

superhero **abs**

DAREBEE WORKOUT @ darebee.com

60 seconds rest between exercises



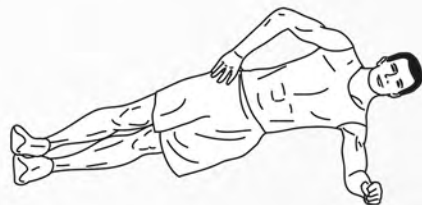
20 knee-to-elbow crunches **x 4 sets**
20 seconds rest between sets



20 leg raises **x 4 sets**
20 seconds rest between sets



2 minutes elbow plank hold
repeat once



2 minutes hollow hold
repeat once



10 superman stretches **x 4 sets**
20 seconds rest between sets

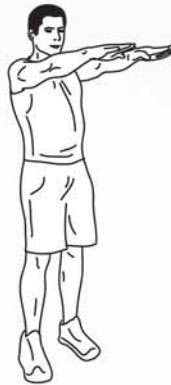


superhero endurance

DAREBEE WORKOUT @ darebee.com



2 minutes
squat hold



2 minutes
raised arms hold



2 minutes
calf raise hold



2 minutes
elbow plank hold



2 minutes
side elbow plank hold



2 minutes
superman stretch hold

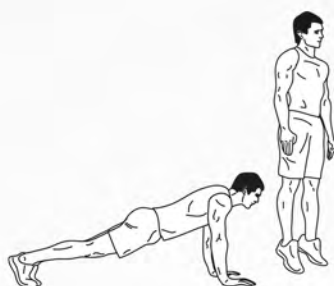
superhero HIIT

DAREBEE WORKOUT @ darebee.com

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



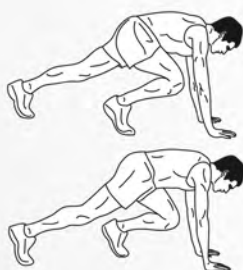
30sec high knees



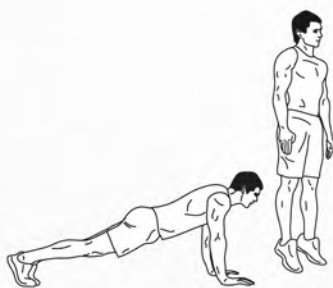
30sec basic burpees



30sec high knees



30sec climbers



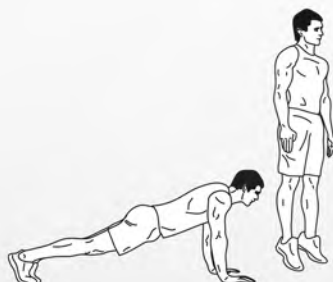
30sec basic burpees



30sec climbers



30sec high knees



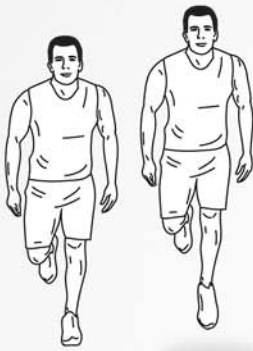
30sec basic burpees



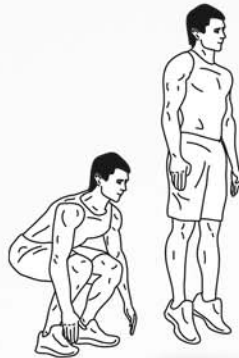
30sec high knees

superhero speed

DAREBEE
WORKOUT
@ darebee.com



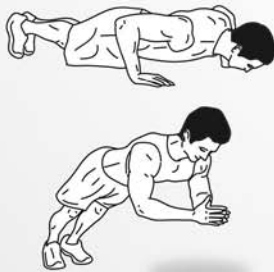
20 single leg high jumps
5 sets in total
30 seconds rest



20 jump squats
5 sets in total
30 seconds rest



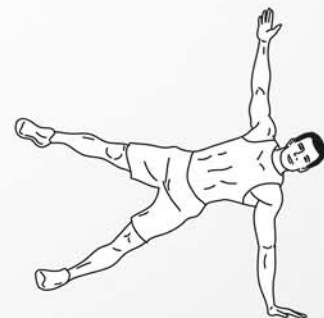
20 high knees
5 sets in total
30 seconds rest



10 clapping push-ups
5 sets in total
30 seconds rest



1min star plank hold
2 sets in total
30 seconds rest



1min side star plank hold
2 sets in total
30 seconds rest

superhero strength

DAREBEE
WORKOUT

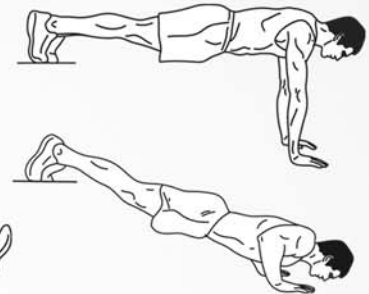
@ darebee.com



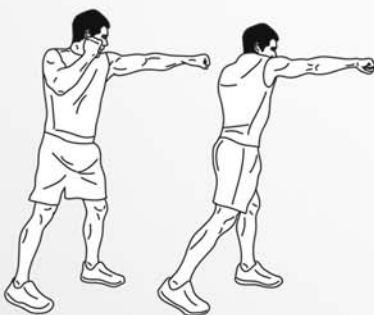
20 single leg squats
5 sets in total
30 seconds rest



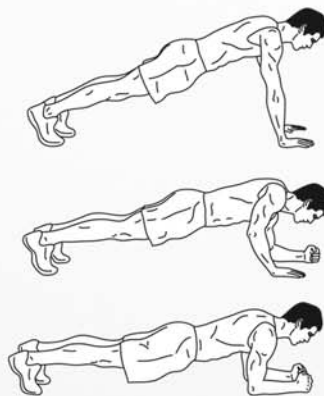
20 cossack squats
5 sets in total
30 seconds rest



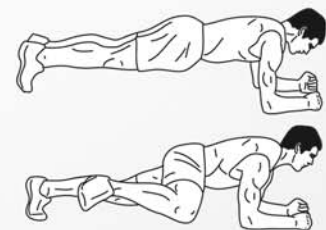
20 decline push-ups
5 sets in total
30 seconds rest



100 punches
5 sets in total
30 seconds rest



20 up & down planks
5 sets in total
30 seconds rest



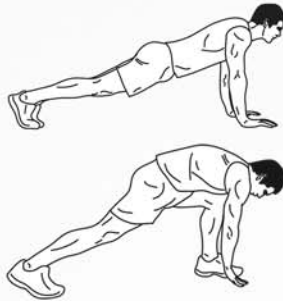
20 elbow plank
side crunches
5 sets in total
30 seconds rest

superhero stretch

DAREBEE
WORKOUT
© darebee.com



30sec side-to-side lunges



30sec plank step-ins



30sec stretch



30sec stretch



30sec stretch



60sec stretch



30sec stretch



30sec stretch



30sec upward downward dog



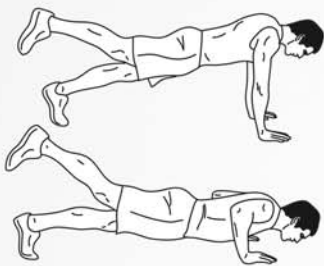
30sec swimmers



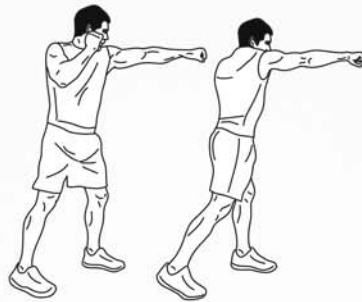
30sec bow hold

superhero upperbody

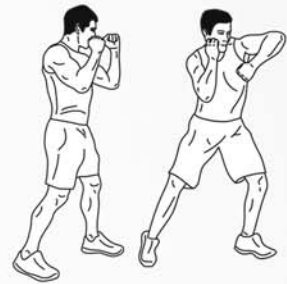
DAREBEE WORKOUT © darebee.com



20 raised leg push-ups
5 sets in total
30 seconds rest



3 minutes
punches
non-stop



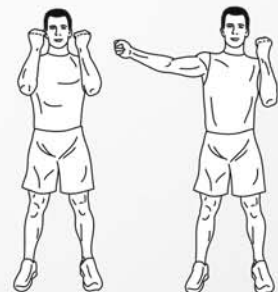
3 minutes
elbow strikes
non-stop



20 push-up shoulder taps
5 sets in total
30 seconds rest



3 minutes
overhead punches
non-stop



3 minutes
side-to-side backfists
non-stop