

A dark, high-contrast photograph of a group of people, possibly a band, with the text "ZERO HEARD" overlaid in large white letters. The background is mostly black with some faint outlines of people's faces and bodies.

# ZERO HEARD

# ZERO HERO

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## Day 1

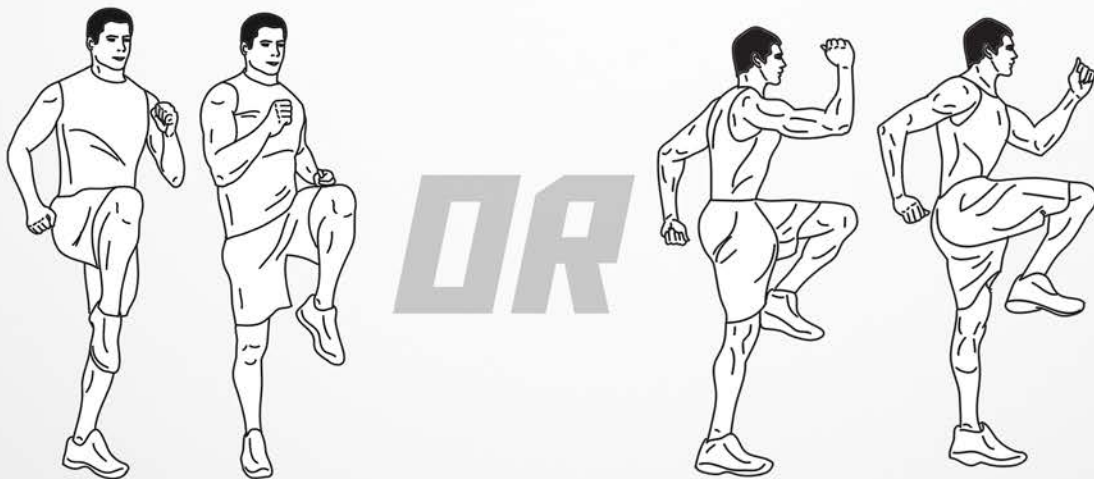
**Level I** 60 reps in total

**Level II** 80 reps in total

**Level III** 100 reps in total

High Knees or March Steps  
Split into manageable sets.

You are an average person living an average life in an average town. Your name is Zero. And today, just like any other day, you are on your way to take out the trash. As you walk towards the trash can, a spaceship appears on the horizon, blasters blazing. The aliens are attacking and shooting everyone in sight. Run for your life!



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## Day 2

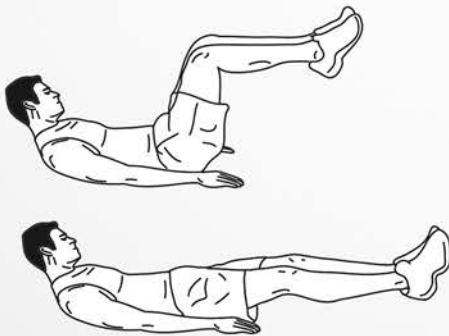
**Level I** 3 sets

**Level II** 4 sets

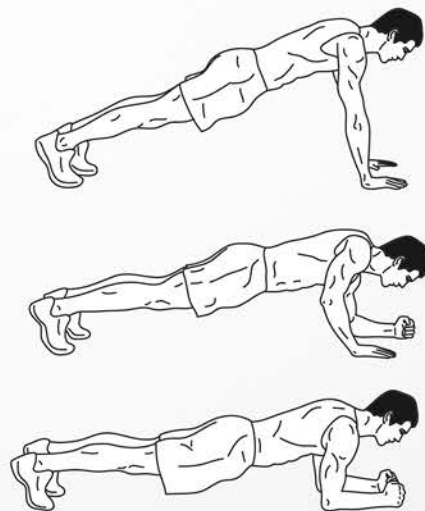
**Level III** 5 sets

2 minutes rest between sets

You are Zero. You survived the aliens and you are now hiding in the ruins of a nearby building. The spaceship is gone but so is your way back home. Suddenly, the dead around you are rising. And they are hungry. One is about to chomp on your leg. Kick it away and crawl through the rubble away from this madness.



**10** crunch kicks



**5** up and down planks

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## Day 3

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets

You enter a field. It looks nice. Until you see a warning sign lying on the ground "Danger: Mines". Someone must have knocked it over. Perhaps that skeleton lying right next to it knew who did it. You may never know and right now, one wrong move and you are toast. Get out of there but be careful and mind where you step.



**10** lunges



**4** balance lunges



**4** squats



**10-count** squat hold

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## Day 4

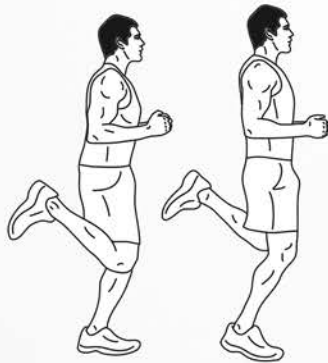
**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets

You step out into an open road. There is no one around... but wait, there are cars on the horizon raising up dust. Perhaps they can give you a lift? Oh, they already have someone for a ride along tied to the front of one of the trucks... You better leg it from sight to avoid becoming one of their human bumper stickers. There is some kind of structure ahead with pipes sticking out of the ground... head there!

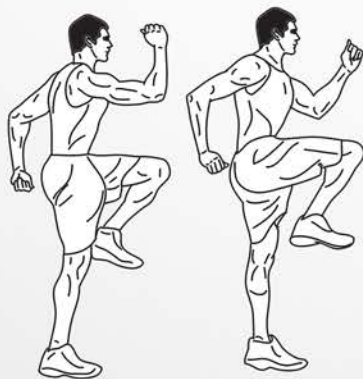


**10** butt kicks

**20** march steps

**10** butt kicks

**20** march steps



**10** butt kicks

**20** march steps

**10** butt kicks

**20** march steps

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## Day 5

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

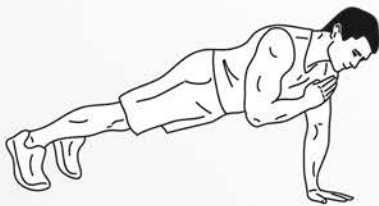
2 minutes rest between sets

It's a tight squeeze but it's better than being a roadkill. These pipes should lead somewhere, right? Right?! And what are these noises? Someone or something is down here with you. Every time you move, it seems to react. Take it slow and make your way forward. The more noise you make, the more likely you are to find out what lurks in the underground darkness. Chances are, it's nothing. Nothing good that is.



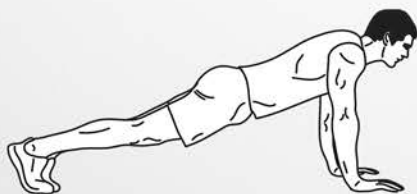
**10** shoulder taps

**5-count** plank hold



**10** shoulder taps

**5-count** plank hold



**10** shoulder taps

**5-count** plank hold

**10** shoulder taps

**5-count** plank hold

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## Day 6

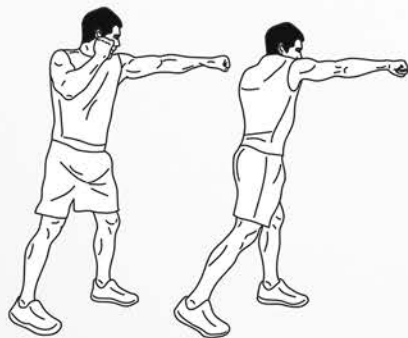
**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets

The pipe turned out to be an air duct. You jump out and end up in some kind of broom closet. You pick up a broom and head for the door. You step out into a large open area. There are machinery noises all around. It's some kind of underground facility with a production line and conveyor belts. Something is being made here but there is no one around. You are about to look for an exit when you hear someone say on the speaker: "Intruder detected! Intruder detected!" Mini bots appear from every corner of the room and are all heading for you! Bots, creepy killer bots are made here. Defend yourself and find a way out! Like, NOW! Run for that open door on the other side of the room.



**20** punches

**2** squats

**20** punches

**2** squats



**20** punches

**2** squats

**20** punches

**2** squats

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## Day 7

**Level I** 80 reps in total

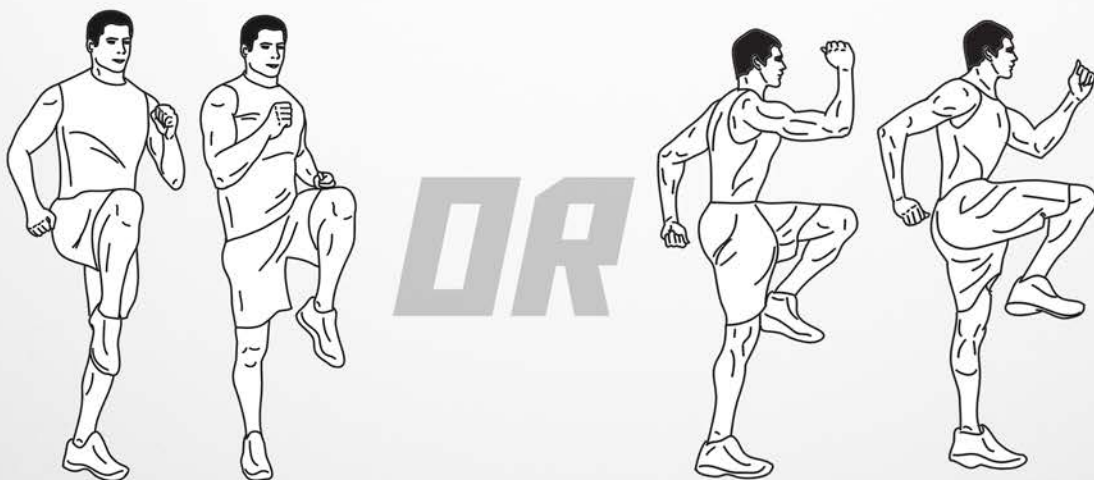
**Level II** 100 reps in total

**Level III** 120 reps in total

High Knees or March Steps  
Split into manageable sets.

You make it to the room and lock the door behind you avoiding the bots for the time being. It looks like a lab of some kind... there is a body on the floor. The dead man is wearing a labcoat and it looks like he was reaching for something before he died. You try to get a closer look and see it's a panel with a self-destruct sequence ready to go. Just press "enter". Go ahead, press the giant red button, you know you want to.

Once you do, a countdown begins. You have 10 minutes to leave the facility before it goes boom. Obviously. At least you can't hear the bots outside the door anymore... And sure enough, once you step out, they are littering the floor, deactivated. Run, Zero, run!





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## Day 8

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

BOOM! Well there goes that killer-bot factory. You turn back to admire your handiwork once you reach a safe distance. All you can see is smoke... Wait... no, still just smoke. CRACK. ... You got knocked out. Someone crept behind you and hit you with something on the head. You would have a better idea of who it was or why they did it if you didn't presently have a hood over your head. You can't see anything. And you are also tied up. Congratulations, Zero, it looks like you've been napped. Wiggle to free yourself from the restraints.



**2** leg raises



**10** flutter kicks

**2** leg raises



**10** flutter kicks

**2** leg raises



**10** flutter kicks

**2** leg raises

**10** flutter kicks

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## Day 9

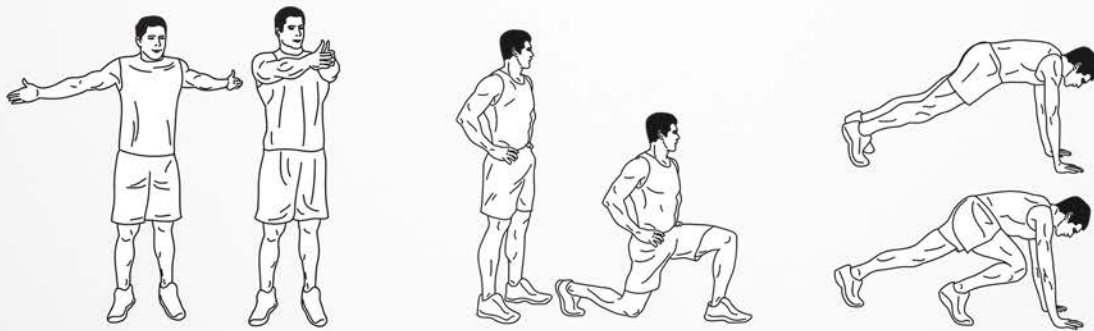
**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets

You take the hood off and you can finally see. You are in a large old-fashioned room. It reminds you of a cabin in the woods. It probably is one. It would even be cozy if not for fresh red stains all over the floor. You are no expert but you don't think it's ketchup. You don't know who brought you here or why but you are not about to stick around to find out. You exit through the back door. There is a corn field ahead and then the woods. There is a large pile of bones to the right, too. Delightful. You can see a large man chopping wood in the front of the house. He hasn't noticed you so you may just make out of there intact. Go through the field towards the forest but be quiet about it.



**20** chest expansions

**4** lunges

**4** slow climbers

**20** chest expansions

**4** lunges

**4** slow climbers

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## Day 10

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets

There are trees, trees and oh, more trees. You have no idea where you are or how to get out of here. It must have been hours since you started walking so you are definitely lost now. You look up and you see a clear sky. Well, that and a helicopter. It seems to be landing in the distance. This might be your chance to find help. Or not. Either way, you should investigate. Unfortunately, to go to where it's landing is to go through that swamp over there. How bad can it be? I mean, surely it doesn't have alligators in it or something.

It has alligators in it! And you woke them all up just as you reached the middle of it. Jump to avoid the jaws of death.



**10** high knees

**2** side-to-side jumps

**10** high knees

**2** side-to-side jumps

**10** high knees

**2** side-to-side jumps



**10** high knees

**2** side-to-side jumps

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## Day 11

**Level I** 3 minutes in total

**Level II** 4 minutes in total

**Level III** 5 minutes in total

Wall-Sit

Split into manageable sets.

You make it into a clearing. The helicopter lands in the middle of it. Armed men come out and start running towards the other side of the field. Men on horseback run out of the woods with their own guns blazing and the two groups begin to clash. It's like a scene from an action movie but you are not sure who the good guys are. You sneak closer to the helicopter while the fighting continues. Finally, the last helicopter man falls. There is no one in the cabin and the horsemen begin to turn your way. You jump into the pilot seat and dodge a bullet or two. Quick, get this thing started and go, go, go!



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## Day 12

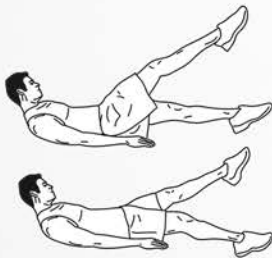
**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

You are flying over the water and you can't see land anywhere. When suddenly, the helicopter begins to lose altitude. One of the stray bullets pierced a fuel tank and you are about to crash. You jump out right before it hits the water and dive in. As you resurface you can see the debris floating nearby. You can float on one of the larger pieces until you figure out the rest. Swim towards the wreck.



**10** flutter kicks

**10** swimmers

**2** downward upward dog

**10** flutter kicks

**10** swimmers

**2** downward upward dog

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## Day 13

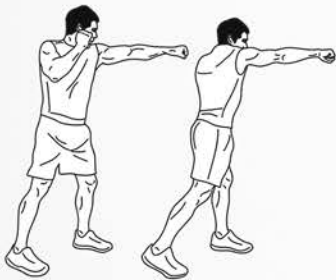
**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets

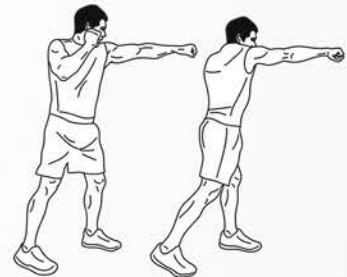
You've been drifting for a while now. When you realize... there is something in the water. Na-na-na-na. Na-na-na-na. Na-na-na-na-na-na-na-na-na. Use the debris to defend yourself from the circling sharks.



**20** punches



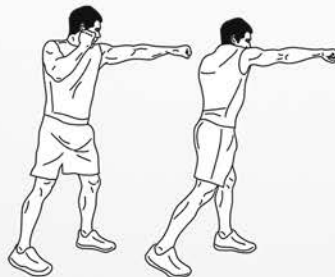
**4** lunges



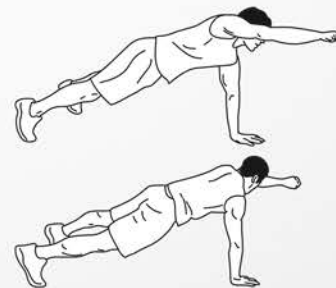
**20** punches



**4** side-to-side lunges



**20** punches



**20** plank punches

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## Day 14

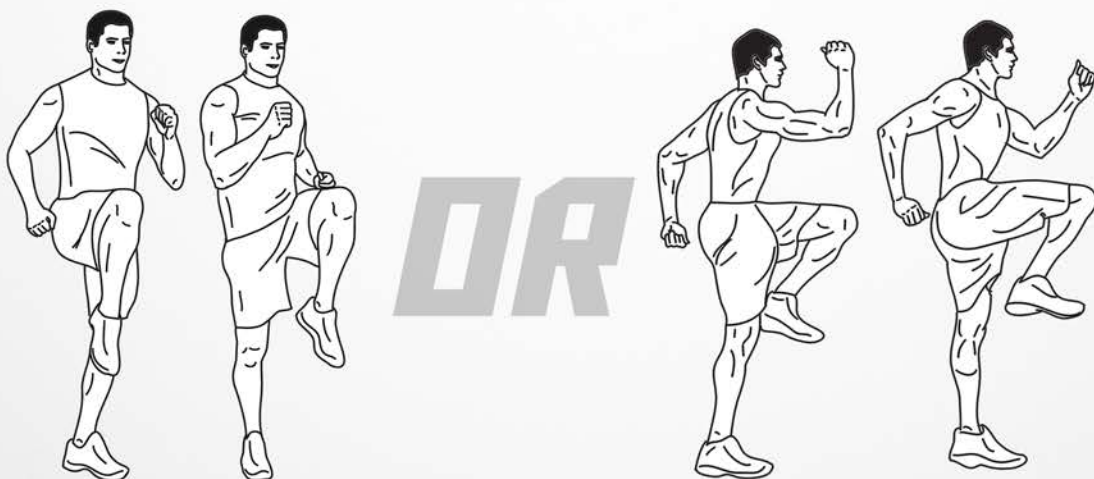
**Level I** 100 reps in total

**Level II** 120 reps in total

**Level III** 140 reps in total

High Knees or March Steps  
Split into manageable sets.

Finally, there is land in the distance and the current is taking you there. Shortly, your improvised raft hits the shore and you can feel the sand under your feet. You walk along the shore when you hear screeching sounds. A group of raptors runs out of the woods and heads straight for you. Raptors? What?! Run for your life! Towards that white monolith building in the distance. If nothing else, it must have doors that lock.



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## Day 15

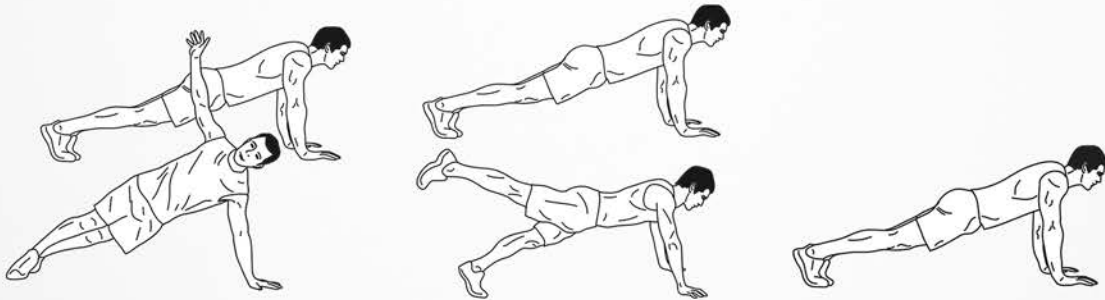
**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets

You just make it inside the building and lock the door behind you. You can hear the raptors outside flinging themselves against it. There is no way you are going back out there. You turn to examine your surroundings. It's a large white room with some kind of ship in the center. The moment you take a step towards it, alarms go off and laser lines appear all over it. Somehow you know if you are to cross any of them, you will die. The only way is forward towards that ship but you must avoid the laser lines to get there.



**10** plank rotations

**10** plank leg raises

**5-count** plank hold

**10** plank rotations

**10** plank leg raises

**5-count** plank hold



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## Day 16

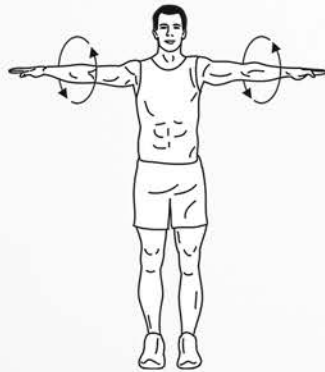
**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets

You make it inside the spaceship and close the hatch behind you. A countdown begins. Looks like you are going into space, Zero! Before you know it, you are looking at the planet Earth from a distance. That escalated quickly. The spaceship lands on the moon. The hatch opens and you, surprisingly, don't die from suffocation. You come out and find yourself inside a moon base. It looks abandoned. After some exploring you find a room filled with large eggs. You've seen this movie, you know what to do. After a bit of scavenging you find a flamethrower. Burn them! Burn them all!



**10** raised arm circles

**10** arm chops

**10** raised arm circles

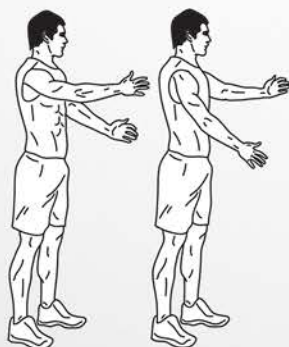
**10** arm chops

**10** raised arm circles

**10** arm chops

**10** raised arm circles

**10** arm chops



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## Day 17

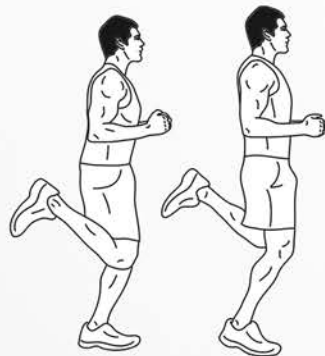
**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets

Once you destroy the eggs you go back to your spaceship. That was quite a trip but you are ready to get back home. The console asks you for coordinates but as you don't know what to enter you just input "Earth". It seems to work as you fall back into your seat and enjoy the voyage back home. You land in the desert and the spaceship goes dead. You abandon it and begin to walk in search of shelter. There are mountains in the distance so that's the logical direction. Five minutes in you hear tapping behind you. Little legs tapping. And then you see them, there are hundreds of scorpions coming your way. And they heard you, too. Run!



**10** butt kicks

**2** side-to-side jumps

**10** butt kicks

**2** side-to-side jumps

**10** butt kicks

**2** side-to-side jumps



**10** butt kicks

**2** side-to-side jumps

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## Day 18

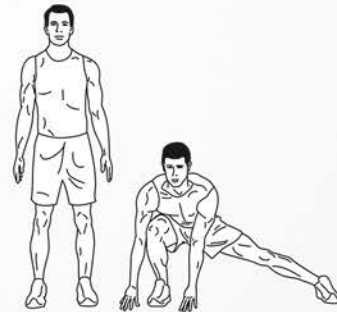
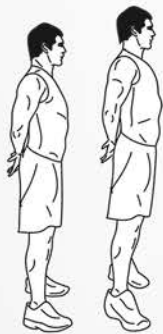
**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets

You see a cave and run inside. There is a glowing portal right in the middle of it. The scorpions will be on top of you any moment so you close your eyes and step through. You find yourself in a stone room with lit torches and strange furniture. You try the door but it's locked. You look out of the window and you see you are in a castle. It's a medieval stronghold. You've been transported into the past. There is a ledge outside the window and a stack of hay at the bottom a short distance away. You can make it there if you climb. Or you can fall and die. You bravely step out and give it your best shot.



**10** calf raises

**4** lunges

**4** side lunges

**10** calf raises

**4** lunges

**4** side lunges

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## Day 19

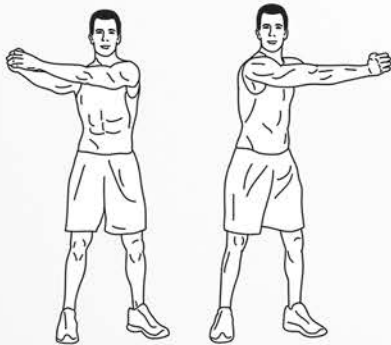
**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets

You land in the stack of hay. As you pop your head out of it, you find yourself surrounded by spears and the angry-looking men holding them. The guards have noticed you. They drag you back into the castle to face the wizard. He looks at you and drags on about a prophecy and a great hero that has come to save them all. That would be you. Next thing you know, they put a breastplate on you and give you a sword. Then drop you off outside the castle to face a fire breathing dragon. Fight to stay alive!



**30** side-to-side chops

**3** squats

**30** side-to-side chops

**3** squats

**30** side-to-side chops

**3** squats



**30** side-to-side chops

**3** squats

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## Day 20

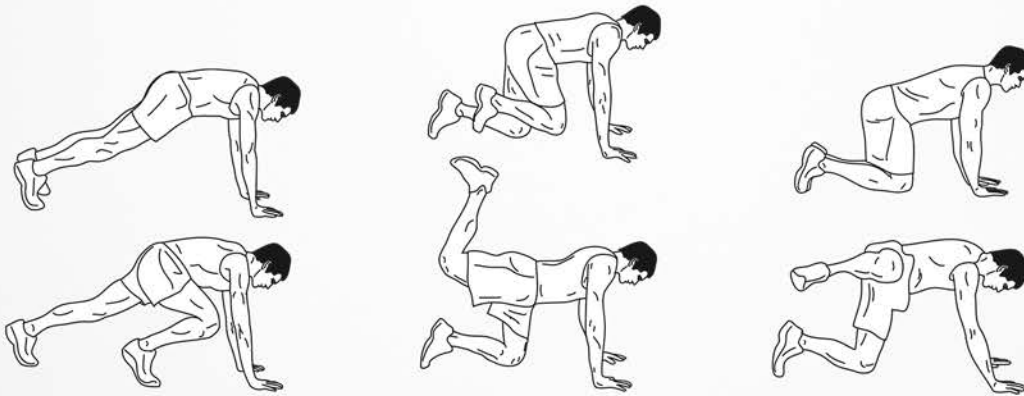
**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets

As you come closer to the dead body of the dragon to make sure it's really dead, a tendril of smoke comes out of its nostrils and envelops you. It turns you into a goat. You are now a goat, Zero, a goat. The night is coming, so if you return inside the walls someone might just catch you for a goat stew. You are better off in the woods for now. As you trot you hear howls in the distance. There are wolves nearby. There is some kind of light ahead. Run towards it!



**10** slow climbers

**10** leg extensions

**10** side leg extensions

**10** slow climbers

**10** leg extensions

**10** side leg extensions

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## Day 21

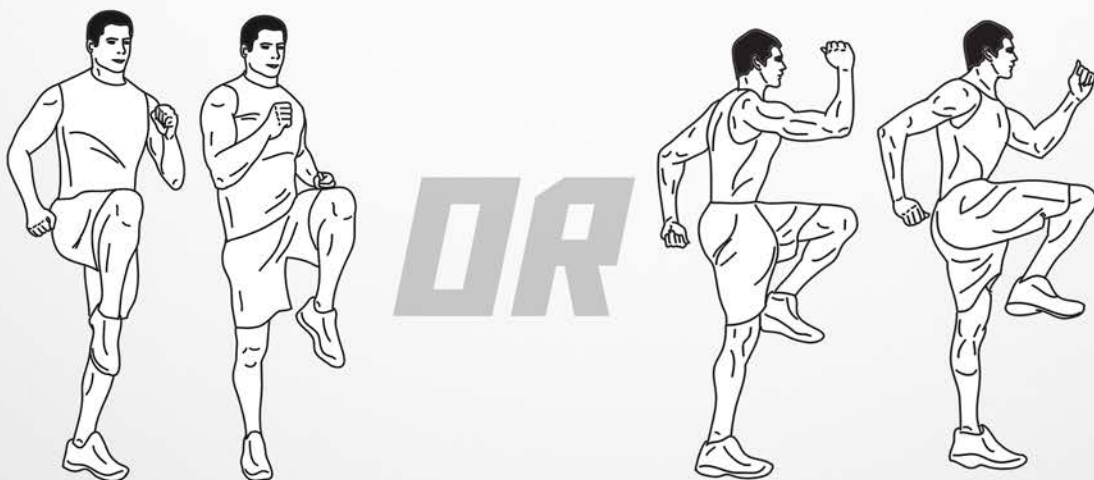
**Level I** 120 reps in total

**Level II** 140 reps in total

**Level III** 160 reps in total

High Knees or March Steps  
Split into manageable sets.

You jump into a glowing lake to escape the wolves. The healing waters of the lake restore you back into human form. A shining lady appears over the water. She says you don't belong here and snaps her fingers. The next moment you are transported into your own time. It's evident because you materialize in the middle of a busy street in Chinatown. A procession is taking place, it's a festival and you are right in the middle of it. You try to make your way out of the crowd when men dressed in black appear on all sides. Ninjas. They look right at you and somehow you know - they are after you. Move through the crowd to evade them and duck to avoid being hit by shurikens. There is a train ahead about to take off, get there before the doors close!



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## Day 22

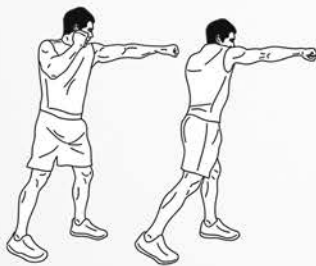
**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets

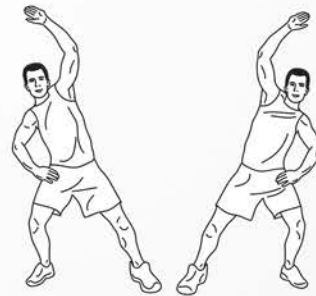
You jump inside the train as the doors close. A shuriken heading for your head embeds into the doors behind you. You sit down on the bench, relax and drift off. When you open your eyes again, it's night outside. The train stopped at the station and there is no one around. The doors are open so you have no choice but to get off. The moment you do, though, the doors close behind you and the train leaves. It's a foggy cold night and you can't stay here so you better start moving. You walk towards the only street light you can see ahead. There is a stranger leaning against the lamp post. Great, maybe he can help you. He raises his head and you can see sharp pointy teeth. He hisses and goes for your neck! Fight him off! If what you know of vampires is correct, you just need to stay alive until dawn.



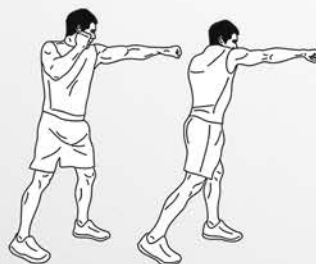
**20** punches



**4** squats



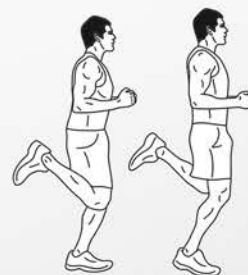
**10** side jacks



**20** punches



**4** squats



**10** butt kicks

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## Day 23

**Level I** 3 minutes in total

**Level II** 4 minutes in total

**Level III** 5 minutes in total

Calf Raise Hold

Split into manageable sets.

Damn thing turned into a bat and flew off. Now with daylight you realize you are at a bus station. And you are in luck, too, because a bus has just arrived and stopped right in front of you. You get on the bus and take a seat. The bus takes off and you sigh with relief. There are other people on the bus and no one looks too murderous. It begins to rain. The rain gets stronger and stronger until... CRASH! The driver turns the steering wheel and the bus tilts. People scream, you scream! The bus begins to tilt even more and you realize that it's gone off the road and is hanging off a cliff. The doors are jammed! Quick, get to the other side of the bus to redistribute the weight and wait for help.





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## Day 24

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

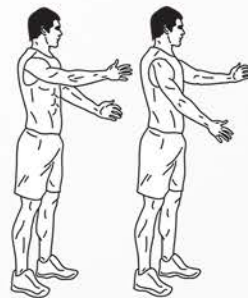
2 minutes rest between sets

You and your fellow passengers manage to stabilize the bus until the firemen show up. You've been rescued! The emergency services even give you a lift to the nearest town. You rent a room in the first hotel you come across and go to buy a new phone. It's still too early and all the shops are shut. While you wait you see that the "ARCADES" are open. All of the machines are out of order except one. It looks like someone even put a quarter in already, you press Start to Play.

The moment you do, though, reality shifts and everything goes dark except for the glowing dots in front of you. It takes you moments to realize that you are inside the game. You are pacman. And you better get that cherry before it's Game Over!



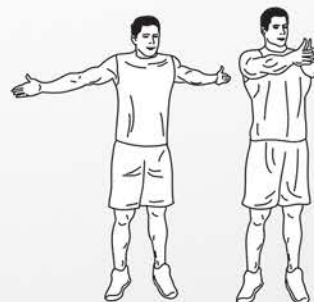
**10** knee-to-elbows



**20** scissor chops



**10** knee-to-elbows



**20** chest expansions

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## Day 25

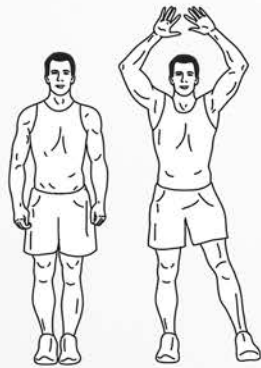
**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets

The moment you grab the Cherry the game ends and you are thrown back into your dimension. You look at the machine and it displays "out of order" now just like the rest. You slowly back away from it and leave the Arcade. You buy a phone and return to the hotel. After several tries you manage to contact your best friend and he promises to pick you up in the morning. You decide to rest, shower and get some sleep. You don't get to sleep long as you wake up to maniacal laughter. A semi-translucent girl with long dark hair over her face is floating in the middle of the room. Maniacal laughter echoes from all around you. Objects fly up and smash against the wall. You are so not getting your security deposit back! Dodge whatever the ghost throws at you and find a way to escape this death trap.



**20** step jacks

**2** squats

**20** step jacks

**2** squats



**20** step jacks

**2** squats

**20** step jacks

**2** squats

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## Day 26

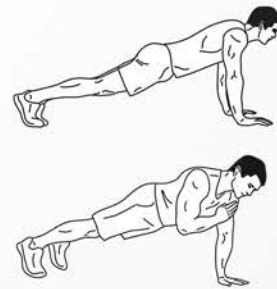
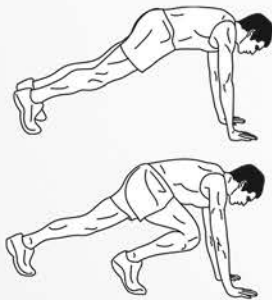
**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets

You manage to duck into the hallway and away from the ghost. You end up sleeping in the empty reception area. In the morning you go back to your room and it looks totally fine and in order. You grab your things and check your phone. You've got 10 Missed Calls and a text from your friend telling you that his car broke down just outside town so he'll meet you in the nearby diner. It's not far from where you are so you decide to walk there. You go past a small park when suddenly you hear a kitten cry. There is a kitten stuck on a tree and he can't get down. You know what it is like to be stuck so you immediately go to his rescue and climb up the tree.



**10** slow climbers

**4** plank rotations

**4** shoulder taps

**10** slow climbers

**4** plank rotations

**4** shoulder taps

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## Day 27

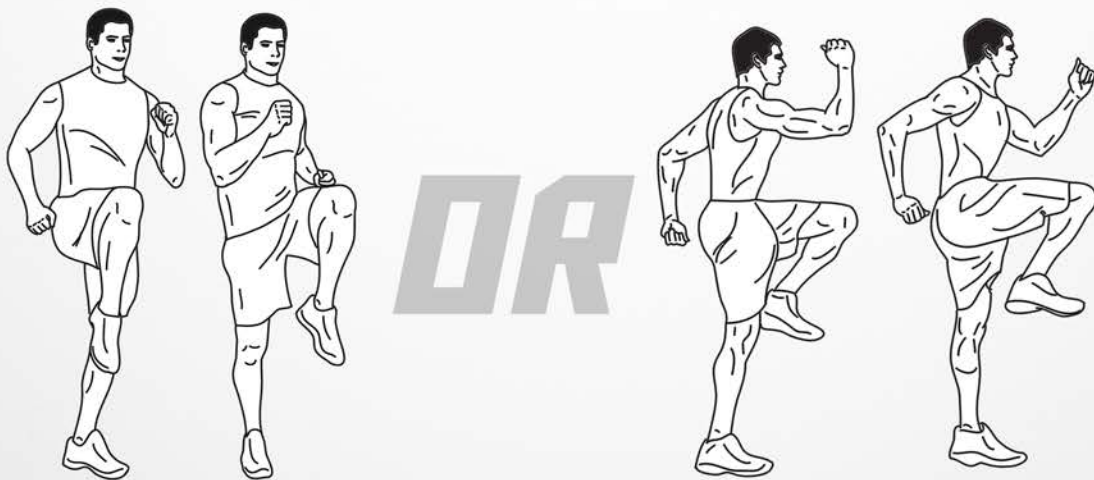
**Level I** 140 reps in total

**Level II** 160 reps in total

**Level III** 180 reps in total

High Knees or March Steps  
Split into manageable sets.

The kitten is safely on the ground with you. He seems to have a collar with an address. You find the house and the kitten's teary-eyed owner. His adventure is over but yours has only just begun. You hurry up to meet your friend. You can already see the diner in the distance when it blows up. You are thrown back by the shock wave and pass out. The next thing you know you wake up in a hospital room. Something is wrong, though, because the sirens are going off and through the wide open door you can see people screaming and running past. The building shakes and the walls begin to crack. It's about to collapse. You begin to run, too.



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## Day 28

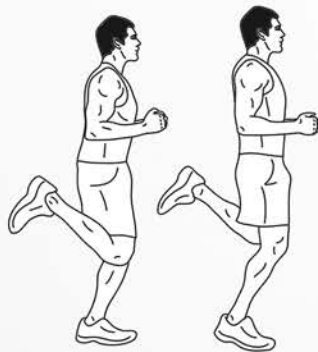
**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets

The hospital vanishes into a giant sinkhole just as you manage to make it out. And just as you think it might be over, a meteorite lands not a few feet away from you. And then another one. And another. Hundreds of flaming rocks are hitting the ground all around you. You glance around and you see a bicycle on the other side of the street. It's not ideal but it's something. Go for it but avoid the fires and the meteor shower. Stay alive!



**12** butt kicks

**2** side-to-side jumps

**12** butt kicks

**2** side-to-side jumps

**12** butt kicks

**2** side-to-side jumps



**12** butt kicks

**2** side-to-side jumps

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## Day 29

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

2 minutes rest between sets

You pick up the bicycle and begin to pedal away. The meteorites fall has increased and even more of them are landing now all around you. You are riding on the road when a car near you goes up in flames as one of the rocks hits it. It's Armageddon all around you. Go faster, Zero, faster!



**10** bicycle crunches



**5-count** raised legs hold

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## Day 30

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets

Finally, you are in the clear. There is no one around, the area seems deserted. You leave the bicycle by the side of the road and begin to walk on foot. You eventually stop by a bench and sit down with a heavy sigh. Shortly a stranger wearing a hood sits next to you. He asks you if you would like to continue your adventure or are you ready to give up. He turns to you and you suddenly know who he is. He is a Jin. You found a lamp and a Jin came out of it the moment you touched it. You wished for a more exciting life, for the adventure of a lifetime. Little did you know that the sneaky Jin would mess with your memory when granting your request.

He then says that he was impressed with how far you've come, your courage and perseverance and if you complete the final challenge, he will let you go and restore your world to what it used to be. He then snaps his fingers and the world shifts. You are standing on a platform suspended in the air. Beyond it lies darkness. Someone steps out of it and you are face to face with... you. The you before this adventure began. Steps going up appear before the two of you with a glowing door at the top. The other you looks at you and then at the door and takes off. You instantly know what you need to do. You have to make it there first.



**20** march steps

**4** lunge step-ups

**20** march steps

**4** lunge step-ups

**20** march steps

**4** lunge step-ups

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