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Secret

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

10 split lunges  20 kneeling backkicks  20 side leg extensions
5 knee push-ups  20 punches  20 knee-to-elbows
MEDIATOR

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

20 shoulder taps
5 plank jacks
20 plank leg raises

20 punches
20 jumping jacks
20 side leg raises

20 shoulder taps
5 plank jacks
20 plank leg raises
abs, please!

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

- 20 flutter kicks
- 10 crunches
- 20 flutter kicks
- 10 heel taps
- 20 flutter kicks
- 10 back extensions
active rest

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20 leg extensions 20-count hold 20 leg extensions
change legs and repeat the sequence

20 side leg raises 20-count hold 20 side leg raises
change legs and repeat the sequence

20 leg raises 20-count hold 20 leg raises
change legs and repeat the sequence
5-MINUTE FILLER

30 side leg raises (right leg)
30 side leg raises (left leg)
60 seconds rest
30 side leg raises (right leg)
30 side leg raises (left leg)
60 seconds rest
30 side leg raises (right leg)
30 side leg raises (left leg)
done
STRENGTH & POWER

DAREBEE WORKOUT © darebee.com
2 minutes rest between exercises

- 20 alternating bicep curls x 3 sets in total 20 seconds rest between sets
- 20 alternating shoulder press x 3 sets in total 20 seconds rest between sets
- 20 bent over rows x 3 sets in total 20 seconds rest between sets
- 20 push-ups x 3 sets in total 20 seconds rest between sets
- 40 punches x 3 sets in total 20 seconds rest between sets
Low Impact

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

- 20 march steps
- 10 calf raises
- 40 shoulder taps
- 20 arm/leg raises
- 20 leg extensions
- 20 side leg extensions
- 10 bridges
- 20 flutter kicks
- 10 dead bugs
BRAVE NEW ME

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

20 punches 20 plank rotations 20 punches

20 shoulder taps 20 plank leg raises 20 shoulder taps
NEXT LEVEL

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

10 reverse lunges
10 lunge step-ups
10 forward lunges

10 plank leg raises
10 plank arm raises
10 alt arm / leg raises

10 bridges
10 single leg bridges
10 get-ups
THE EXTRA MILE

DAREBEE WORKOUT © darebee.com
Level I  3 sets
Level II  5 sets
Level III  7 sets
2 minutes rest

20 march steps  10 calf raises  20 march steps
20 butt kicks  20 march steps  20 high knees
LEVIATHAN
DAREBEE WORKOUT © darebee.com

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

10 squats 20 punches 10 squats
20 shoulder taps 10 plank rotations 20 shoulder taps
10 reverse angels 20 prone reverse flys 10 reverse angels
10-MINUTE STREAMLINE
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60sec march steps
60sec reverse lunges
60sec march steps
60sec reverse lunges
60sec march steps
60sec reverse lunges
60sec march steps
60sec reverse lunges
done
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

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- Training Plans
- Exercise Modifications
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- workout cards
- cool posters
- cool printables
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- awards & badges
- fitness test
- calories burned
- universal timer
- mobile apps
- site search

the Project

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- how we are supported & why
- the internet of tomorrow
- reviews / add a review
- downloads & paperbacks
- local workshops
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- popular questions / answered
DAREBEE Workouts

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