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Introduction

Bodyweight training may look easy, but if you are not used to it, it’s very far from that. It is just as intense as running and it is just as challenging so if you struggle with it at the very beginning, it’s perfectly ok – you will get better at it once you start doing it regularly. Do it at your own pace and take longer breaks if you need to.

You can start with a single individual workout from the collection and see how you feel. If you are new to bodyweight training always start any workout on Level I (level of difficulty).

You can pick any number of workouts per week, usually between 3 and 5 and rotate them for maximum results.

Some workouts are more suitable for weight loss and toning up and others are more strength oriented, some do both. To make it easier for you to choose, they have all been labelled according to FOCUS, use it to design a training regimen based on your goal.

High Burn and Strength oriented workouts will help you with your weight, aerobic capacity and muscle tone, some are just more specialized, but it doesn’t mean you should exclusively focus on one or the other. Whatever your goal with bodyweight training you’ll benefit from doing exercises that produce results in both areas.

This collection has been designed to be completely no-equipment for maximum accessibility so several bodyweight exercises like pull-ups have been excluded. If you want to work on your biceps and back more and you have access to a pull-up bar, have one at home or can use it somewhere else like the nearest playground (monkey bars), you can do wide and close grip pull-ups, 3 sets to failure 2-3 times a week with up to 2 minutes rest in between sets in addition to your training. Alternatively, you can add pull-ups at the beginning or at the end of every set of a Strength Oriented workout.

All of the routines in this collection are suitable for both men and women, no age restrictions apply.
“Reps” stands for repetitions, how many times an exercise is performed. Reps are usually located next to each exercise's name. Number of reps is always a total number for both legs / arms / sides. It’s easier to count this way: e.g. if it says 20 climbers, it means that both legs are already counted in - it is 10 reps each leg.
Reps to failure means to muscle failure = your personal maximum, you repeat the move until you can’t. It can be anything from one rep to twenty, normally applies to more challenging exercises. The goal is to do as many as you possibly can.

The transition from exercise to exercise is an important part of each circuit (set) - it is often what makes a particular workout more effective. Transitions are carefully worked out to hyperload specific muscle groups more for better results. For example if you see a plank followed by push-ups it means that you start performing push-ups right after you’ve finished with the plank avoiding dropping your body on the floor in between.

There is no rest between exercises - only after sets, unless specified otherwise. You have to complete the entire set going from one exercise to the next as fast as you can before you can rest.

What does “up to 2 minutes rest” mean: it means you can rest for up to 2 minutes but the sooner you can go again the better. Eventually your recovery time will improve naturally, you won’t need all two minutes to recover - and that will also be an indication of your improving fitness.

Recommended rest time:

Level I: 2 minutes or less
Level II: 60 seconds or less
Level III: 30 seconds or less

If you can’t do all out push-ups yet on Level I it is perfectly acceptable to do knee push-ups instead. The modification works the same muscles as a full push-up but lowers the load significantly helping you build up on it first. It is also ok to switch to knee push-ups at any point if you can no longer do full push-ups in the following sets.

**Video Exercise Library**
http://darebee.com/exercises

The workouts are organized in alphabetical order so you can find the workouts you favor easier and faster.
Get up close and personal with your inner being with minute-long workout routines followed by minute-long breaks in between. This is interval training. It primes up your system, helps you burn fat. It will challenge you irrespective of your fitness level as you can simply up the intensity of each rep, in each set, for that special burn.

Focus: High Burn
one & one

DAREBEE WORKOUT © darebee.com

1 minute each exercise | 1 minute rest between each

- high knees
- jumping jacks
- squats
- side leg raises
- lunges
- plank arm raises
- plank leg raises
- planks with rotations
- climbers
- push-ups
No rest for the wicked and this is a truly wicked set of exercises. This is a high intensity workout for the lower body designed to help you achieve explosiveness. Start off at any level you feel comfortable with but do it flat-out each time to reap the benefits.

Focus: High Burn
2-minute WORKOUT

by DAREBEE @darebee.com

20 seconds each exercise | no rest between exercises

- jumping jacks
- jump squats
- high knees
- side-to-side lunges
- squats
- climbers
3 12-Count Burpee

One burpee to beat them all. This is a super-set of the classic burpee exercise. The twelve-step program to the perfect burpee set can be practiced anywhere you have a little bit of floor space, making this the perfect exercise routine to have with you when you travel.

Focus: High Burn
12-COUNT BURPEE

DAREBEE WORKOUT @ darebee.com

LEVEL I 10 burpees  LEVEL II 20 burpees  LEVEL III 30 burpees
With exercise small changes can produce surprisingly large results. A change of direction each time you floor tap not only provides some variation but it also challenges your body’s tendency to fall into an optimized routine that minimizes the energy required to do anything. This makes the exercises physically challenging but there are other, hidden benefits to this: by changing direction each time the exercises become harder from a cognitive recognition perspective. In short they challenge your brain, forcing it to work harder to adapt. Exercise helps achieve significant gains in mental clarity, coordination and even raise IQ points.

**Focus: High Burn**
180° action

DAREBEE WORKOUT © darebee.com

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

40 high knees
jump squat
40 high knees
jump squat
40 high knees
jump squat
40 high knees
jump squat
40 high knees
jump squat
rest

change direction after every jump squat
hop up and reverse at 180° facing the other way
Reward yourself with a point and feel good about what you do with a workout designed to supercharge your body. The 1000 point, total body workout will see you take to the air as well as command the ground.

Focus: High Burn
1000 Points

DAREBEE WORKOUT © darebee.com
throughout the day workout each rep = 1 point

- squats
- jumping jacks
- hop heel clicks
- plank jump-ins
- push-ups
- sit-ups
Streamline your body, change your posture and add additional power to your every routine with the Abs Defined workout. Not only will you be able to feel the change in the way you walk but you will also see the difference every time you perform any exercise.

Focus: Abs
abs defined

DAREBEE WORKOUT © darebee.com

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

10 reverse crunches  10 sitting twists  10 butterfly sit-ups
10 crunch kicks  10 raised leg circles  10-count raised leg hold
Abdominal muscles are body armour. They help protect your vital organs from damage. They keep your body performing at maximum and, when the clothes come off, they make you look terrific. This workout is the anvil where that armour is fashioned.
abs of steel

DAREBEE WORKOUT © darebee.com

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

10 sit-ups
10 flutter kicks
10 leg raises
10 air bike crunches
10 knee crunches
10 crunch kicks
10 plank arm raises
30sec elbow plank
10 body saw
The body is made up of two basic sections: upper body and lower body. Physical power emerges by forging a better synchronized connection of the two. The Achilles workout aims to help you do just that through a series of routines that will make you feel you’re working hard.

Focus: High Burn
ACHILLES
DAREBEE WORKOUT @darebee.com

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

20 high knees
20 jumping lunges
20 calf raises

20-count calf raise hold
20combos knee strike + elbow strike

10 knee-to-elbow crunches
10 get-ups
10 one legged bridges
“You all got on this boat for different reasons, but you all come to the same place. So now I’m asking more of you than I have before. Maybe all. Sure as I know anything I know this, they will try again. Maybe on another world, maybe on this very ground swept clean. A year from now, ten, they’ll swing back to the belief that they can make people...better. And I do not hold to that. So no more running. I aim to misbehave. “ Mal, Serenity

Focus: Strength &Tone, Upper Body
I aim to misbehave

DAREBEE WORKOUT © darebee.com

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

5 push-ups 20 punches 5 wide grip push-ups
20 punches 5 close grip push-ups 20 punches
The floor is lava! Whatever you do, don’t stay grounded. The Airborne Workout is a non-stop action and an at-home cardio routine that will work your entire body and challenge your aerobic capacity.

Take to the air to give wings to your performance afterwards in any kind of sporting activity. This is a workout that uses your bodyweight against you, maximizing the impact on your muscles for some pretty spectacular results.

Focus: High Burn
AIRBORNE

DAREBEE WORKOUT @ darebee.com

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

20 high knees
10 butt kicks
10 jumping lunges

20 toe tap hops
10 half jacks
10 jump squats
Lower body strength, explosive moves, agility and grace are all part of the Amazon’s armory of skills. This is a workout that pushes you from one peak to the other as successive exercises target muscle groups, making different demands on each one. Learn to combine different fitness attributes and seize control of your body.

Focus: High Burn
AMAZON

DAREBEE WORKOUT © darebee.com

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

10 jump squats  10 jumping lunges  10 hop heel clicks
10 push-ups  2 close grip push-ups  20 punches
20sec elbow plank  20sec raised leg plank  20sec side plank
Active stretching demands you assume a position and then hold it using nothing but the strength of the agonist muscles. The results of active stretching are not just elongated muscles but also enhanced muscle growth, stronger tendons and a greater range of motion in the main muscle groups afterwards. The Anchor’d active stretching workout takes you through some of the key positions that affect the body’s main muscle groups. You will feel the difference afterwards.

Focus: Stretching
ANCHOR'D

ACTIVE STRETCHING @ darebee.com

60 seconds each - 30 seconds each leg
3 sets | up to 2 minutes rest between sets

- side kick hold
- front kick hold
- raised knee hold
- arm grip stretch hold
- overhead arm lock hold
- bent over balance hold
- bent over hold
- deep lunge hold
- deep lunge hold (toes up)
A strong abdominal wall affects everything. The way you sit. How you walk. Your performance in every kind of sport. How quickly you get tired and how smoothly you move. This is a workout that presses all the right buttons, helping you tone up and build your abs, plus come summer you're going to be thankful you did it.

Focus: Abs
armor abs

DAREBEE WORKOUT © darebee.com

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

10 leg raises
10 raised leg circles
10 scissors

20 flutter kicks
5 long arm crunches
5 knee crunches

10 side planks rotations
10 side bridges
10 plank arm raises
Whatever sport you may be doing, your arms are a critical component of it and the stronger they are, the better you get. Getting them strong however is not an easy job. This is where the Arms of Steel workout comes in. Not only does it tackle your arms from practically every angle but it also gives you no rest time, forcing your muscles to recover on the fly. Afterwards not only will you have arms of steel, you will also have the kind of arms that can power, manned, winged flight, almost.

Focus: Strength & Tone, Upper Body
Arms of Steel

DAREBEE WORKOUT @darebee.com

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

10 push-ups
20 punches
10 thigh taps
10 shoulder taps
20 overhead punches
10 tricep push-ups

2 minutes rotating punches
aka speed bag punches
instead of complete rest after every set, at any speed
Also known as “The Belly Burner” workout this is designed to make you lean and mean. You will work up a sweat doing it. Your body will feel numb, your lungs will feel on fire and you will feel like you’re being put through your paces. But ... you know it’s worth it, and you’re doing it for bacon. How cool is that?

Focus: High Burn
YOU HAD ME AT

bacon

DAREBEE WORKOUT © darebee.com

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

40 high knees  10 jumping jacks  10 knee-to-elbows

40 side leg raises  10 jump squats  10 lunge step-ups
A good balance is the result of a strong core, stable tendons and powerful support muscle groups. Balance exercises help develop the muscle groups and tendons needed for developing muscular control, great physical prowess and the kind of body strength that marks true athletes.

Focus: Strength / Balance
BALANCE & COORDINATION

DAREBEE WORKOUT © darebee.com

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

Repeat the sequence going from one move to the next quickly 10 times in total (5 each side) = 1 set

lunge
deep lunge elbow bent
deep lunge
knee raise
knee raise press
balance stand
You know the times when you need to contemplate life and need to get in touch with your spirit guide and discover your totem animal? This is just one of them. You get ready for action, look deep inside yourself and unleash your inner beast to help you get through the workout. In the process you discover a new you. Fresh capabilities are unlocked and muscles you probably haven’t used before in quite the same way come into play and ... you transform.

Focus: Strength & Tone
the Beast

DAREBEE WORKOUT
© darebee.com

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

20 pistol squats
20 sit-ups
20 reverse crunches

10 push-ups
20 thigh taps
10 push-ups

10 side-to-side hops
10 back kicks
60 sec plank
Endurance is the capability of muscles to work long as well as hard. Like any athletic skill it can be developed. The Bodyguard workout helps you develop the ability to do sustained, high-energy work, long after everyone else around you has dropped to the ground with exhaustion.

Focus: Strength & Tone
ORDER

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

- 20 push-ups
- 40 squats
- 40 sit-ups
- 40 punches
- 40 lunges
- 40 flutter kicks
- 20 push-ups
- 40 front kicks
- 40 scissors
We train because what we really want to do is hack our bodies. Control them. make them vehicles that do our bidding. That’s never easy. It takes time, effort, hard work. The Body Hack workout is a step towards that direction: controlling the body you live in. If there ever was a rinse, apply, repeat formula that produced the desirable outcome, this would come pretty close to being it.

**Focus: Strength & Tone**
BODY HACK
DAREBEE WORKOUT @ darebee.com

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

1. 10 fast squats
2. 10-count plank
3. 10 slow squats
4. 5 fast push-ups
5. 10-count plank
6. 5 slow push-ups
7. 10 fast side-to-side lunges
8. 10-count plank
9. 10 slow side lunges
The only time a borderline workout can be improved is when it involves two lines, instead of just one. Now I know you think things cannot get any better but trust me, the moment you have two lines on the floor to deal with, the intensity of the workout changes completely.

**Focus: High Burn**
BORDERLINE 2.0

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets  LEVEL II 5 sets  LEVEL III 7 sets  REST up to 2 minutes
draw two lines shoulder length apart  20 seconds each exercise  | no rest

- half jacks
  jump inside the lines

- high jumps
  with heel click in the air

- plank half jacks
  jump inside the lines

- knee to elbow
  across the lines

- over the line
  side-to-side squats
Strength is not just about muscle size. It depends on muscle density, the type of muscle fiber you have. The composition of each bundle of muscle and its ability to perform under physical stress. The Boulder workout definitely creates some physical stress to challenge the muscles so you get to feel like a rock.
THE BOULDER

DAREBEE WORKOUT @darebee.com

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

10 push-ups  10-count plank  10 push-ups

10 up and down planks

10 raised leg push-ups  10 shoulder taps  10 thigh taps
Boxers have blazingly-fast hands, incredible stamina, focus, strength, perseverance, the ability to compartmentalize pain and great spatial awareness. All of which can now be yours provided you use this workout to remake your body and transform your spirit. Plus, when you next hear the Rocky soundtrack you’ll be able to deservedly throw your arms up towards the sky and jog on the spot (com’on, you know you want to).

Focus: Strength & Tone
BOXER

5 SETS

DAREBEE WORKOUT ©darebee.com
up to 2 minutes rest between rounds

5 minute shadow boxing

every 30 seconds double squat

push-ups
level I 5 reps
level II 10 reps
level III 15 reps

sit-ups
level I 10 reps
level II 20 reps
level III 30 reps
Boxers have phenomenal limb speed, arm strength and stamina. They can generate tremendous forces on the areas they strike and are easily amongst the most fearsome unarmed fighters anyone can hope to face. The Boxer HIIT workout combines some of the favourite moves of boxing with a high intensity interval training plan that will push your body to its limits.

**Focus: High Burn, HIIT**
BOXER

DAREBEE HIIT WORKOUT @ darebee.com

Level I 5 rounds  Level II 10 rounds  Level III 15 rounds
1 minute rest between rounds

1.
- 20 sec jab + cross

2.
- 20 sec push-up + jab + cross

3.
- 20 sec squat + jab + cross
There are days when all you want to do is empty your mind and then ‘empty’ your body into an activity that simply works you physically until you’re done. Well, look no further than this workout for that. It may not appear very challenging at first glance but you will find that it presses all the right buttons.

Focus: High Burn
BOY, THAT ESCALATED QUICKLY

DAREBEE WORKOUT
© darebee.com

10 jumping jacks
10 high knees
4 side-to-side jumps

20 jumping jacks
20 high knees
4 side-to-side jumps

40 jumping jacks
40 high knees
4 side-to-side jumps
done

LEVEL I  3 sets
LEVEL II  5 sets
LEVEL III 7 sets
REST up to 2 minutes
At the core of every great athletic performance lies a strong core (pun unintended) and great cardiovascular conditioning. While aerobic performance determines just how much oxygen in each breath you take is really absorbed by the lungs and transferred into the bloodstream to be taken to the organs that need it, cardiovascular fitness is the ability of the heart and lungs to get all the blood circulating quickly enough through the body to supply oxygen to the organs and tissues that need it most. The Cardio & Core workout puts your body through its paces testing your core and challenging your cardiovascular fitness. All you have to do now is supply the great athletic performance.

Focus: High Burn
Cardio & Core

DAREBEE WORKOUT © darebee.com

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

60 high knees  10 climbers  10 climber taps
60 high knees  10 flutter kicks  10 scissors
60 high knees  10 leg raises  10 raised leg circles
Getting that chiseled physique requires patience, perseverance and the ability to put in the time one day after another. Chisel, of course, is the workout that’ll help you do all this. A combination of aerobic and strength exercises it works all the major muscle groups so that your body keeps on changing the way you want it to.

Focus: High Burn
CHISEL
DAREBEE WORKOUT © darebee.com

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

20 high knees
10 squats
10 jump squats

20 high knees
10 shoulder taps
10 shoulder tap push-ups

20 high knees
10 flutter kicks
10 leg raises
When things get up close and personal your body is the only thing that keeps you alive. The Close Contact workout transforms you into a living, breathing fighting machine. The moves are biomechanically optimized. The results are a workout that pushes strength, speed, power, agility, coordination and control. Not quite the perfect workout but darned close.

Focus: High Burn
CLOSE CONTACT

DAREBEE WORKOUT © darebee.com

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

20 knee strikes
20 combo knee strike + elbow strike
20 front kicks
20 combos front kick + backfist
20 combos bounce + squat + back leg low turning kick + palm strike
The code, the source code. Strong abs are not just the engine that powers your every move nor are they just the armour that protects some of your vital organs. They’re also the scaffolding that supports your spine. In short they’re really important. That’s why you need them. Plus they make you look cool when you take your shirt off.

Focus: Abs
code of abs

DAREBEE WORKOUT © darebee.com

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

10 sit-ups
10 reverse crunches
10 sitting twists

8 scissors
8 leg raises
20 flutter kicks

30sec plank
30sec elbow plank
8 body saw
Stay glued to the ground and see just how much you can challenge your body. This is a set of exercises that takes a traditional routine and gives it an extra spin with a real challenge. Because of that it forces your muscles to work in unfamiliar ways that make it totally challenging.

Focus: High Burn
CODEX

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets  LEVEL II 5 sets  LEVEL III 7 sets  REST up to 2 minutes
hands never off the ground

10 plank leg raises  10 push-ups  30sec plank
10 climbers  10 plank jacks  10 plank jump-ins
A coffee break is always great, especially if your day starts with one, which then doesn’t quite make it a break but there is certainly coffee involved. Add some movement, throw in a little need for balance and you’ve got yourself the kind of workout Kung Fu legends are made of. Fill your cup almost to the brim and you’re beginning to get into the Jedi zone. The Coffee Break workout may not look that challenging at first glance but try it out with a cup that’s filled almost to the brim and you will find it takes incredible and muscle control to prevent it from spilling. Exactly the kind of balance and muscle control that allow you to move with the sureness of a panther and the speed of a snake. Now go get that cup of coffee.

Focus: High Burn
Coffee Break

DAREBEE WORKOUT © darebee.com

3 sets | up to 2 minutes rest between sets

10 squats
10 lunges
10 side leg swings

20 mug raises
20 arm rotations
20-count hold
Turn your body into a pillar of strength, capable of almost anything with the Combat Strength workout. As the name suggests the aim is to challenge major muscle groups building up the strength and speed you’d need in a hypothetical combat scenario where all you have is your body and the razor-sharp mind that guides it.

Focus: Strength & Tone
Combat Strength

DAREBEE WORKOUT @ darebee.com

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

10 push-ups

10 combos push-up + jab + cross

10 squats

40 squat hold punches

10 jump squats

20 leg raises

20 raised leg circles

20 flutter kicks
One of the hardest things you can do is get into a ring and go a few rounds. Beyond the fact that there is the inevitable exchange of blows you are pushing your entire body to the limit with no room to ease off, no matter how much your muscles ache or your lungs burn. As a physical test the Contender takes you through one exercise after another, slowly loading each muscle group and then asking you to exercise even as fatigue tags at you. Well, there is no exchange of blows taking place, so dig deep and feel the burn.

**Focus: Strength & Tone**

![Muscle Diagram](image)
CONTENDER

DAREBEE WORKOUT ©darebee.com

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

30 bounces  5 push-ups  30 punches
30 arm rotations  5 push-ups  30 squats
30 high knees  5 push-ups  30 punches
A strong core is not easy to come by. The muscles associated with it (transversus abdominis) help develop better functional movements and prevent injury. The core is active in both static and dynamic movements as it brings the skeletal structure into play and allows it to align itself so that it can better absorb and direct specific forces. The Core Connect workout helps strengthen your core and change the way you do, everything.

Focus: Abs & Core
DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes
10 reps each exercise

- plank leg raises
- plank arm raises
- body saw
- plank rotations
- spiderman planks
- side plank knee taps
- side star plank
- side plank rotations
- to failure elbow plank
For those who have played Destiny once or twice, the Crucible is a place where Guardians go to test their skills and cement their reputations. This Crucible is a little different, no skills or armor will be gained by doing the workout but your reputation might well be cemented.

Focus: Strength & Tone
CRUCIBLE
DAREBEE WORKOUT @darebee.com

LEVEL I 5 push-ups  LEVEL II 10 push-ups  LEVEL III 15 push-ups
LEVEL I 3 sets  LEVEL II 5 sets  LEVEL III 7 sets  REST up to 2 minutes

20 squats  10 sit-ups  20 squats
20 lunges  10 sit-ups  20 lunges
X push-ups  10 sit-ups  X push-ups
On those great, exceptional days when you leap out of bed with a fire in your belly and a song in your heart you know that through physical training you “forge your body to the fire of your will”. Every other day you just need to purse your lips and get on with it in a workout that’ll work for you. Well this is the one for those unexceptional days.

Focus: High Burn
Daily Burn

DAREBEE WORKOUT © darebee.com

3 sets | up to 2 minutes rest between sets

10 half jacks
6 plank jacks
6 plank jump-ins

10-count plank
6 push-ups
10 squats
This is the perfect workout for those days when you’re not sure what to do and know you really need to do something to workout. Use it as a filler, a routine, the go-to work out when you have nothing else to fire you up. At ten reps per exercise there really is no excuse not to do them.

Focus: High Burn
DAILY WORKOUT

BY DAREBEE @darebee.com

3 sets | up to 2 minutes rest between sets

10 jumping jacks
5 squats
5 push-ups

10 high knees
10 climbers
5 plank jump-ins
Building up speed relies on forcing muscles to undergo a few adaptive changes. There are two parts to becoming lightning-fast, the first part requires developing the muscle structure itself, increasing the number of neurons and developing fast-twitch action fiber. The second part requires strengthening of all the supporting muscle groups and tendons that help major muscle groups perform. The DASH workout is designed to help you develop both. Each exercise is performed at full speed.

Focus: High Burn
DASH

DAREBEE WORKOUT © darebee.com

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

20 jumping jacks  10 flutter kicks  40 punches
20 squats  10 flutter kicks  10 push-ups
40 raised arm circles  10 flutter kicks  10 climbers
What if you could transform yourself into the kind of physically capable person you want to be? How would you rewrite your DNA? This is a workout that helps you explore the possibilities lying at the boundaries of your capabilities.

Focus: High Burn
DNA REWRITE

DAREBEE WORKOUT @ darebee.com

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

10 jumping jacks 10 lunge step-ups 10 jumps
10 push-ups 10-count plank 10 basic burpees w/ jump
10 sit-ups 10 bridges 10 leg raises
You have two arms which means you will be experiencing twice the joy as the Double Up workout uses the rapid motion of the arms to also challenge the core and abs and even your glutes and quads and hamstrings. The amazing thing about the connected body is that the upper body powers the lower body so strong arms help you run faster, longer and the lower body powers the upper one so that strong legs help you punch harder.

Focus: High Burn
DOUBLE UP

DAREBEE WORKOUT © darebee.com

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

20 side arm raises  20 raised arm circles  20-count arm hold

20 fast scissors  20 scissor chops  20-count arm hold
Pyramid workouts are great because they work overlapping but separate systems in your body. Your cardiovascular, anaerobic and aerobic systems are worked here which means that you also get to build up some serious endurance.

**Focus: High Burn**
DAREBEE WORKOUT
© darebee.com
LEVEL I  3 sets
LEVEL II  5 sets
LEVEL III  7 sets
REST up to 2 minutes

50 jacks

40 high knees  40

30 climbers  30

20 squats  20

10 plank jump-ins  10
Instructions: After each set you eliminate the last exercise off the following set, the goal is to do enough sets to get to doing nothing. Yay!

Focus: High Burn
XELIMINATOR

DAREBEE WORKOUT © darebee.com

5 sets – after every set take the last exercise off the following set
rest between sets up to 45 seconds

1. 20 side leg raises
2. 20 squats
3. 20 climbers
4. 20 lunges
5. 10 plank arm raises
6. 40 high knees
This is a simple, alternating, high-burn workout that will leave you out of breath and feeling like you're worthy of the title of "Epic". Do each rep to the max and just enjoy the journey.

Focus: Strength & Tone
EPIC QUEST

DAREBEE WORKOUT © darebee.com

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

20 squats
20 knee-to-elbow crunches

10 push-ups
10 knee-to-elbow crunches

20 squats
20 knee-to-elbow crunches

10 push-ups
10 knee-to-elbow crunches

20 squats
20 knee-to-elbow crunches

10 push-ups
10 knee-to-elbow crunches
This is the workout for when you want something fast, are pressed for time but don’t want to skimp on quality. Up the intensity just a little on each rep and you can both have your cake and eat it.

Focus: Strength & Tone
EXPRESS WORKOUT

BY DAREBEE © darebee.com

20 lunges
20 side leg raises
20 squats

20 slow climber
20 push-ups
20 sec elbow plank
There are some days when all you want to do is go through a workout where you do not have to think much, or concentrate hard. You take yourself out of the picture and let your body do its thing. The Extractor workout is just the thing that will do that for you.

Focus: High Burn
DAREBEE WORKOUT © darebee.com

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

- 20 high knees
- 5 plank jump-ins
- 20 raised arm circles
- 20 half jacks
- 5 plank jump-ins
- 20 raised arm circles
- 20 jumping lunges
- 5 plank jump-ins
- 20 raised arm circles
Passive stretching is an ideal form of stretching to perform with a partner. It requires the body to remain completely passive while an outside force is exerted upon it (by a partner). When used without a partner bodyweight and the force of gravity are allowed to do their thing. Passive stretching is also called relaxed stretching, for that reason. To make it work for you, extend to a position that is at the very edge of your comfort zone and hold it, allowing gravity and your bodyweight to do the rest. There is no ‘bounce’ of any kind with passive stretching, nor is there any push/pull motion. Find out more about Stretching for Strength and Flexibility.

Focus: Stretching
FAR POINT

PASSIVE STRETCHING @ darebee.com

60 seconds each - 30 seconds each side / leg

3 sets | up to 2 minutes rest between sets

hamstring stretch
groin stretch
leg to chest stretch
quad stretch
elbow stretch
cross neck elbow stretch
gravity toe touches
sumo squat hold
side splits
Training the abdominal muscle group is no easy task. The muscles do not all respond to training at the same rate and there is a core group of abdominal s, running beneath the external ones with muscle fibres pointing the opposite way. This makes for a core picture which no single exercise can adequately address which helps explain why strong abs are hard to attain, which makes them an aim to strive for.

The five minute plank is a paradox of sorts. It uses relative inactivity to challenge the abdominal muscles and strengthen them. In five minutes you get to exercise as many parts as possible of the muscle wall. The result: strong abs, a strong core, more power, better coordination plus you get to look good on the beach.

**Focus: Abs**
FIVE-MINUTE PLANK

- **60sec full plank**
- **30sec elbow plank**
- **60sec raised leg plank**
  - 30 seconds - each leg
- **60sec side plank**
  - 30 seconds - each side
- **30sec full plank**
- **60sec elbow plank**
Everyone wants to get their body to the point where the muscles just ‘catch on fire’ and they become a smooth blur of movement. The Flashpoint workout helps you do just this. Based on martial arts combinations it activates all the important muscle groups plus supporting muscle structures for a truly holistic workout.

**Focus: High Burn**
Flash Point

DAREBEE WORKOUT @darebee.com

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

40 combos jab + cross + squat + hook

40 double side kicks / low and high  40 front kicks

40 combos knee strike + elbow strike  40 speed bag punches
When you’re destined to be amongst the best fighters in the Universe from birth, physical fitness is a way of life. The Spice will make that life long but just how awesome it will be is entirely down to you. Life on the desert planet is naturally harsh. The environment demands strength, endurance and the ability to survive and succeed on relatively few resources. Muscles have to justify every gram of their existence so there is no point having bulk when what you really need is strength. This is a workout worthy of a Sandworm Rider. Designed to build up core strength and dense muscle it’s just the ticket for those whom Shai Hulud favors.

Focus: Strength & Tone
FREMEN

DAREBEE WORKOUT © darebee.com

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

10 squats  5 push-ups  10 shoulder taps

10 squats  5 close grip push-ups  10 plank arm raises

10 squats  5 wide grip push-ups  10 planks w/ rotations
Even bad girls need to work out and our Frost routine, true to form, is a little bit of a killer. It’s there to make sure that every part of your body can be called upon to play its role when needed. Now, stay frosty.

Focus: High Burn
FROST
DAREBEE WORKOUT © darebee.com
LEVEL I 3 sets  LEVEL II 5 sets  LEVEL III 7 sets  REST up to 2 minutes

20 jumping jacks  20 raised arm circles  20 side leg raises
20 low back kicks  20 twists  20 back kick + side leg raise
10 leg raises  10 flutter kicks  10 scissors
Whether on-screen or off it a Gamer needs to have some sound core stability and strength and the ability to control his body to the max. This workout is a pretty good place to start for those qualities.

Focus: High Burn
GAMER

DAREBEE WORKOUT © darebee.com

every respawn, construction or cinematic trailer

20 half jacks
10 squats
10 plank jump-ins

20 climbers
10 lunges
10 flutter kicks
Gladiators were fierce people. To survive they required good core stability and strength followed by excellent ballistic movement capability. If you’re ready to leap into the arena and battle to the death, for the glory of combat, then this workout is a good way to prepare.

Focus: Strength & Tone
GLADIATOR

DAREBEE WORKOUT @ darebee.com

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

- 40 lunges
- 20 jumping lunges
- 20 squats
- 20 shoulder taps
- 40 slow climbers
- 10 push-ups
- 10 up & down planks
If you’re a mythical creature that’s unstoppable you need the kind of basic strength and core power that renders you a force of nature. The Golem workout takes you back to basics for a reason. It really helps you take your core fitness to the level you need.

Focus: Strength & Tone
GOLEM

DAREBEE WORKOUT © darebee.com

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

- 20 lunges
- 10 jumping lunges
- 10 side lunges
- 10 push-ups
- 10 thigh taps
- 10-count plank
- 20 squats
- 10-count squat hold
- 10 jump squats
To escape gravity you need dense muscles and strong bones and nothing gets muscles denser or bones stronger than a hyper-loaded floor workout.

Tips: There is little recovery time for each muscle group here so you need to make sure that your muscles get as much oxygen as possible by breathing in as deeply as possible at the recovery phase of each rep.

Focus: Strength & Tone
GRAVITY

DAREBEE WORKOUT © darebee.com

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

4 push-ups  4 wide grip  2 close grip
4 push-ups  4 shoulder taps  2 staggered
4 push-ups  4 raised leg  2 stacked feet
If you know your “The 100” genealogy you know a Grounder is naturally strong. A born survivor and a warrior by training. The Grounder workout is designed to help you develop the kind of solid strength you need to survive in a challenging environment. You just need to get through it, first.

Perfect for survivalists looking for that edgy training that’ll push them up a level so they can become clan leaders. Plus, this is a heck of a workout for those days when you really want to blow some steam.

**Focus: Strength & Tone**
GROUNDER
DAREBEE WORKOUT © darebee.com
LEVEL I 3 sets  LEVEL II 4 sets  LEVEL III 5 sets  REST up to 2 minutes

10 push-ups  20 slow climbers  10 plank walk-outs
10 get-ups  20 high crunches  10 one legged bridges
10 sit-up punches  20 sitting punches  10 crunch kicks
You know just by the name of the workout that it’s going to be a little challenging. A guardian is never needed unless there is something to ‘guard’ which means it is worth fighting over for, which means that you’d better shape up if you want to play this role. The Guardian workout will test every aspect of your fitness.

Focus: Strength & Tone
GUARDIAN

DAREBEE WORKOUT @ darebee.com

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

10 squats
20 side leg raises
10 lunges

5 close grip push-ups
10 push-ups
10-count elbow plank

10 sit-ups
10 butt-ups
10 full bridges
“I used to be an adventurer like you, but then I took an arrow in the knee” - The Guardsman, Skyrim

Just because you had a little bad luck and took that arrow to the knee doesn’t mean your life has to be over. This is a workout for all those suffering from knee problems, looking to change jobs from guarding the city gates.

Focus: Strength & Tone
GUARDSMAN

DAREBEE WORKOUT © darebee.com

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

20 wall half squats

20 slow front kicks

20 calf raises

10 push-ups

10 side plank raises

20 flutter kicks

10 lowering drills

10 single leg bridges

10 raised leg circles
Once in a while the moon turns red, the sky turns dark and there’s a green glowing mist rising from the ground and that’s exactly how you begin to perceive the world as you get past the 4-minute mark of the first set of Hell’s Circuit. Designed to test the mettle of mortals, this a workout that transforms everyone who does it, even at Level I. The exercises appear deceptively easy but don’t be fooled. Those who embark upon this little workout without feeling at least a little trepidation are destined for greatness.

**Focus:** High Burn, HIIT
Hell’s Circuit

DAREBEE HIIT WORKOUT @ darebee.com

Level I 3 rounds  Level II 4 rounds  Level III 5 rounds
1 minute each  |  2 minutes rest between rounds

1. Push-ups
2. Squat hold punches
3. Jump squats
4. Side kicks
Even a demigod needs to do something to maintain his strength. This is the workout for those who are readying themselves to join the ranks of the Olympian pantheon and have to perform a few labours beforehand.

Tips: These are isometric exercise designed to pit one muscle group against another. When you perform them key to your success is having perfect form.

Focus: Strength & Tone
HERCULES

DAREBEE WORKOUT © darebee.com

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

20combos lunge + deep side lunge

40-count star hold

20combos squat + push-up

20-count push-up plank

20combos sit-up + sitting twists

40-count raised leg hold
Your back muscles are important not just because you need something sturdy to rest upon when you get to bed at night but also because they power all sorts of subtle body movements, from the power of punches thrown from the hip to how well you perform at pull ups and how strong your overhead throw is. The Homemade Back workout targets all the major muscle groups of your back without forgetting some other, equally important parts of your body.

Focus: Strength & Tone
HOMEMADE WORKOUT
@ darebee.com
LEVEL I 3 sets
LEVEL II 5 sets
LEVEL III 7 sets
REST up to 2 minutes

10 diver push-ups

20 half squat rows

20 double chest expansions

20 lawn mowers

20 forward bends

20 wall arm slides
Strong legs play a pivotal role to releasing the power of the upper body. This is a workout for those who really want to have legs of steel.

Tips: For maximum gains keep your body upright and centered over your feet during all hopping exercises.

**Focus: High Burn**
**HOPPER**

DAREBEE WORKOUT @darebee.com

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

20 seconds each exercise | no rest between exercises

- **hop on one leg**
- **hop on both legs**
- **hop from side to side on both legs**
- **double hop & squat**
- **hop from side to side on one leg**
- **hop back & forward on both legs**
In ancient Greek mythology, Diana was the goddess of the hunt and she was fit enough to run with her hounds and take down stags. The Huntress workout may not quite put you in the same league but you will definitely notice a change if you keep it up for a while. It is a whole body challenge that also pushes against the limits of your circulatory and breathing systems.

Focus: High Burn
HUNTRESS

DAREBEE WORKOUT © darebee.com

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

5 combos: 10 high knees + 2 archers + 2 squats

20 climbers  10 knee-in kick backs  10 plank-into-lunges

10 leg raises  10 raised legs crunches  10 scissors
While you may never, ever be able to go beyond infinity you will be able to feel the journey as you put your body through its paces. The Infinity workout is designed to help you free your body as you strengthen all the muscles you need to help your movements flow.

Focus: High Burn
DAREBEE WORKOUT © darebee.com

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

20 jumping jacks
10 toe tap hops
20 side jacks
10 jumps
20 twist jacks
10 side-to-side jumps
A body does not get strong and lithe without work. It takes sustained work that targets many muscle groups to get the kind of results that turn heads and the Ivy workout is designed to make a lot of muscle groups work together for faster results. Not that time is the issue here. Effectiveness is and the results speak for themselves. This is a workout that simply asks you to develop power and strength with grace.

Focus: Strength & Tone
DAREBEE WORKOUT
© darebee.com
LEVEL I 3 sets
LEVEL II 5 sets
LEVEL III 7 sets
REST up to 2 minutes

20 high lunges
20 high squats
20 deadlift twists
20 rotations
20 leg swing + knee up
20 arm rotations
10 plank knee-ins
10 upward dog
10 superman stretches
Some workouts are just designed to put emphasis on “work”. Without work there can be no change. Without change there can be no improvement. And improvement there shall be with the Jacks Pyramid workout. ‘Nuff said.

Make it harder: Reduce rest time between sets to just 60 seconds it will challenge your aerobic performance and muscle recovery times.

Focus: High Burn
JACKS PYRAMID

DAREBEE WORKOUT © darebee.com

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

10 jumping jacks
10-count rest
15 jumping jacks
10-count rest
20 jumping jacks
10-count rest
25 jumping jacks
10-count rest
20 jumping jacks
10-count rest
15 jumping jacks
10-count rest
10 jumping jacks

LOW IMPACT ALTERNATIVE STEP JACKS
Knees take a pounding even before an arrow happens to find them. Because the knee is a hinge type synovial joint it presents a level of complexity not seen in other joints. Conditioning of the surrounding muscles is crucial in achieving joint stability and preventing injury. If you have been unlucky enough to have been injured here, the exercises will help add to the speed of rehabilitation of the knee joint (as long as you are not at one of the stages of injury that require operational intervention). The exercises here are designed to help maintain the range of motion a healthy knee joint is capable of. They can also work as preventative measures, taken to avoid sustaining knee injuries.

**Focus: Stretching**
**KNEE REHAB WORKOUT**

© darebee.com

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

- 10 wall half squats
- 10 wide single leg squats
- 30 sec cross leg side tilts
- 10 leg raises
- 20 raised leg swings
- 30 sec hamstring stretch
- 10 split squats
Legs are what you need to use when you want to run (from zombies, werewolves and vampires, for example) and they’re also kinda useful in everyday life because we still walk to get to places. This is a workout to help you make them strong and capable of performing at will.

Focus: Strength & Tone
Leg Day

DAREBEE WORKOUT © darebee.com

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

40 squats
20 calf raises
20 lunges

20 side leg raises
20 side-to-side lunges
20-count wall-sit
If you want to have the energy of the Energizer Bunny then this workout is going to give you the right kind of burn. Each exercise flows into the next one so you’re working out non-stop at a steady pace until you, well … drop or the allotted time runs out (whichever one comes first).

Tip: Pace is key here. Start too fast and you will burn out before the time is up. Go too slow and you will end up with more fuel in the tank than you really need. So find the pace you think you can maintain and ignore the burn. It’s good for you.

Focus: Strength & Tone
DAREBEE WORKOUT © darebee.com

set the timer for **10 minutes** repeat the circuit until the time is up

**LEVEL I** 6 reps  **LEVEL II** 10 reps  **LEVEL III** 20 reps

- lunges
- squats
- climbers
- push-ups
- knee-to-elbow crunches
Instructions: Repeat each move one after the other with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again, 3 times in total.

Hold the stretch for one deep breath and return to the starting position. Repeat each move with no rest in between until the set is done.

Focus: Stretching
LOWER BACK REHAB WORKOUT
darebee.com
3 sets | 2 minutes rest

10 bottom to heels stretch 10 opposite arm/leg raises 10 back extensions

10 bridges 10 knee rolls
In order to qualify for your sandwich you really need to earn it and this is the workout that makes sure you do just that. This is a high-burn, lower body workout that’ll have you feeling the benefits in no time at all. Earn your sandwich!

Tips: If you want to develop explosiveness in your movements this workout helps you to do just that. Tackle each exercise at 100% output to build lean, fast twitch fiber muscle.

Earn your sandwich!

**Focus: High Burn**
MAKE ME A SANDWICH

DAREBEE WORKOUT © darebee.com

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

20 toe tap jumps
20 plank jump-ins
5 jump squats
20 climbers
20 knee-to-elbow crunches
20 flutter kicks
Developed to help you storm hills and race up mountains this is the workout for those looking to unlock all the power of their lower body.

Tips: Strength requires repetition and getting through the set. So irrespective of speed and irrespective of burn, bite the bullet and get this baby done.

Focus: High Burn, HIIT
MASS BLAST

DAREBEE HIIT WORKOUT © darebee.com

Level I  5 rounds  Level II  10 rounds  Level III  15 rounds
1 minute rest between rounds

1. **15sec** high knees
2. **15sec** toe tap hops
3. **15sec** jumping jacks
4. **15sec** side leg raises
When you’re talking six-pack you’re really talking about more muscle groups than one. The abdominals are made up of four distinct muscle groups: the Transverse Abdominis (also called core), the External Abdominal Obliques, the Internal Abdominal Obliques, the Rectus Abdominis (which also happen to be handily divided into upper and lower abdominals). The Master Pack workout takes care of them all.

**Focus: Abs**
Master Pack

DAREBEE WORKOUT © darebee.com

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

20 flutter kicks
20 scissors
20 side leg raises
10 leg raises
10 raised leg circles
20sec raised leg hold
10 butt-ups
10 knee-in & twist
10 half wipers
Get ready to command the Legions of the North by prepping yourself with the Maximus workout. Not only will your body feel ready for combat but should you find yourself in a field of dust, with the crowd around you, a gladius in one hand, do not be troubled, for you are now a Gladiator.

Focus: Strength & Tone
DAREBEE WORKOUT @ darebee.com

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

20 squats
20 calf raises
20 squats

20 calf raises
40 lunges
20 calf raises
You know that feeling when all you want to do is sit at home watching something on TV? The world outside has ceased to exist but that doesn’t mean that your drive for fitness needs to go bye-bye. Quite the opposite in fact. Here’s a chance to turn that sofa into your playground making the night-in movie your fitness aid. If you want to have your cake and eat it, this is the perfect way to start. So indulge, watch that film and chill at home and don’t forget to make your reps count.

Tips: This is a great tendon-strengthening, low-key workout. If you really want to test yourself cut down the rest time between sets to 30 seconds and get ready to feel some serious burn in your tendons.

**Focus: High Burn**
movie night

DAREBEE WORKOUT © darebee.com
Repeat 3 times | up to 2 minutes rest between sets
or every 20 minutes during a movie

20 leg swings

20 front snap kicks

40 punches

40 overhead punches

20 knee taps

20 air bike crunches
Neck pain is one of the most common complaints of our digitally-enhanced society. Time spent in front of screens or looking at our devices, insufficient focus on neck muscles during our workouts and too little time to spend on this muscle group in general contribute to frequent complaints. The Neck Pain and Tension Relief workout remedies all those problems. It can be performed as a warm-up, before exercise or as a total stress reliever at the end of the day.

Focus: Stretching
NECK

DAREBEE WORKOUT
c darebee.com
3 sets | 2 minutes rest

10 back and forth tilts
10 side-to-side tilts

10 neck rotations
10-count press
10-count press

10-count alternating side press
10-count alternating chin press
The ninja, legendary assassins of the night were possessed of great lower body strength and agility. This is a workout that aims at the muscle groups that give you both these qualities.

Tips: When performing side leg raises lean towards the leg you raise rather than leaning away from it. This increases the tension on your lateral abdominals and promotes greater core strength and stability.

Focus: High Burn
NINJA

SILENT WORKOUT BY DAREBEE  @darebee.com

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

40 side kicks  20 combos squat + knife hand strike  20-count squat hold

10 side lunges  10 reverse deep lunges  20-count one leg stand

10 push-ups  20-count side elbow plank  20-count elbow plank
Valhalla is a place where the gods don’t just drink and revel but also train and fight. The Wrath of Odin workout is for those ready to prepare for that kind of ‘revel’ by punishing their body. Good for the soul and probably the closest you get to feeling like a Norse god.

Make it harder: Clear the floor by at least a foot when performing jump squats.

**Focus: High Burn**
THE WRATH OF ODIN

DAREBEE WORKOUT @ darebee.com

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

20 combos squat + plank jump-in + jump squat

10-count each plank + raised leg plank + raised arm plank

20 combos jab + jab + cross + push-up
Just because you’re at the office does not mean you can’t workout. This is the kind of exercise routine that can be carried out anywhere you have a little space and some privacy.

Tips: None of this need be done fast. You are, after all, at the office. But do them in a focused way and they help you work out every single muscle group of your body.

Focus: Strength & Tone
office

DAREBEE WORKOUT © darebee.com

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

20 chair squats  20 chest squeezes  40 criss-cross arms

40 leg extensions  10 chair body lifts

10 knee pull-ins  20 oblique bends
Your body is always the means through which you express your persona philosophy. Nowhere is this more evident perhaps than when it comes to Free Running or Parkour. Here mind meets body meets the physical world in the purest sense of the word. You need to let go of your fears, free your mind and embrace your environment in ways that are truly liberating. Even if you're not going to go and try this on your nearest rooftop, having a go at the park is enough to change the way you perceive the world you live in. It also totally changes the relationship you have with your body. In order to throw it around and have it do wild things you need to have total trust in your physical abilities. And trust, starts right here. Right now. With this.

Focus: Strength & Tone
DAREBEE WORKOUT © darebee.com

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

10 lunges  10-count bear crawl  10 push-ups
10 broad jumps  20 squats  10 jump knee-tucks
10 wall dips  10 plant plyos  10 wall climbers
A walk in the park will never be better for you than when you also get some exercise along with your hefty dose of the sunshine and fresh air. The A Walk in a Park workout is perfect for productively filling in your Summer downtime, working up a little sweat and feeling like you’ve escaped to nature, at least for a while. The workout is light but then again you’re walking, it’s a park and it should be Summer, or at the very least a sunny day. Enjoy it.

Make it harder. Go faster. Try to beat your own time for each set. Be warned. You will get stares.

**Focus: High Burn**
a walk in a Park

DAREBEE WORKOUT © darebee.com

20 reps each | 5 sets in total
up to 2 minutes rest between sets

1. jumping jacks
2. tricep dips
3. side leg raises
4. squats
5. calf raises
6. lunges
Power 15

Instructions: Repeat each move with no rest in between until the set is done, rest up to 60 seconds and repeat the whole set again, 3 times in total.

Make it better: Perform arm raises, raised arm circles and raised arm hold balancing on the balls of your feet for a challenge to your core.

Focus: Strength & Tone, Upper Body
Power 15

DAREBEE WORKOUT @darebee.com

3 sets | 60 seconds rest between sets
Keep your arms up between arm circles to arm hold

- to failure push-ups
- 20 shoulder taps
- 20sec elbow plank

- 20 arm raises
- 20 raised arm circles
- 20sec raised arm hold
Nothing wrong with some pie as long as you get to earn it first. This is the workout that helps you do just that. Go and get ready to save the world, earn yourself some pie.

Tips: When you perform planks with rotations make sure that you turn your body completely sideways. Lightly tense your lower abs by exhaling to help stabilise the abdominal muscles and bring the lower abs into play.

Focus: High Burn
BRING ME SOME PIE

DAREBEE WORKOUT © darebee.com

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

40 half jacks  20 squats  20 high knees

20 climbers  10 planks with rotations  10 push-up into lunges
You know when you used to have pillow fights when you were a kid because you thought they were cool and your parents used to step in and break them up and tell you they weren’t? Well, guess what? You were right and your parents were wrong. A good ol' fashioned pillow fight is the coolest way we know to get the blood flowing through your body, work some great muscle groups and, even, work up some sweat. This workout should be taken straight to your parents with an “I told you so” note. One small not of caution, should you get over-enthusiastic you may want to rethink the decor of the room you're exercising in. We are speaking from experience when we say that vases and small porcelain figurines do not enjoy a natural lifespan with this exercise routine in action around them.

**Focus: High Burn**
pillow fight

DAREBEE WORKOUT @ darebee.com
repeat 5 times | up to 2 minute rest between sets

IN COLLABORATION WITH NHS choices

20 pillow presses
10 pillow squats
10 pillow high knees

20 pillow strikes
20 pillow lunges
When you were a kid the playground was where you worked out your Spiderman and Tarzan fantasies. It was the place where your body encountered obstacles and met forces, like gravity. Being a kid is a state of mind. Rediscover the magic and get fitter in the process with the Playground workout. Commandeer the nearest one to you and get ready to feel the benefits of peeling back time. Just remember that this time round there are no excuses for not sharing your space. You really do know better.

Focus: Strength & Tone
PlayGround

DAREBEE WORKOUT © darebee.com

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

1. 10 monkey walk
   from one side to the other = 1 rep

2. max chin-ups

3. 20 alternating one legged squats

4. 10 knee raises

5. 20 alternating side leg swings

6. 20 calf raises
This is an aerobic workout that develops strength, flexibility and balance. Do it every time you want to top up your abilities in these three areas.

Tips: When performing lunge kicks keep your body as straight as possible and bring your foot up to your hand, not your hand to your foot.

Focus: High Burn
POWER UP

DAREBEE WORKOUT @ darebee.com

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

20 high knees  20 lunge ste-ups  20 lunge kicks

10 jump knee tucks  10 side-to-side lunges  10 squats
Sometimes what you want is to be able to simply do something simple. No overthinking the part, no role-play in your head. Nothing that will constantly challenge your coordination and force you to be mindful of your body every single moment of the workout. This is where this “Wash, Rinse and Repeat” cycle is perfect. You can set it up and let your body do its thing while your mind takes a figurative break for a while. So, choose your level and get ready to rock it.

Focus: Strength & Tone
PUSH
SQUAT
REPEAT

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

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Move faster without stressing your joints with the Quicksilver workout. It helps you develop muscle stability and mobility almost by stealth, its exercises are perfect for that indoor workout on days when you have a sofa handy.

Make it harder: When marching breathe out every time you raise your knees and slightly tense your lower abs, activating them.

Focus: High Burn
QUICK SILVER

DAREBEE WORKOUT
c darebee.com
LEVEL I  3 sets
LEVEL II  5 sets
LEVEL III  7 sets
REST up to 2 minutes

20 march steps
20 lunge step-ups
20 incline slow climbers
10 side leg raises
10 arm scissors
10 tricep dips
Rangers are known for stamina, strength, speed and agility and the Ranger workout takes you through each component in turn. You get to feel the heat building up under your skin and sense your muscles working, so you know that you are making gains. Rangers, of course, simply do not quit which is why you’re doing this workout. We get it.

Make it harder. Bring your knees to waist height as you perform High Knees.

**Focus: High Burn, HIIT**
RANGER

DAREBEE HIIT WORKOUT © darebee.com

Level I 5 rounds  Level II 10 rounds  Level III 15 rounds
1 minute rest between rounds

1. 20 sec high knees
2. 20 sec push-ups
3. 20 sec jab + jab + cross + squat
Rebels acknowledge no rules which means they have to be ready for anything. Our Rebel workout prepares you for almost anything. Its combination of static and ballistic exercises puts your body through its paces in a way that says “I am really preparing to break the rules”.

Focus: High Burn
DAREBEE WORKOUT
© darebee.com

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

40 knee strikes
40 turning kicks
10 power push-ups

20 combos jab + jab + cross + hook + upper cut

10 get-ups
10 butt-ups
10 elbow strike sit-ups
All warriors have the same things in common. Grit, perseverance. A high tolerance to failure. The willingness to keep on going whatever the odds and simply not give up. The Red Warrior workout is designed to help you find that warrior core within that allows you to overcome anything.

Tips When performing plank back kicks tense your lower abs, keeping your trunk immobile and working your glutes, hamstring and quads.

Focus: Strength & Tone
RED WARRIOR

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets  LEVEL II 5 sets  LEVEL III 7 sets

REST up to 2 minutes

20 tricep dips  40 punches  20 lunge punches
10 plank back kicks  10 bridges  10 raised leg bridges
10 clamshells  10 sit-up punches  10 sitting punches
Getting your muscles to the point where you can practically feel the heat coming off them gives the sentence “going for the burn” an entirely new meaning altogether. The Roaster workout helps you attack some major muscle groups again and again from one exercise to another, varying the load, movement and intensity while still engaging the muscles. You will feel your body’s temperature rise and you will feel the burn and after it’s all over you should feel positively roasted.

Focus: High Burn
THE ROASTER
DAREBEE WORKOUT © darebee.com
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes

20 jumping jacks
2 plank jacks
2 push-ups (fast!)

20 jumping jacks
2 jump squats
2 push-ups (fast!)

20 jumping jacks
2 climber taps
2 push-ups (fast!)
Rogues set their own rules which means they are self-sufficient, in control of their world. The Rogue workout builds strength where you need it so that you can make your body do what you command it to. What rules it then gets to play by is entirely up to you.

Make it harder: When performing jump squats clear the floor by at least a foot increasing the load on your quads, glutes and calves and maximizing the benefits of the exercise.

Focus: High Burn
ROGUE

DAREBEE WORKOUT © darebee.com

LEVEL I  3 sets  LEVEL II  5 sets  LEVEL III  7 sets

REST up to 2 minutes

20combos: hop heel click + floor tap heel click
10 jump squats

10combos: push-up + palm strikes (each hand)
20 knee strikes

10 crunch kicks
10 half windshield wipers
10 bridges
Doctor Who fans will know that the moment you have to run you need to rely on limb speed and aerobic capacity. Well this workout helps you develop both.

Tips: This is a running work out so perform the high knees as high and as fast as possible and use the ground exercise to recover.

Focus: High Burn
RUN, YOU CLEVER BOY;
AND REMEMBER

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 push-ups

20 high knees, then
2 plank jump-ins

20 high knees then
2 planks rotations

20 high knees, then
2 plank jacks

20 high knees
2 squats
If you have just three minutes in your day and a chair to sit on you can have a workout. Yoga is frequently underrated as a workout and yet a mini-break like that practiced whenever possible activates the muscles of the body, helps increase circulation and breathing and plays an incredible role in maintaining good health and the metabolic rate working properly.

Focus: Stretching, Yoga
3-minute seated Yoga

DAREBEE WORKOUT © darebee.com
30 seconds each

- body fold
- stretch up
- side stretch
- lotus twist
- lift & reach
- half lotus
Shieldmaidens fought in battle and often led their own men. To match a hardened warrior, armed to the teeth and bristling with muscle you need more than just strength. You need fortitude, some killer tendon strength, agility and a core of steel, oh, and as much upper body strength as you can muster. The Shieldmaiden workout is designed to take you through your paces, give you a little of what you need and a lot of what you want (or is it the other way around?). Either way, you will definitely come out tougher at the other end of it.

Focus: High Burn
SHIELDMAIDEN

DAREBEE WORKOUT @ darebee.com

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

20 knee strikes

20 palm strikes

20 lunge push strikes

10 combos hop heel click + palm strike

10 push-ups

20 cross chops

20 sec plank hold

20 shoulder taps
Do shifters need to have great freedom of movement to physically morph from one form to another? We don’t know for sure. But we do know that if you have the moves then you can walk the walk and talk the talk.

Tips: Practice the basic burpees in a controlled, flowing motion so that there is no break as you move from one position to the next. This allows for greater tendon strength as well as increased muscle density.

Focus: High Burn, HIIT
SHIFTER

DAREBEE HIIT WORKOUT © darebee.com

Level I  5 rounds  Level II  10 rounds  Level III  15 rounds
1 minute rest between rounds

1️⃣ 20 sec high knees

2️⃣ 20 sec squats

3️⃣ 20 sec basic burpees
The silver workout is a deceptively gentle set of exercises designed to get your body going without too much fanfare or undue pressure on muscle groups. This makes it one of those stealth mode workouts you can do when you’re not sure you should be exercising or when you are in recuperative mode, or when simply you’re stuck for a workout routine, do not want to wake the neighbours or advertise the fact you're working out. Plus, this is perfect for those just starting out on their journey to personal awesomeness.

Focus: High Burn, HIIT
SILVER

DAREBEE HIIT WORKOUT @ darebee.com

Level I  5 rounds  Level II  10 rounds  Level III  15 rounds
1 minute rest between rounds

20sec step jacks  20sec step side jacks

20sec raised arm rotations
At the end of a busy day, all you want is the chance to put work out of your mind, land on the sofa, turn the telly on and ... work your abs. The sofa’s your gym. Your body is your equipment. This is the Sofa Abs workout. If you’re on the sofa, it’s time to work your abs.

Make it harder: You shouldn’t. It’s a sofa workout, after all but if you happen to have a pair of ankle weights lying around, now’s the time to strap them on.

**Focus: Abs**
sofa abs

DAREBEE WORKOUT © darebee.com

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

- 20 leg swings
- 20-count raised knees hold
- 20 knee to elbows
- 20 flutter kicks
- 10 raised legs twists
- 10 scissors
There is more than one way to train your abs. The ab wall is made up of four distinct muscle groups: Rectus Abdominis (the traditional six-pack you see in the movies and which every superhero sports) - it helps you move your lower and upper body, together. External Obliques - these are the muscles stretching over your ribs (the ones that really ache if you do a lot of push-ups, fast). They help you twist your body from side to side (and throw a punch or jump over obstacles). Internal Obliques - you do not really see them, but they help bring your body back into alignment every time you twist it in one direction or another. Finally there is the Transverse Abdominis - what we so popularly call “the core”. These wrap around the spine and provide stability, keep us upright and make sure we don’t get back pain from our upright posture. The standing abs workout targets all four muscle groups for a performance-enhancing experience.

Focus: Abs
standing abs

DAREBEE WORKOUT © darebee.com
repeat 3 times | up to 2 minute rest between sets

IN COLLABORATION WITH NHS choices

20 knee-to-elbows  20 side-to-side chops  10 cross chops

20 high knees  20 twist jacks  10 side leg raises
Good balance requires a strong core and great supporting muscle groups. The Star Master workout is designed to help you develop the kind of balance that marks exceptional athletic performance and the kind of badass muscle control that warrior-types achieve.

Instructions: Tap each point clockwise for 3 minutes then switch sides - and tap each point counterclockwise with the other leg for 3 minutes - 6 minutes in total.

Focus: High Burn
Star Master

DAREBEE WORKOUT @darebee.com

Instructions: balance on one leg and tap with the other.

3 minutes right leg clockwise
3 minutes left leg counterclockwise
6 minutes in total
Ballet looks deceptively easy but anyone who has tried it knows it is exceptionally difficult requiring great balance, strength, flexibility and coordination, not to mention endurance. Ballet training is great for dancers, obviously, but it is also used by martial artists and boxers who need to move more creatively in very limited space. Try it and get to work muscles of your body you've never used properly, before.

Focus: Strength & Tone
Swan

DAREBEE WORKOUT @ darebee.com

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

40 front leg extensions
20 arabesque penchée
10 grand plié in first position
20 rond de jambe en l’air
10 grand plié in second position
20 sauté
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