

CHARACTER BUILDING

DAREBEE WORKOUT © darebee.com



maximum chin-ups

4 sets in total

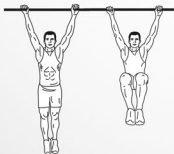
60 seconds rest between sets



maximum jump squats

4 sets in total

60 seconds rest between sets



maximum hanging knee-ins

4 sets in total

60 seconds rest between sets



maximum push-ups

4 sets in total

60 seconds rest between sets

Dragon Knight

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



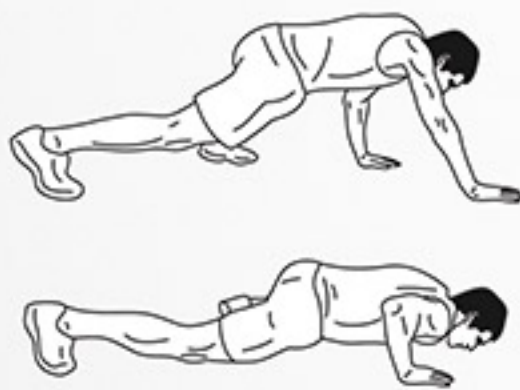
20 lunges



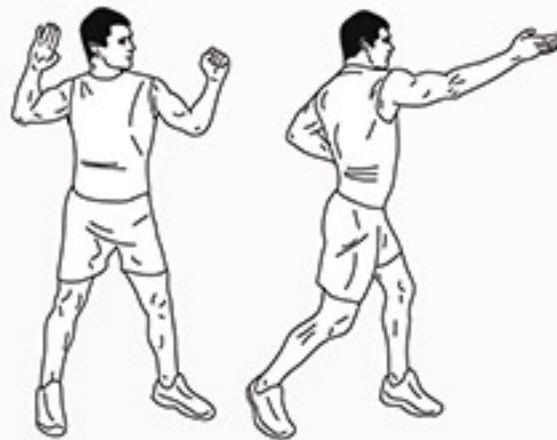
20 knee strikes



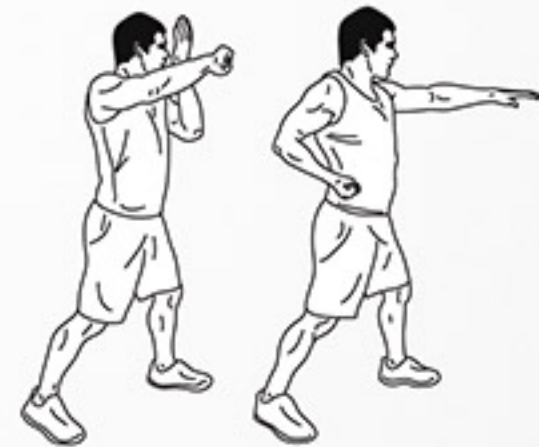
20 jumping lunges



20 dragon push-ups



20 knife hand strikes



20 outward knife h/ strikes



20 sit-ups



20 sitting twists



20-count hollow hold

Dragon Queen

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



10-count side plank hold



20 high knees



20 climbers



10-count side plank hold



20 climbers



10-count side plank hold

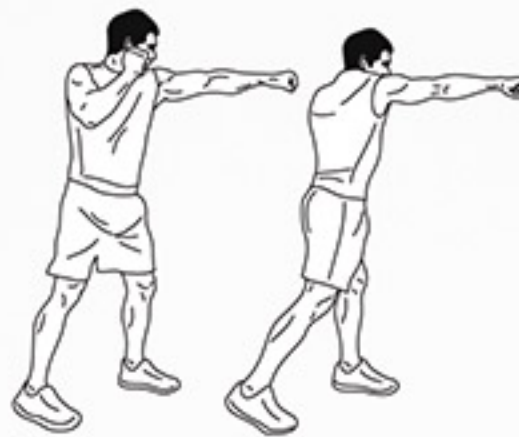
Dungeon Crawler

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



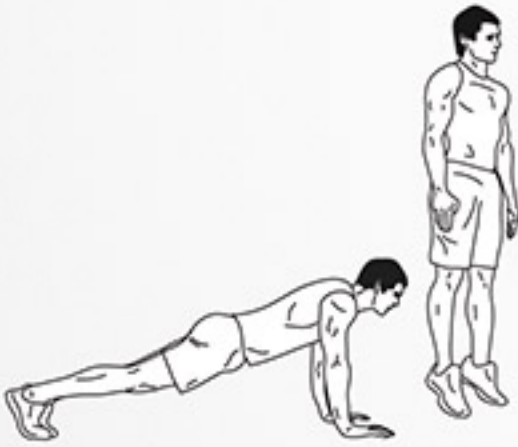
5 squats



20 punches



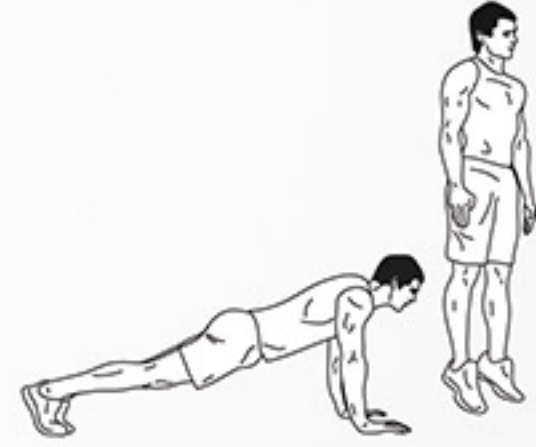
5 squats



5 basic burpees



20 overhead punches



5 basic burpees



5 sit-ups



20 sitting punches



5 sit-ups

FETCH QUEST

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



20 butt kicks



2 squats



20 butt kicks



20 bicep extensions



2 squats



20 bicep extensions



2 squats

HEALTH POTION

FULL STRENGTH

DAREBEE
WORKOUT
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Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



10 bridges



20 side leg raises



10 flutter kicks



20 alt arm / leg raises



10 superman extensions



10 prone reverse flies

here be Dragons

DAREBEE WORKOUT

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



20 bicep extensions



10 lunges



20 bicep extensions



10 side-to-side lunges



20 bicep extensions



10 reverse lunges

Instant Dungeon

DAREBEE WORKOUT

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



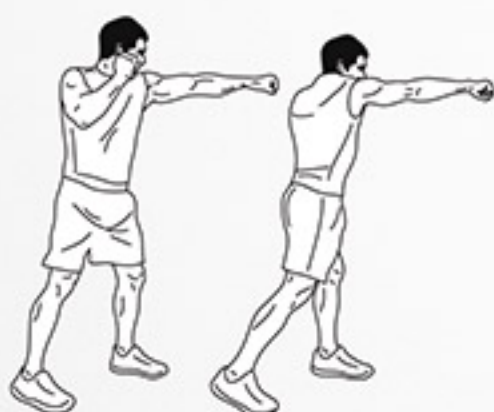
20 climbers



10-count plank hold



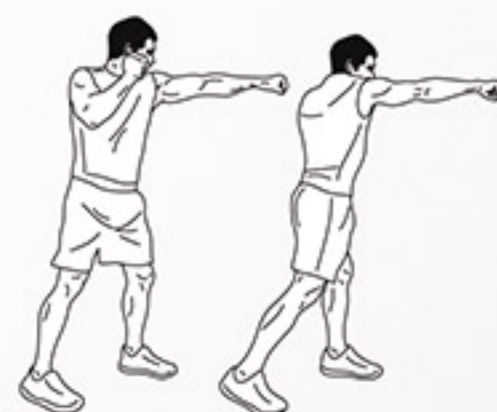
20 shoulder taps



20 punches



20 overhead punches



20 punches

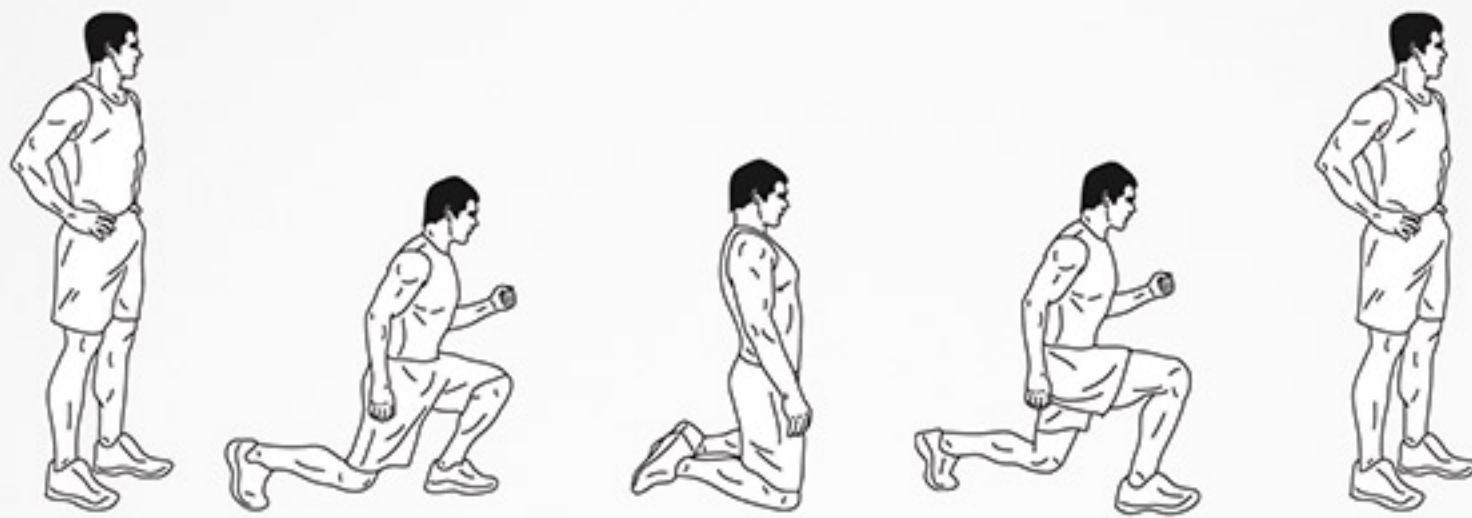


4 up and down planks

KNIGHT

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



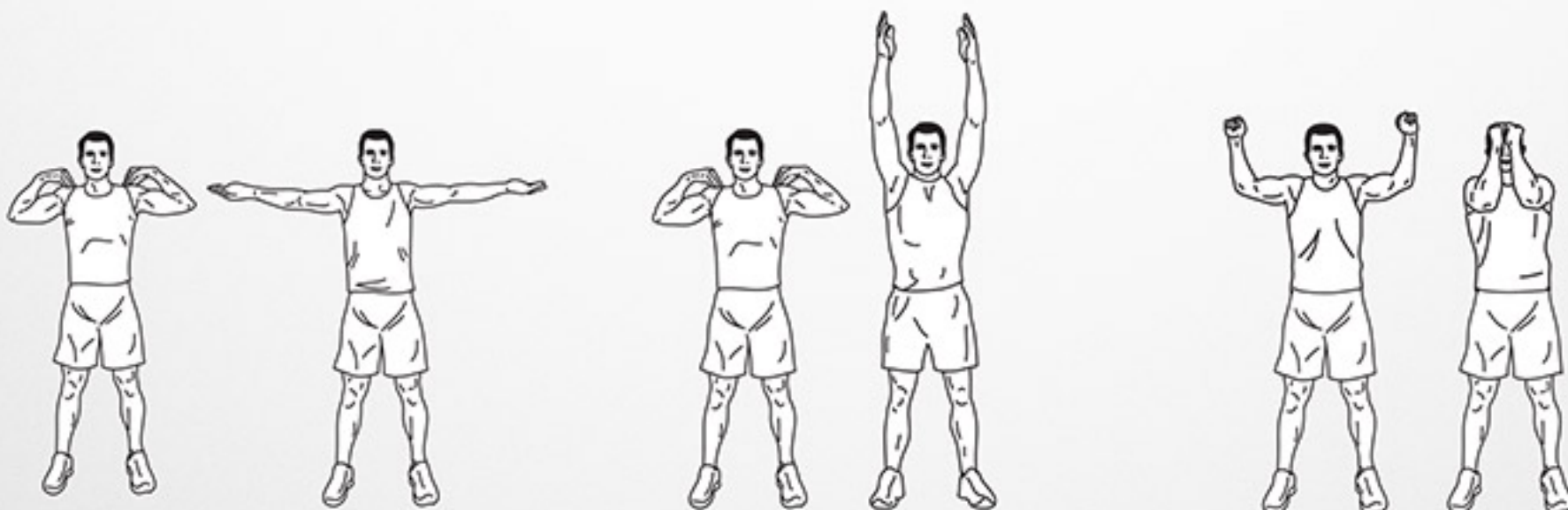
10 knight steps



10 side-to-side lunges

10-count squat hold

10-count folded squat hold



10 side shoulder taps

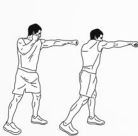
10 shoulder taps

10 elbow clicks

SIDE QUEST

DAREBEE WORKOUT © darebee.com

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



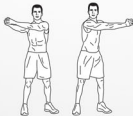
20 punches



20 overhead punches



20 backfists



20 side chops



20 elbow strikes

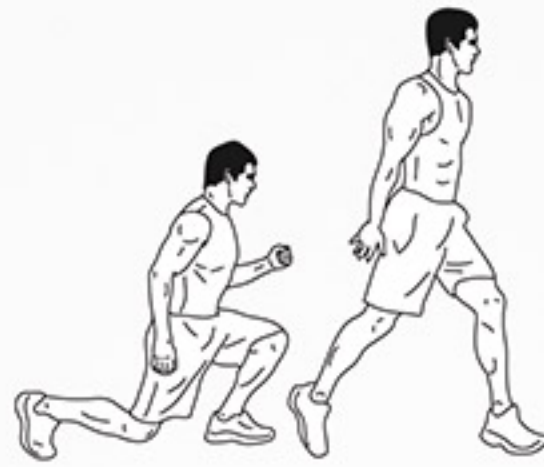
SPEED +1

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



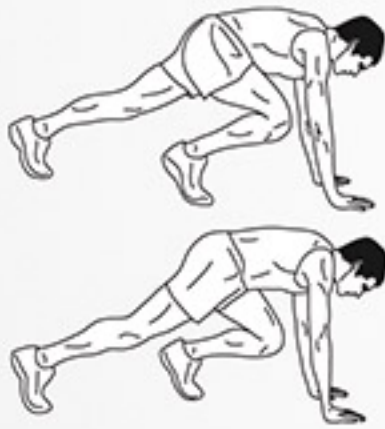
20 high knees



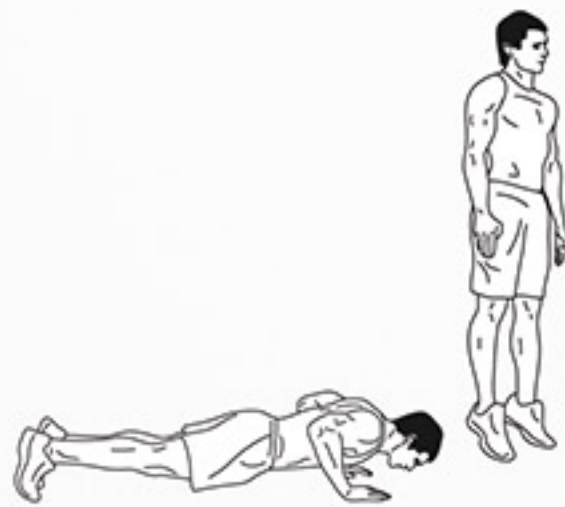
2 jumping lunges



10 calf raises



20 climbers



2 burpees



10-count squat hold



2 jump squats

STRENGTH +1

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



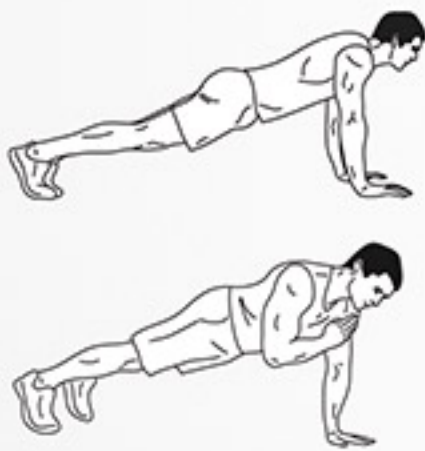
10 split lunges



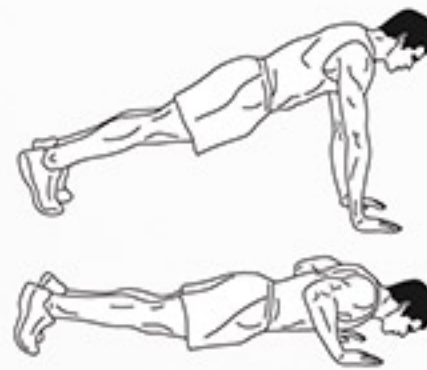
4 lunge step-ups



4 side lunges



10 shoulder taps



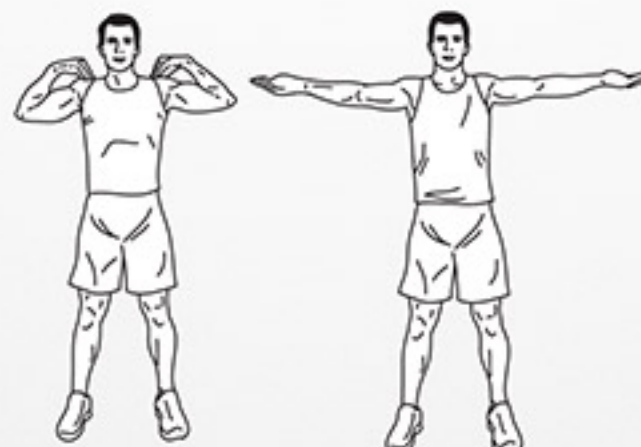
4 push-ups



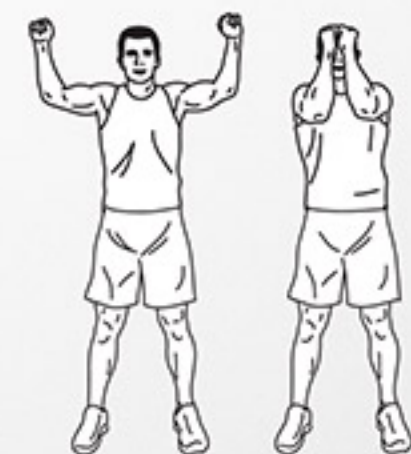
4 plank rotations



10 bicep extensions



10 side shoulder taps



10 elbow clicks