

AIRBORNE

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 butt kicks



2 jumping lunges



20 half jacks



10 toe tap hops



2 jump squats

bolt

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



2 squats



10 march steps



20 high knees



2 jumping lunges



10 march steps



20 high knees



2 calf raises



10 march steps



20 high knees

Born to Run

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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 march steps



20 high knees



5 calf raises



10 march steps



5 calf raises



20 high knees



10 march steps

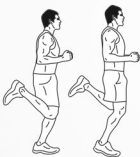


20 high knees

YOU HAVE TO CATCH ME FIRST

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5 sets in total | up to 2 minutes rest between sets



20 butt kicks

4 side-to-side hops

20 butt kicks

4 side-to-side hops

20 butt kicks

4 side-to-side hops



20 butt kicks

4 side-to-side hops

20 butt kicks

4 side-to-side hops

Catch Me ...if you can

DAREBEE
WORKOUT
@ darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



10 high knees



2 side-to-side jumps



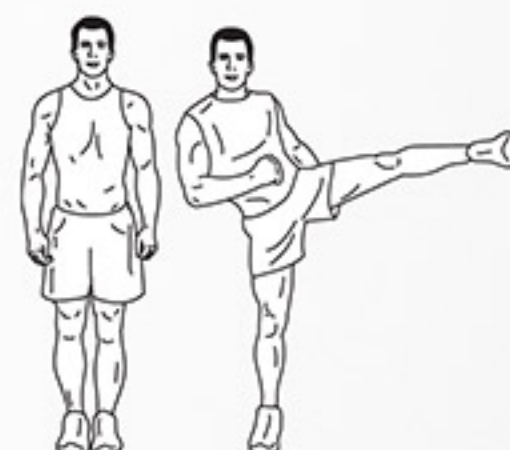
2 squats



10 high knees



2 side-to-side jumps



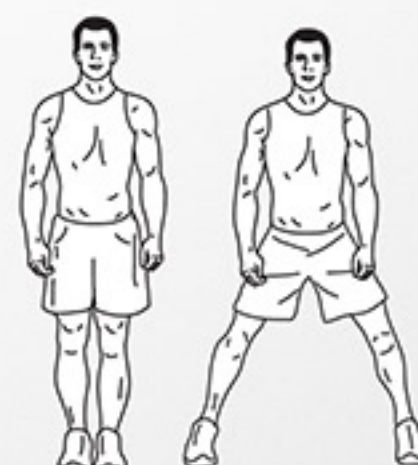
2 side leg raises



10 high knees



2 side-to-side jumps



2 half jacks

EPIC CALVES

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3 sets | 2 minutes rest



10 high knees

6 calf raises

10 high knees

6 calf raises

10 high knees

6 calf raises



10 high knees

6 calf raises

10 high knees

6 calf raises

Obstacle Run

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LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes
open area friendly - run (and jump) from point A to point B



1min high knees



+ jump to the left



+ jump knee tuck



1min high knees



+ jump to the right



+ jump knee tuck



1min high knees



+ forward hop



+ jump knee tuck

PERFECT RUN

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



4 lunge step-ups



20 high knees



20 straight leg bounds



4 lunge step-ups



20 high knees



4 jumping lunges



4 lunge step-ups



20 high knees



20 butt kicks

RAINY DAY

DAREBEE
WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes

10 high knees

10 butt kicks

10 high knees

10 butt kicks

10 high knees

10 butt kicks

10 high knees

10 butt kicks

10 high knees

10 butt kicks



Rivers of Sweat

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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 pacer steps



20 high knees



10 butt kicks



20 high knees



10 hop heel clicks

sweat generator

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



20 high knees



20 hops on the spot



20 high knees



20 march steps



20 high knees



20 hops on the spot



20 high knees



20 march steps



20 high knees

TEMPLE RUN

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



20 high knees

jump to the left

20 high knees

jump to the right

20 high knees

jump to the left

20 high knees

jump to the right

20 high knees

jump to the left

20 high knees

jump to the right



TRACK & FIELD

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



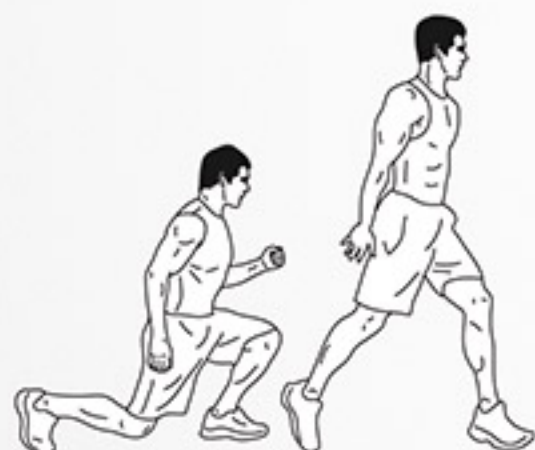
10 high knees



one jump knee tuck



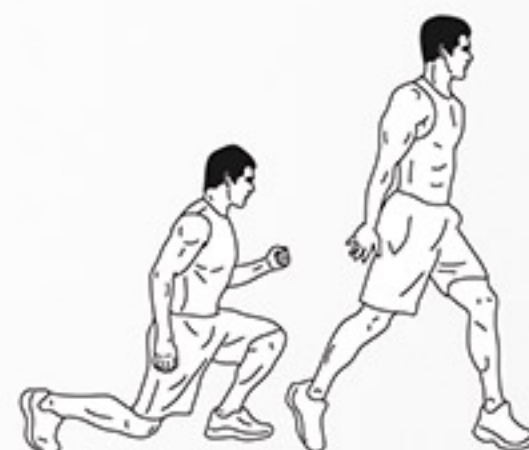
10 high knees



one jump lunge



10 high knees



one jump lunge



10 high knees



one jump knee tuck



10 high knees

HIIT WORKOUT
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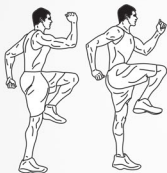
Level I 3 sets

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

