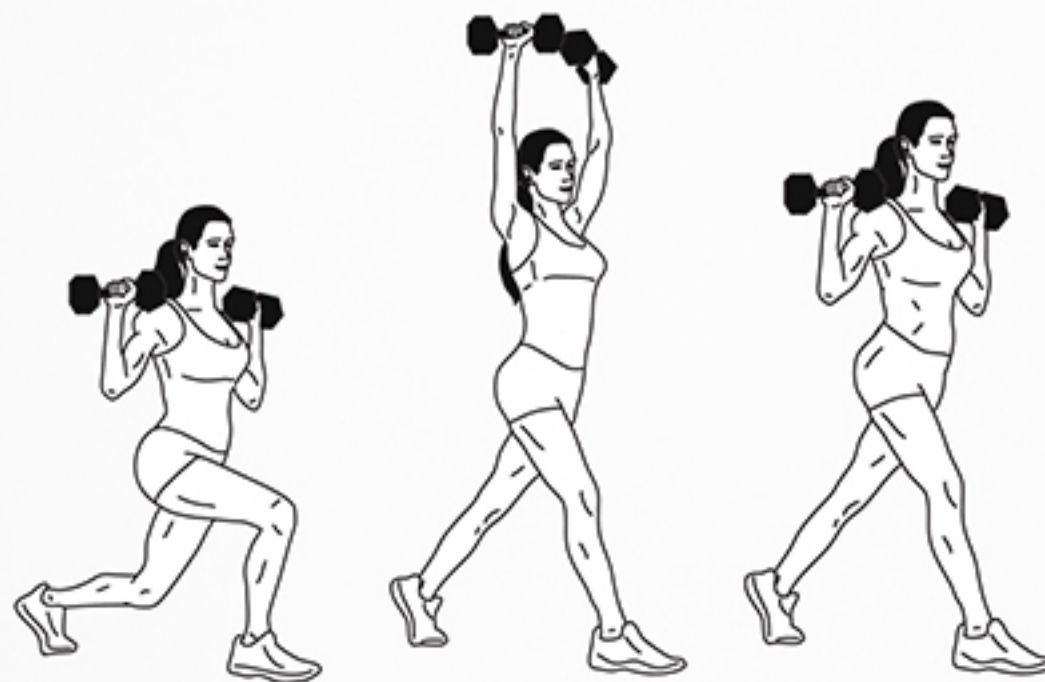


5-MINUTE STRENGTH

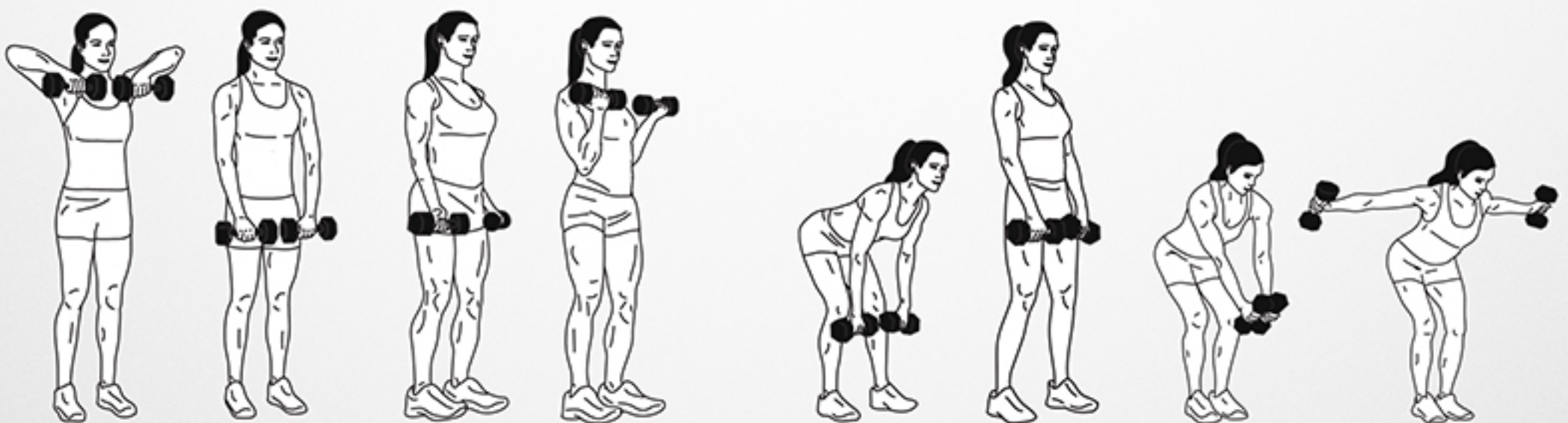
DAREBEE WORKOUT @ darebee.com

20 seconds exercise | no rest between exercises

Repeat 5 times in total



shoulder press split lunges



chest row - into - bicep curl

deadlift - into - bent over lateral raises

BECAUSE I CAN

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



12 goblet squats



12 side lunges



12 bicep curls



6 lateral raises



6 upright rows

CATALYST

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2 minutes rest between exercises



20 alt bicep curls
x 5 sets in total
20 seconds rest
between sets



10 shoulder press
x 5 sets in total
20 seconds rest
between sets



10 squats
x 5 sets in total
20 seconds rest
between sets



10 tricep extensions
x 5 sets in total
20 seconds rest
between sets

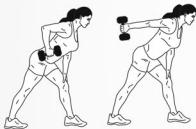


10 side tilts
x 5 sets in total
20 seconds rest
between sets

COME BACK STRONGER

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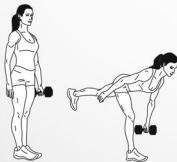
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



12 tricep extensions



6 overhead tricep extensions



12 single leg deadlifts



6 goblet squats

DAREBEE WORKOUT

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up to 2 minutes rest
between exercises

EAT, TRAIN, LOVE



16 reverse lunges
x 4 sets in total
60 seconds rest
between sets



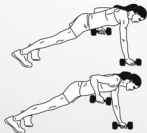
12 side lunges
x 4 sets in total
60 seconds rest
between sets



12 bicep curls
x 4 sets in total
20 seconds rest
between sets



8 upright rows
x 4 sets in total
20 seconds rest
between sets



12 renegade rows
x 4 sets in total
20 seconds rest
between sets

FOREVER YOUNG

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



14 punches



14 alt bicep curls



14 bent over rows



14 goblet squats



14 calf raises

DAREBEE WORKOUT © darebee.com

FULL BODY BUILT



12 reverse lunges x 5 sets in total
60 seconds rest between sets



12 squat into shoulder press x 5 sets in total
60 seconds rest between sets



12 bicep curls x 5 sets in total
60 seconds rest between sets



12 upright rows x 5 sets in total
60 seconds rest between sets

IRONHEART

DAREBEE WORKOUT @ darebee.com

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



12 side lunges



12 alternating bent over rows



6 shoulder press



6 shrugs



12 side bends

IRON WILL

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



10 lunges



10 calf raises



10 alt bicep curls



10 renegade rows



10 chest press

MAXIMUM STRENGTH

DAREBEE WORKOUT © darebee.com

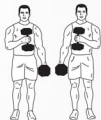
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



12 bicep curls



12 hammer curls



12 cross curls



12 lunges



12 split lunges



12 lunge step-ups

MOVING MOUNTAINS

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5 sets 2 minutes rest between sets



10 lunge hammer curls



10 squat shoulder press



10 calf raises

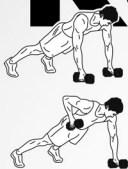


10 deep side lunges

POWER ROW

DAREBEE
WORKOUT

@ darebee.com



renegade rows

12, 10, 10, 8 (in total)

4 sets

20 seconds rest
between sets



bent over rows

10, 10, 8, 6

4 sets

20 seconds rest
between sets



goblet squats

12, 10, 10, 8

4 sets

20 seconds rest
between sets



upright rows

10, 10, 8, 6

4 sets

20 seconds rest
between sets



deadlifts

8, 8, 6, 4

4 sets

20 seconds rest
between sets



calf raises

12, 10, 10, 8

4 sets

20 seconds rest
between sets

PURE POWER

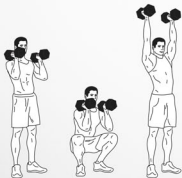
DAREBEE WORKOUT © darebee.com



to fatigue bicep curls
3 sets | 20 seconds rest



to fatigue upright rows
3 sets | 20 seconds rest



to fatigue squat into shoulder press
3 sets | 20 seconds rest



to fatigue renegade rows
3 sets | 20 seconds rest