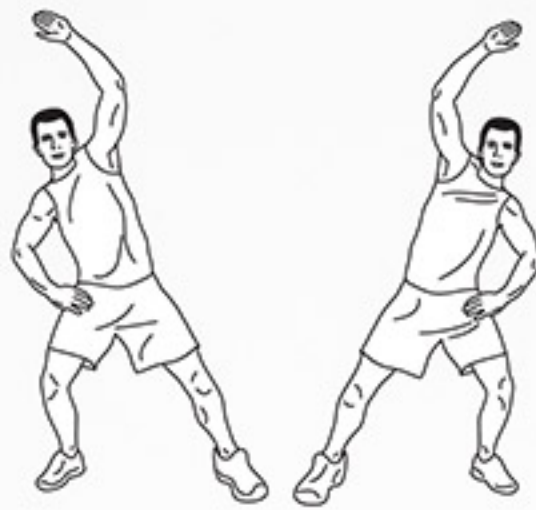
tenderfoot

DAREBEE **HIIT** WORKOUT @ darebee.com

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



20sec step jacks



20sec side jacks



20sec step jacks



20sec march steps



20sec calf raises



20sec march steps



20sec step jacks



20sec side jacks

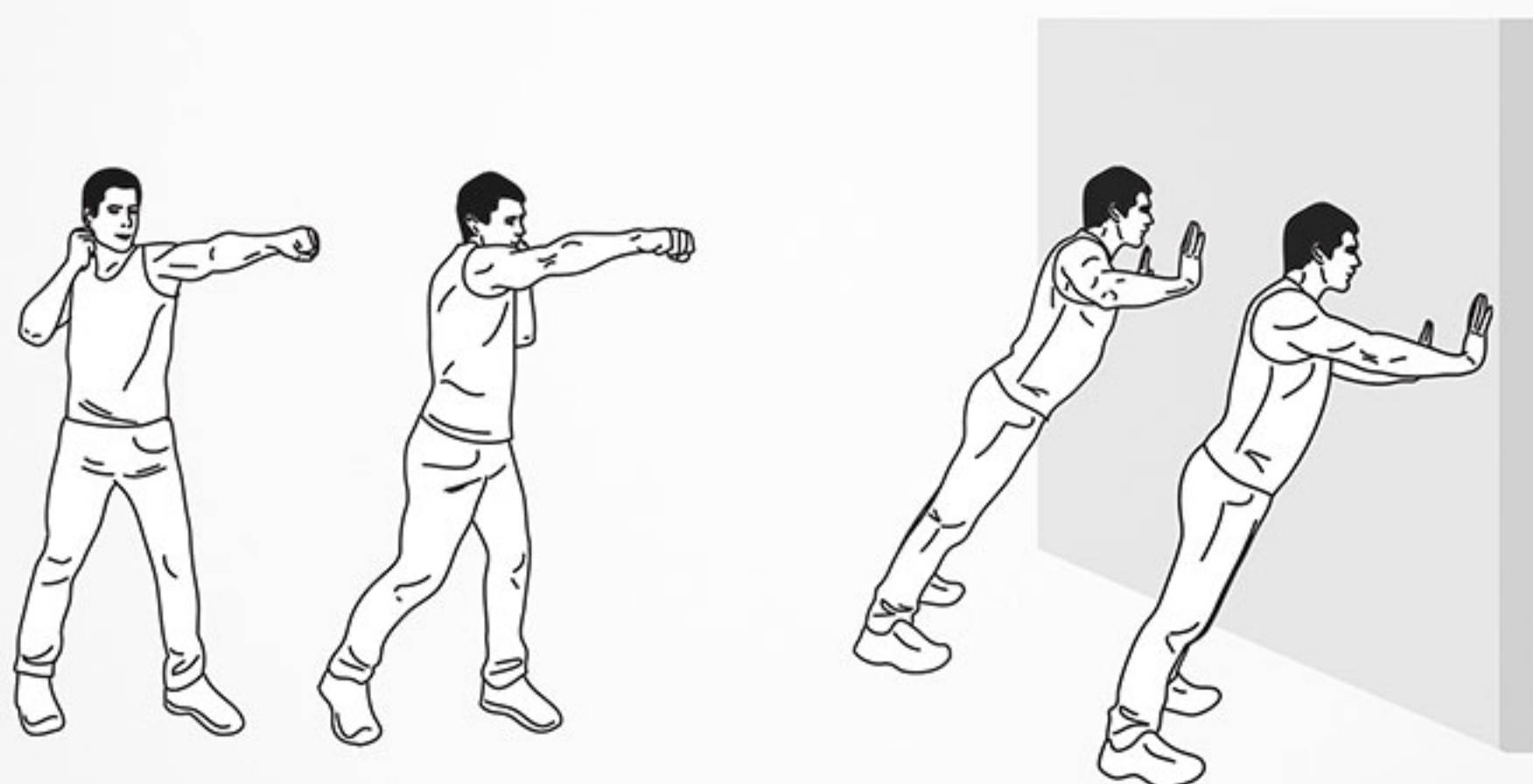


20sec step jacks

upperbody **press**

DAREBEE **HIT** WORKOUT @ darebee.com

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



15sec punches (jab + cross)

15sec wall push-ups

15sec punches (jab + cross)

15sec wall push-ups

HIIT WORKOUT
BY DAREBEE
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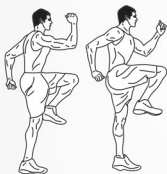
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest

WALK RUN REPEAT



20 sec march steps

10 sec high knees

20 sec march steps

10 sec high knees

20 sec march steps

10 sec high knees

20 sec march steps

10 sec high knees

