

# abs on the beach

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes  
alternatively, go for a dip between sets



12 flutter kicks



12 leg raises



12 raised legs circles



12 long arm crunches



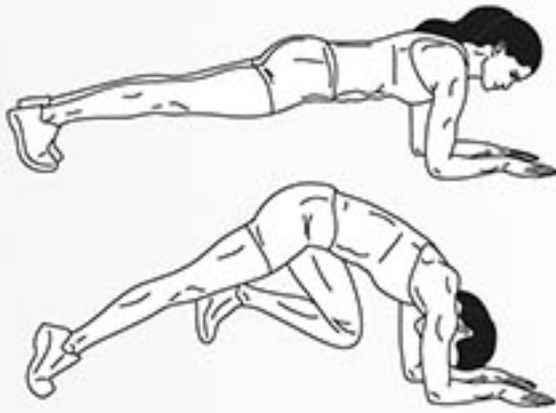
12 heel taps

# Flow **core**

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**10 reps** each exercise

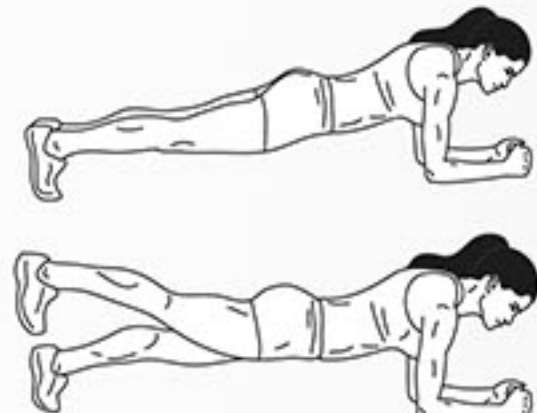
Change sides and repeat the sequence.



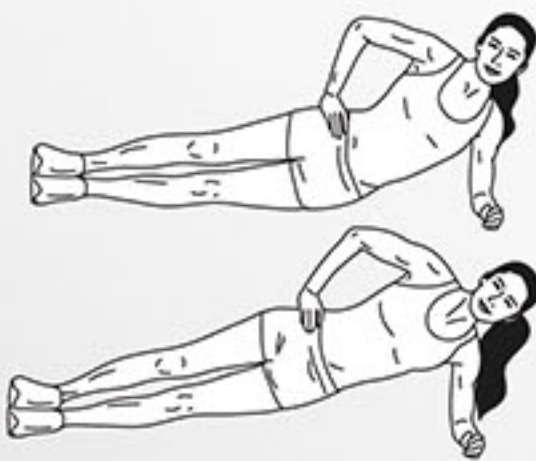
plank knee-ins



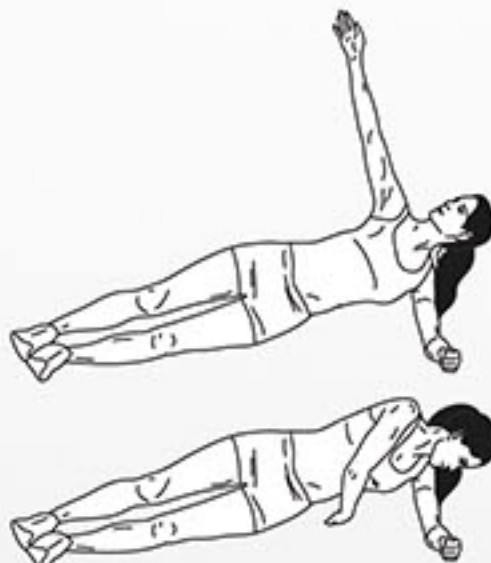
plank step-outs



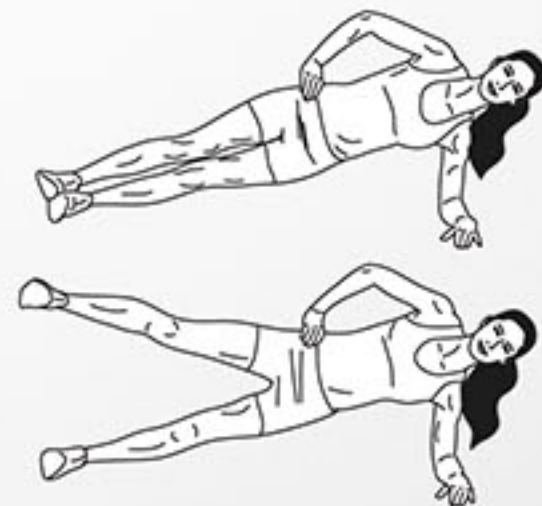
plank leg raises



side bridges



side plank rotations

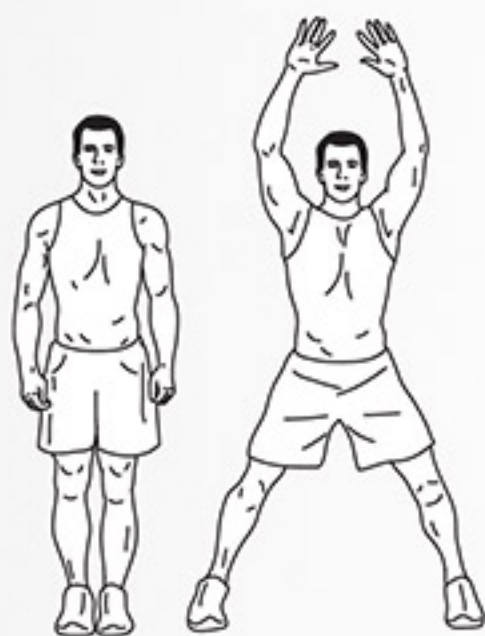


side plank leg raises

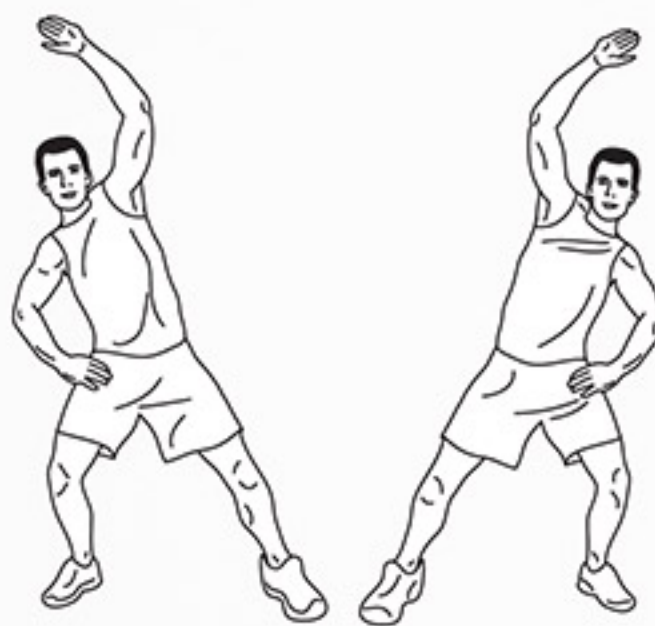
# DEEP DIVE

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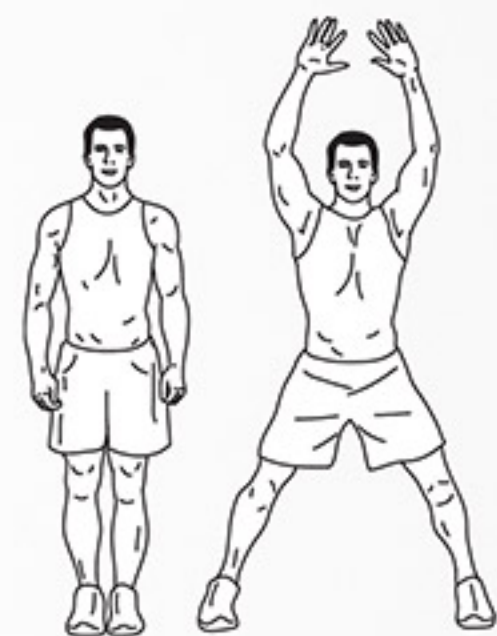
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** jumping jacks



**20** side jacks



**20** jumping jacks

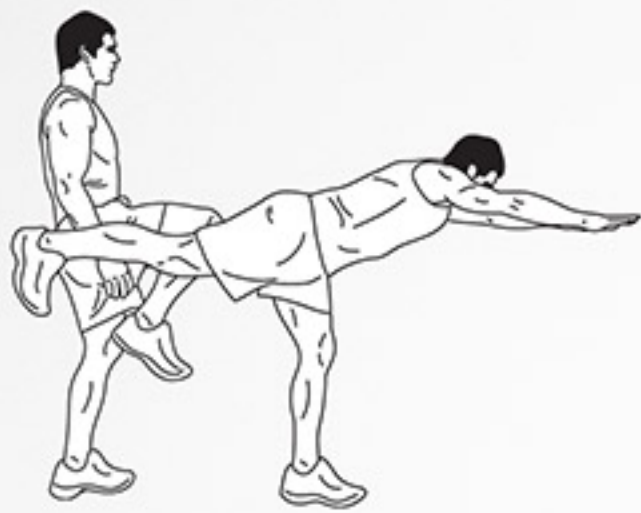


**5** skydiver push-ups

# DRYLAND

DAREBEE WORKOUT FOR SWIMMERS @ [darebee.com](http://darebee.com)

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



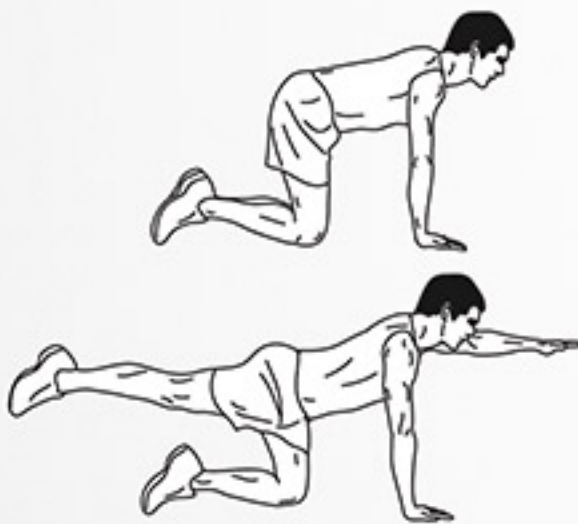
12 balance stretch



6 upward dogs



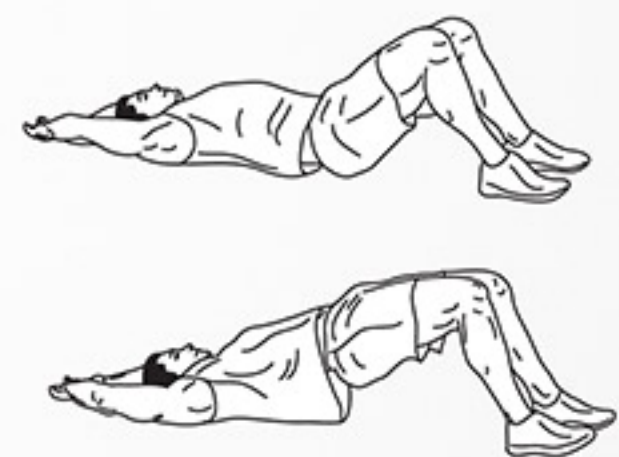
6 staggered push-ups



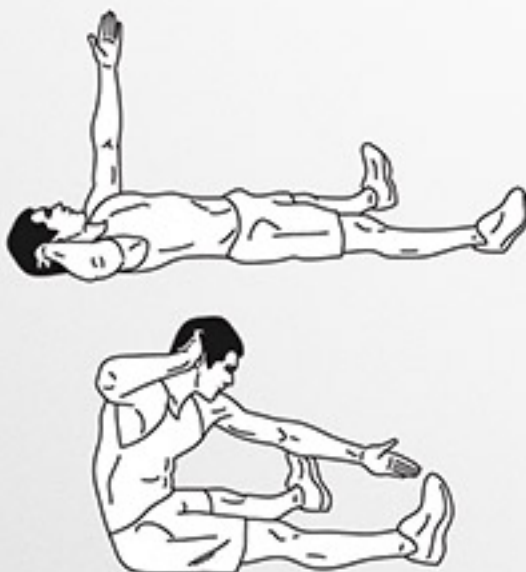
12 bird dogs



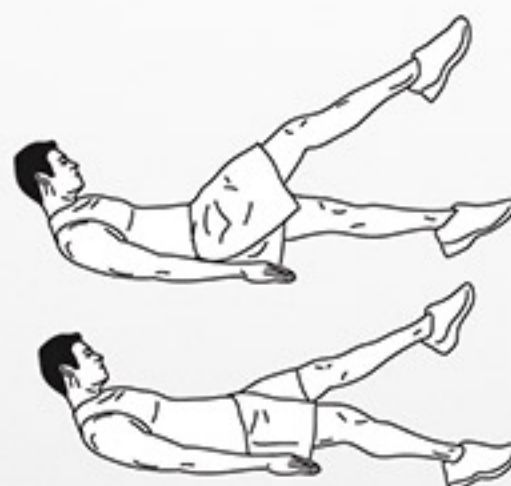
12 plank rotations



6 bridges



6 cross reach sit-ups



12 flutter kicks



12 swimmers

# just keep SWIMMING

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



20 jumping jacks



10 rotations



20 jumping jacks



10 side leg raises



20 jumping jacks



10 back leg raises

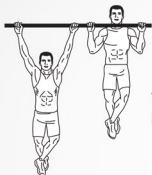


20 jumping jacks

# NAVY SEAL

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

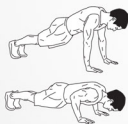
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



to failure  
pull-ups



40 high knees  
run on a spot  
or 60 second run



to failure  
push-ups



40 high knees  
run on a spot  
or 60 second run



to failure  
sit-ups



40 high knees  
run on a spot  
or 60 second run

# POSEIDON

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



**10** jump squats



**10** shoulder taps



**30sec** elbow plank



**10** diver push-ups



**10** leg raises



**10** flutter kicks



**10** get-ups

# SWIMMER

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

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



10 alt arm / leg raises



10 side plank rotations



10 side bridges



10 flutter kicks



10 windshield wipers



10 swimmers



10 diver push-ups



# Triathlete

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



**30** reverse angels



**30** swim



**10-count** superman hold



**30** climbers



**30** cycling crunches



**10-count** hollow hold



**30** high knees



**30** calf raises



**10-count** calf raise hold