EPIC
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FIVE
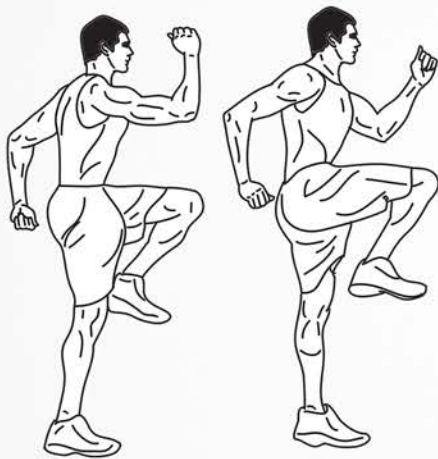© darebee.com

Day 1 | Cardio

Split into manageable sets.
Take as much rest as you need.

MAKE IT EPIC
complete everything in one go,
non-stop

30sec march steps

30sec high knees

30sec march steps

30sec high knees

30sec march steps

30sec high knees

30sec march steps
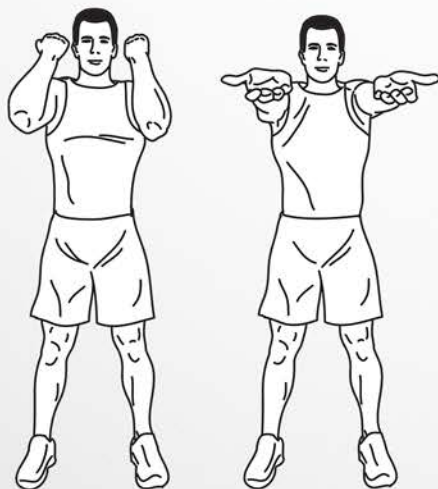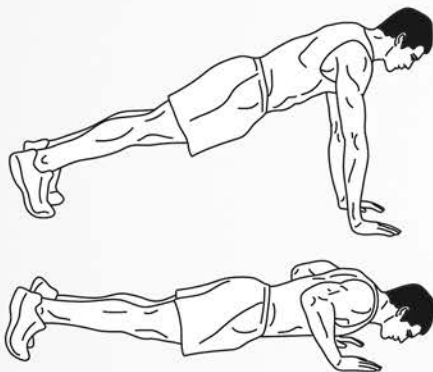
30sec high knees

30sec march steps

30sec high knees

done

EPIC FIVE

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Day 2 | Upperbody Strength

Split into manageable sets.
Take as much rest as you need.

Note: you can replace
bicep extensions with punches

MAKE IT EASIER: do knee push-ups
MAKE IT EPIC: complete everything
in one go, non-stop

30sec push-ups

30sec bicep extensions

30sec push-ups

30sec bicep extensions

30sec push-ups

30sec bicep extensions

30sec push-ups

30sec bicep extensions

30sec push-ups

30sec bicep extensions

done

EPIC FIVE

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Day 3 | Lowerbody Strength
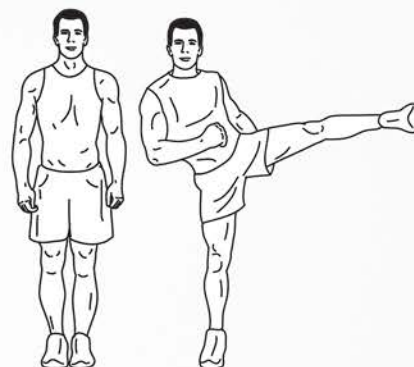
Split into manageable sets.
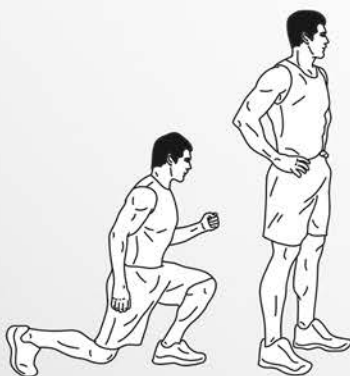Take as much rest as you need.
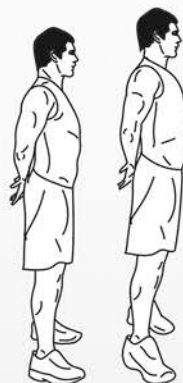
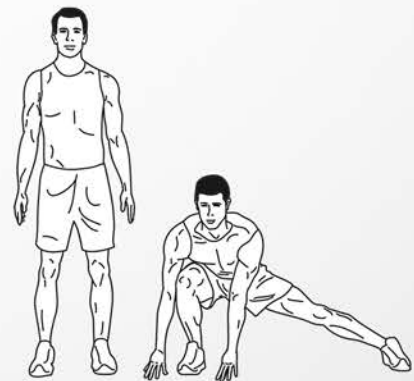**MAKE IT EPIC**
complete everything in one go,
non-stop

1min lunges

1min side leg raises
(30sec per side)

1min reverse lunges

1min calf raises

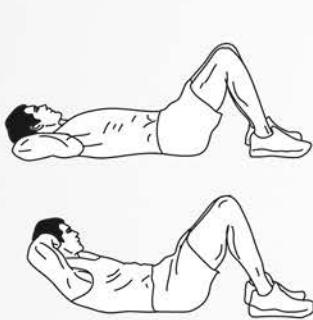**1min** deep side lunges

EPIC
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© darebee.com
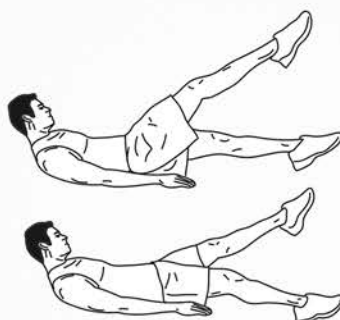
Day 4 | Abs & Core

Split into manageable sets.
Take as much rest as you need.

MAKE IT EPIC
complete everything in one go,
non-stop

1min crunches

1min flutter kicks

1min sitting twists

1min raised legs circles
(30sec each way)

1min side leg raises
(30sec per side)

EPIC
FIVE
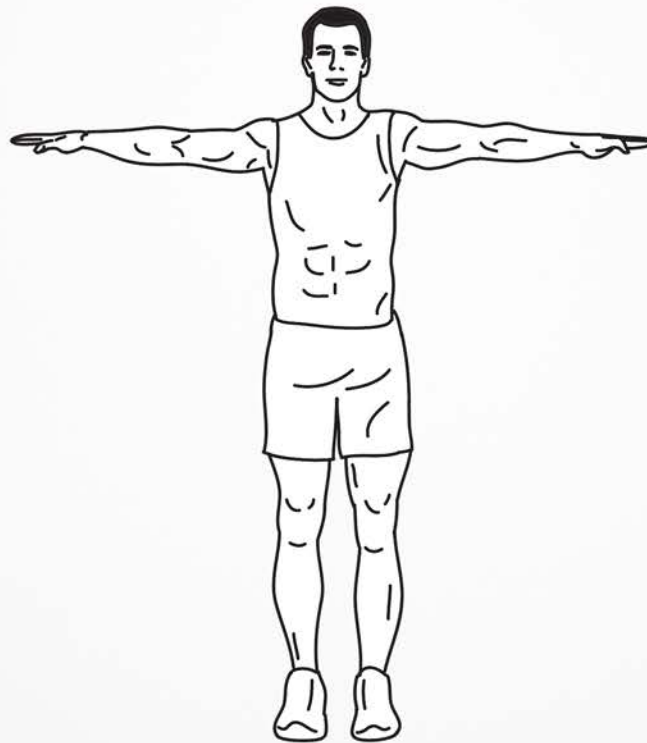
© darebee.com

Split into manageable sets.
Take as much rest as you need.

MAKE IT EPIC

complete the challenge in one go,
non-stop

5 minutes raised arms hold
keep your arms up, don't drop them

EPIC FIVE

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Day 6 | Cardio & Abs

Split into manageable sets.
Take as much rest as you need.

MAKE IT EPIC
complete everything in one go, non-stop

30sec high knees

30sec plank hold

30sec high knees

30sec plank hold

30sec high knees

30sec plank hold

30sec high knees

30sec plank hold

30sec high knees

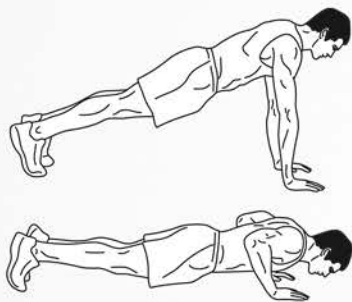**30sec** plank hold

done

EPIC FIVE

© darebee.com
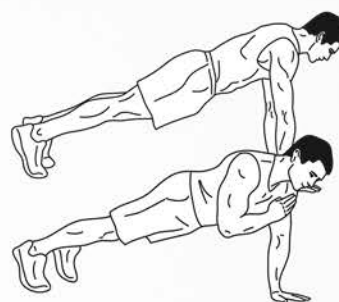
Day 7 | Upperbody Strength

Split into manageable sets.
Take as much rest as you need.
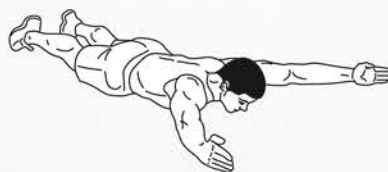
MAKE IT EPIC
complete everything in one go, non-stop

1min push-ups

1min shoulder taps

1min reverse angels

1min W-extensions

1min prone reverse fly

EPIC FIVE

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Day 8 | Lowerbody Strength

Split into manageable sets.
Take as much rest as you need.

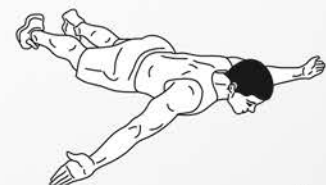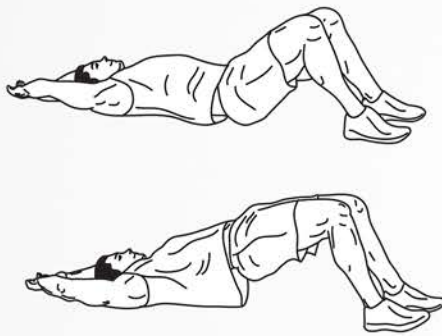**MAKE IT EPIC**
complete everything in one go,
non-stop

1min bridges

1min reverse plank leg raises

1min knee hug hold
(30sec per side)

1min quad stretch hold
(30sec per side)
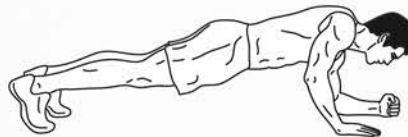
1min calf raise hold

EPIC FIVE

© darebee.com

Split into manageable sets.
Take as much rest as you need.
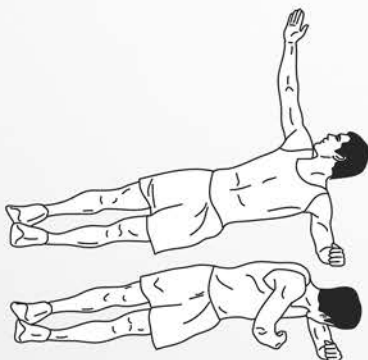
MAKE IT EPIC
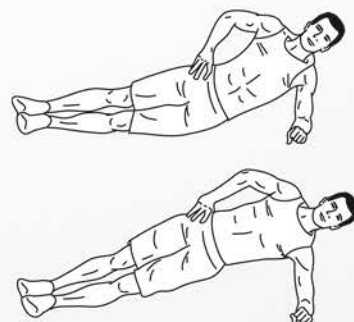complete everything in one go, non-stop

1min elbow plank hold

1min uneven plank hold
(30sec per side)

1min side plank hold
(30sec per side)

1min rside plank rotations
(30sec per side)

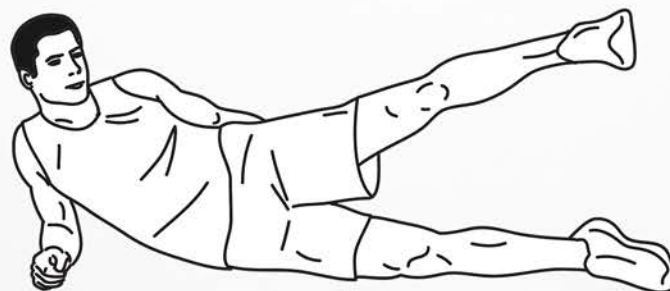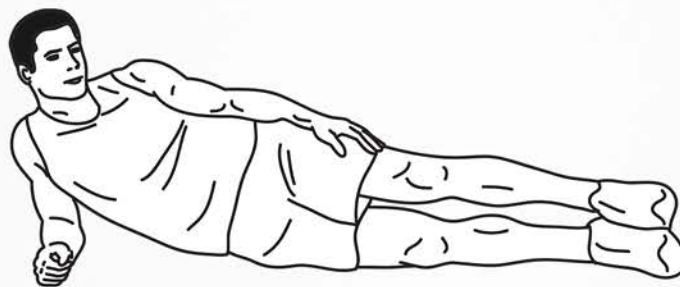**1min** side bridges
(30sec per side)

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Day 10 | Challenge

Split into manageable sets.
Take as much rest as you need.

MAKE IT EPIC

complete the challenge in one go, non-stop

5 minutes side leg raises
(2 min 30 sec per side)
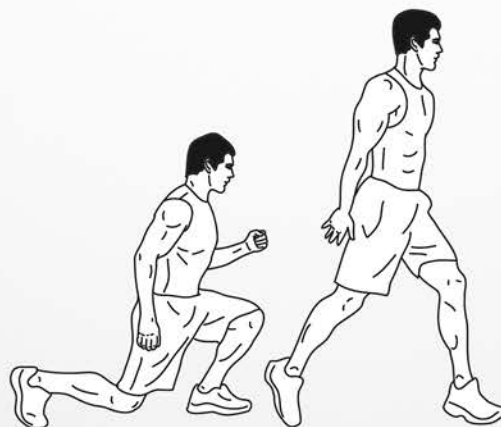
EPIC
FIVE

Day 11 | Cardio

Split into manageable sets.
Take as much rest as you need.

MAKE IT EPIC

complete everything in one go,
non-stop

5min high knees

do **2** jumping lunges <u>every 30 seconds</u>
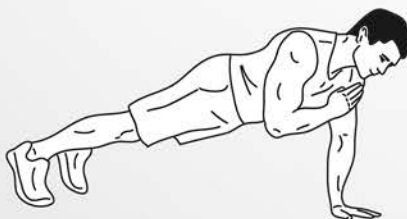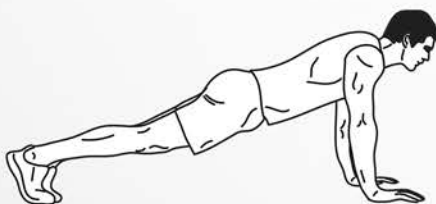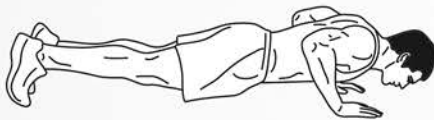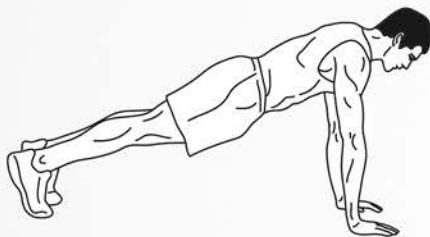
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FIVE
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Day 12 | Upperbody & Core

Split into manageable sets.
Take as much rest as you need.

MAKE IT EASIER: do knee push-ups
MAKE IT EPIC: complete everything in one go, non-stop

30sec push-ups

30sec shoulder taps

30sec push-ups

30sec shoulder taps

30sec push-ups

30sec shoulder taps

30sec push-ups

30sec shoulder taps

30sec push-ups

30sec shoulder taps
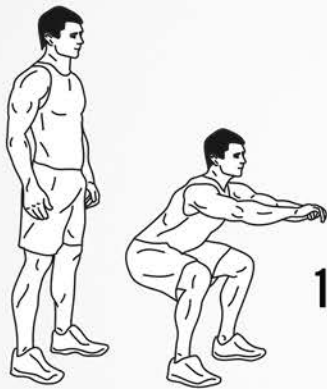
done

EPIC FIVE

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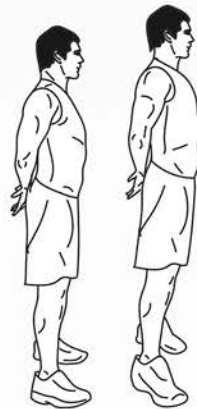## Day 13 | Lowerbody Strength

Split into manageable sets.
Take as much rest as you need.

MAKE IT EPIC
complete everything in one go, non-stop

1min squats

1min calf raises

30sec squat hold
30sec calf raise hold
30sec squat hold
30sec calf raise hold
30sec squat hold
30sec calf raise hold
done

EPIC
FIVE
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Day 14 | Abs

Split into manageable sets.
Take as much rest as you need.

MAKE IT EPIC
complete everything in one go,
non-stop

30sec crunches

30sec hollow hold

30sec crunches

30sec hollow hold

30sec crunches

30sec hollow hold

30sec crunches

30sec hollow hold

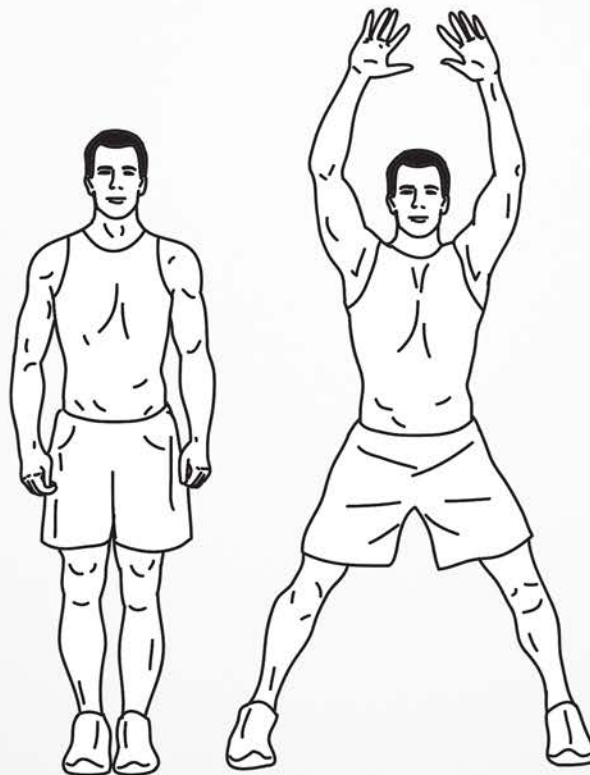**30sec** crunches

30sec hollow hold

done

EPIC
FIVE

Day 15 | Challenge

Split into manageable sets.
Take as much rest as you need.

MAKE IT EPIC

complete the challenge in one go,
non-stop

5 minutes jumping jacks

EPIC FIVE
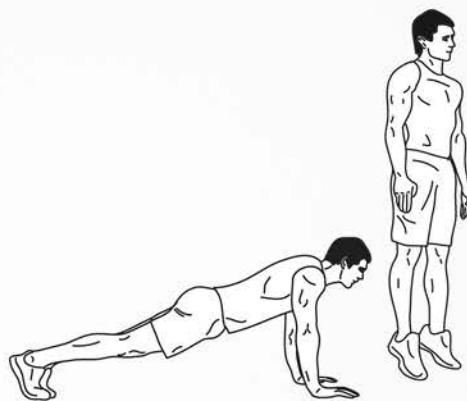
© darebee.com

Day 16 | Cardio & Core

Split into manageable sets.
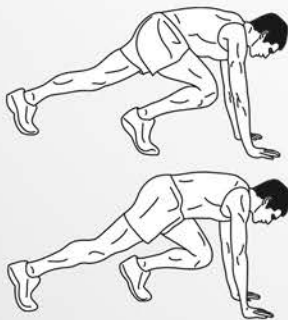Take as much rest as you need.
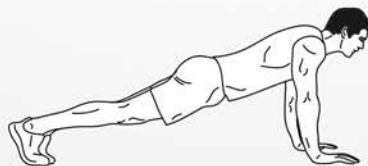
MAKE IT EPIC
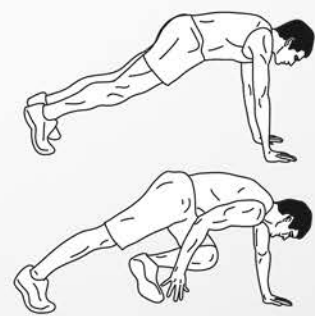complete everything in one go, non-stop

1min high knees

1min basic burpees

1min climbers

1min plank hold

1min climber taps
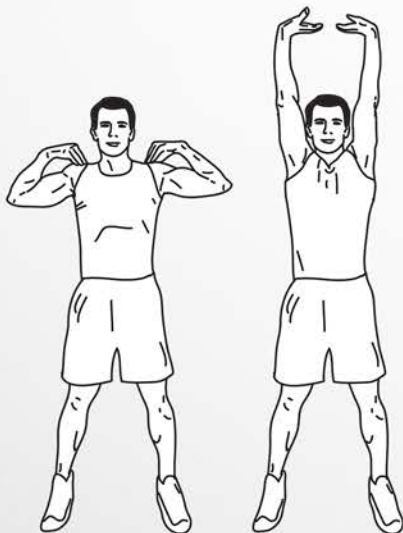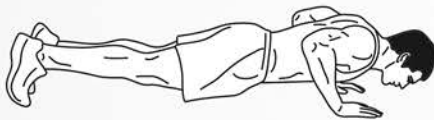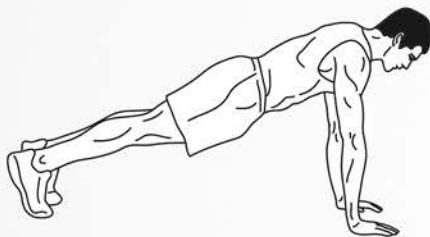
EPIC FIVE

© darebee.com

Day 17 | Upperbody Strength

Split into manageable sets.
Take as much rest as you need.

MAKE IT EASIER: do <u>knee push-ups</u>
MAKE IT EPIC: complete everything
in one go, non-stop

30sec push-ups

30sec standing shoulder taps

30sec push-ups

30sec standing shoulder taps

30sec push-ups

30sec standing shoulder taps

30sec push-ups

30sec standing shoulder taps

30sec push-ups

30sec standing shoulder taps
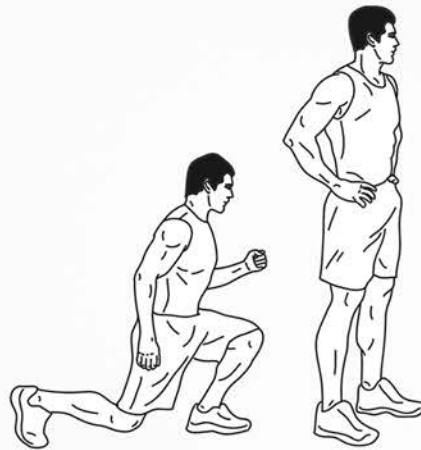
done

EPIC FIVE

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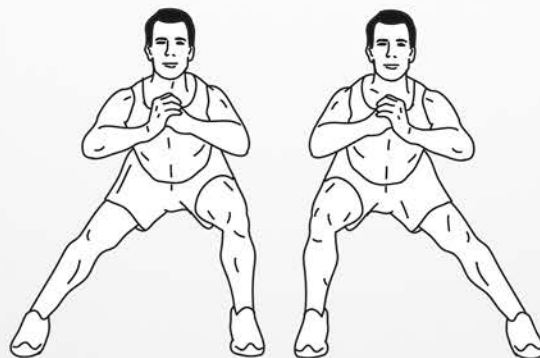## Day 18 | Lowerbody Strength

Split into manageable sets.
Take as much rest as you need.

MAKE IT EPIC

complete everything in one go, non-stop

5min reverse lunges

do **2** side-to-side lunges <u>every 30 seconds</u>
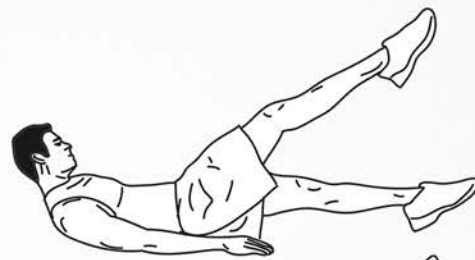
EPIC FIVE

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Day 19 | Abs

Split into manageable sets.
Take as much rest as you need.

MAKE IT EPIC
complete everything in one go, non-stop

1min crunches

1min flutter kicks

1min crunches

1min flutter kicks

1min crunches

done

EPIC
FIVE

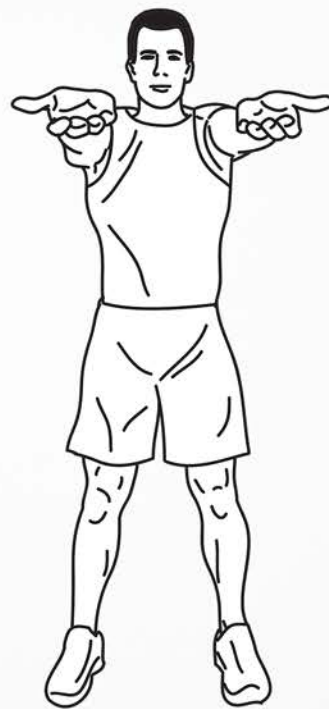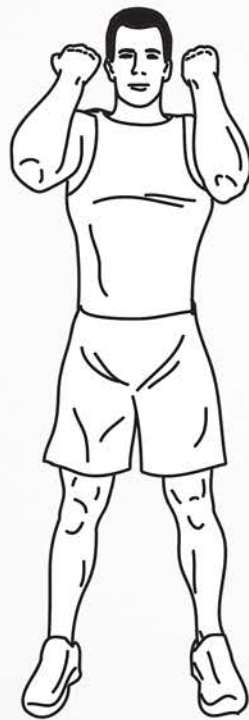## Day 20 | Challenge

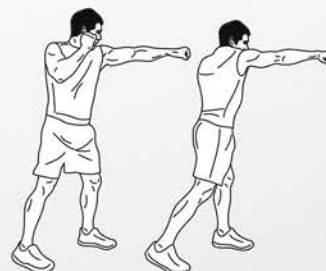Split into manageable sets.
Take as much rest as you need.

MAKE IT EPIC

complete the challenge in one go,
non-stop

5 minutes bicep extensions
keep your arms up, don't drop them
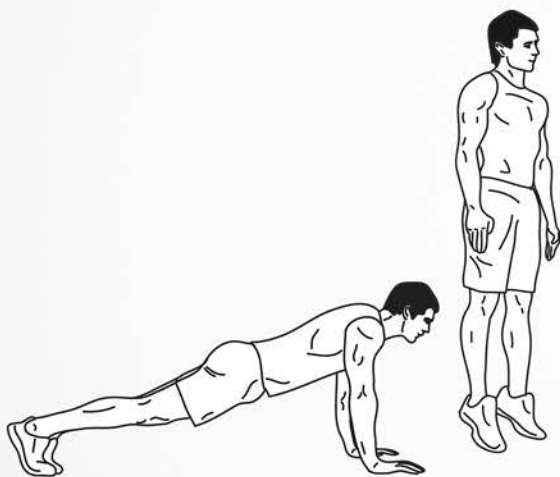
note: can be replaced with punches

EPIC FIVE

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Day 21 | Cardio & Abs

Split into manageable sets.
Take as much rest as you need.

MAKE IT EPIC
complete everything in one go, non-stop

30sec basic burpees

30sec plank hold

30sec basic burpees

30sec plank hold

30sec basic burpees

30sec plank hold

30sec basic burpees

30sec plank hold

30sec basic burpees

30sec plank hold

done

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Day 22 | Upperbody Strength

Split into manageable sets.
Take as much rest as you need.

MAKE IT EPIC
complete everything in one go, non-stop

1min push-ups

1min bicep extensions
can be replaced with punches

30sec push-ups
30sec reverse angels
30sec push-ups
30sec reverse angels
30sec push-ups
30sec reverse angels
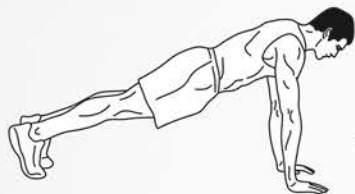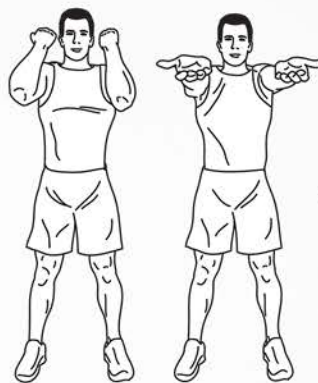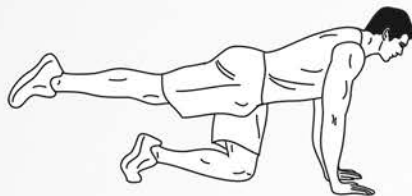done

EPIC FIVE

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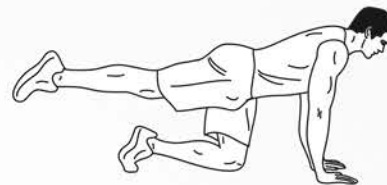## Day 23 | Lowerbody Strength

Split into manageable sets.
Take as much rest as you need.

MAKE IT EPIC

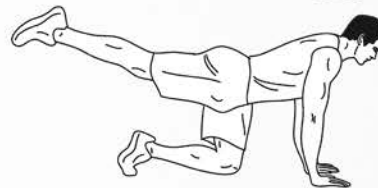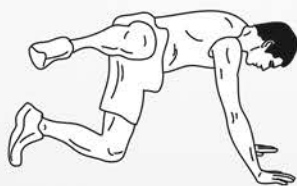complete everything in one go, non-stop

1min knee-ins
(30sec per side)
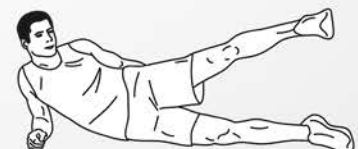
1min raised leg swings
(30sec per side)

1min leg extensions
(30sec per side)

1min side leg extensions
(30sec per side)

1min side leg raises
(30sec per side)

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Day 24 | Abs & Core

Split into manageable sets.
Take as much rest as you need.

MAKE IT EPIC

complete everything in one go, non-stop

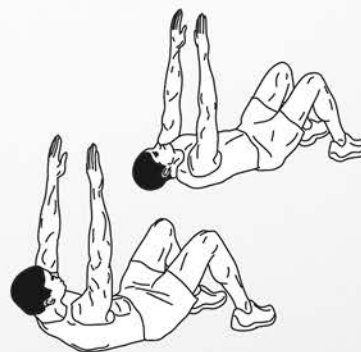**1min** leg raises

1min raised legs hold

1min scissors

1min windshield wipers

1min high crunches

EPIC
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Day 25 | Challenge

Split into manageable sets.
Take as much rest as you need.

MAKE IT EPIC

complete the challenge in one go,
non-stop

5 minutes calf raise hold

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Day 26 | Cardio

Split into manageable sets.
Take as much rest as you need.

MAKE IT EPIC
complete everything in one go,
non-stop

5min high knees

do **1** burpees <u>every 30 seconds</u>

EPIC FIVE

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Day 27 | Upperbody Strength

Split into manageable sets.
Take as much rest as you need.

MAKE IT EPIC
complete everything in one go, non-stop

1min push-up shoulder taps

1min chest expansions

1min scissor chops

1min arm scissors

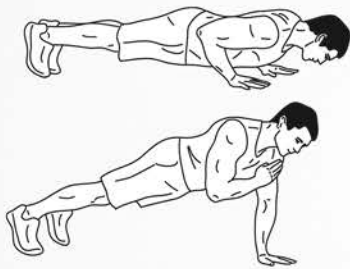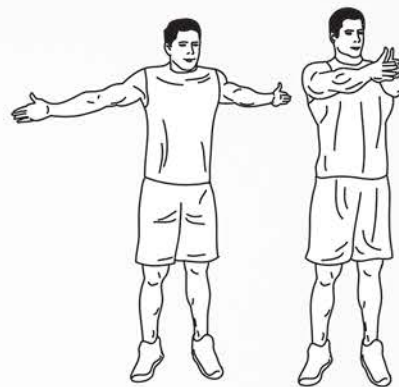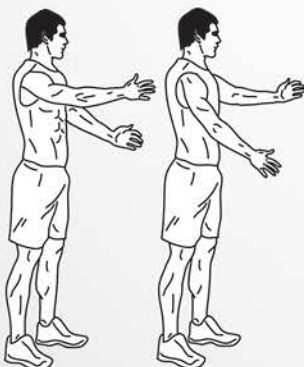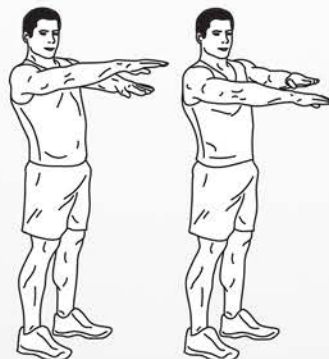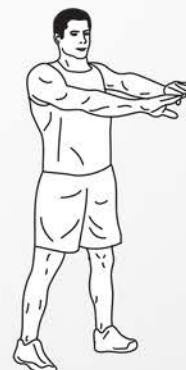**1min** raised arms hold

EPIC FIVE

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Day 28 | Lowerbody Strength

Split into manageable sets.
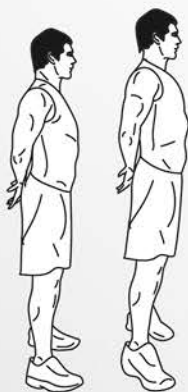Take as much rest as you need.

MAKE IT EPIC

complete everything in one go,
non-stop

1min squats

1min squat hold

1min calf raises

1min side-to-side lunges

1min lunges

EPIC FIVE

Day 29 | Abs & Core

Split into manageable sets.
Take as much rest as you need.

MAKE IT EPIC
complete everything in one go,
non-stop

1min sit-ups

1min sitting twists

1min sit-ups

1min sitting twists

1min sit-ups

done

EPIC FIVE

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Split into manageable sets.
Take as much rest as you need.

MAKE IT EPIC

complete the challenge in one go,
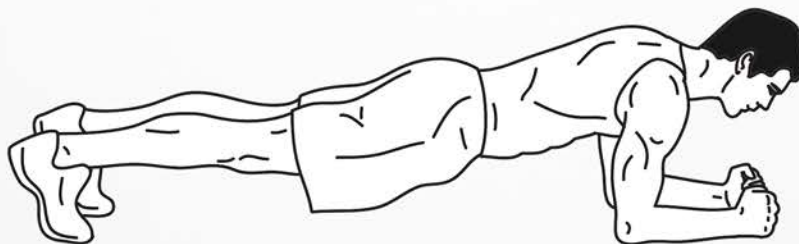non-stop

5 minutes wall-sit hold

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Day 31 | Challenge

Split into manageable sets.
Take as much rest as you need.

MAKE IT EPIC

complete the challenge in one go,
non-stop

5 minutes elbow plank hold

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