

ACTION TIME

DAREBEE **HIIT** WORKOUT @ darebee.com

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



20sec basic burpees



20sec plank hold



20sec basic burpees



20sec plank hold



20sec elbow plank hold



20sec plank hold



20sec basic burpees



20sec plank hold



20sec basic burpees

AFTERBURN

DAREBEE **HIIT** WORKOUT @ darebee.com

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



30sec high knees



10sec jumping lunges



30sec punches



30sec high knees



10sec burpees



30sec punches



30sec high knees



10sec jump squats



30sec punches

CARDIO CRUSH

HIT WORKOUT
BY DAREBEE
@ darebee.com

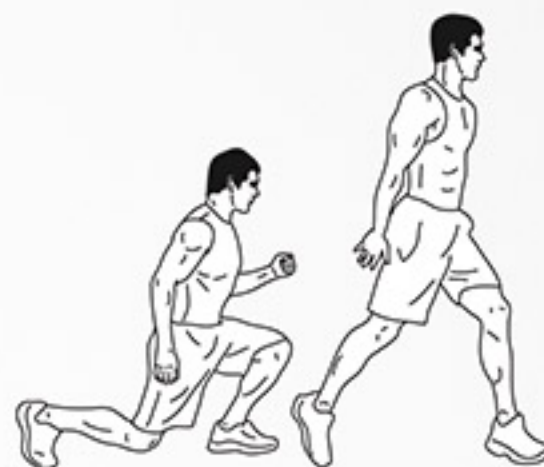
Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest



40sec high knees



10sec calf raises



10sec jumping lunges



40sec high knees



10sec calf raises



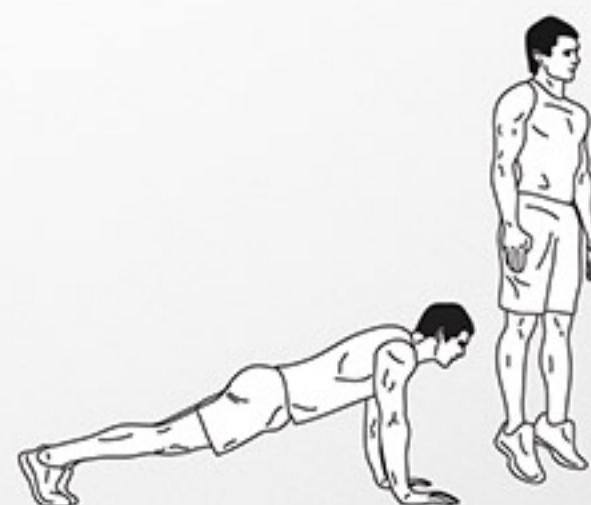
10sec jump squats



40sec high knees



10sec calf raises



10sec b/burpees w/jump

double dash

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



40 high knees

deep side lunge



40 high knees

deep side lunge



20 jumping jacks

jump to the side



20 jumping jacks

jump to the side



40 high knees

jump knee tuck



40 high knees

jump knee tuck

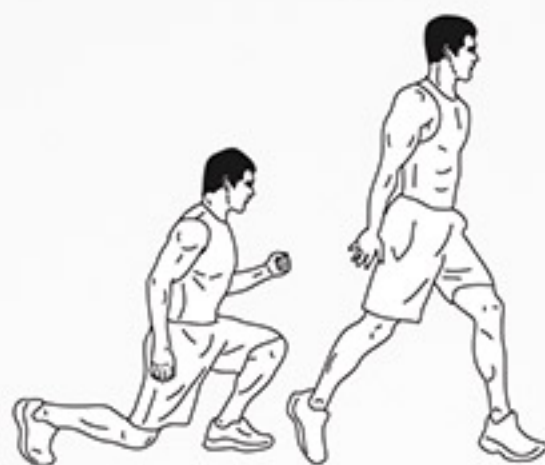
HIGH GROUND

DAREBEE WORKOUT @ darebee.com

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



20 high knees



2 jumping lunges



2 jump squats



20 high knees



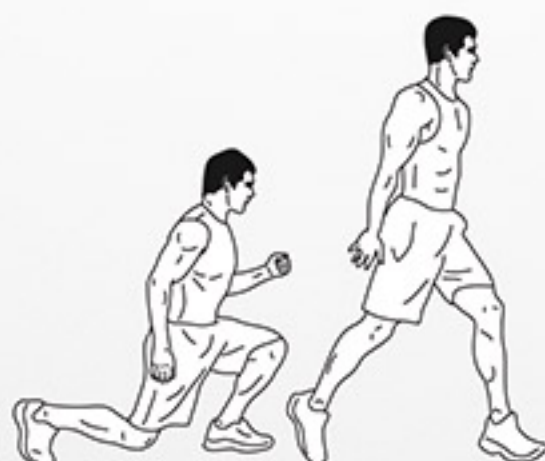
2 jump squats



2 jump knee tucks



20 high knees



2 jumping lunges



2 jump squats

HIGH-VOLUME LEGS

DAREBEE WORKOUT © darebee.com

30 seconds rest between exercises



20 split lunges
5 sets | 30 seconds rest



20 jumping lunges
5 sets | 30 seconds rest



20 lunge step-ups
5 sets | 30 seconds rest



20 squats
5 sets | 30 seconds rest



30 seconds
squat hold

JUMP ROPE

DAREBEE **HIIT** WORKOUT © darebee.com

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



30sec skips



15sec squats



15sec jump squats



30sec skips



15sec squats



15sec calf raises



30sec skips



15sec squats



15sec jumping lunges

LEG DAY

DAREBEE WORKOUT © darebee.com

EXPRESS



10 squats

10 calf raises

30 seconds rest

10 squats

10 calf raises

30 seconds rest

10 squats

10 calf raises

30 seconds rest



10 squats

10 calf raises

30 seconds rest

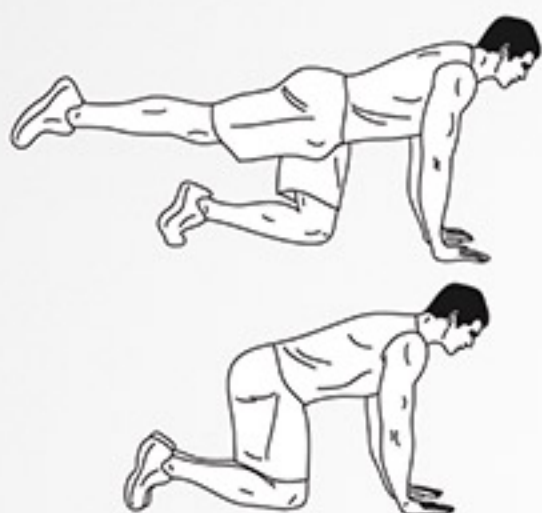
10 squats

10 calf raises

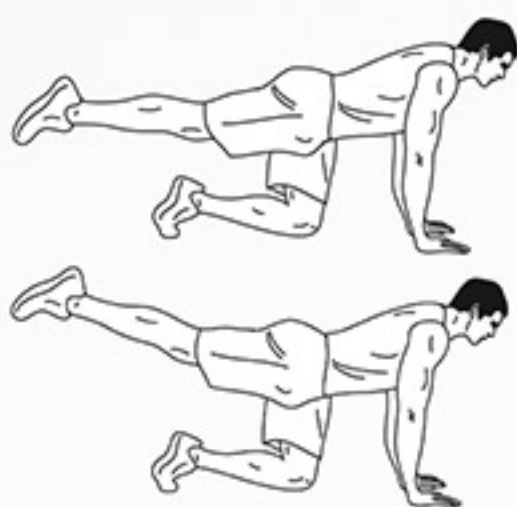
done!

LOWERBODY TENDON STRENGTH

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20sec leg extensions



20sec raised leg swings



20sec hold

+ change sides and repeat the sequence



20sec leg raises

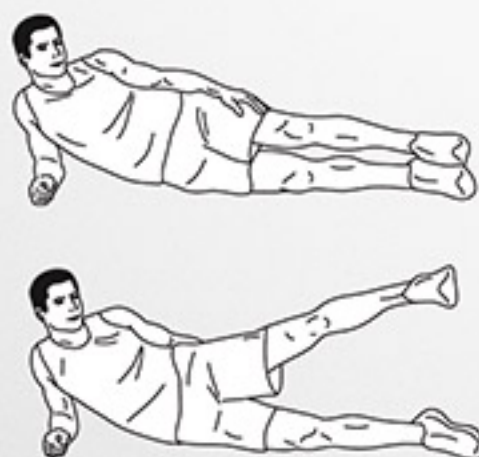


20sec raised leg circles



20sec hold

+ change sides and repeat the sequence



20sec side leg raises



20sec raised leg kicks



20sec hold

+ change sides and repeat the sequence

RUNNING THROUGH THE MINEFIELD

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



40 high knees



2 jump knee-tucks



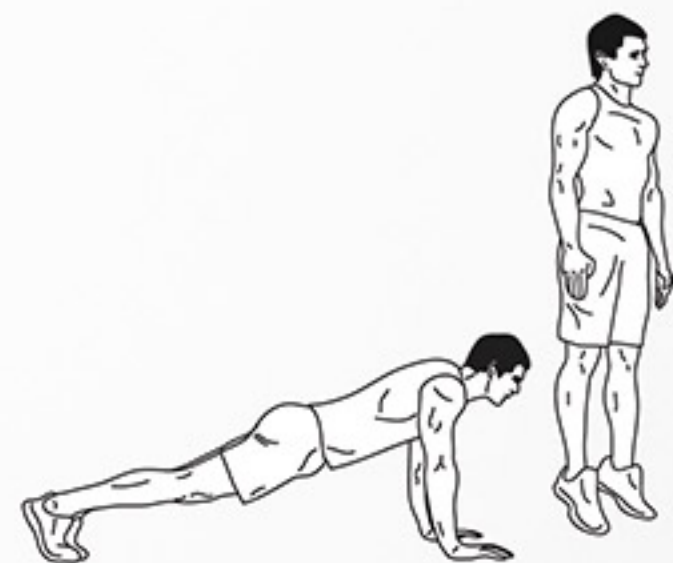
20-count squat hold



40 high knees



2 jump knee-tucks



4 basic burpees w/jump



40 high knees



2 jump knee-tucks



20-count squat hold

Obstacle Run

DAREBEE WORKOUT © darebee.com

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

PHOENIX

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



20 high knees



2 basic burpees



20 high knees



2 basic burpees



20 butt kicks



2 basic burpees



20 high knees

POWER UP

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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 lunge ste-ups



10 lunge kicks



2 jump knee tucks



10 side-to-side lunges

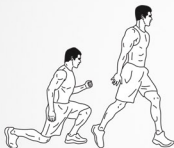


10 squats

QUAD MOD

DAREBEE QUAD WORKOUT © darebee.com

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



20 jumping lunges



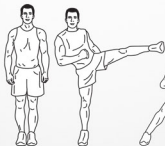
10 side-to-side lunges



20 jump squats



10 side-to-side lunges



20 side leg raises



10 side-to-side lunges

SLAM DUNK

JUMP HIGHER
DAREBEE WORKOUT
@ darebee.com

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



40 squats



10 calf raises



20 jump squats



40 high knees



10 deep lunges



20 jumping lunges

SPRINGBOARD

DAREBEE WORKOUT @ darebee.com

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



10 squat hops



10 jump squats



30sec elbow plank



10 split lunges



10 jumping lunges



30sec elbow plank



10 squats



10 jump knee tucks



30sec elbow plank

Sprint & Halt

DAREBEE **HIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets

2 minutes rest between rounds



one push-up every 10 seconds during high knees



20sec high knees



10sec calf raise hold



20sec high knees



10sec single leg stand



20sec high knees



10sec plank



20sec high knees



10sec wide plank



20sec high knees



10sec squat hold



20sec high knees



10sec leg raise hold

SUPER SQUAT

DAREBEE WORKOUT

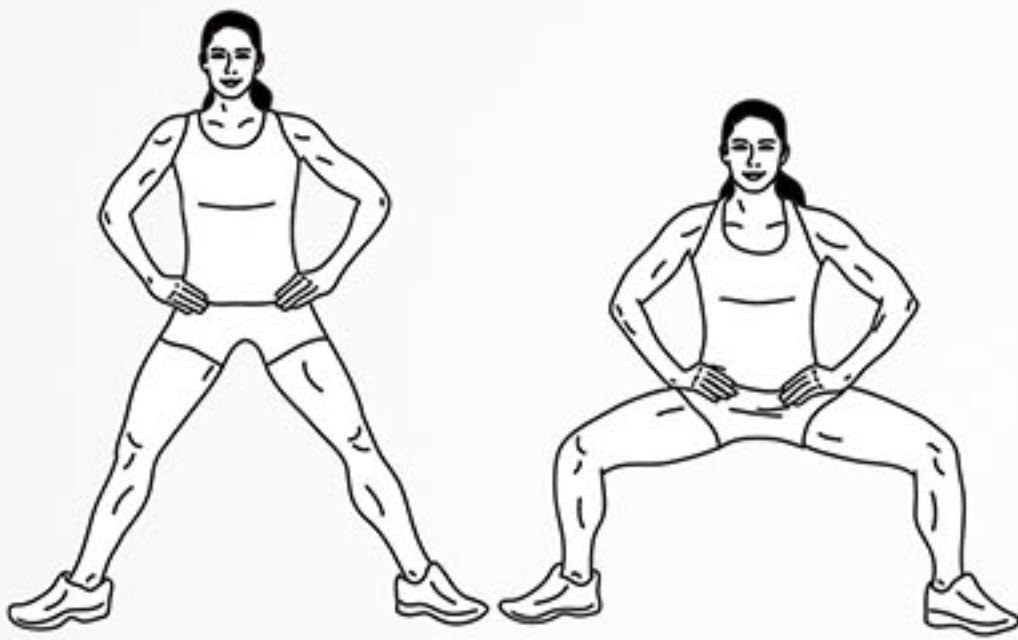
© darebee.com

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

SURVIVOR

DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 minutes **Level II** 4 minutes **Level III** 5 minutes

Level I 3 sets **Level II** 4 sets **Level III** 5 sets **REST** up to 2 minutes rest

Set a timer and do high knees (or run). Count to 20 or set intervals for 20 seconds. Every 20 seconds jump to the side (any direction) as fast as you can and do a basic burpee. Continue non-stop until the time for your level is up.



non-stop high knees

every 20 seconds



dodge (any direction)



one basic burpee

TENDONS & CORE

DAREBEE WORKOUT © darebee.com



20 side bridges x **2 sets** in total
no rest / one side per sets



50 side leg raises x **2 sets** in total
no rest / one side per sets



50 leg raises x **2 sets** in total
no rest / one side per sets



20 bridges x **2 sets** in total
20 seconds rest between sets

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

VANGUARD

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



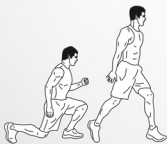
10 jumping lunges



10 reverse lunges



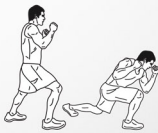
10 side-to-side lunges



10 jumping lunges



10 lunge step-ups

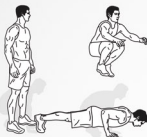


10 knee-to-elbow twists

Volleyball Pro

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes
designed in collaboration with **Boston Institute of Jump**



10 burpees



16 side planks



16 lateral lunges



10 vertical hop



15 table thrusts



20 side tables



10 L-sit-ups



16 split jumps



16 plank to hip flare

WRECKING BALL

DAREBEE WORKOUT @ darebee.com

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



6 jumping lunges



6 split lunges



6 jumping lunges



6 calf raises



6 jump squats



6 calf raises