

ab master

DAREBEE WORKOUT @ darebee.com

1 minute rest between exercises



10 knee ups

3 sets | 20 seconds rest



10 knee up twists

3 sets | 20 seconds rest



10 leg raises

3 sets | 20 seconds rest



10 raised leg circles

3 sets | 20 seconds rest

HOLD MY BEER

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



10 half jack squats

10-count squat hold



10 basic burpees

10-count plank hold



10 flutter kicks

10-count raised legs hold

CARDIO

BAR

WORKOUT by DAREBEE

@ darebee.com

Repeat 5 times in total

2 minutes rest between sets



20 high knees

jump up and do **one pull-up**

20 high knees

jump up and do **one pull-up**

20 high knees

jump up and do **one pull-up**

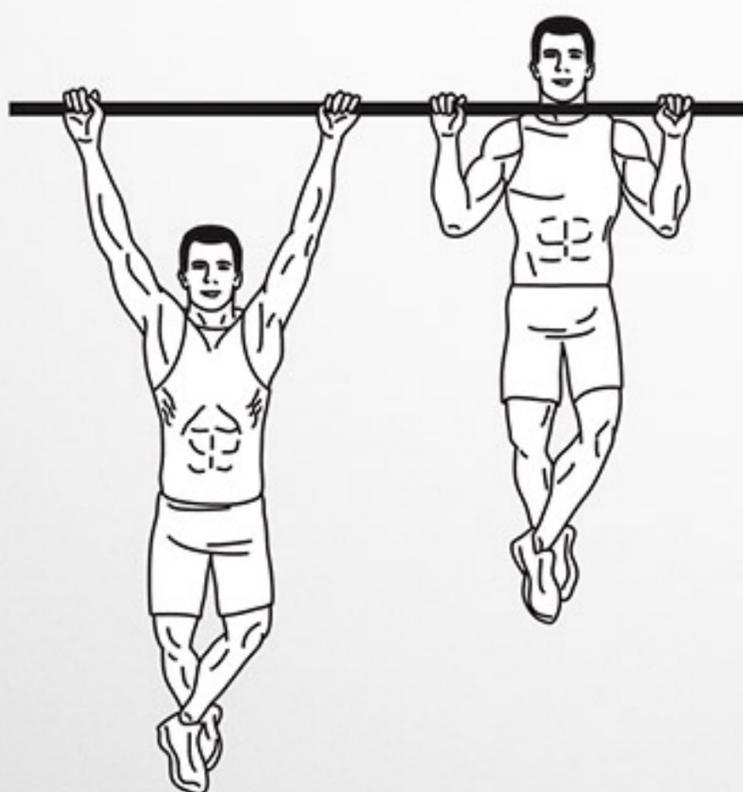
20 high knees

jump up and do **one pull-up**

20 high knees

jump up and do **one pull-up**

done



CLIFFHANGER

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10-count dead hang

10-count squat hold

10-count dead hang

10-count squat hold

10-count dead hang

10-count squat hold

10-count dead hang

10-count squat hold

10-count dead hang

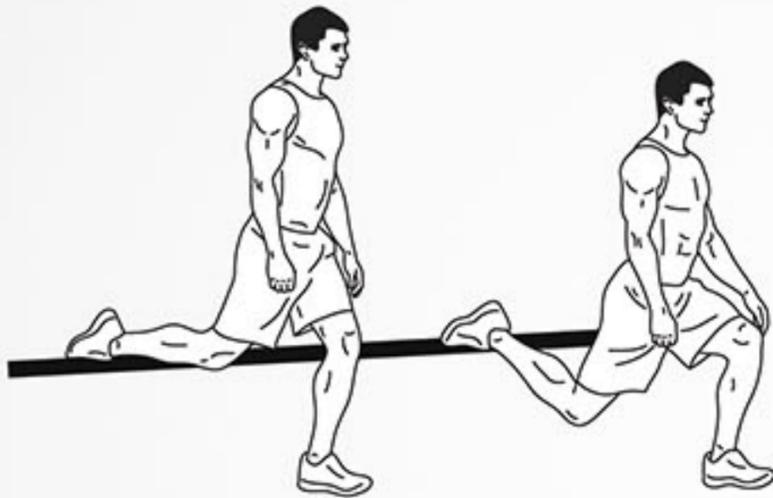
10-count squat hold



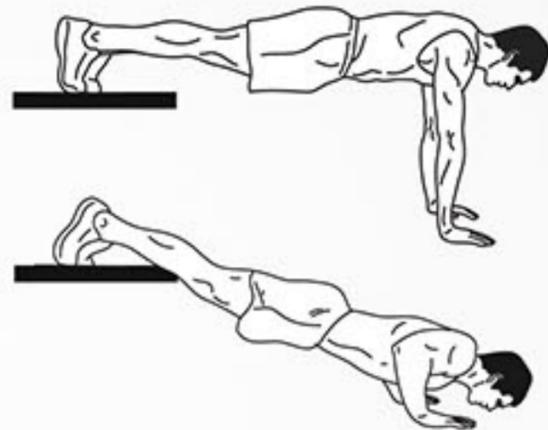
done

GOON

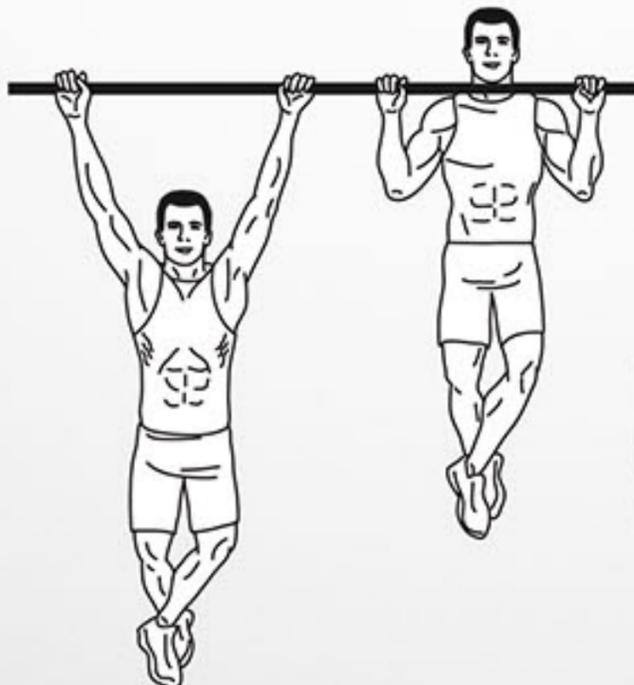
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20 split squats
3 sets in total
30 sec rest in between



to fatigue decline push-ups
3 sets in total
30 sec rest in between



to fatigue pull-ups
3 sets in total
30 sec rest in between

HANG IN THERE!

DAREBEE MICRO-WORKOUT @ darebee.com



to fatigue dead hang

30sec rest

to fatigue dead hang

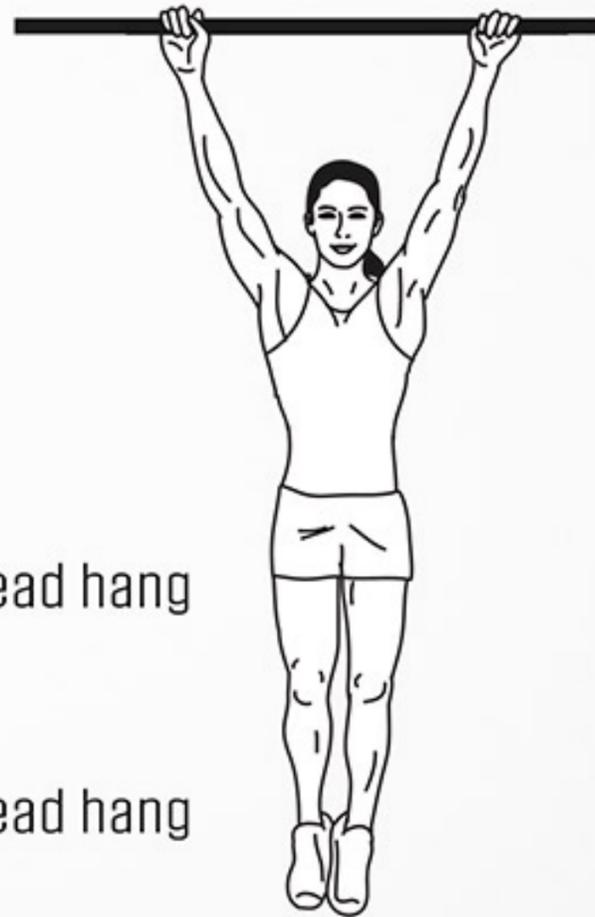
30sec rest

to fatigue dead hang

30sec rest

to fatigue dead hang

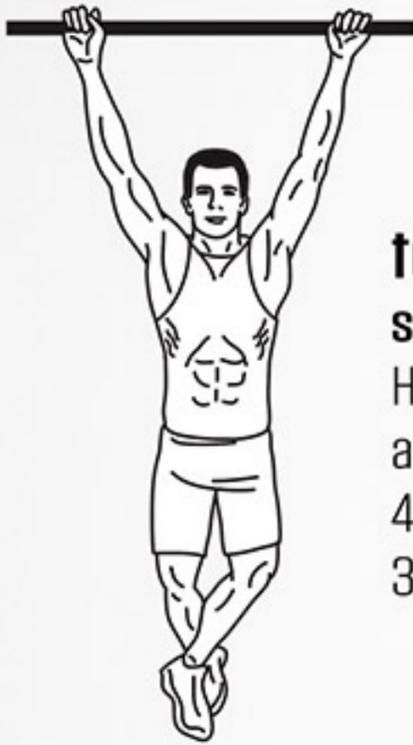
done



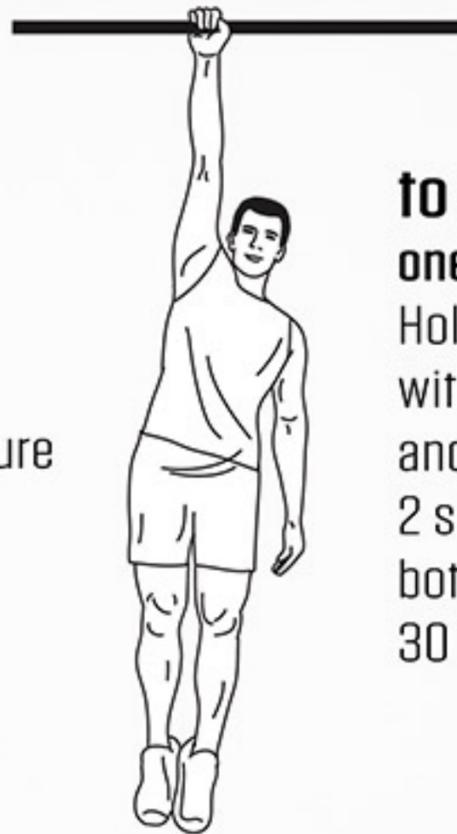
THE KITTEN

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



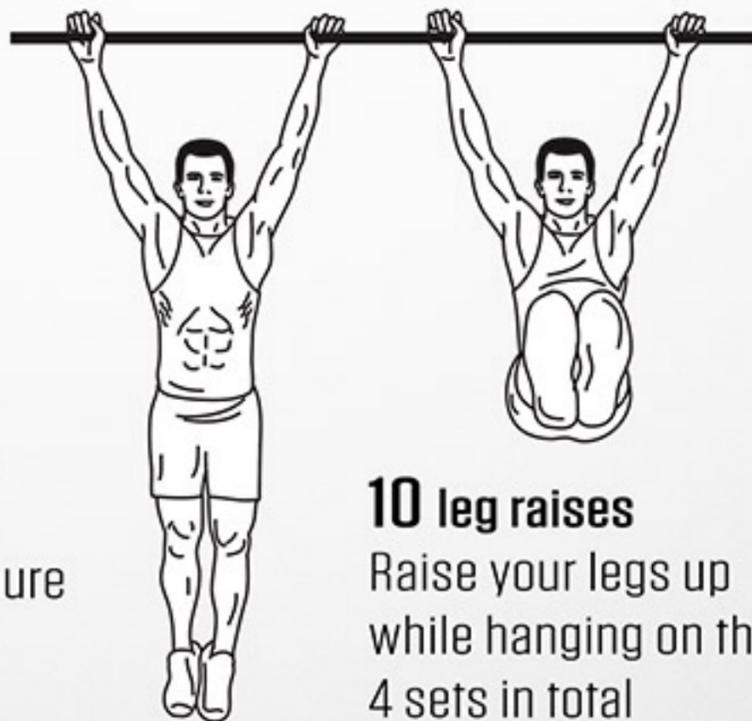
**to failure
straight hang**
Hold on to the bar
and hang until failure
4 sets in total
30 seconds rest



**to failure
one-arm hang**
Hold on to the bar
with one arm only
and hang until failure
2 sets in total
both arms = 1 set
30 seconds rest



**to failure
chin-up hang**
Take a close grip,
lift yourself up
and hang until failure
4 sets in total
30 seconds rest



10 leg raises
Raise your legs up
while hanging on the bar
4 sets in total
30 seconds rest

MASON

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10 sets or as many as you can do | up to 2 minutes rest between sets



10 steps



5 push-ups



10-count push-up hold



10 step-ups



5 leg raises



10-count raised leg hold



10 step-up reverse lunges



5 tricep dips



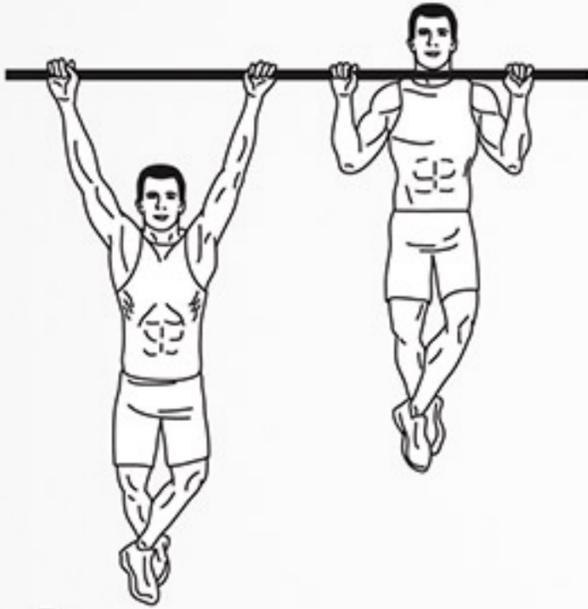
10-count tricep dip hold

MUSCLE-UP PREP

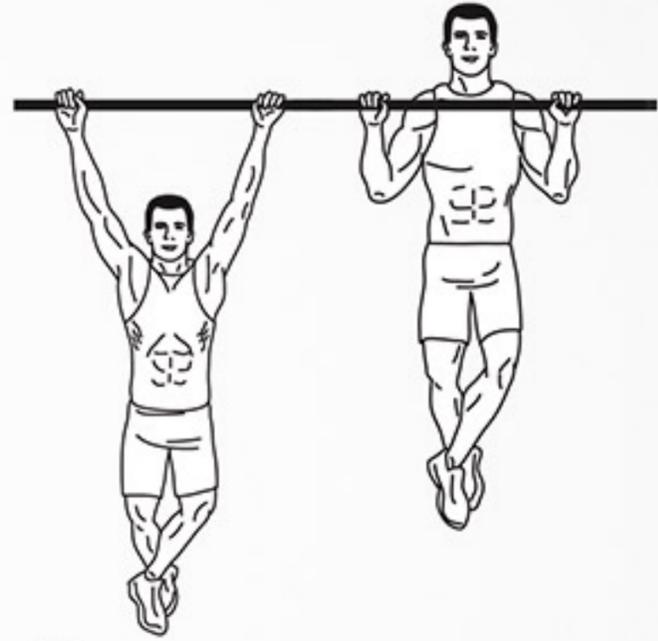


*only attempt
if you can do
10+ pull-ups*

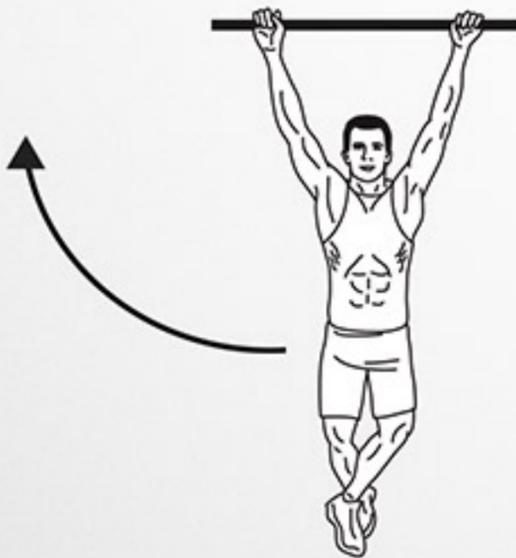
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8 pull-ups x 3 sets
60sec rest between sets



8 explosive pull-ups x 3 sets
60sec rest between sets



8 lateral swings x 3 sets
60sec rest between sets



**to failure
pull-up hold x 3 sets**
60sec rest between sets



5 bar dips x 3 sets
60sec rest between sets

PANDORA³

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



20 box taps



20 box step-ups



20 box jumps



10 incline push-ups



10-count box plank hold



10 leg raises



10 crunch kicks



basics parkour

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



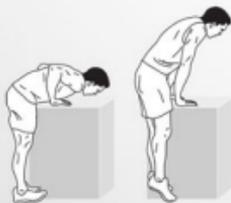
10 broad jumps



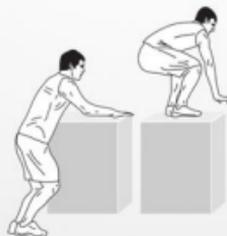
10 squats



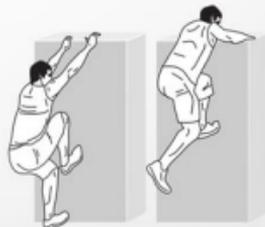
4 jump knee-tucks



10 wall dips



4 plant plyos

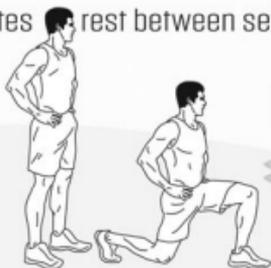


4 wall climbers

a walk in a Park

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



6. lunges



5. calf raises



4. squats



3. side leg raises



2. tricep dips

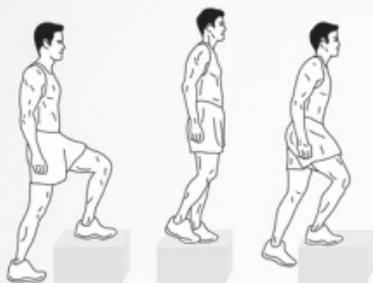
1. jumping jacks



pixel

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



20 box step-ups



20 box jumps



10 split squats



10 decline push-ups



10 leg pull-ins

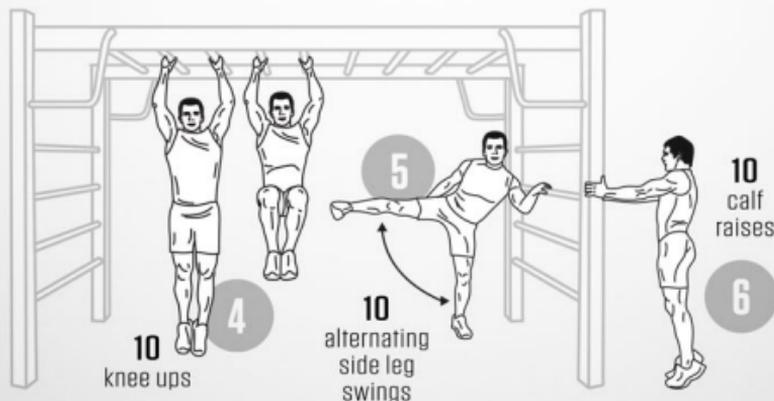
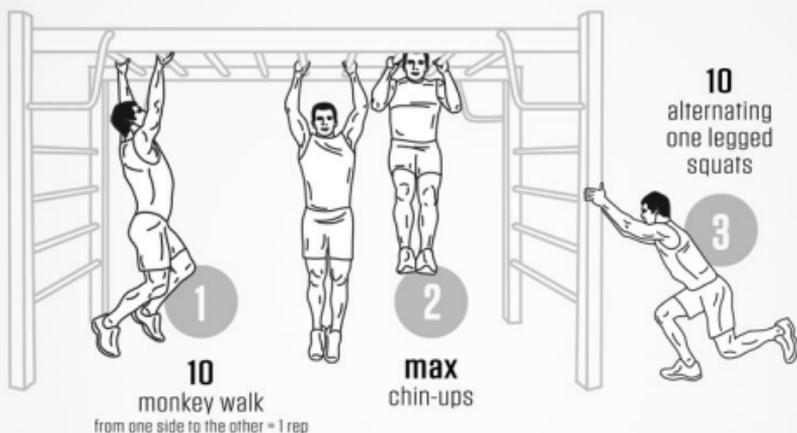


10 flutter kicks

PlayGround

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



Stairs Workout

DAREBEE WORKOUT © darebee.com

Repeat 5 times | up to 2 minutes rest between sets

IN COLLABORATION WITH **NHS** choices

