

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

ASCENSION

DAREBEE **HIT** WORKOUT © darebee.com

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



15sec jumping lunges



15sec jumping jacks



15sec jump squats



15sec jumping jacks



15sec basic burpees



15sec jumping jacks



15sec jumping lunges



15sec jumping jacks



15sec jump squats

ATOMIC

DAREBEE **HIT** WORKOUT © darebee.com

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



40sec step jacks



10sec knee-to-elbows



10sec lunge step-ups



40sec step jacks



10sec knee-to-elbows



10sec calf raises



40sec step jacks



10sec knee-to-elbows



10sec staggered deadlifts

BECAUSE I CAN

DAREBEE WORKOUT @ darebee.com

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



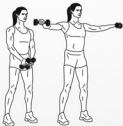
12 goblet squats



12 side lunges



12 bicep curls



6 lateral raises



6 upright rows

CALM DOWN

DAREBEE
WORKOUT
@ darebee.com

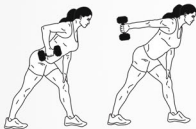
Hold each pose
for 60 seconds
then move on
to the next one.



COME BACK STRONGER

DAREBEE WORKOUT @ darebee.com

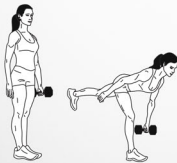
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



12 tricep extensions



6 overhead tricep extensions



12 single leg deadlifts



6 goblet squats

Dream Catcher

DAREBEE WORKOUT © darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.

1



2



3



4



5



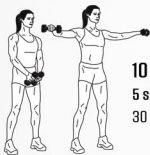
6



DUMBBELL TRICEPS

DAREBEE WORKOUT © darebee.com

30 seconds rest between exercises



10 lateral raises
5 sets in total
30 seconds rest



2 minute
lateral raise hold
once



20 punches
5 sets | 30sec rest



10 tricep extensions
5 sets | 30sec rest



10 overhead extensions
5 sets | 30sec rest

DAREBEE WORKOUT

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up to 2 minutes rest
between exercises

EAT, TRAIN, LOVE



16 reverse lunges
x 4 sets in total
60 seconds rest
between sets



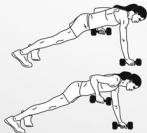
12 side lunges
x 4 sets in total
60 seconds rest
between sets



12 bicep curls
x 4 sets in total
20 seconds rest
between sets



8 upright rows
x 4 sets in total
20 seconds rest
between sets



12 renegade rows
x 4 sets in total
20 seconds rest
between sets

epic HIIT

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



20sec jumping jacks



20sec knee-to-elbow



20sec half jacks



20sec jumping lunges



20sec high knees



20sec jump squats



20sec climbers



20sec plank rotations



20sec basic burpees

Fast & *Dangerous*

DAREBEE **HIIT** WORKOUT @ darebee.com

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



15sec high knees



15sec punches



15sec high knees



15sec backfists

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

FOREVER YOUNG

DAREBEE WORKOUT @ darebee.com

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



14 punches



14 alt bicep curls



14 bent over rows



14 goblet squats



14 calf raises

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 arm circles



20sec step jacks



20sec arm circles



20sec side jacks



20sec arm circles



20sec step jacks



20sec arm circles



20sec step jacks

GAIA

DAREBEE WORKOUT © darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.



gentle yoga

DAREBEE WORKOUT

© darebee.com

Hold each pose for 30 seconds then move on to the next one. Repeat the sequence again on the other side.

1



2



3



4



5



6



7



8



9



GLOW

DAREBEE WORKOUT @ darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.



my HAPPY PLACE

WORKOUT
BY DAREBEE
© darebee.com



60sec stretch #1



60sec stretch #2



60sec stretch #3



10 minutes meditation

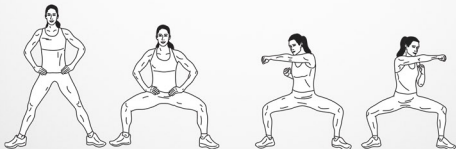
Hero **Maker**

DAREBEE **HIIT** WORKOUT © darebee.com

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



20sec high knees



20sec squats

20sec squat hold punches

I Do Not Yield

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



12 hammer curls



12 punches



12 chest rows



12 punches



12 shoulder press



12 punches

INSOMNIA YOGA

DAREBEE WORKOUT © darebee.com

Hold each pose for 30 seconds then move on to the next one.

1



2



3



4



5



6



7



8



9



LADYBUG

DAREBEE WORKOUT © darebee.com

Hold each pose for 30 seconds then move on to the next one.

1



2



3



4



5



6



MAVE

DAREBEE WORKOUT © darebee.com

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



4 push-ups



20 punches



4 push-ups



20 alt bicep curls



4 push-ups



20 alt bicep curls



4 push-ups

ME TIME

DAREBEE **HIT** WORKOUT © darebee.com

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



20sec punches



20sec arm circles



20sec punches



20sec knee-to-elbows



20sec punches



20sec knee-to-elbows



20sec punches



20sec side jacks

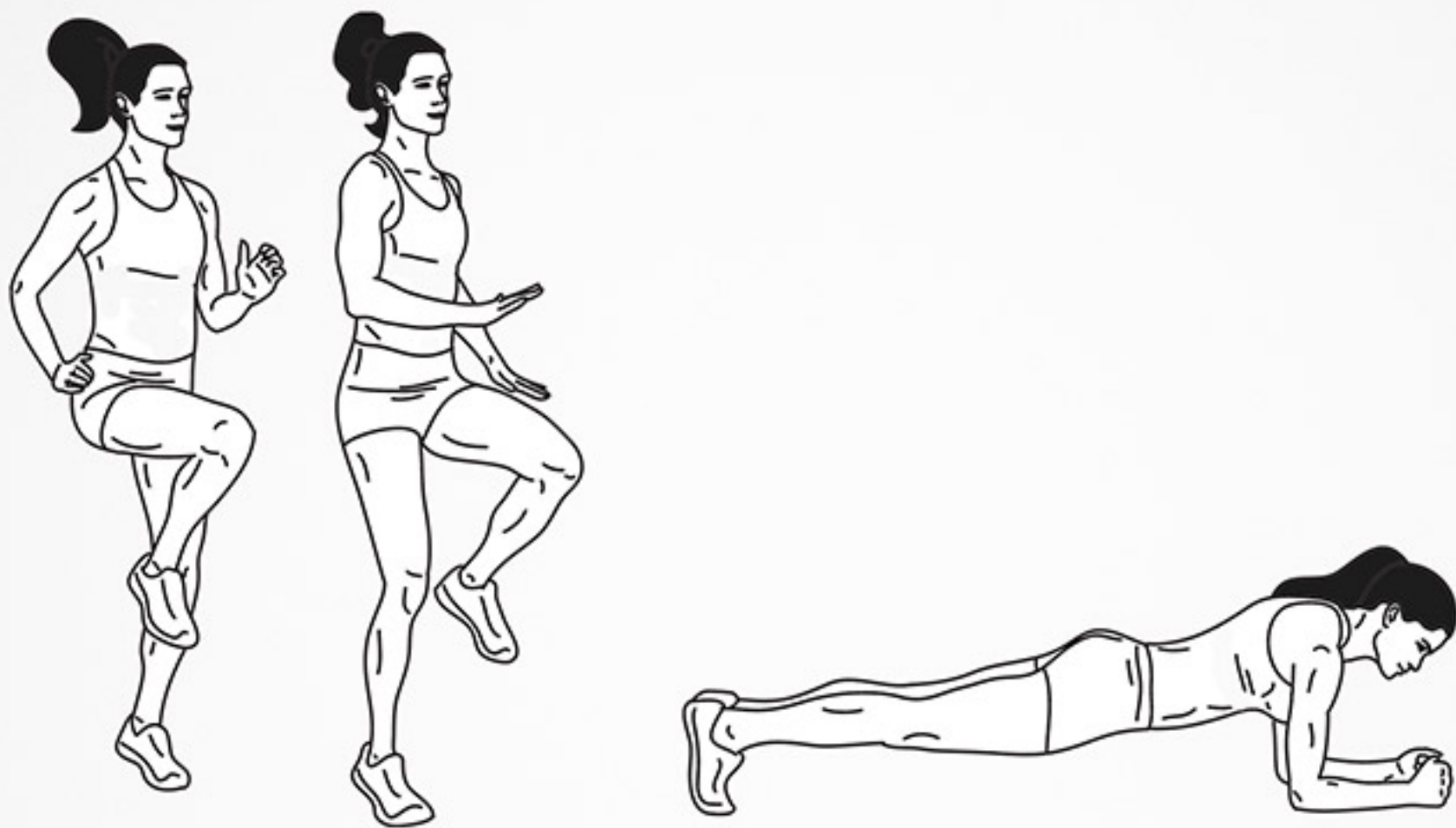


20sec punches

PERSEPHONE

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

30sec high knees

30sec elbow plank

30sec high knees

30sec elbow plank

30sec high knees

30sec elbow plank

pixie

DAREBEE WORKOUT @ darebee.com

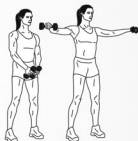
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 knee to elbows



10 punches



10 lateral raises



10 bicep curls



10 chest rows

possum

DAREBEE WORKOUT © darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.



POWER PUMP

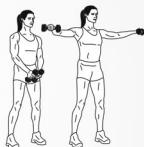
DAREBEE WORKOUT © darebee.com



12 bicep curls x 5 sets
60sec rest between sets



8 upright rows x 5 sets
60sec rest between sets



8 lateral raises x 5 sets
60sec rest between sets



8 shoulder press x 5 sets
60sec rest between sets



8 bent over raises x 5 sets
60sec rest between sets

Queen *of* Mean

DAREBEE WORKOUT © darebee.com

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



16 tricep extensions



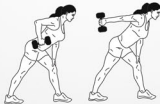
8 rotations



16 over tricep extensions



8 rotations



16 single kickbacks



8 rotations

self-care

DAREBEE WORKOUT @ darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.

1



2



3



4



5



6



7



8



9



Staying In

DAREBEE WORKOUT © darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.

1



2



3



4



5



6



7



8



9



STRONG & BEAUTIFUL

DAREBEE WORKOUT @ darebee.com

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



20 alt bicep curls



20 punches



10 bent over rows



10 alt shoulder press



10-count hold

SUPERCHARGED

DAREBEE **HIIT** WORKOUT © darebee.com

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



10sec pacer steps



40sec jumping jacks



10sec pacer steps



10sec climbers



40sec high knees



10sec climbers



10sec pacer steps



40sec jumping jacks

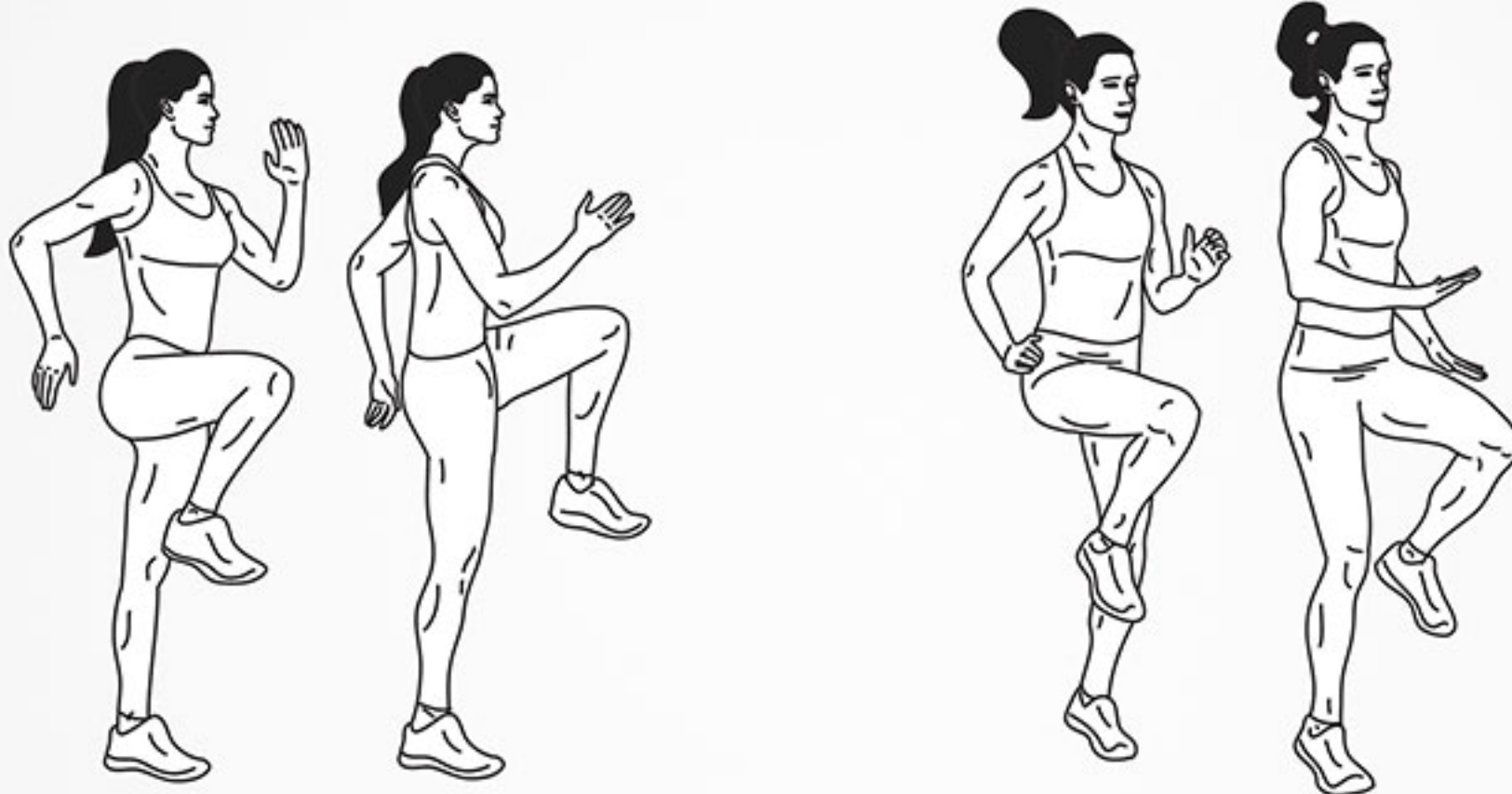


10sec pacer steps

thunderbolt

DAREBEE **HIT** WORKOUT @ darebee.com

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



10sec march steps

10sec high knees

10sec march steps

10sec high knees

10sec march steps

10sec high knees

UNWIND

DAREBEE WORKOUT @ darebee.com

#1 Slowly shift from *Cat Pose* to *Cow Pose* continuously for 30 seconds.

#2 Breathe out quickly 5 times then hold the pose.

Hold each pose after #2 for 30 seconds.



WORK OF ART

DAREBEE WORKOUT @ darebee.com

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



12 lunges



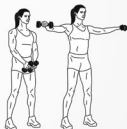
8 side lunges



12 bicep curls



8 upright rows



8 lateral raises



12 calf raises