

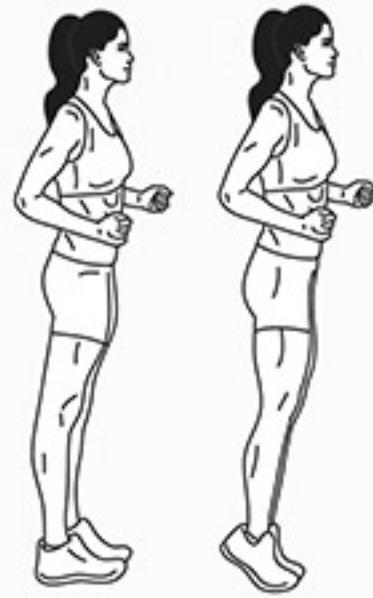
DRACARYS!

DAREBEE WORKOUT @ darebee.com

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



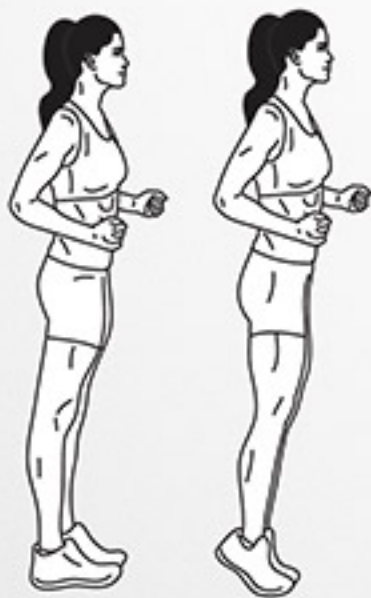
10 jump squats



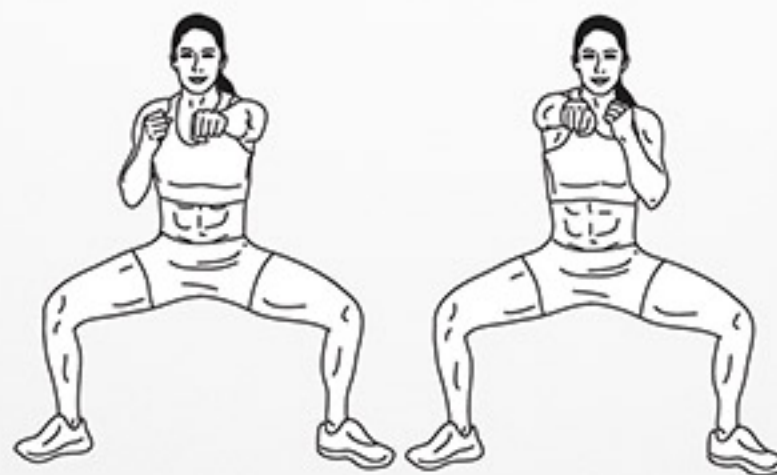
10 calf raises



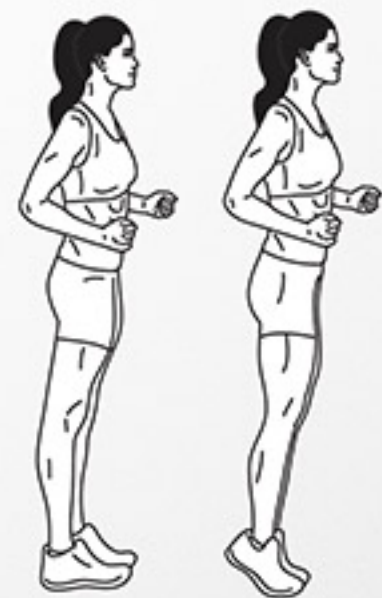
10 jump squats



10 calf raises



10 squat hold punches

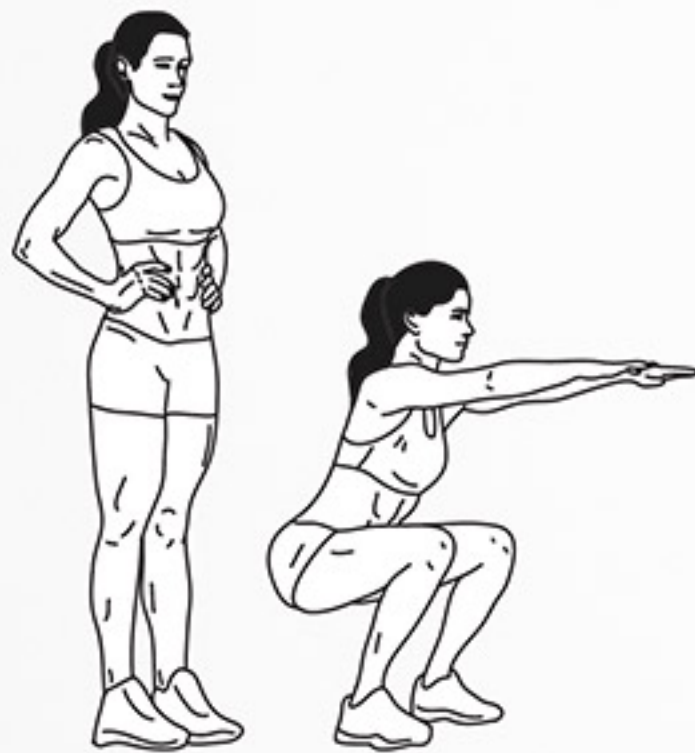


10 calf raises

EPIC GLUTES

WORKOUT by DAREBEE @ darebee.com

3 sets | 2 minutes rest



5 squats

5-count squat hold

5 squats

5-count squat hold

5 squats

5-count squat hold

5 squats

5-count squat hold

5 squats

5-count squat hold



EVERYBODY SQUATS NOW

DAREBEE WORKOUT © darebee.com

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



10 goblet squats



10 squat step back



10 squat kicks



10 squat hold calf raises



10-count wide squat hold

FRIDAY

DAREBEE WORKOUT @ darebee.com

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

up to 2 minutes rest between sets



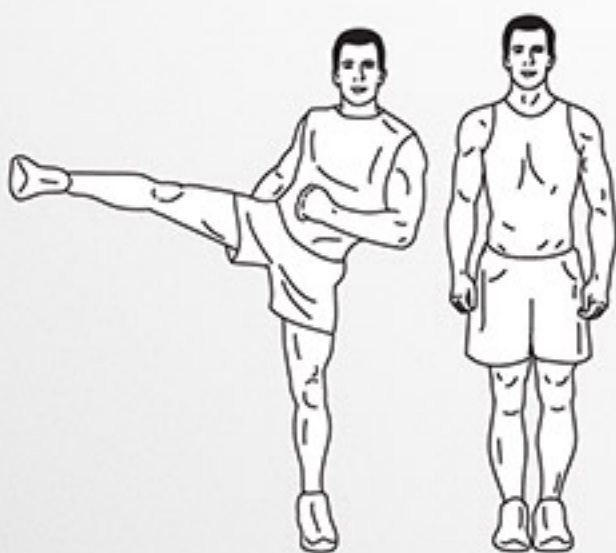
5 squats



5 calf raises



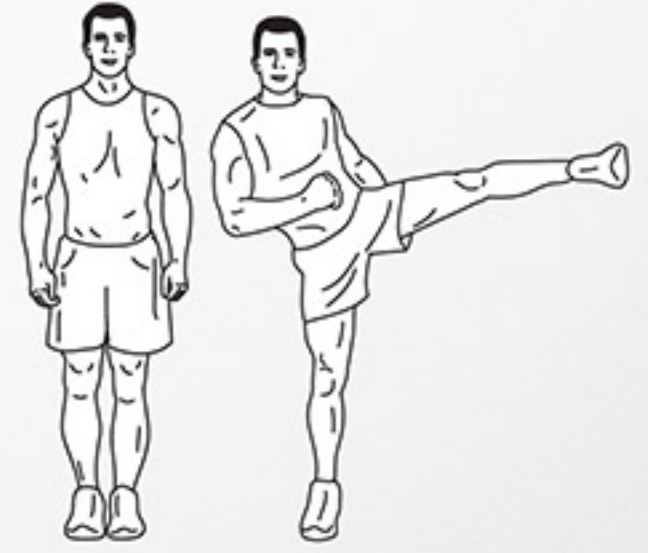
5 squats



20 side leg raises
right leg



5 squats



20 side leg raises
left leg

I ❤️ SQUATS

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



4 squat step back



4 goblet squats



4 squat front kick



4 goblet squats



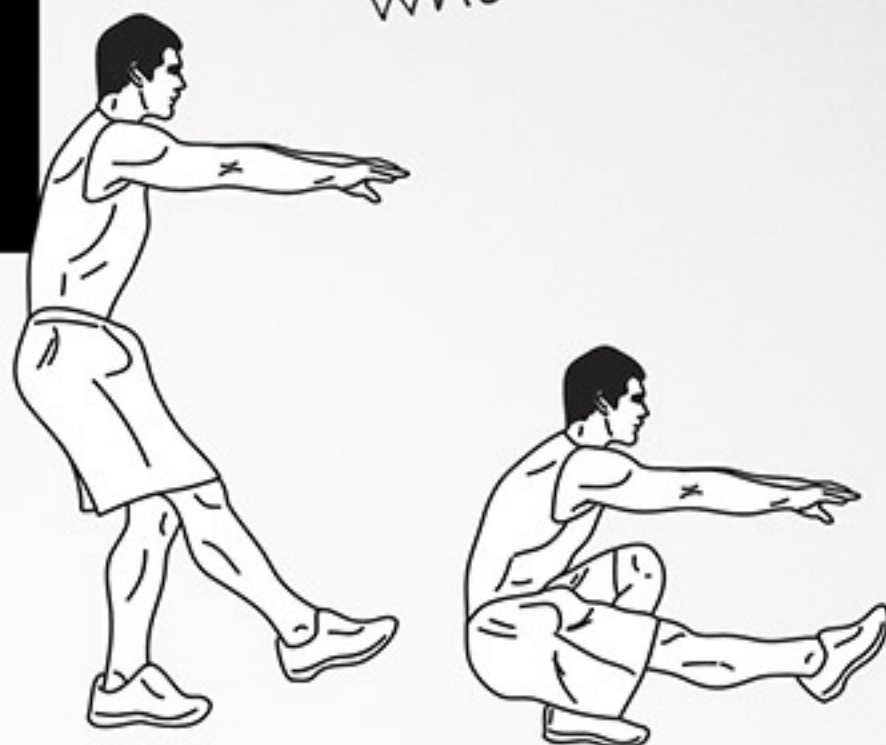
4 squat hold calf raises



4 goblet squats

PISTOL SQUAT PREP

*attempt
when ready*



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10 squats x 3 sets
60sec rest between sets



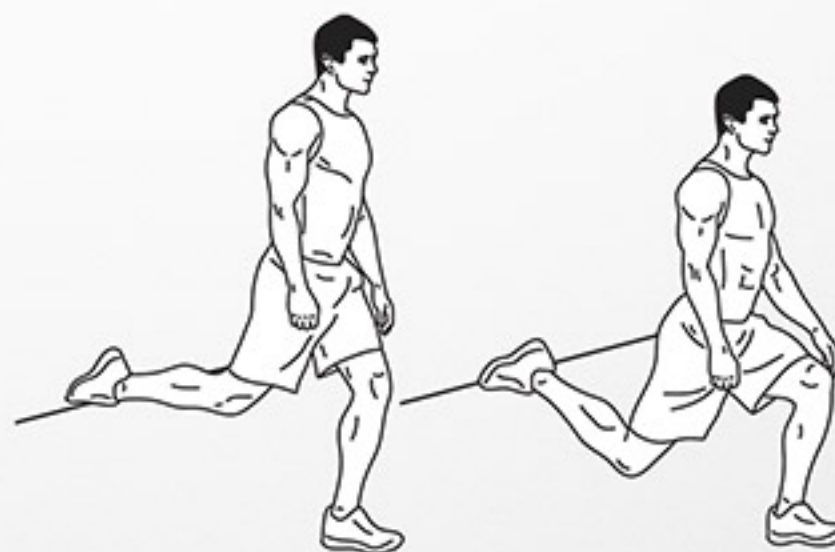
**30 seconds
balance hold**
each leg



**30 seconds
balance half squat hold**
each leg



10 side-to-side lunges x 3 sets
60sec rest between sets



10 split squats x 3 sets
60sec rest between sets

Power Squat

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5 squats

5 calf raises

5 squats

5 calf raises

5 squats

5 calf raises

5 squats

5 calf raises

5 squats

5 calf raises

done



STILL STANDING

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



10 calf raises



10-count calf raise hold



10 calf raises



10 squat into calf raise



10-count squat hold



10 squat into calf raise

SUPER SQUAT

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



10 wide squats



10 jump squats



20sec wide squat hold



20 wide squat hold calf raises