

Alooy

DAREBEE WORKOUT @ darebee.com

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



6 basic burpees w / jump



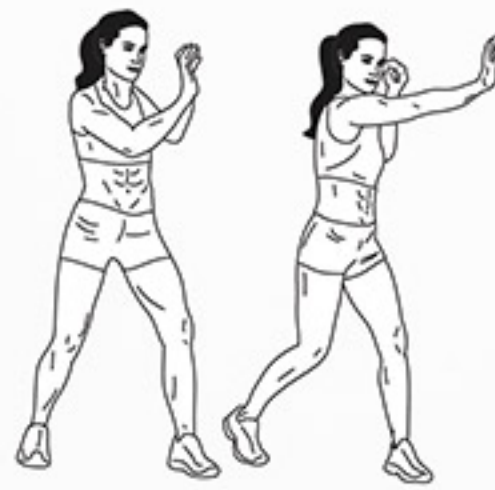
10 climbers



6 plank rotations



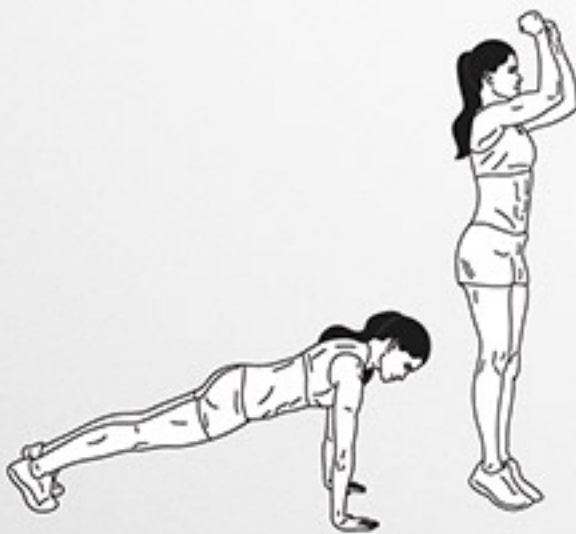
6 basic burpees w / jump



10 palm strikes



6 arm rotations



6 basic burpees w / jump



10 butt kicks



6 jumping lunges

AMAZON

DAREBEE WORKOUT © darebee.com

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



2 jump squats



10 jumping lunges



2 hop heel clicks



10 push-ups



2 close grip push-ups



20 punches



10-count elbow plank



20-count raised leg plank

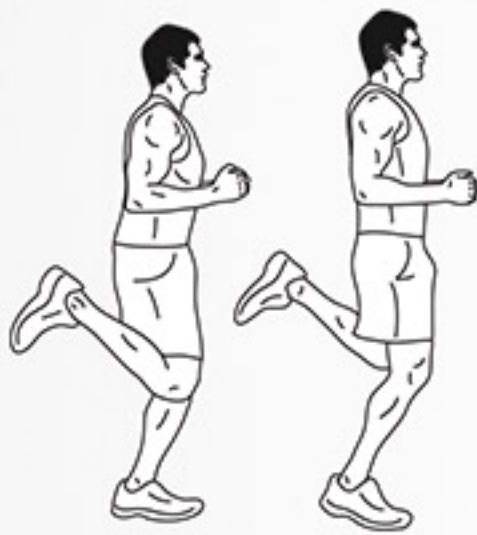


20-count side plank

THE BARD

DAREBEE WORKOUT @ darebee.com

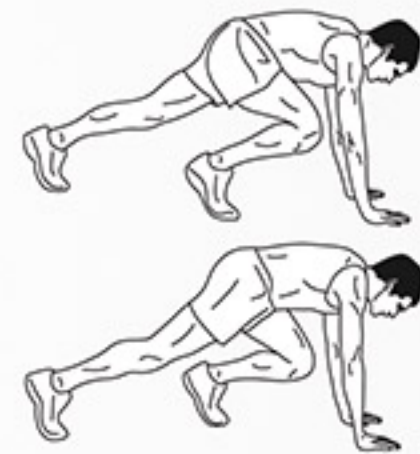
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 butt kicks



20 high knees



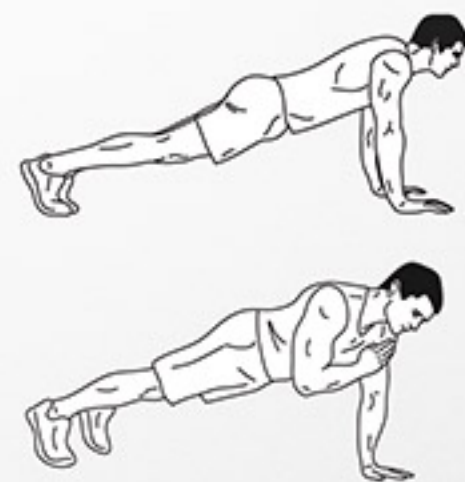
10 climbers



20 butt kicks



20 high knees



10 shoulder taps

BATTLE MAGE

DAREBEE
WORKOUT
© darebee.com



60sec clench / unclench



60sec hold



60sec clench / unclench



60sec arm scissors



60sec hold



60sec scissor chops



60sec hold

DARIK

DAREBEE
WORKOUT

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ELLE

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

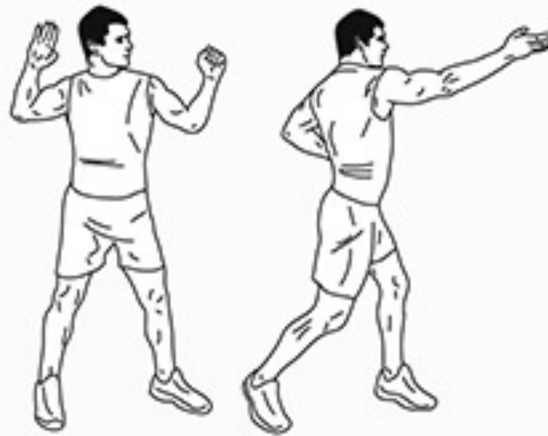
REST up to 2 minutes



20 front kicks



10 infinity circles



20 knife hand strikes



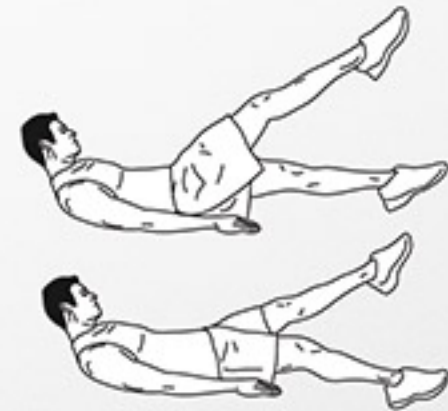
10 infinity circles



20 flutter kicks



10 infinity circles



20 flutter kicks

DRAGONBORN

DAREBEE WORKOUT @ darebee.com

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



10 squats



10 slow climbers



20 shoulder taps



4 push-ups



4 planks into lunges



10 cross chops



10 sit-ups



10 leg raises



10 flutter kicks

Dragon Reborn

DAREBEE WORKOUT @ darebee.com

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



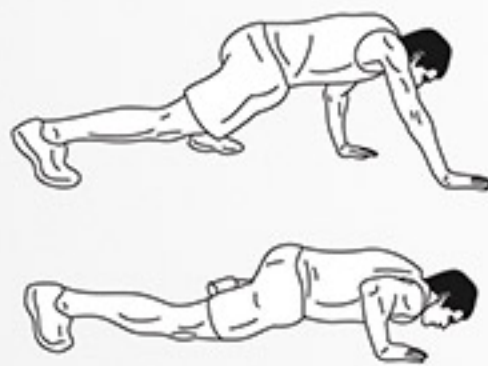
10 squats



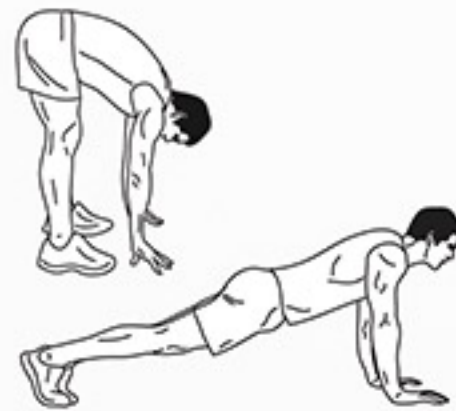
4 side-to-side lunges



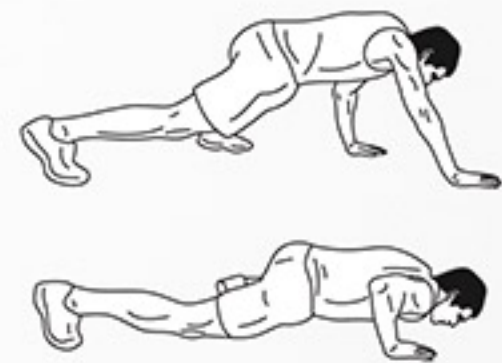
10 squats



4 dragon push-ups



2 plank walk-outs



4 dragon push-ups



10 knee-in & twists



4 sit-ups



10 knee-in & twists

DRAGONRIDER

DAREBEE WORKOUT @ darebee.com

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



10-count squat hold



30 squat hold punches



10-count squat hold



5 jump squats



10-count squat hold



5 jump squats



10-count squat hold

DRAGON SLAYER

DAREBEE WORKOUT @ darebee.com

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



20 climbers



6 push-ups



6 squats



20 one arm climbers



6 pike push-ups



6 pistol squats



20 one arm climbers



6 dragon push-ups



6 shrimp squats

DRUID

DAREBEE WORKOUT @ darebee.com

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



6 calf raises



10 high squats



6 split lunges



6 downward upward dogs



10 bridge taps



6 toe taps



6 leg raises



10 clamshells



6 side leg raises

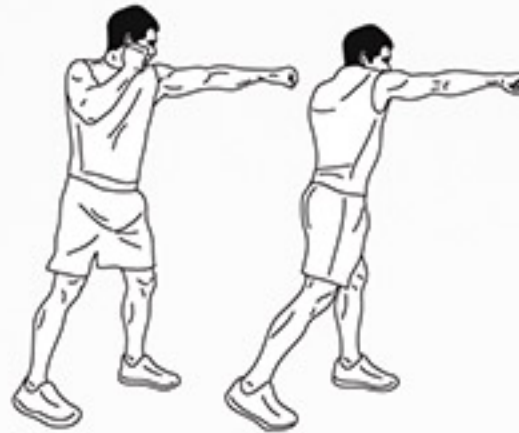
Dungeon Crawler

DAREBEE WORKOUT @ darebee.com

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



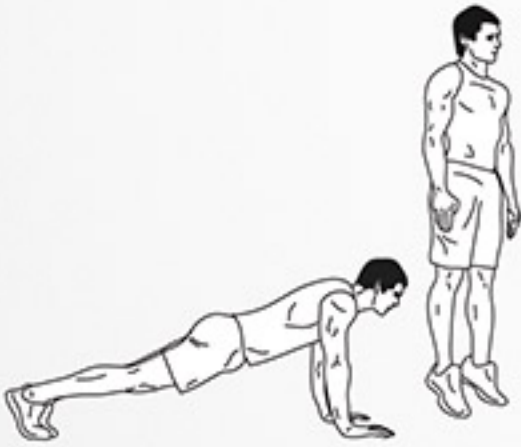
5 squats



20 punches



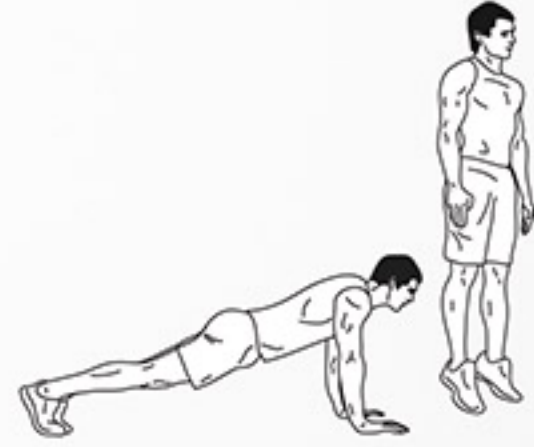
5 squats



5 basic burpees



20 overhead punches



5 basic burpees



5 sit-ups



20 sitting punches



5 sit-ups

FAE

DAREBEE WORKOUT
© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



40 half jacks



40 side leg raises



40 kick backs



10 hop heel clicks



10 knee strikes



10 lunge step-ups



10 sit-outs



10 toe taps



10 bridge taps

GLADIATOR

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



10 lunges



4 jumping lunges



10 squats



10 shoulder taps



10 slow climbers



4 push-ups



4 up & down planks

GLADIOLUS

FINAL FANTASY XV TRIBUTE WORKOUT

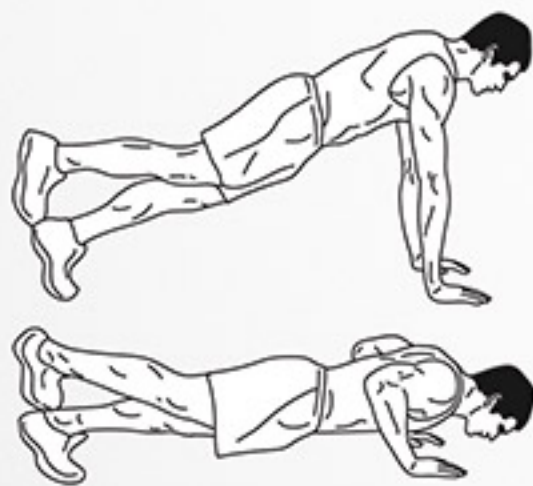
by DAREBEE @ darebee.com



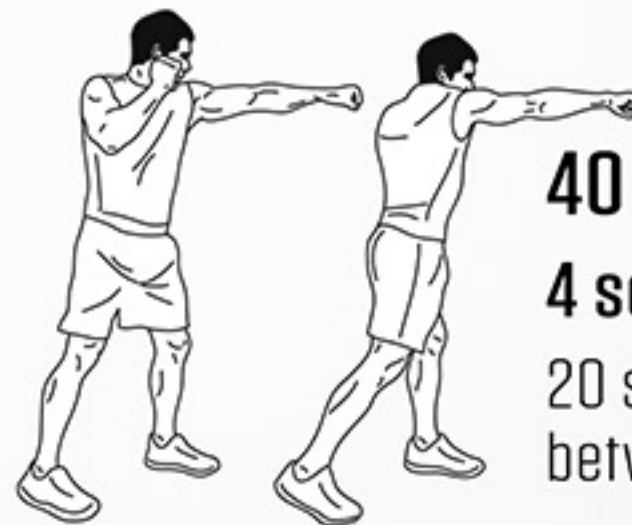
20 lunges
4 sets
10 lunges per leg
20 seconds rest
between sets



20 calf raises
4 sets
20 seconds rest
between sets



to failure
stacked push-ups
4 sets
20 seconds rest
between sets



40 punches
4 sets
20 seconds rest
between sets



2 minutes elbow plank

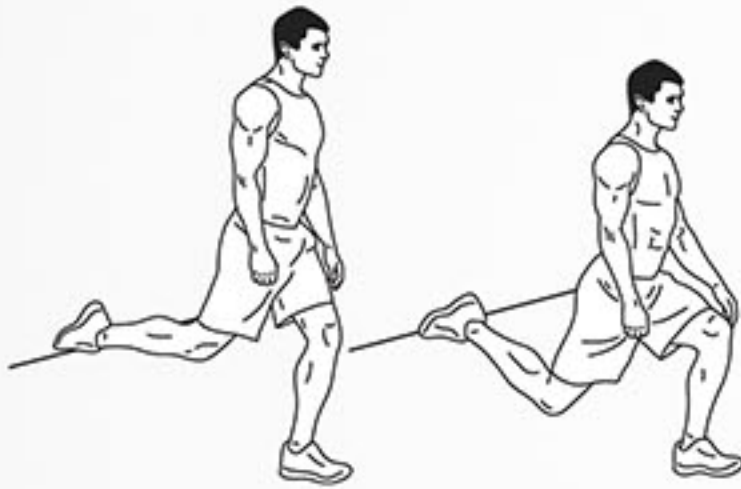


2 minutes side elbow plank
60 seconds per side

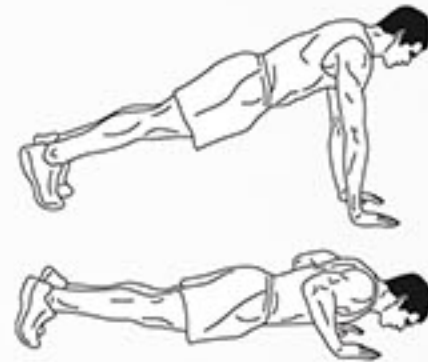
GOD OF WAR

DAREBEE WORKOUT @ darebee.com

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



12 split squats



to fatigue push-ups



to fatigue push-up plank hold



12 side-to-side lunges



to fatigue push-up plank hold



to fatigue push-ups

HERCULES

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



10 side lunges



4 calf raises



10-count star hold



10 squats



4 push-ups



10-count plank hold



10 sit-ups



4 sitting twists



10-count raised legs hold

HOLLOW KNIGHT

DAREBEE WORKOUT @ darebee.com

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



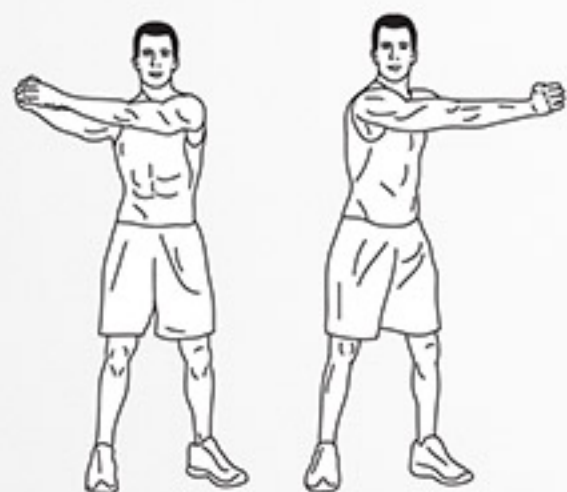
4 jump squats



10-count squat hold



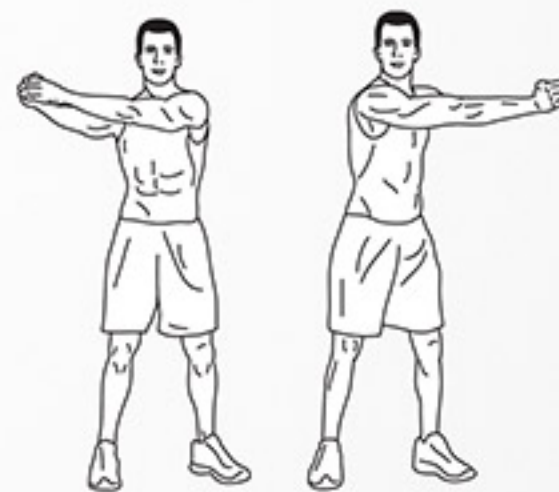
4 jump squats



20 side-to-side chops



4 jump squats



20 side-to-side chops

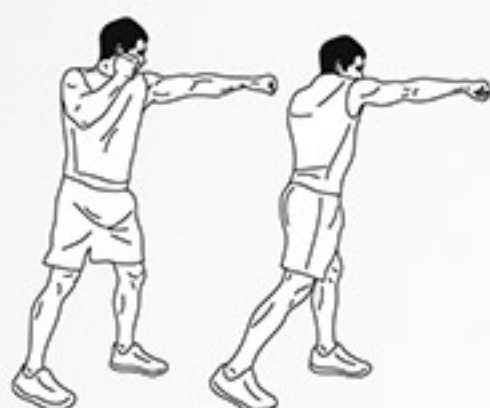


10-count squat hold

KEEP DEFENDER

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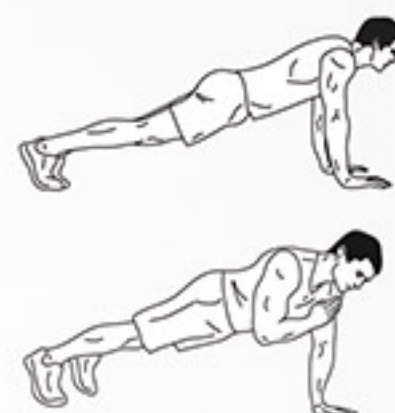
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



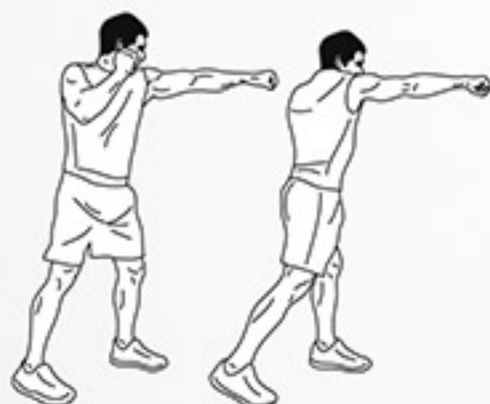
20 punches



4 plank rotations



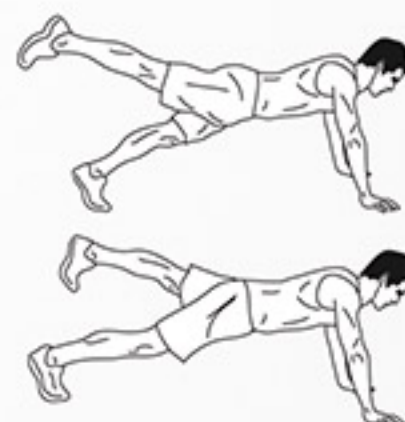
10 shoulder taps



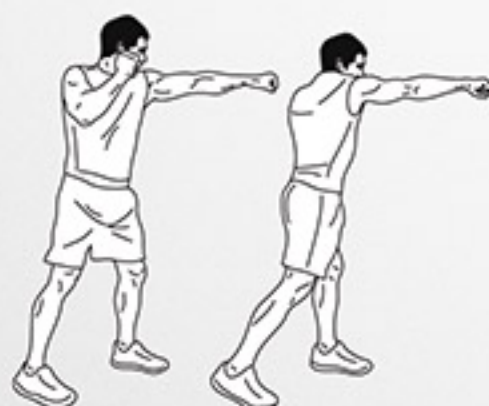
20 punches



4 plank rotations



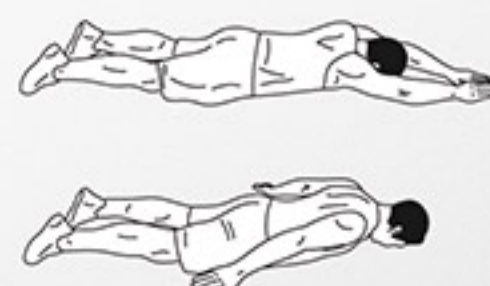
10 plank leg raises



20 punches



4 plank rotations

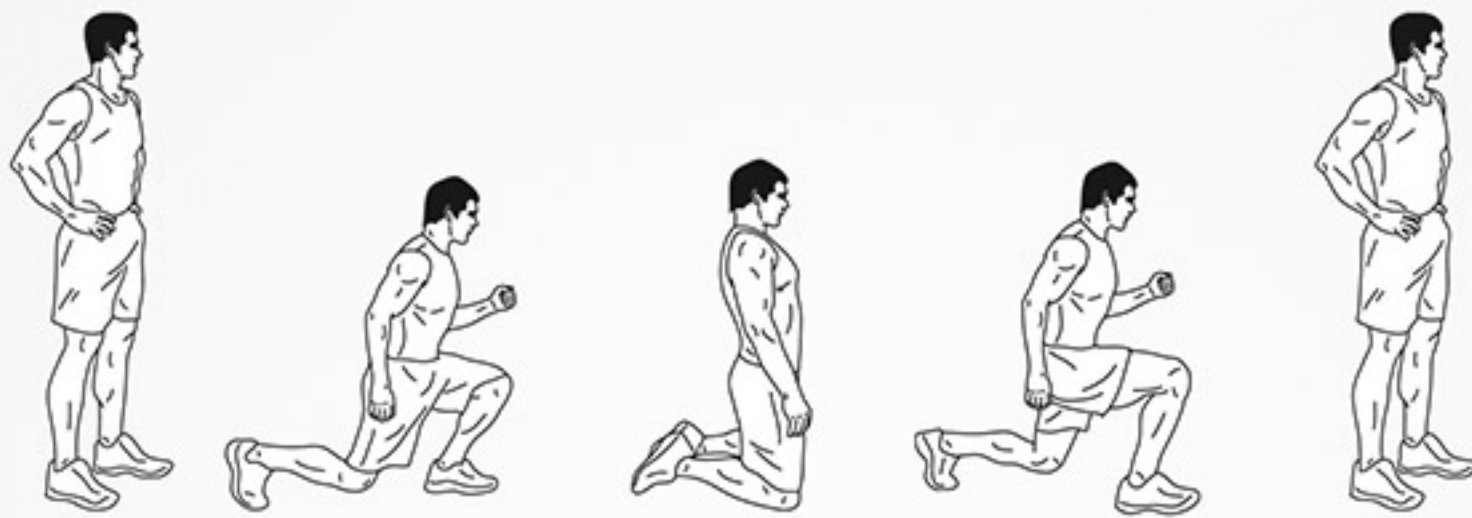


10 reverse angels

KNIGHT

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



10 knight steps



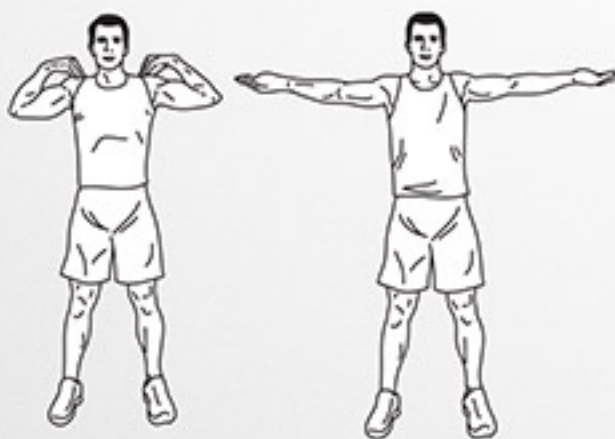
10 side-to-side lunges



10-count squat hold



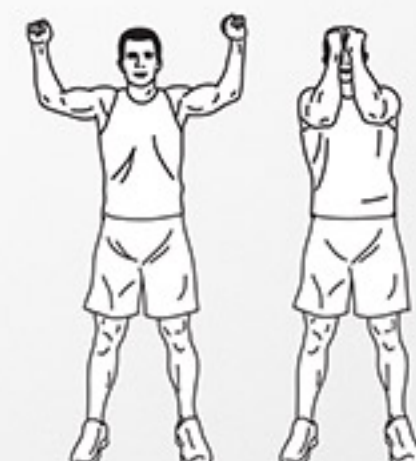
10-count folded squat hold



10 side shoulder taps



10 shoulder taps



10 elbow clicks

KRATOS

DAREBEE WORKOUT © darebee.com

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



4 close grip push-ups



10 wide grip push-ups



4 cross body push-ups



20 knee-to-elbow crunches



20 flutter kicks



10 reverse crunches



to failure
chin-ups

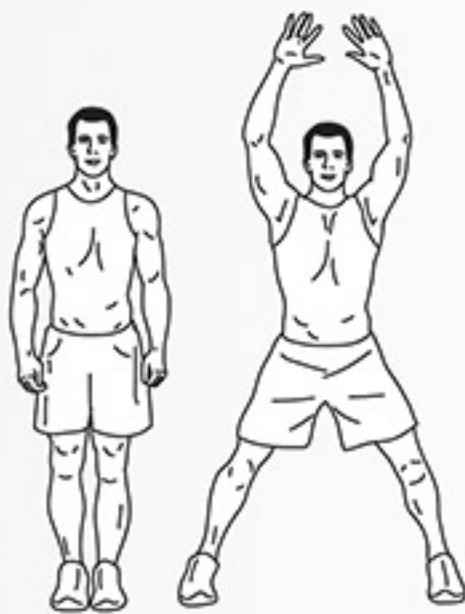


to failure
pull-ups

LAST LIFE

DAREBEE WORKOUT  @ darebee.com

Repeat 5 times in total up to 2 minutes rest between sets



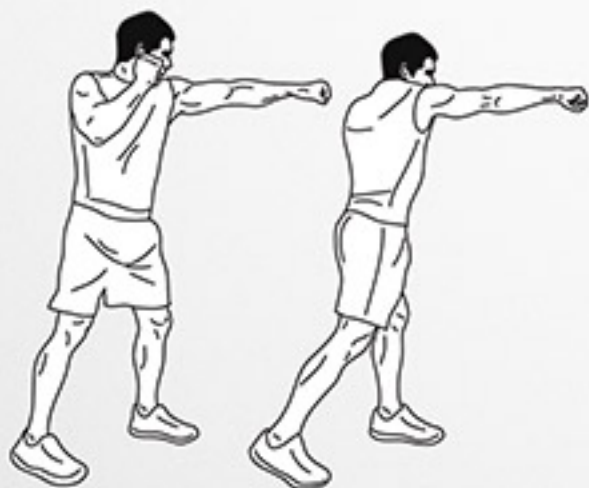
10 jumping jacks



20 overhead punches



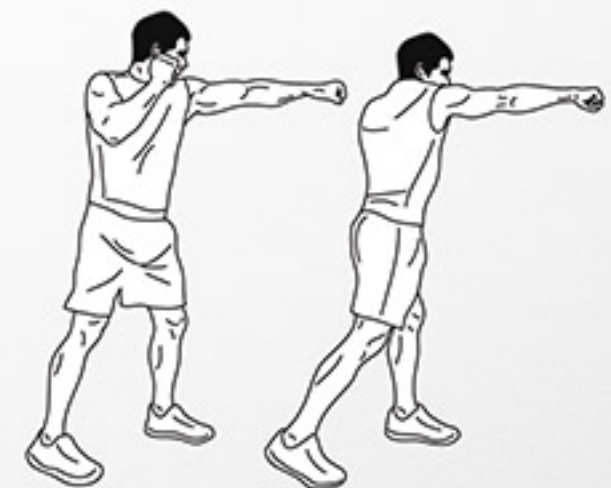
10 jumping jacks



20 punches



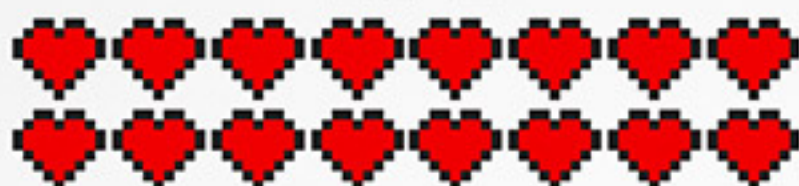
10 jumping jacks



20 punches

LINK

— LIFE —



DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

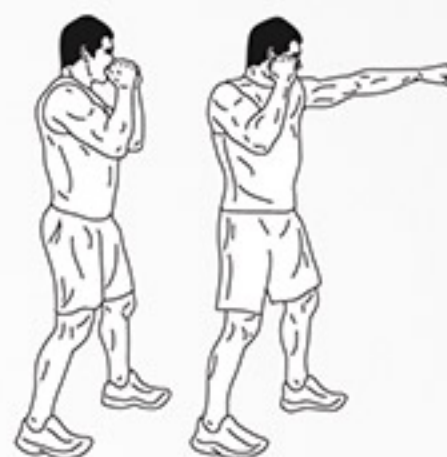
up to 2 minutes
rest between sets



10 lunges



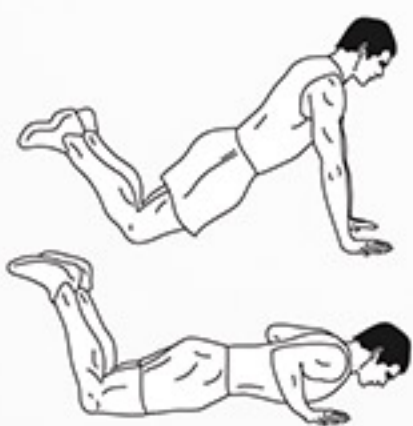
5 knee push-ups



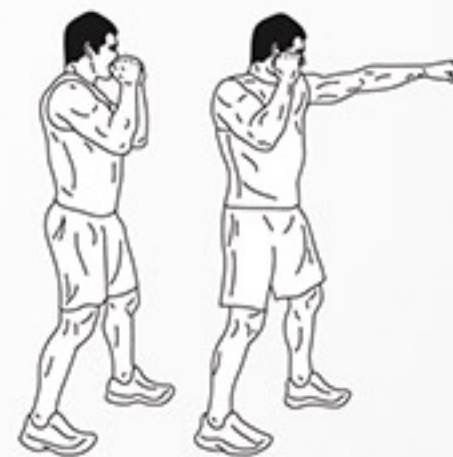
20 punches



10 squats



5 knee push-ups



20 punches



10 flutter kicks



5 sit-ups



20 sitting twists

MAGE

DAREBEE WORKOUT

@ darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



10 reverse lunges



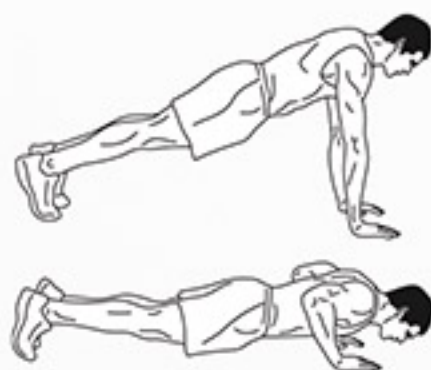
10 calf raises



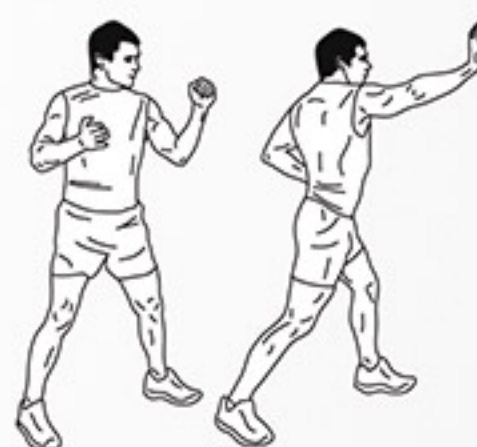
10 side kicks



10 reverse lunges



10 push-ups



30 palm strikes



10 reverse lunges



10 sit-ups



10 sitting twists

MONSTER HUNTER

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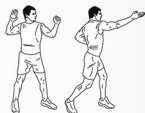
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 shoulder taps



2 raised leg push-ups



20 knife-hand strikes



6 plank crunches



6 plank rotations



20 W-extensions

NINJA WARRIOR

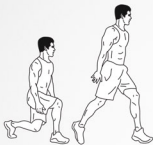
DAREBEE WORKOUT
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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

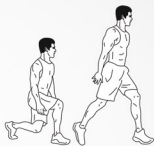
REST up to 2 minutes



20 jumping lunges



20 climbers



20 jumping lunges



max pull-ups



max leg raises



40 burpees with a push-up and a jump knee tuck

NINJA

SILENT WORKOUT BY DAREBEE © darebee.com

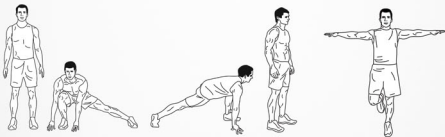
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 side kicks

10 combos squat + knife hand strike

10-count squat hold



10 side lunges

10 reverse deep lunges

20-count one leg stand



10 push-ups

20-count side elbow plank

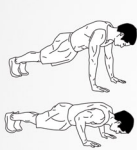
20-count elbow plank

PALADIN

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LEVEL I 2 reps LEVEL II 4 reps LEVEL III 6 reps each

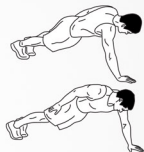
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



push-ups



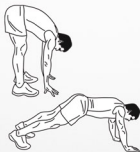
plank walk-outs



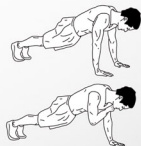
thigh taps



push-ups



plank walk-outs



shoulder taps

ROGUE ASSASSIN

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



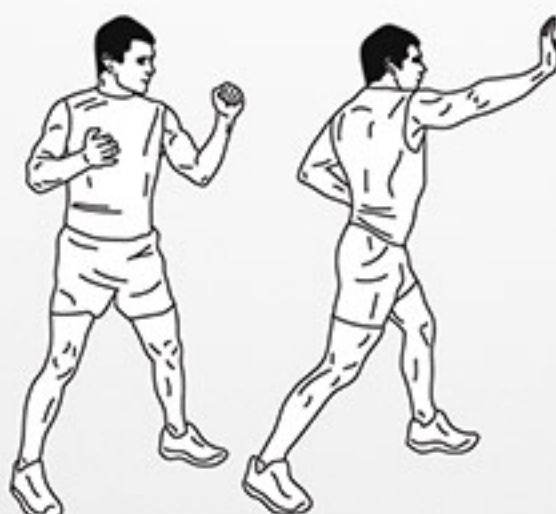
10 calf raises

40 knee strikes (20/20)



10-count elbow plank hold

20-count plank hold



10 push-ups

40 palm strikes (20 /20)

SAMURAI

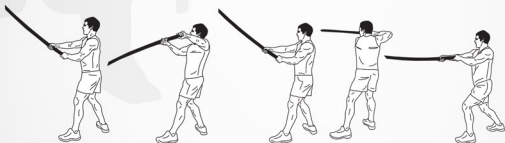
DAREBEE WORKOUT @ darebee.com

10 combos each | LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST up to 2 minutes

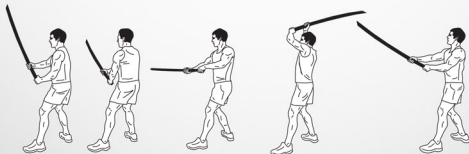


1. horizontal cuts: left + right + one-arm cut 2. zigzag cut (mid / high)



3. vertical cut + uppercut

4. vertical cut + thrust



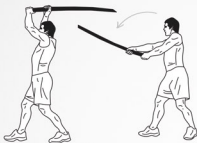
5. push away + downward cut (mid)

6. double vertical cuts

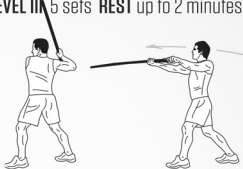
SAO SURVIVOR WORKOUT

© darebee.com

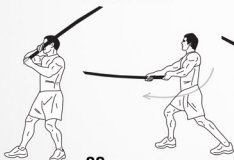
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



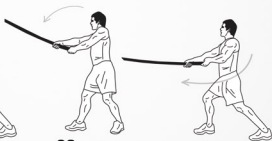
20 vertical cuts



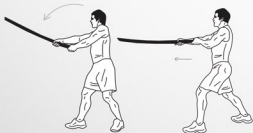
20 horizontal cuts



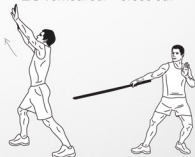
20 cross cuts



20 vertical cut + cross cut



10 vertical cut + thrust



10 block + one arm cross cut

T NINJAS

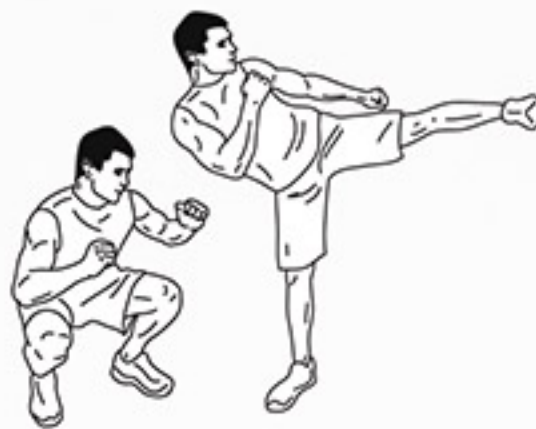
DAREBEE WORKOUT @ darebee.com



2 minutes rest
between ninjas



10 side kicks



10 squat + side kick



20 squat hold punches



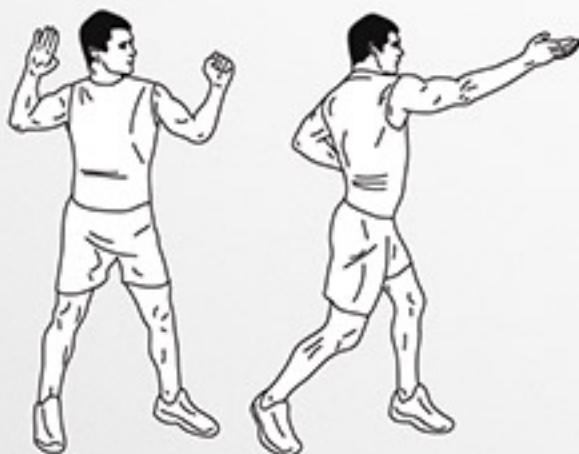
2 push-ups



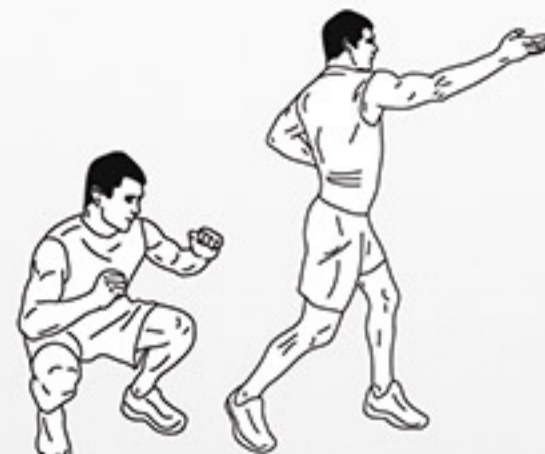
10-count push-up hold



2 push-ups



10 knife hand strikes



10 squat + knife hand strikes



20 squat hold punches

shieldmaiden

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



10 knee strikes



10 palm strikes



10 lunge push strikes



10 combos hop heel click + palm strike



2 push-ups



10 cross chops



10-count plank hold



10 shoulder taps

SLAYER

DAREBEE WORKOUT

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



20 high knees



20 turning kicks



20 side leg raises



20 punches



20 lunge punches



20 side-to-side backfists



10 crunch kicks



10 bridges



10 sit-up punches

SPACE COWBOY

DAREBEE WORKOUT @ darebee.com

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



10 tricep dips



20 elbow strikes



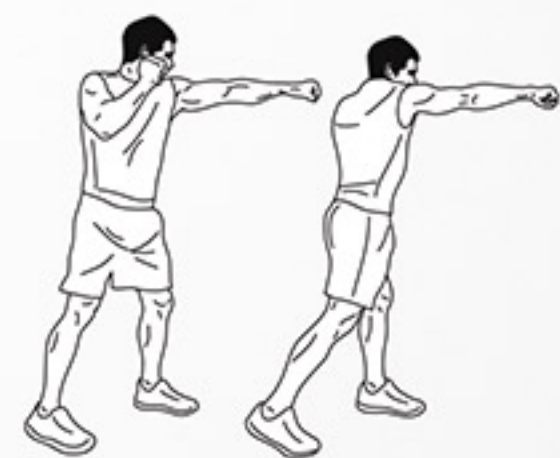
20 upward elbow strikes



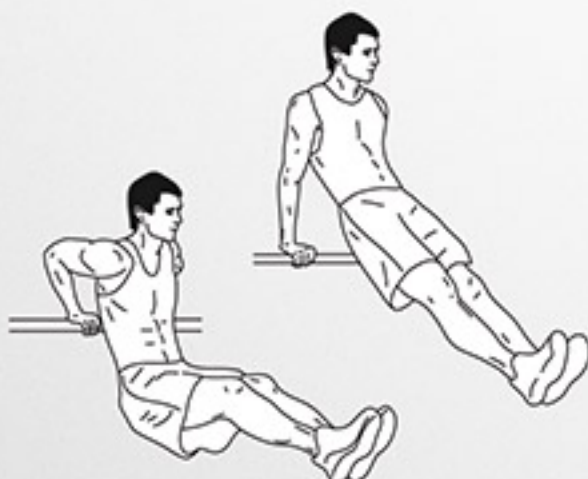
10 tricep dips



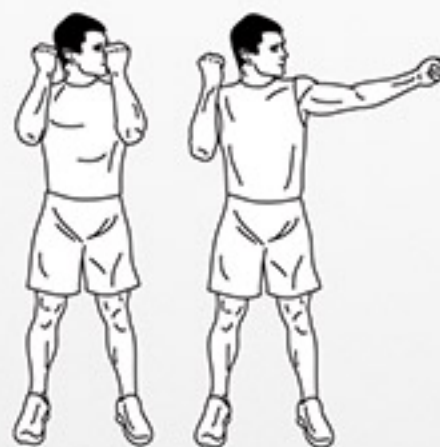
20 overhead punches



20 punches



10 tricep dips



20 backfists



20 bicep extensions

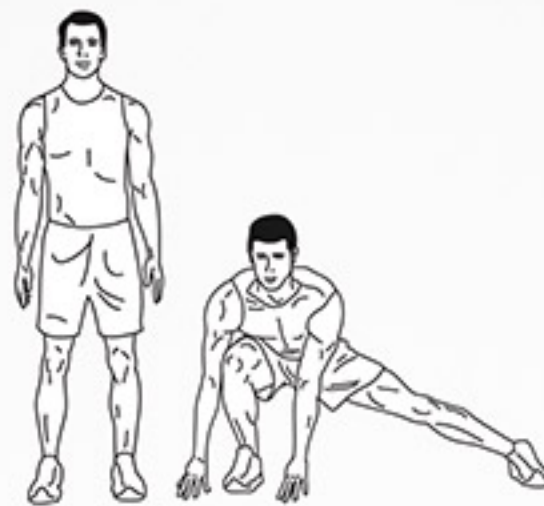
SPARTACUS

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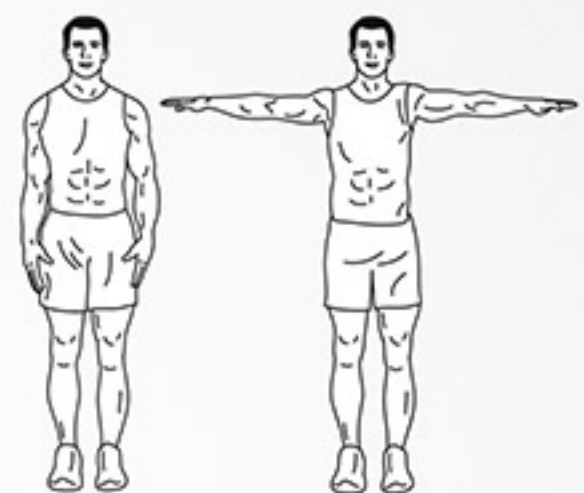
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



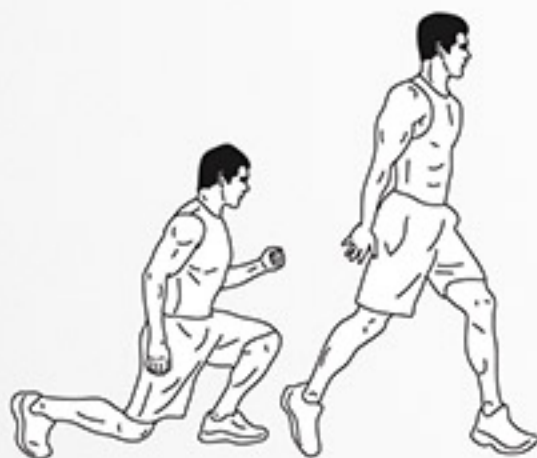
20 squats



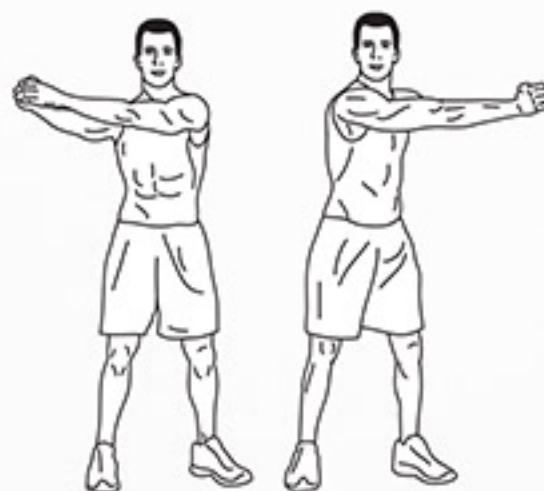
10 deep side lunges



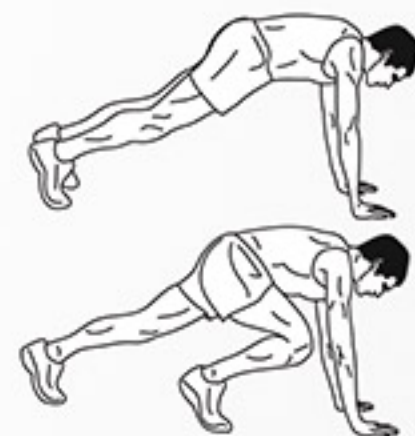
20 arm raises



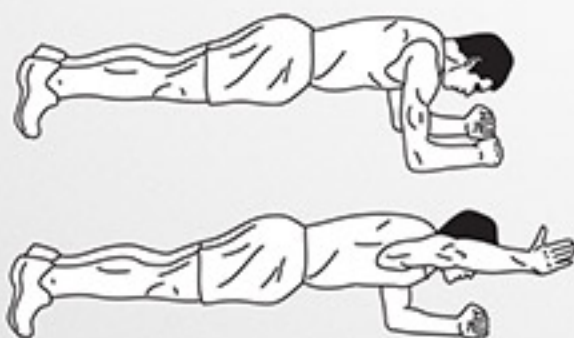
6 jumping lunges



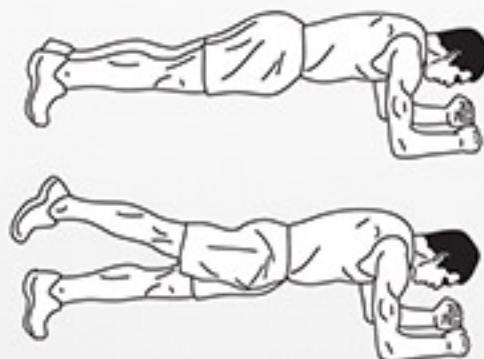
20 side-to-side chops



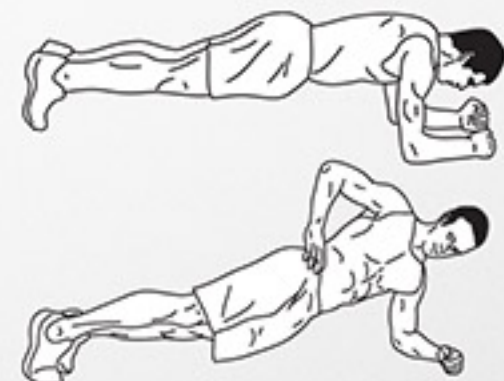
6 slow climbers



10 plank arm raises



10 plank leg raises



10 plank rotations

SPARTAN

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



20 squats



10 jump knee tucks



20 lunges



10 push-ups



10 slow climbers



10-count elbow plank



10 sit-ups



10 leg raises



10 reverse crunches



SUPER SAIYAN

TRIBUTE WORKOUT BY DAREBEE © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets **super saiyan** 10 sets

REST up to 2 minutes



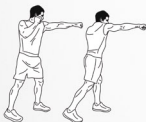
4 wide grip push-ups



6 push-ups



4 raised leg push-ups



60 punches



40 turning kicks



30 high knees (sprint)



10 sit-ups



10 leg raises

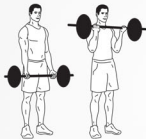


10 sitting twists

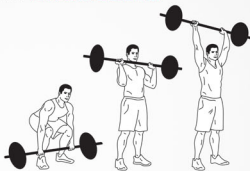
someone has to be a

TANK

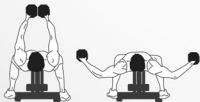
DAREBEE WORKOUT © darebee.com



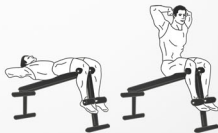
8 bicep curls
4 sets in total
30 sec rest in between



8 clean and press
4 sets in total
30 sec rest in between



8 chest fly
4 sets in total
30 sec rest in between



8 sit-ups
4 sets in total
30 sec rest in between

Team ZOMBIE

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



20 step jacks



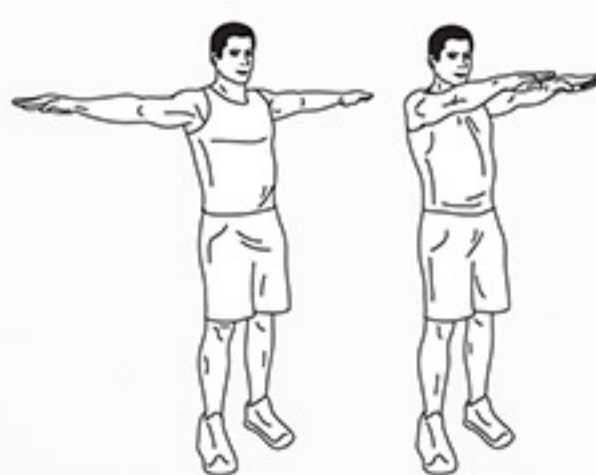
20-count calf raise hold



20 step jacks



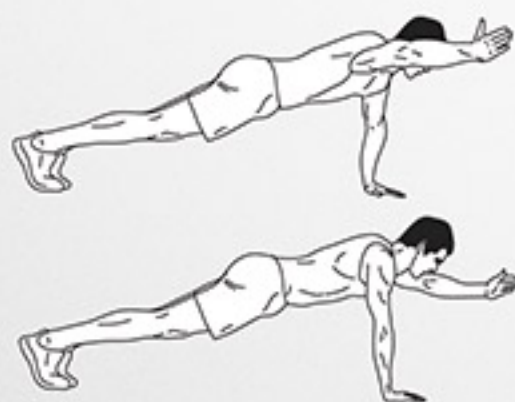
20-count hold



40 arm extensions



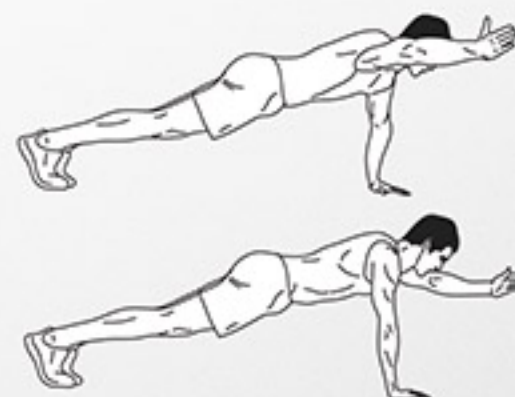
20-count hold



10 plank arm raises



20-count hold



10 plank arm raises

TITAN

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



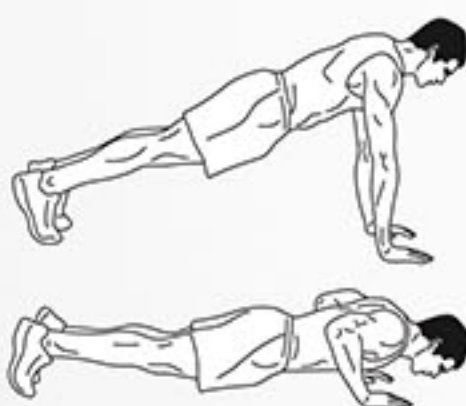
20 lunges



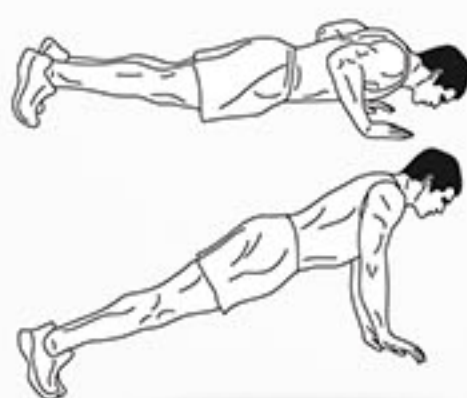
20 squats



10-count squat hold



4 push-ups



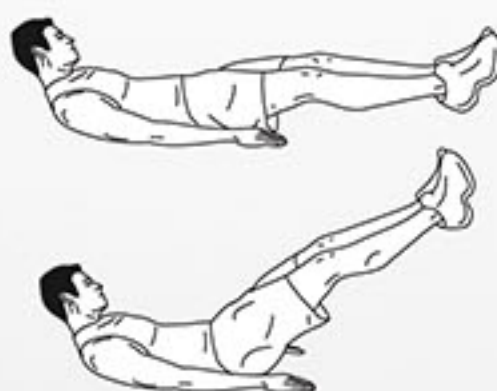
4 power push-ups



10-count plank hold



10 high crunches



10 leg raises



10-count raised leg hold

Valkyrie

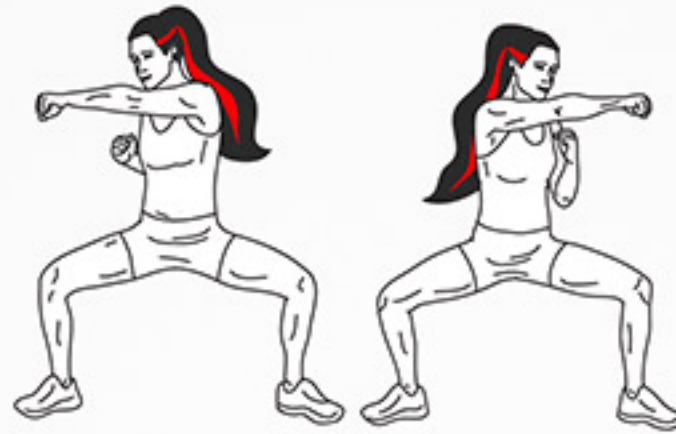
DAREBEE WORKOUT

@ darebee.com

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



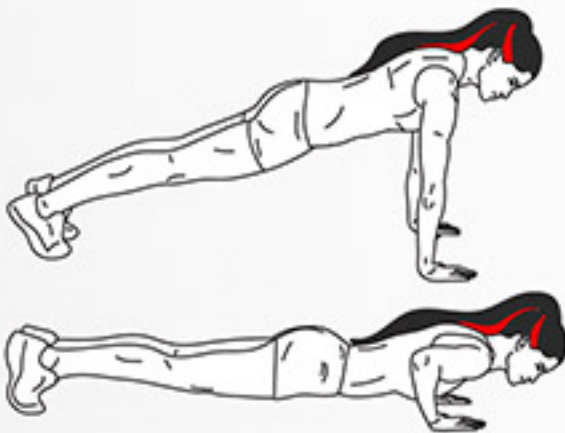
4 squats



10 squat punches



4 squat cross steps



4 push-ups



20-count balance stand



10 lunge step-ups



10 sit-up punches



10 crunch kicks



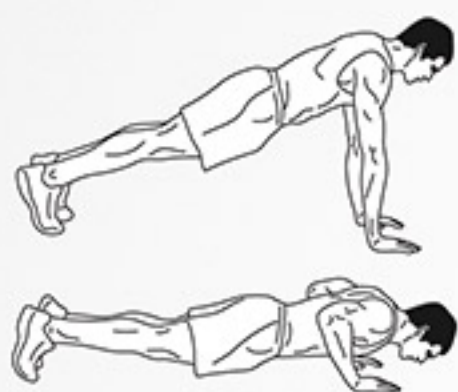
4 side Vs



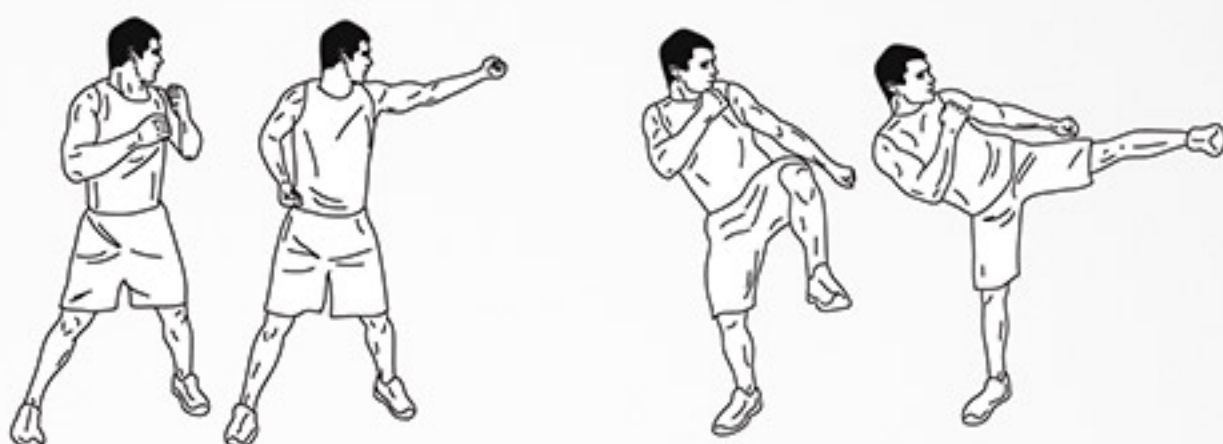
VIGILANTE

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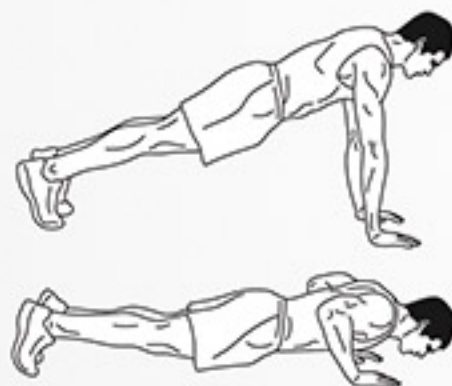
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



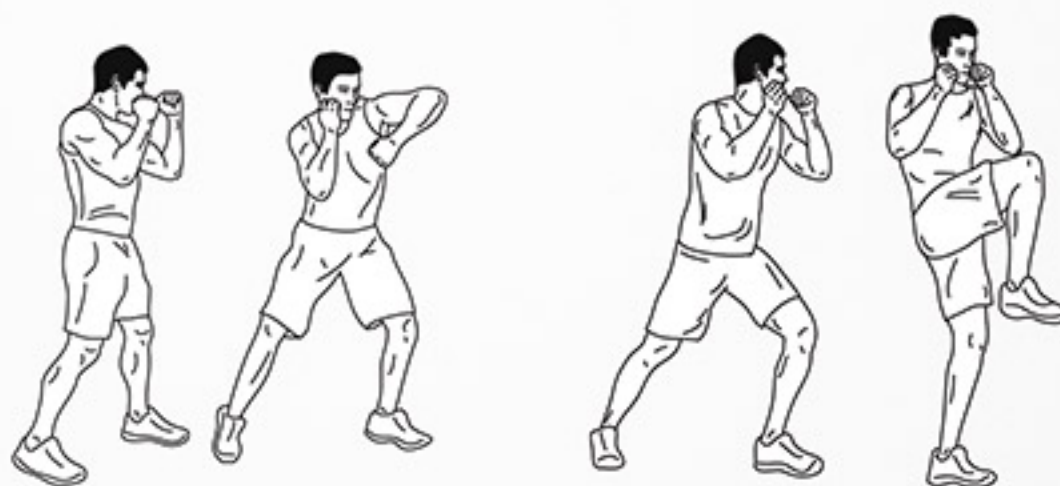
10 push-ups



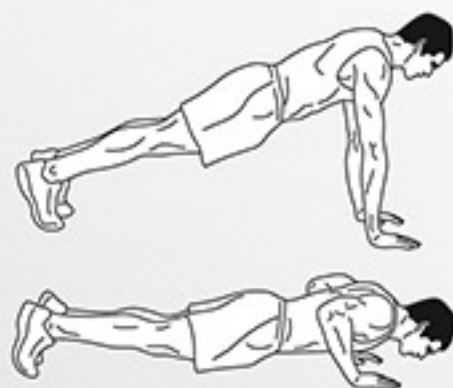
20combo backfist + side kick



10 push-ups



20combo elbow strike + knee strike



10 push-ups



20combo squat + hook

V I K I N G

DAREBEE WORKOUT @ darebee.com

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



20 squats



20-count squat hold



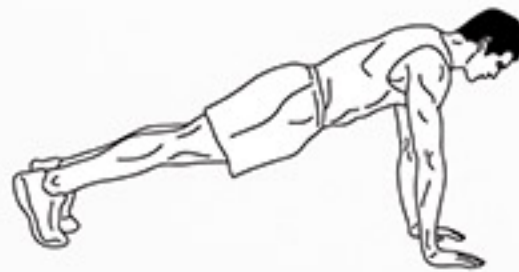
2 jump squats



10 push-ups



20-count plank hold



2 power push-ups



20 lunges



20-count deep lunge hold



2 jumping lunges

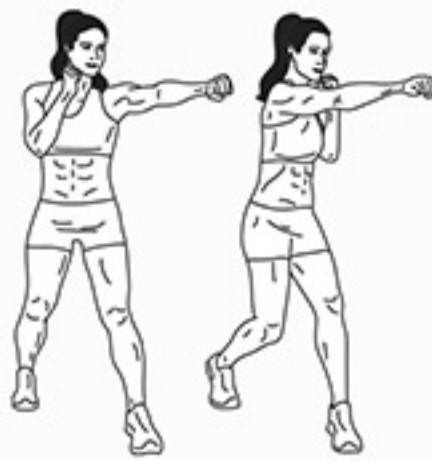
WARRIOR QUEEN

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



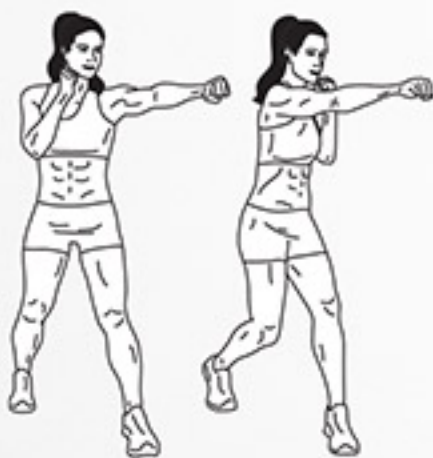
10 lunge punches



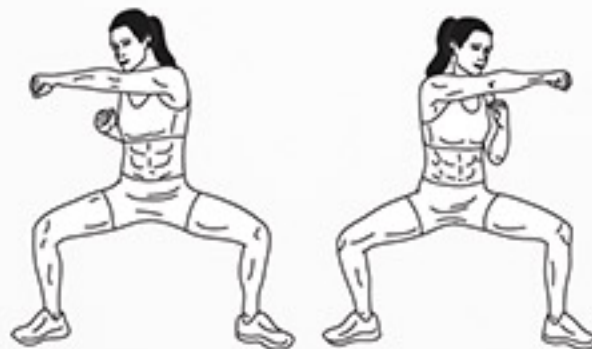
20 punches



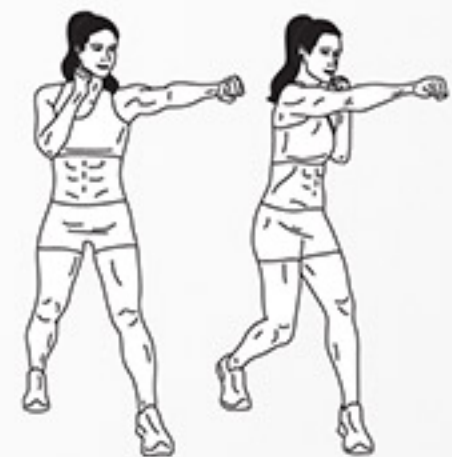
10 lunge punches



20 punches



20 squat hold punches



20 punches



10 sit-up punches



20 sitting punches



10 sit-up punches

WITCHER

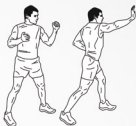
WILD HUNT

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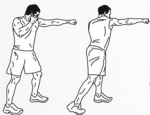
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



40 high knees



20 combo push-up + palm strike (cast sign)



20 combo jab + cross + squat + uppercut + front kick



20 combo full cut + cross cut

20 horizontal cuts (beheader)

WITCHER

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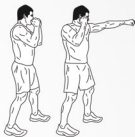
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



40 cross chops



10 squats



40 punches



40 side leg raises



10 lunges



10 push-ups



10 up & down planks