

Fitness Workouts

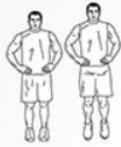
Pick 1 Workout A day Monday-Thursday and Repeat Your Favorite on Friday!

Remember to Perform a Minimum of 3 Sets Per Exercise

SPRINTER

DAREBEE WORKOUT © darebee.com

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



6 hops on the spot
6 side-to-side hops
10 high knees



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6 side-to-side hops
10 high knees



6 hops on the spot
6 side-to-side hops
10 high knees
6 hops on the spot
6 side-to-side hops
10 high knees

GARGOYLE

DAREBEE WORKOUT © darebee.com

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



20sec squat hold



20sec plank hold



20sec squat hold



20sec plank hold



20sec shoulder taps



20sec plank hold



20sec squat hold



20sec plank hold



20sec squat hold

LURKER

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



4 side lunges



10 slow climbers



4 side lunges



4 plank walk-outs



4 side lunges



10 side plank knee-to-elbow

no regrets

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



10 half jacks



20 side leg raises



10 torso twists



10 goblet squats



20 squat hold punches