

cardio

MAX

DAREBEE WORKOUT @ darebee.com

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



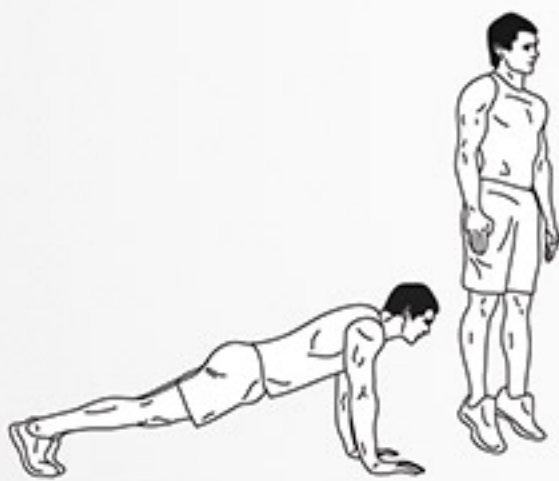
10 high knees



5 jump knee tucks



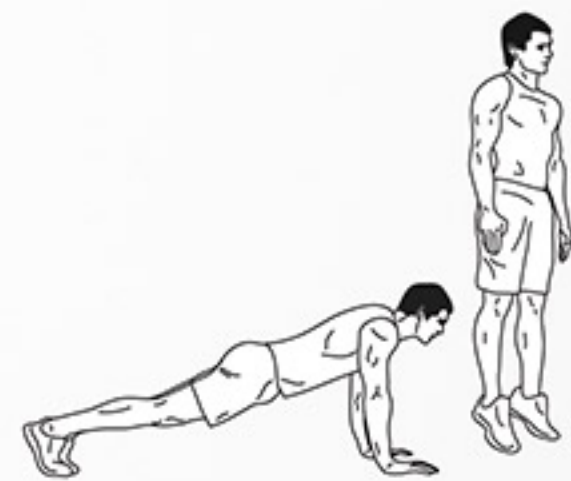
10 high knees



10 basic burpees



5 jump knee tucks



10 basic burpees



10 high knees



5 jump knee tucks



10 high knees

catapult

DAREBEE WORKOUT @ darebee.com

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



10 bounces on the spot



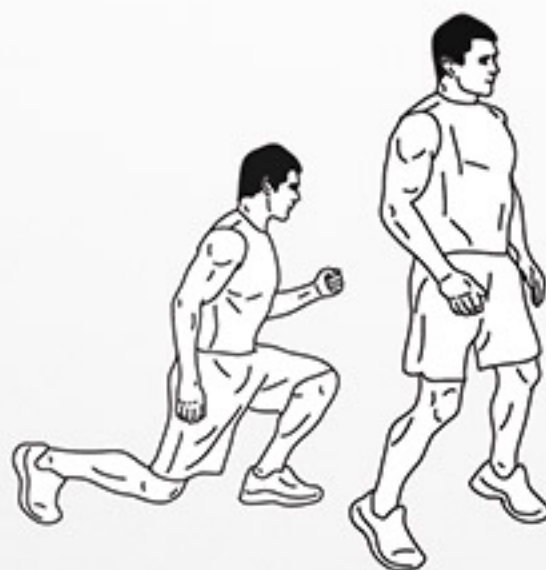
10 bounce+bounce+squat



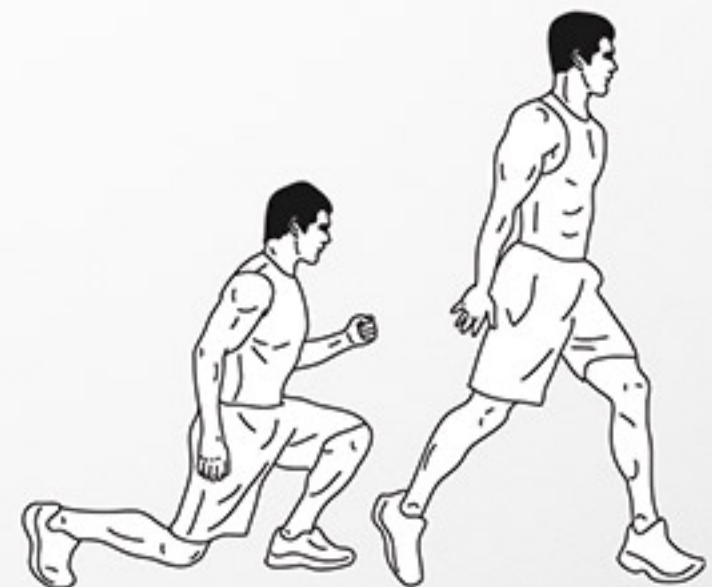
4 jump squats



10 bounces on the spot



10 bounce+bounce
+reverse lunge

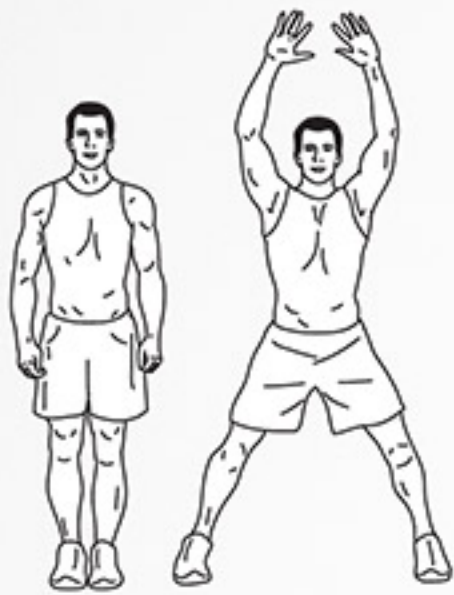


4 jumping lunges

GRASSHOPPER

DAREBEE **HIIT** WORKOUT @ darebee.com

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



60sec jumping jacks

one jump squat

every 15 seconds



60sec butt kicks

one jump squat

every 15 seconds



60sec split jacks

one jump squat

every 15 seconds

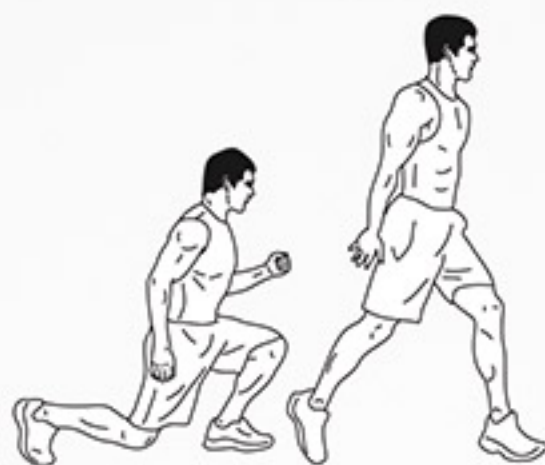
HIGH GROUND

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



20 high knees



2 jumping lunges



2 jump squats



20 high knees



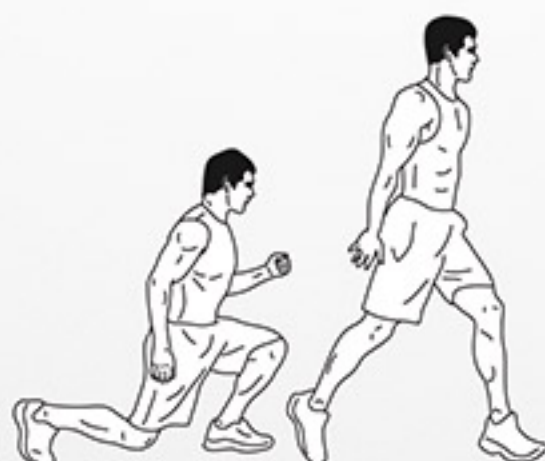
2 jump squats



2 jump knee tucks



20 high knees



2 jumping lunges



2 jump squats

POWER UP

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



20 high knees



10 lunge ste-ups



10 lunge kicks



2 jump knee tucks



10 side-to-side lunges



10 squats

SLAM DUNK

JUMP HIGHER
DAREBEE WORKOUT
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LEVEL I 3 sets
LEVEL II 5 sets
LEVEL III 7 sets
REST 2 minutes



40 squats



10 calf raises



20 jump squats



40 high knees



10 deep lunges



20 jumping lunges

SUPER JUMP

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



20 hops on the spot



10 jumping lunges



20 hops on the spot



10 jump squats



20 hops on the spot

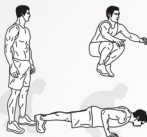


one jump knee tuck

Volleyball Pro

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes
designed in collaboration with **Boston Institute of Jump**



10 burpees



16 side planks



16 lateral lunges



10 vertical hop



15 table thrusts



20 side tables



10 L-sit-ups



16 split jumps



16 plank to hip flare



marks the spot

DAREBEE WORKOUT @ darebee.com

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

REST up to 2 minutes



20 high knees



10 jumping jacks



2 jump squats



20 high knees



10 twist jacks



2 jump squats



20 high knees



10 split jacks



2 jump squats