

DAREBEE WORKOUT
© darebee.com

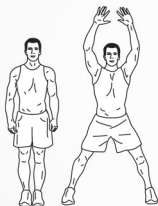
LEVEL I 3 sets

LEVEL II 4 sets

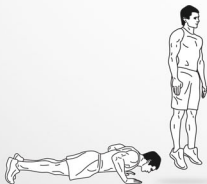
LEVEL III 5 sets

REST up to 2 minutes

BETTER THAN COFFEE



5 jumping jacks
one burpee
10 jumping jacks
one burpee



5 jumping jacks
one burpee
10 jumping jacks
one burpee

THAT'S HOW I CELEBRATE

DAREBEE WORKOUT © darebee.com

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



12 jumping jacks



6 high squats



12 jumping jacks



6 knee to elbow



12 jumping jacks



6 squat step back

CHARGE UP

DAREBEE WORKOUT © darebee.com

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



20 jumping jacks



10-count squat hold



20 jumping jacks



10 hop heel clicks



20 jumping jacks



10-count calf raise hold

DAILY BOOST

DAREBEE WORKOUT @ darebee.com

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



10 jumping jacks



10 seal jacks



10 toe tap hops



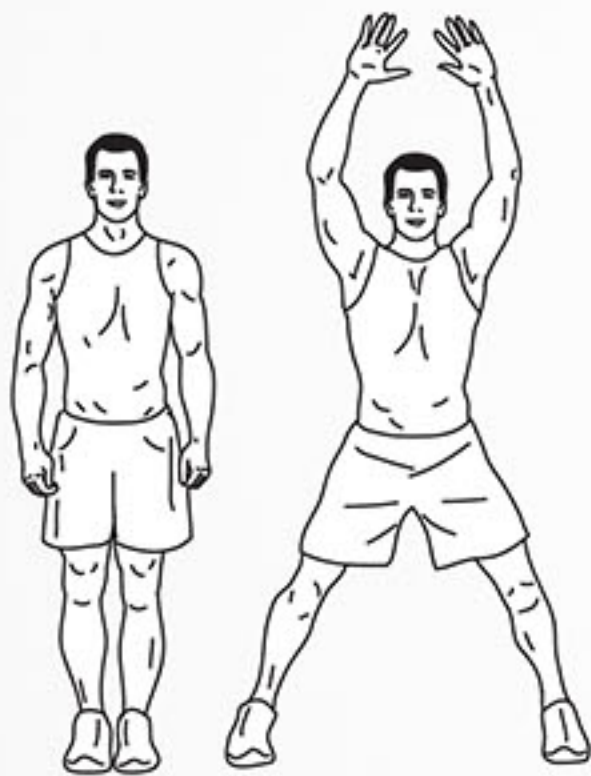
10 knee-to-elbow



10 hop heel clicks

DOPAMINE BOOST

DAREBEE WORKOUT @ darebee.com



10 jumping jacks

10 butt kicks

10 jumping jacks

10 butt kicks

10 jumping jacks

10 butt kicks



10 jumping jacks

10 butt kicks

10 jumping jacks

10 butt kicks

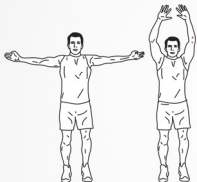


ENERGIZER

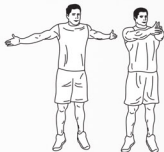
ENERGY BOOSTING @ darebee.com

12 reps each exercise

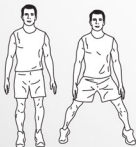
repeat once whenever your energy levels are low



arm raises



chest expansions



half jacks



side bends



forward bends

EXERCISE THERAPY

DAREBEE WORKOUT © darebee.com

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



10 high squats



30 jumping jacks



10 butt kicks



10 lunge punches



30 punches



10 front kicks

Good Day

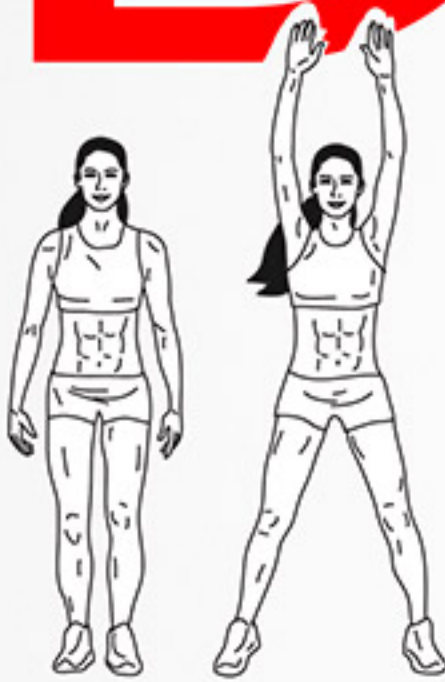
DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 jumping jacks



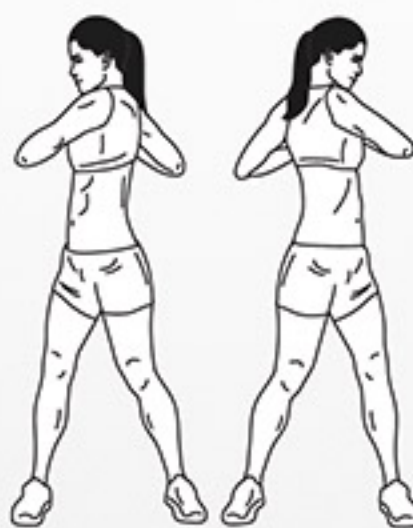
one hop heel click



10 half jacks



one hop heel click



10 twists



one hop heel click

just keep SWIMMING

DAREBEE WORKOUT © darebee.com

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



20 jumping jacks



10 rotations



20 jumping jacks



10 side leg raises



20 jumping jacks



10 back leg raises



20 jumping jacks

MAXED OUT!

DAREBEE WORKOUT © darebee.com

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



10 seal jacks



4 hop heel clicks



10 seal jacks



4 side-to-side hops



10 seal jacks



4 hop toe taps

YOU'VE GOT TO

MOVE IT MOVE IT,

WORKOUT
BY DAREBEE

@ darebee.com

Level I 3 sets

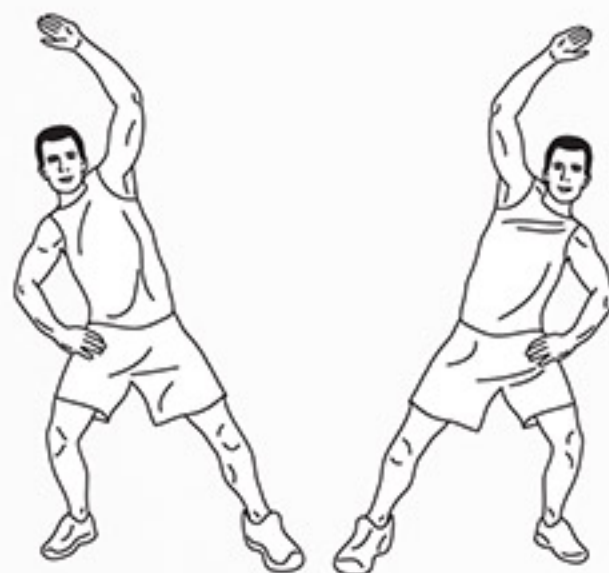
Level II 5 sets

Level III 7 sets

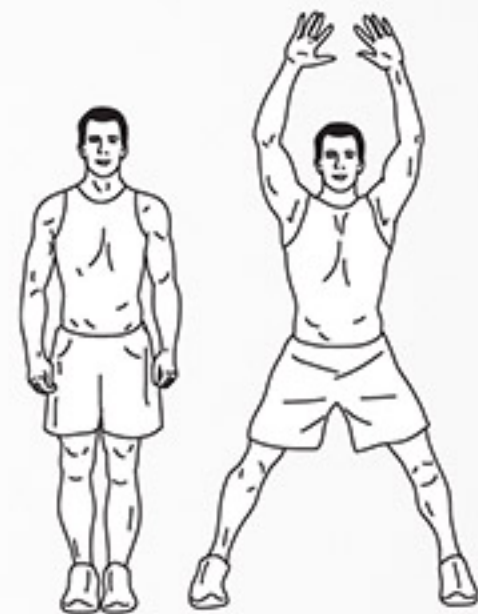
2 minutes rest



10 jumping jacks



10 side jacks



10 jumping jacks



10 step jacks



10 jumping jacks



10 step jacks

RAINY DAY

DAREBEE
WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes

10 high knees

10 butt kicks

10 high knees

10 butt kicks

10 high knees

10 butt kicks

10 high knees

10 butt kicks

10 high knees

10 butt kicks



REV UP!

DAREBEE WORKOUT © darebee.com

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



20 jumping jacks



20 side leg raises



20 high knees



20 jumping jacks



20 knee to elbows



20 high knees



20 jumping jacks



20 back leg raises



20 high knees

SHAKE IT OFF

DAREBEE WORKOUT © darebee.com

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



10 pacer steps



10 hop heel clicks



10 pacer steps



20 jumping jacks



10 pacer steps



20 jumping jacks



10 pacer steps

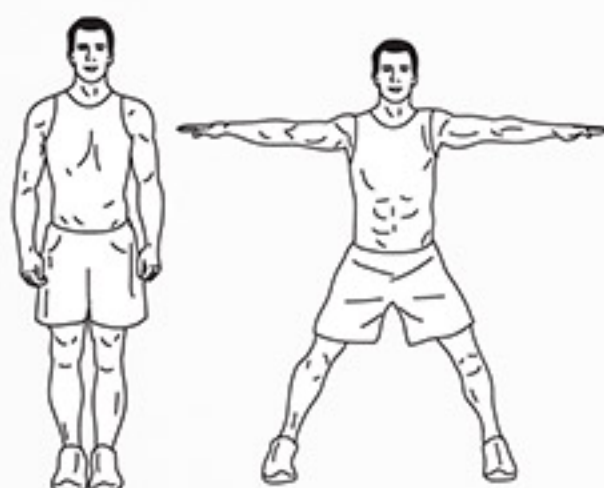
SPARKS WILL FLY

DAREBEE WORKOUT @ darebee.com

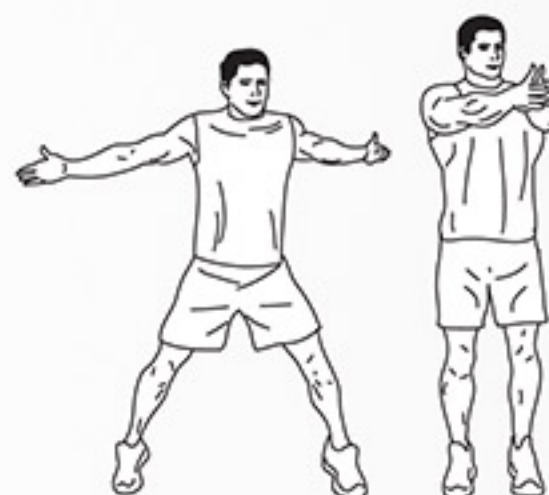
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



10 jumping Ts



10 seal jacks



10 split jacks



10 butt kicks



10 high knees