

BANSHEE

DAREBEE WORKOUT © darebee.com

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



10combos push-up + climber tap (each foot)



4 plank into lunges



20 punches



4 wide grip push-ups



4 up and down planks

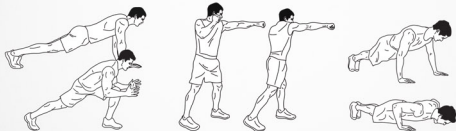
BANSHEE

DAREBEE WORKOUT @ darebee.com

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



10combos push-up + climber tap (each foot)



10 plank into lunges

40 punches

10 wide grip push-ups



10 up and down planks

BAT OUT OF HELL

DAREBEE WORKOUT © darebee.com

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

2 minutes rest between sets



20 high knees

2 push-ups

20 high knees

2 basic burpees w/ jump

20 high knees

2 push-ups

20 high knees

2 basic burpees w/ jump

done

BITE ME

DAREBEE WORKOUT © darebee.com

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



20 high knees



6 jump squats



6 hop heel clicks



20 butt kicks



6 jumping lunges

CANDY CRUSHER

DAREBEE WORKOUT @ darebee.com

1 set = 5 candies

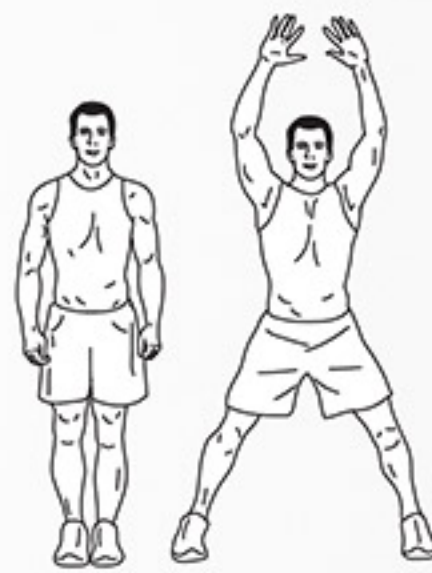
1 minute rest between sets



40 jumping jacks



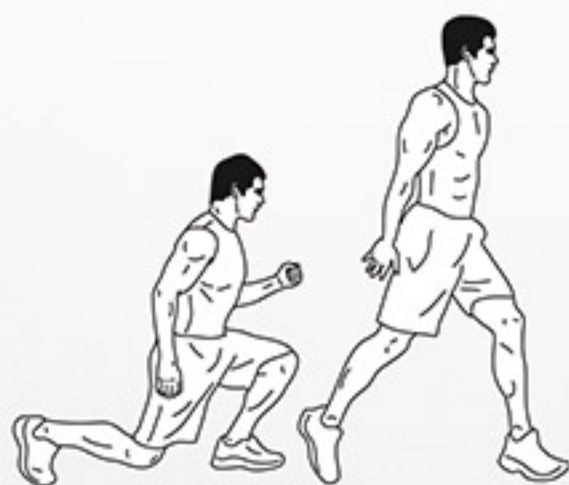
4 jump squats



40 jumping jacks



40 high knees



4 jumping lunges



40 high knees

CORRUPTED

DAREBEE WORKOUT @ darebee.com

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



20 side kicks



4 side-to-side lunges



20 side kicks



4 side-to-side lunges



20 hook kicks



4 side-to-side lunges



20 punches

DARKSIDER

DAREBEE WORKOUT @ darebee.com

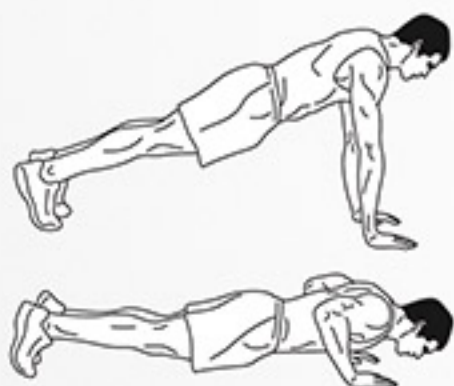
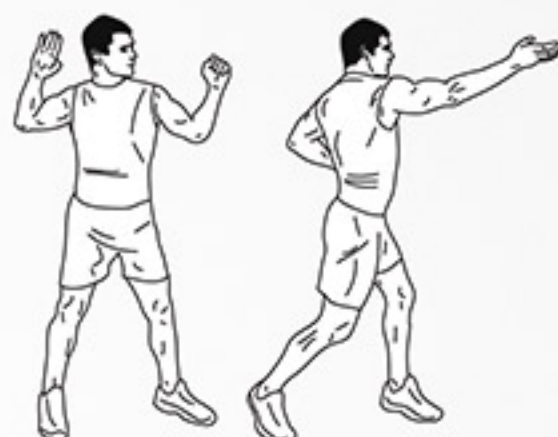
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jump squats



20 combos squat + knife hand strike



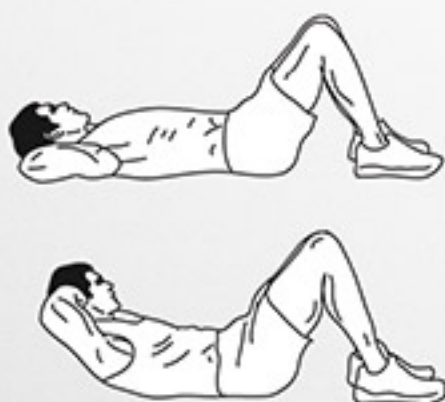
10 push-ups



10 plank rotations



20 overhead punches



20 crunches



10-count hollow hold



10 reverse angels

FAE

DAREBEE WORKOUT
© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



40 half jacks



40 side leg raises



40 kick backs



10 hop heel clicks



10 knee strikes



10 lunge step-ups



10 sit-outs



10 toe taps



10 bridge taps

GARGOYLE

DAREBEE WORKOUT @ darebee.com

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



20sec squat hold



20sec plank hold



20sec squat hold



20sec plank hold



20sec shoulder taps



20sec plank hold



20sec squat hold



20sec plank hold



20sec squat hold

GRAVEYARD SHIFT

DAREBEE
WORKOUT

@ darebee.com

LEVEL I 3 sets

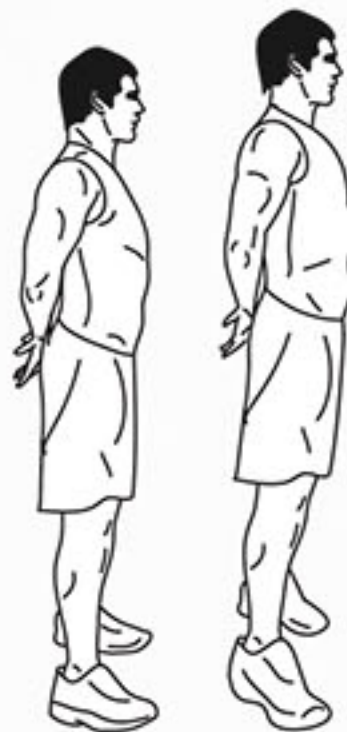
LEVEL II 5 sets

LEVEL III 7 sets

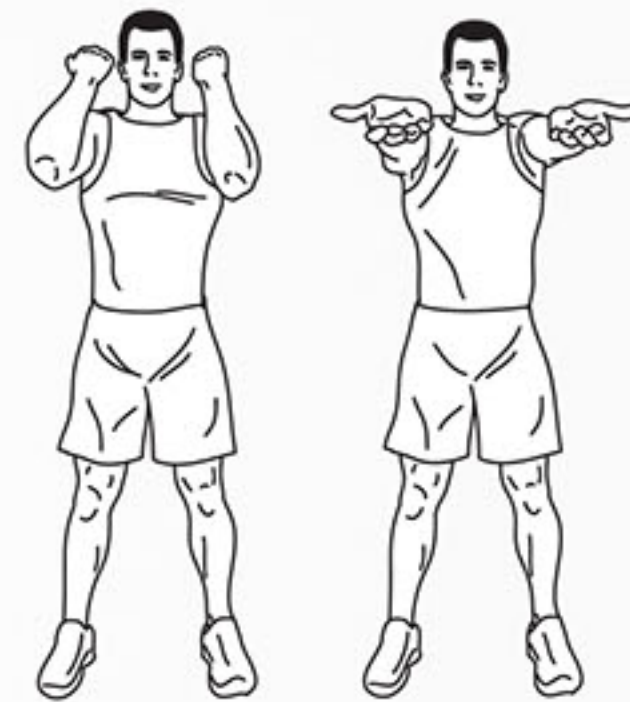
REST up to 2 minutes



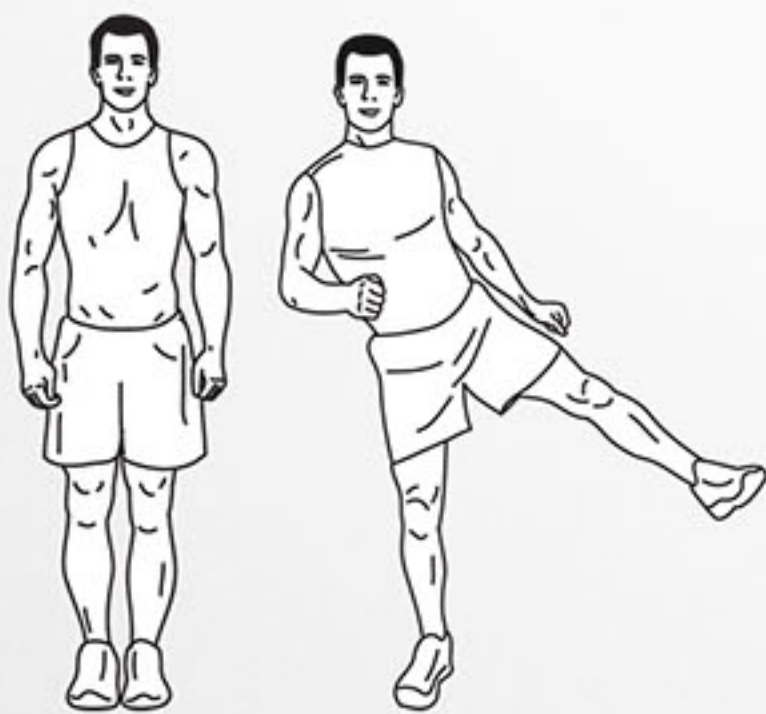
10 side-to-side lunges



10 calf-raises



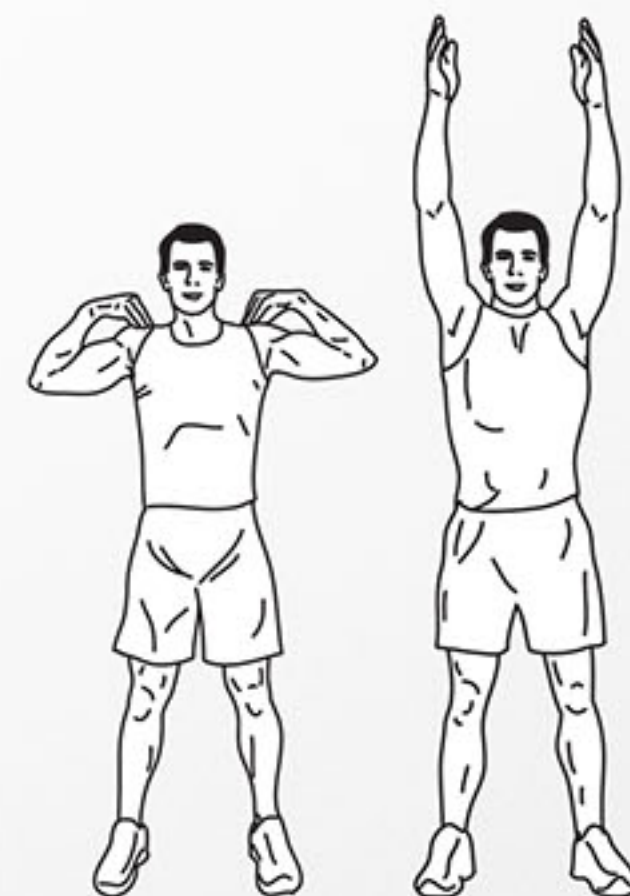
30 bicep extensions



30 side leg raises



10-count squat hold



30 shoulder taps

GREYWALKER

DAREBEE WORKOUT @ darebee.com

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



20 knee strikes



20 elbow strikes



10 staggered deadlifts



20 calf raises



20 front kicks



10 side lunges

GRIM REAPER

DAREBEE WORKOUT
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Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



10 tricep dips



10 reverse plank kicks



10 bridge taps



10 butterfly dips



5 butterfly sit-ups



5 modified scissors



10 flutter kicks



10 sitting twists



5 leg raises



To Hell & Back

HIIT WORKOUT
BY DAREBEE
@ darebee.com

Level I 3 sets

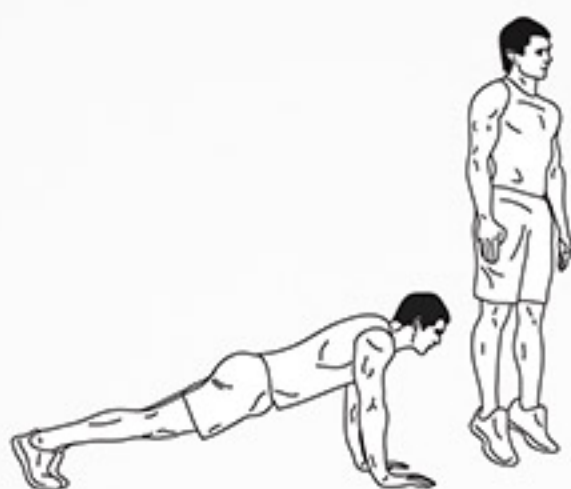
Level II 5 sets

Level III 7 sets

2 minutes rest



30sec high knees



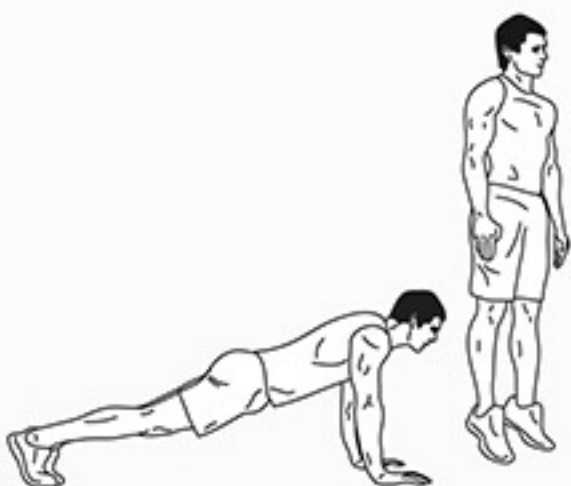
10sec basic burpees



20sec elbow plank



30sec high knees



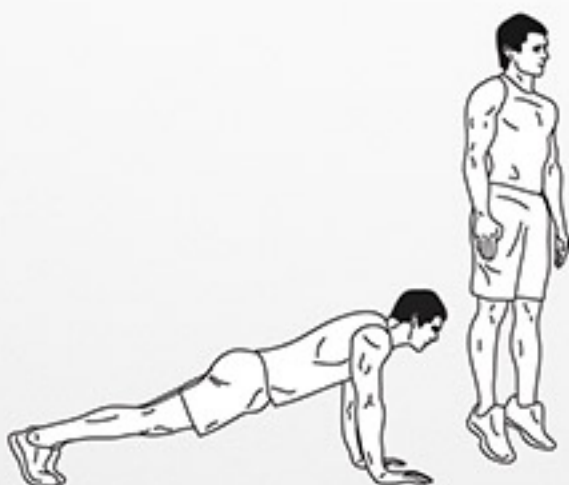
10sec basic burpees



20sec raised leg plank



30sec high knees



10sec basic burpees



20sec side elbow plank

HELLBOUND

DAREBEE **HIT** WORKOUT @ darebee.com

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



40sec climbers



20sec push-ups

20sec superman hold



40sec climbers

20sec push-ups

20sec superman hold



40sec climbers

20sec push-ups

20sec superman hold



done

HELL-FORGED

DAREBEE **HIIT** WORKOUT @ darebee.com

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



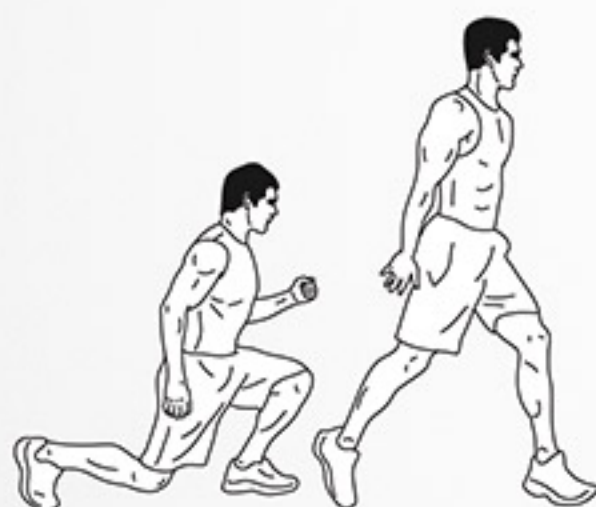
20sec jumping lunges



20sec calf raises



40sec elbow plank



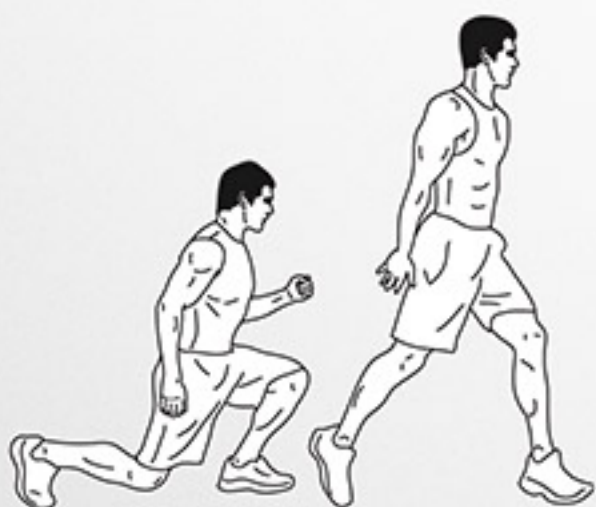
20sec jumping lunges



20sec calf raises



40sec side elbow plank



20sec jumping lunges



20sec calf raises



40sec raised leg elbow plank

Hell Raider

"ONE HELL OF A RAID" DAREBEE WORKOUT @ darebee.com

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



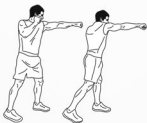
20 squat + side chop



4combos: 10 high knees + 2 jump knee tucks



10 push-ups



4combos: 10 punches + 2 hooks



20 side kick + side chop



4combos: 10 high knees + 2 side-to-side jumps

HELLRAISER

DAREBEE **HIT** WORKOUT @ darebee.com

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



30sec high knees



30sec elbow plank hold



30sec plank rolls



30sec high knees



30sec side plank hold



30sec side planks



30sec high knees



30sec elbow plank hold



30sec bodysaw

Hell's Circuit

DAREBEE **HIIT** WORKOUT @ darebee.com

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



1min push-ups



1min squat hold punches



1min jump squats

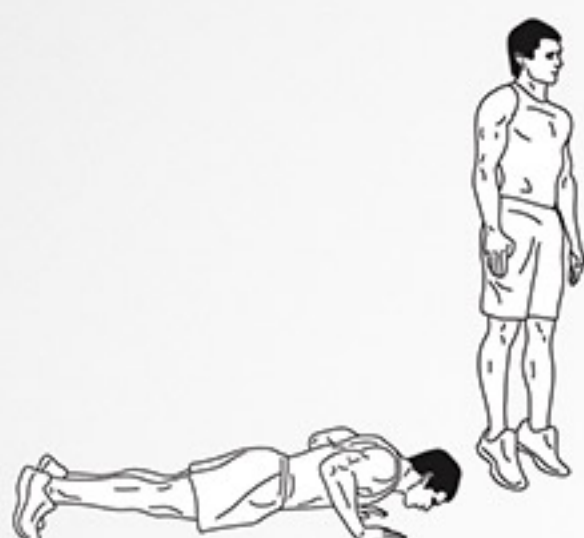


1min side kicks

HELL, UNLEASHED

DAREBEE **HIT** WORKOUT @ darebee.com

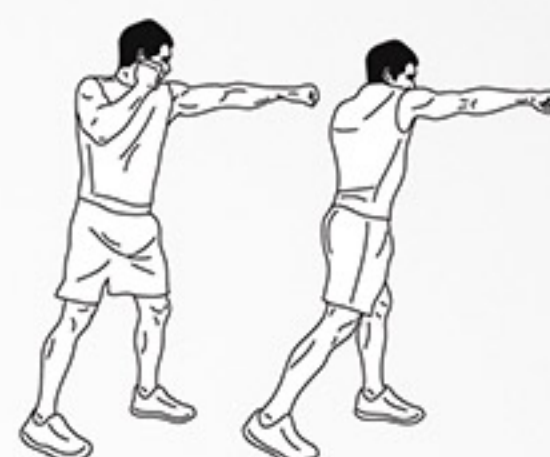
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



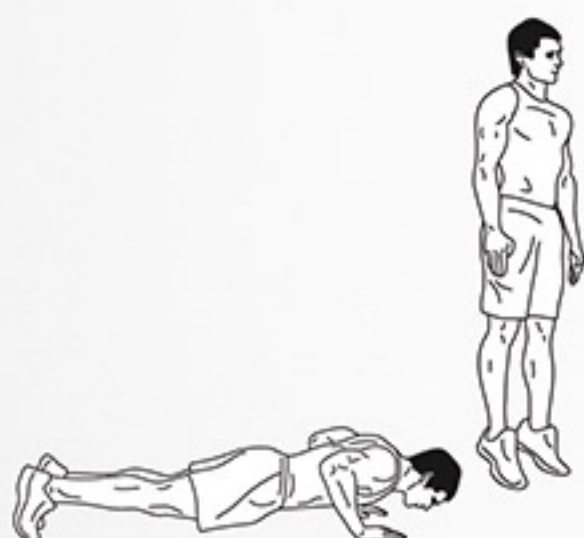
20sec burpees



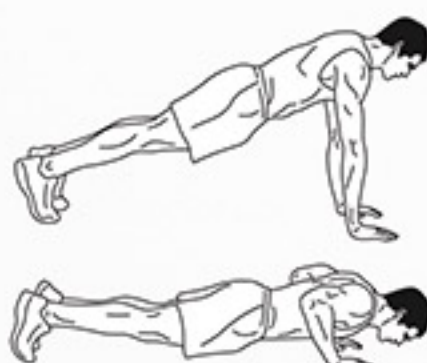
20sec one-arm plank (right)



40sec punches



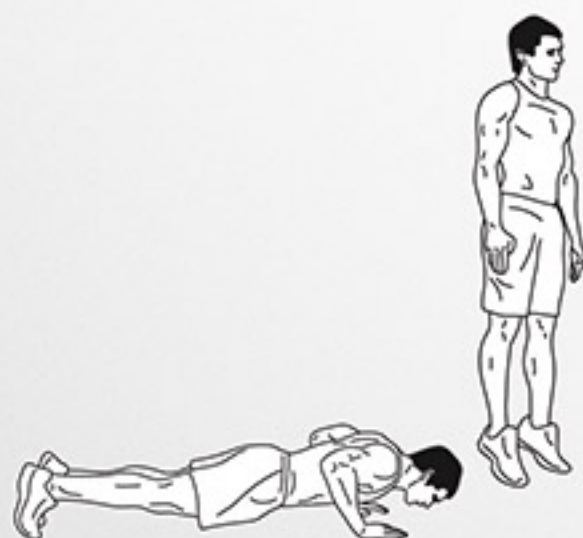
20sec burpees



20sec push-ups



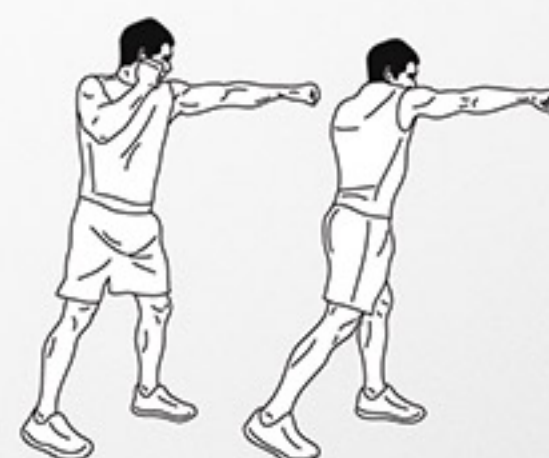
40sec overhead punches



20sec burpees



20sec one-arm plank (left)



40sec punches

LITTLE SPIDER

DAREBEE WORKOUT © darebee.com

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



20 shoulder taps



10 plank rotations



20 shoulder taps



10 climbers



20 shoulder taps



10 plank leg raises

MONSTER HUNTER

DAREBEE WORKOUT @ darebee.com

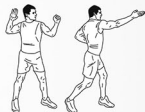
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 shoulder taps



2 raised leg push-ups



20 knife-hand strikes



6 plank crunches



6 plank rotations



20 W-extensions

MONSTER INSIDE

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises



20 shrimp squats **x 3 sets** in total
20 seconds rest between sets



12 close grip push-ups
x 3 sets in total | 20 seconds rest



20 knee-to-elbow crunches
x 3 sets in total | 20 seconds rest



12 V-ups **x 3 sets** in total
20 seconds rest between sets

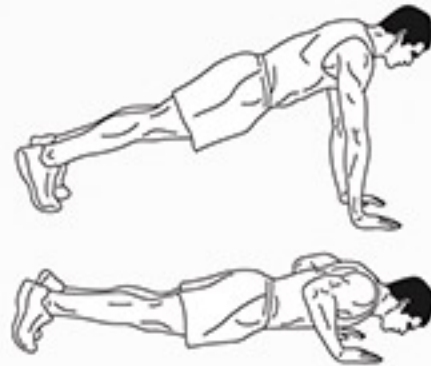
THE MONSTER IS LOOSE

DAREBEE WORKOUT @ darebee.com

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



10 jump squats



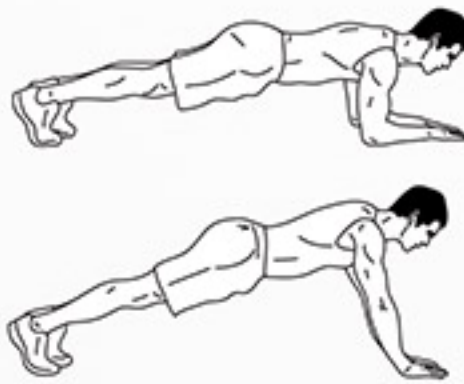
15 push-ups



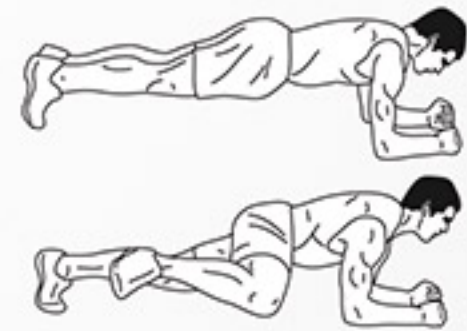
10 plank rotations



10 jump squats



5 tricep extensions



10 plank crunches



10 jump squats



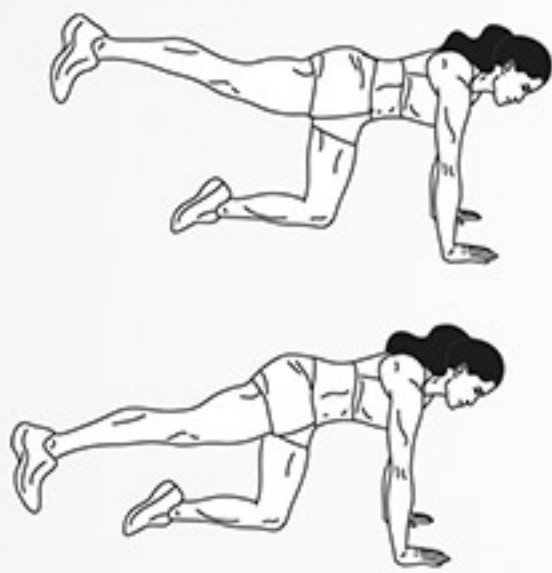
15 sit-ups



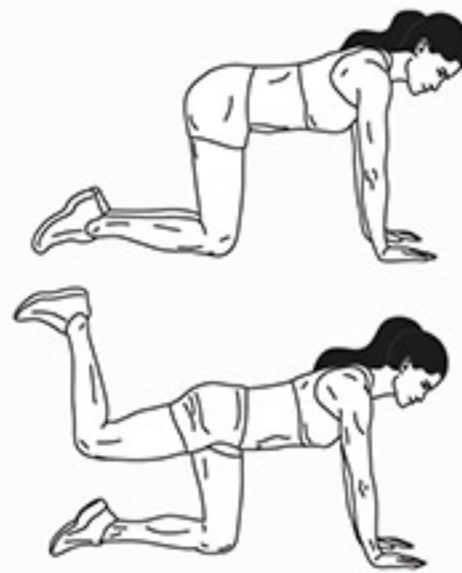
10-count hollow hold

PRETTY LITTLE MONSTER

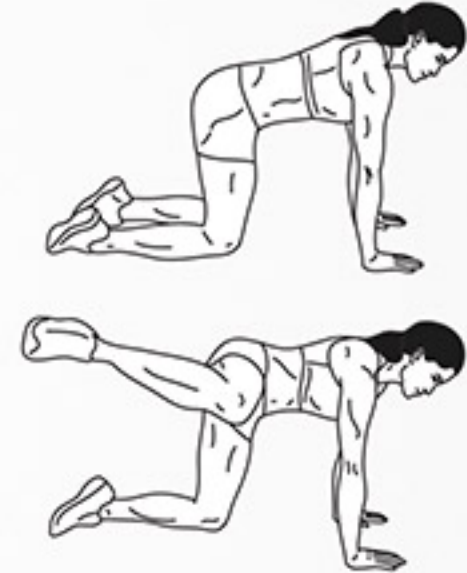
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40 leg swings



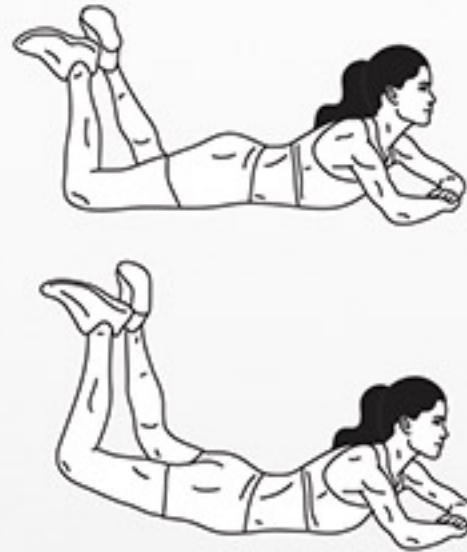
40 leg extensions



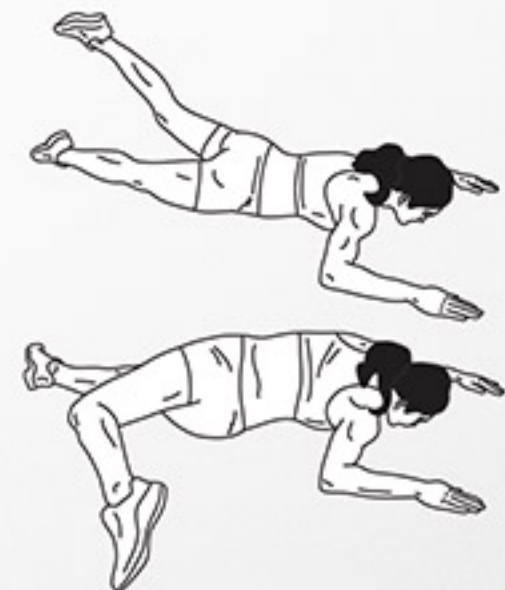
40 side leg extensions



4 downward upward dogs



10 glute flex



4 scorpion twists

Pumpkin Patch

DAREBEE WORKOUT © darebee.com

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



6 squats



6 side lunges



6 squats



6 overhead lifts



6-count hold



6 overhead lifts

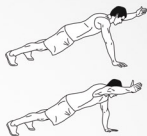


6 squats

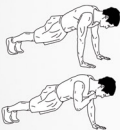
REAPER

DAREBEE WORKOUT @ darebee.com

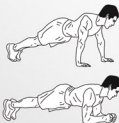
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10combos plank rotations + push-up + plank arm raises



10combos shoulder taps + push-up + climber taps



10combos up & down plank + push-up + side plank crunches

RED REAPER

DAREBEE WORKOUT © darebee.com

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



15 push-ups



30 shoulder taps



15 push-ups



15-count plank hold



30 plank side crunches



15-count plank hold

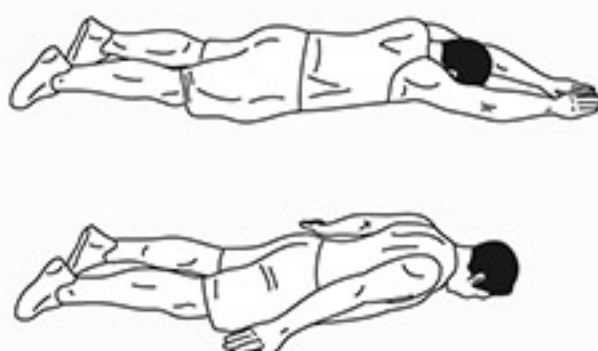
SCYTHER

DAREBEE WORKOUT @ darebee.com

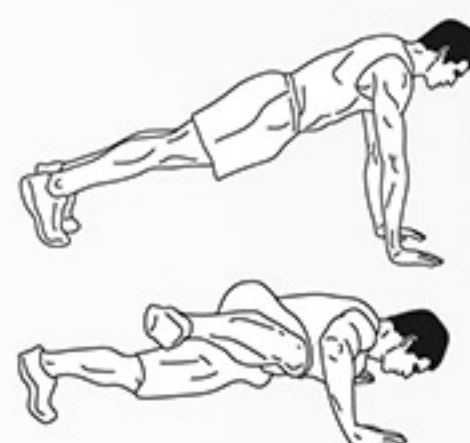
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 shoulder tap push-ups



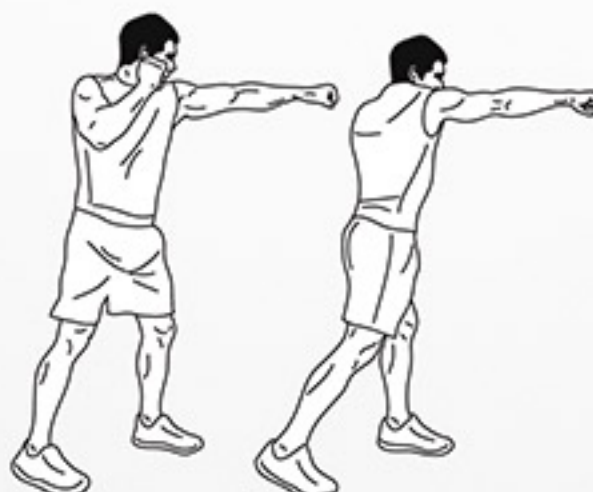
20 reverse angels



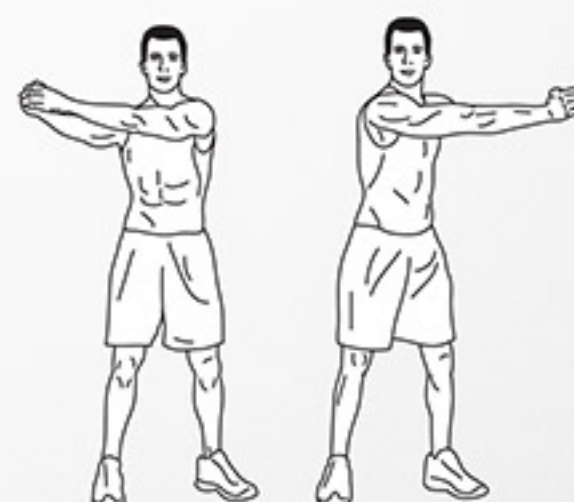
10 push-up side crunches



20 overhead punches



20 punches



20 side chops

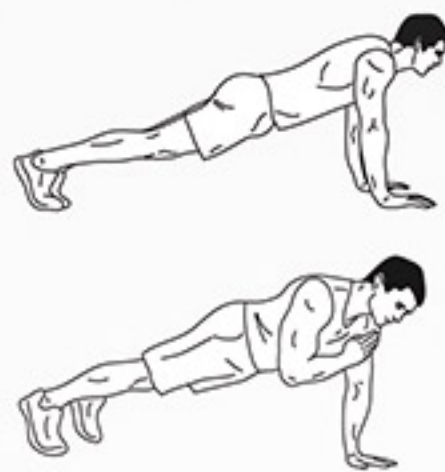
SHAPE SHIFTER

DAREBEE WORKOUT @ darebee.com

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



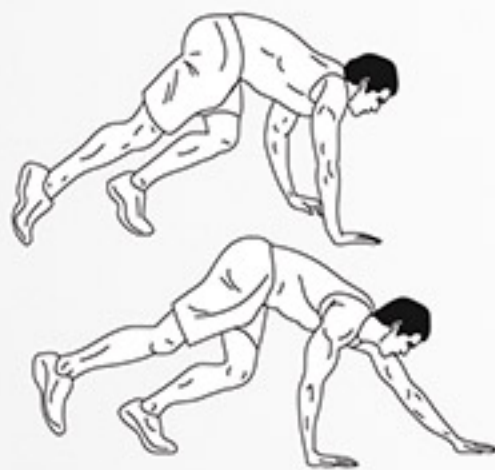
10-count bear crawl



10 shoulder taps



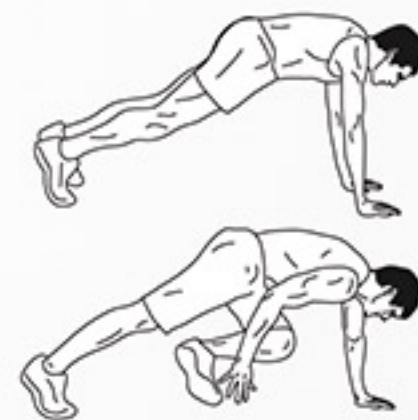
10 plank rotations



10-count bear crawl



10-count plank hold



10 climber taps



10-count bear crawl



10-count stretch #1



10-count stretch #2

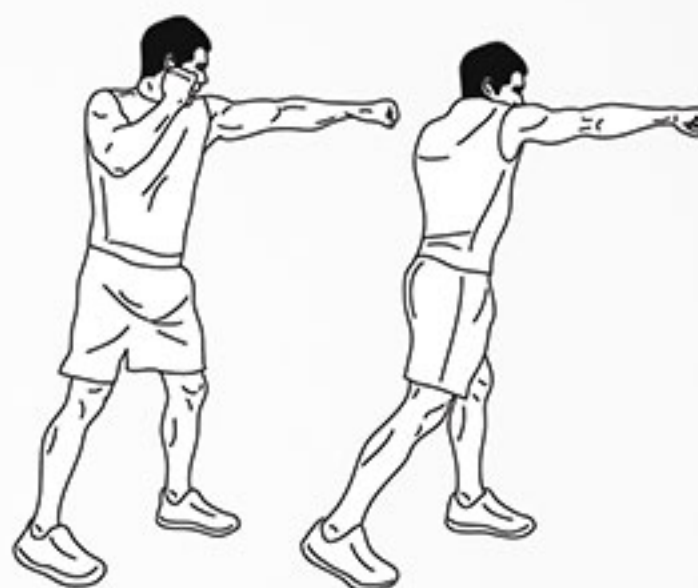
SLAYER

DAREBEE **HIIT** WORKOUT © darebee.com

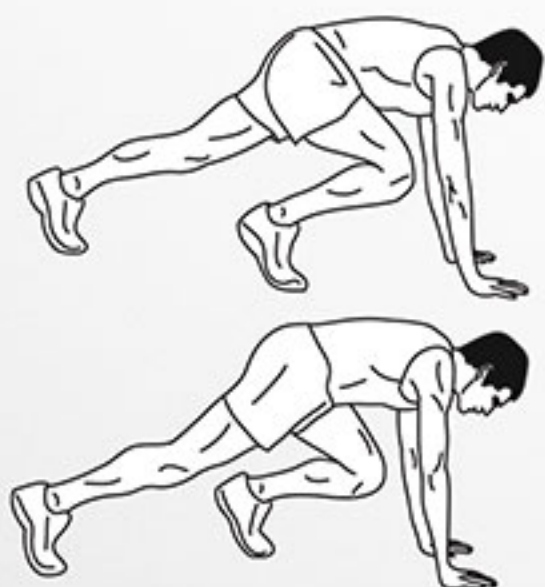
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



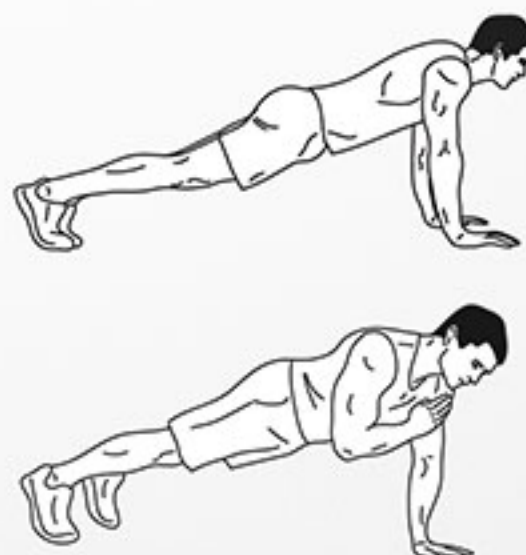
10sec high knees



20sec punches



20sec climbers



10sec shoulder taps

SLAYER

DAREBEE WORKOUT

© darebee.com

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



20 high knees



20 turning kicks



20 side leg raises



20 punches



20 lunge punches



20 side-to-side backfists



10 crunch kicks



10 bridges



10 sit-up punches

Team ZOMBIE

DAREBEE WORKOUT @ darebee.com

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



20 step jacks



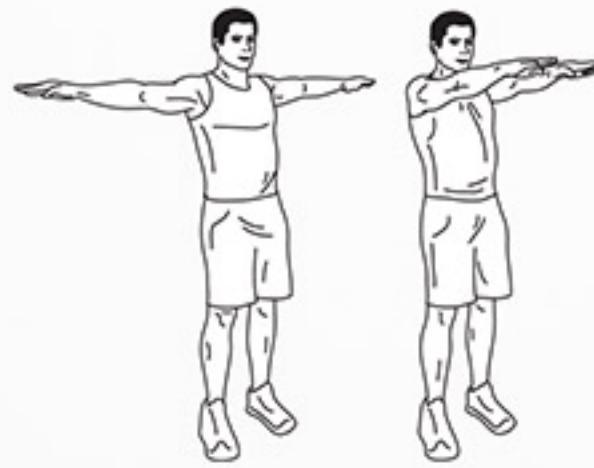
20-count calf raise hold



20 step jacks



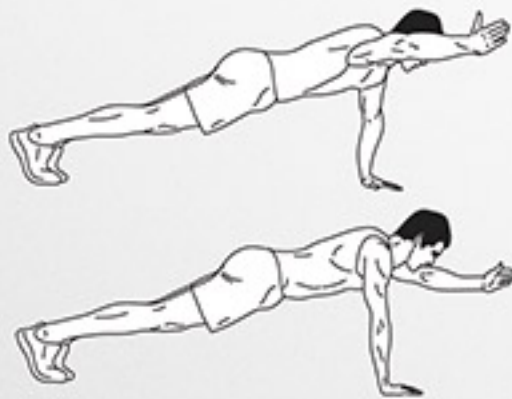
20-count hold



40 arm extensions



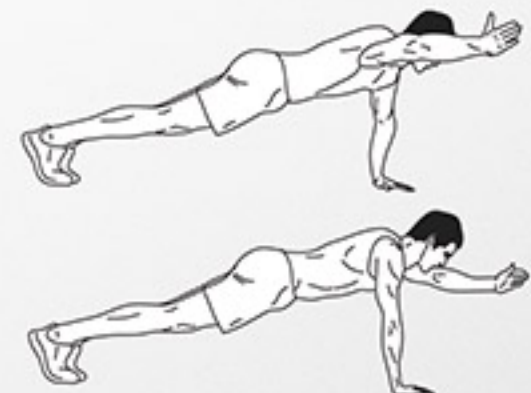
20-count hold



10 plank arm raises



20-count hold



10 plank arm raises

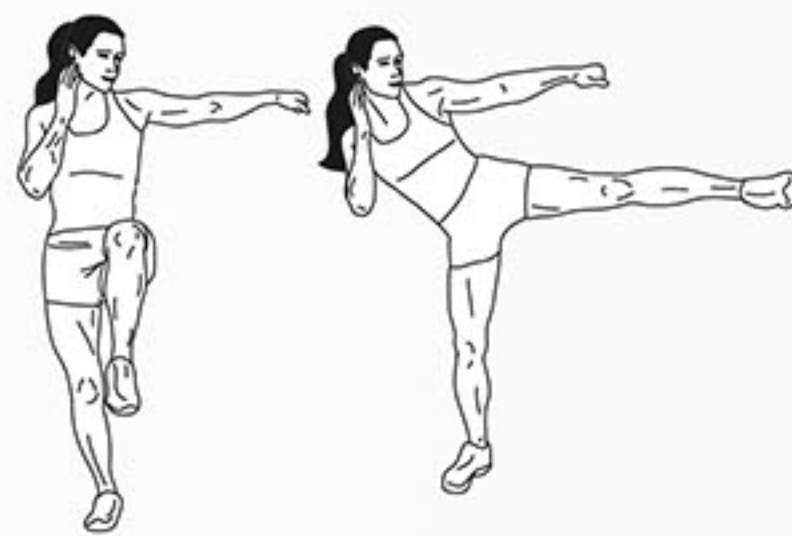
VAMPIRE HUNTER

DAREBEE WORKOUT @ darebee.com

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



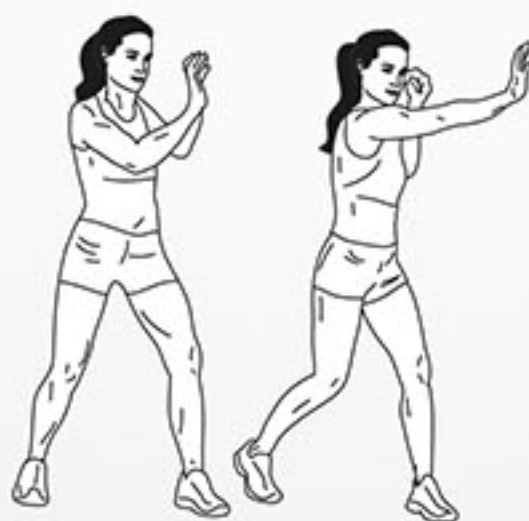
20 high knees



20 side kicks



10 jumping lunges



20 palm strikes



10 squat palm strikes

WEREWOLF

DAREBEE WORKOUT @ darebee.com

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

up to 2 minutes rest between sets



5 burpees



10 thigh taps



10 shoulder taps



10 plank rotations



10 crunches



10 leg raises



10 windshield wipers

WOLF GIRL

DAREBEE WORKOUT @ darebee.com

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



20 climber taps



20 shoulder taps



4 basic burpees with jump



10 crunches



20 sitting punches



10 crunch kicks

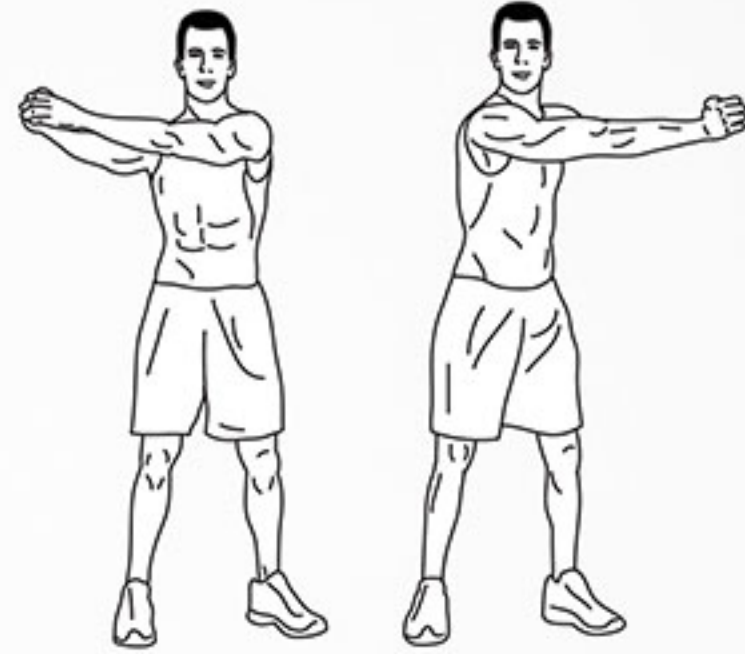
ZOMBIE

DAREBEE **HIIT** WORKOUT @ darebee.com

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



20sec high knees



20sec side-to-side chops

CAN BE DONE WITH A KATANA



20sec "1-2-3" count high knees + squat