

LIGHT FOUNDATION

by DAREBEE

Foundation

LIGHT

Day 1 | Cardio

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Level I 3 sets

Level II 5 sets

Level III 7 sets

REST 2 minutes



10 step jacks



6 side jacks



10 step jacks



6 side leg raises

Foundation

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Day 2 | Strength

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Level I 3 sets

Level II 5 sets

Level III 7 sets

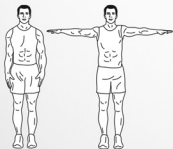
REST 2 minutes



5 half squats



5-count hold



10 arm raises



20 arm circles



10-count hold

Foundation

LIGHT

Day 3 | Cardio

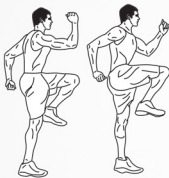
© darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

REST 2 minutes



10 march steps

2 step back + step ups

10 march steps

2 step back + step ups

10 march steps

2 step back + step ups

10 march steps

2 step back + step ups



Foundation

LIGHT

Day 4 | Tendons @ darebee.com

Level I 3 sets Level II 4 sets Level III 5 sets REST 2 minutes



20 front leg raises
left leg



10-count hold



20 front leg raises
right leg



10-count hold

Foundation

LIGHT

Day 5 | Cardio © darebee.com

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



10 step jacks



4 side jacks



10 step jacks



4 march twists



10 step jacks

Foundation

LIGHT

Day 6 | Abs © darebee.com

Level I 3 sets Level II 4 sets Level III 5 sets REST 2 minutes



12 knee-to-elbow

Foundation

LIGHT

Day 7 | Strength [@ darebee.com](https://darebee.com)

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



6 half squats



6 step back + step ups



6 calf raises



10 chest expansions



10 shoulder taps



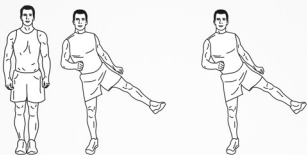
10 bicep extensions

Foundation

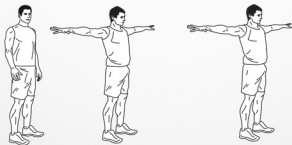
LIGHT

Day 8 | Tendons @ darebee.com

Level I 3 sets Level II 4 sets Level III 5 sets REST 2 minutes



20 side leg raises + **20-count** hold
change sides and repeat



20 arm raises + **20-count** hold

Foundation

LIGHT

Day 9 | Cardio

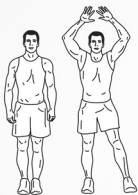
© darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

REST 2 minutes

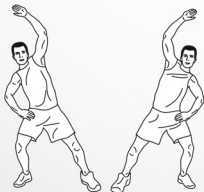


10 step jacks

2 side jacks

10 step jacks

2 side jacks



10 step jacks

2 side jacks

10 step jacks

2 side jacks

Foundation

LIGHT

Day 10 | Strength

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Level I 3 sets

Level II 5 sets

Level III 7 sets

REST 2 minutes



10 half squats



10-count hold



10 calf raises



10-count hold

Foundation

LIGHT

Day 11 | Cardio

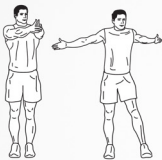
© darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

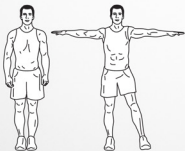
REST 2 minutes



12 step seal jacks



6 knee-to-elbow



12 step Ts



6 knee-to-elbow

Foundation

LIGHT

Day 12 | Tendons

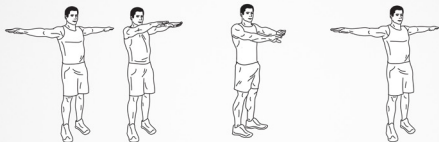
© darebee.com

Level I 3 sets

Level II 4 sets

Level III 5 sets

REST 2 minutes



10 arm extensions + **10-count** hold + **10-count** hold



10 leg swings + **10-count** hold
change legs and repeat

Foundation

LIGHT

Day 13 | Abs © darebee.com

Level I 3 sets Level II 4 sets Level III 5 sets REST 2 minutes



14 knee-to-elbow

Foundation

LIGHT

Day 14 | Cardio

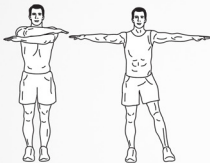
© darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

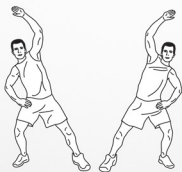
REST 2 minutes



10 step extensions



10 step jacks



10 side jacks

Foundation

LIGHT

Day 15 | Strength

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Level I 3 sets

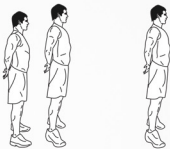
Level II 5 sets

Level III 7 sets

REST 2 minutes

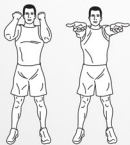


10 half squats

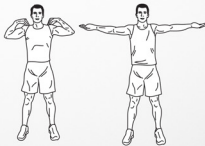


10 calf raises

10-count hold



20 bicep extensions



20 side bicep extensions

Foundation

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Day 16 | Tendons

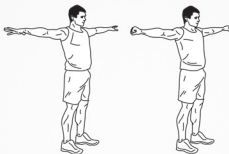
© darebee.com

Level I 3 sets

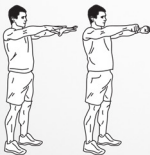
Level II 4 sets

Level III 5 sets

REST 2 minutes



20 clench / unclench
arms to side



20 clench / unclench
arms in front



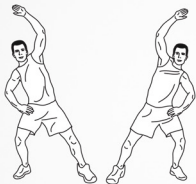
20 clench / unclench
arms overhead

Foundation

LIGHT

Day 17 | Cardio © darebee.com

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



8 side jacks

2 side leg raises (left/right)

8 side jacks

2 side leg raises (left/right)

8 side jacks

2 side leg raises (left/right)

8 side jacks

2 side leg raises (left/right)



Foundation **LIGHT**

Day 18 | Strength © darebee.com

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



5 half squats



5-count hold



5 half squats



10 W-extensions



5 elbow clicks



10 W-extensions

Foundation

LIGHT

Day 19 | Cardio

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Level I 3 sets

Level II 5 sets

Level III 7 sets

REST 2 minutes



16 march steps

2 calf raises

16 march steps

2 calf raises

16 march steps

2 calf raises



16 march steps

2 calf raises

16 march steps

2 calf raises

Foundation **LIGHT**

Day 20 | Tendons [© darebee.com](https://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets REST 2 minutes



10-count hold



20 arm circles



10-count hold



5-count hold



+ **5** cross swings
change sides and repeat



+ **5-count** hold

Foundation

LIGHT

Day 21 | Cardio © darebee.com

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



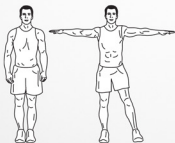
10 step half jacks



4 step seal jacks



10 step half jacks



4 step Ts



10 step half jacks

Foundation

LIGHT

Day 22 | Abs [© darebee.com](https://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets REST 2 minutes



16 knee-to-elbow

Foundation

LIGHT

Day 23 | Strength

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Level I 3 sets

Level II 5 sets

Level III 7 sets

REST 2 minutes



6 half squats



10-count hold



6 half squats



10 shoulder taps



10 bicep extensions



10 shoulder taps

Foundation

LIGHT

Day 24 | Tendons

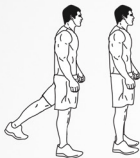
© darebee.com

Level I 3 sets

Level II 4 sets

Level III 5 sets

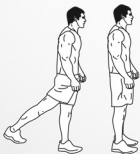
REST 2 minutes



20 back leg raises
left leg



10-count hold



20 back leg raises
right leg



10-count hold

Foundation

LIGHT

Day 25 | Cardio

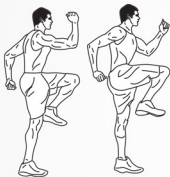
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Level I 3 sets

Level II 5 sets

Level III 7 sets

REST 2 minutes



10 march steps

4 step back + step up

10 march steps

4 step back + step up



10 march steps

4 step back + step up

10 march steps

4 step back + step up

Foundation

LIGHT

Day 26 | Strength

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Level I 3 sets

Level II 5 sets

Level III 7 sets

REST 2 minutes



10 half squats



10-count hold



10 chest expansions



10 bicep extensions



10 chest expansions

Foundation

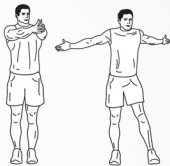
LIGHT

Day 27 | Cardio [© darebee.com](https://darebee.com)

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



14 step jacks



14 step seal jacks



14 side jacks

Foundation

LIGHT

Day 28 | Tendons

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Level I 3 sets

Level II 4 sets

Level III 5 sets

REST 2 minutes



20 side leg raises
left leg



10-count hold



20 side leg raises
right leg



10-count hold

Foundation

LIGHT

Day 29 | Abs [© darebee.com](https://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets REST 2 minutes



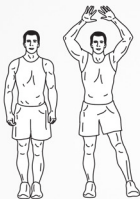
18 knee-to-elbow

Foundation

LIGHT

Day 30 | Cardio [© darebee.com](https://darebee.com)

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

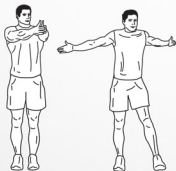


16 step jacks

2 step seal jacks

16 step jacks

2 step seal jacks



16 step jacks

2 step seal jacks

16 step jacks

2 step seal jacks