

Examples

# ROOKIE

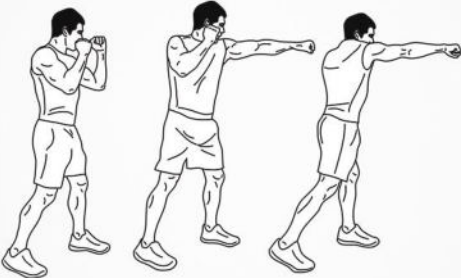
DAREBEE WORKOUT © darebee.com

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

|                                                                                                      |                                                                                                 |                                                                                                              |
|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| <br>10 step jacks   | <br>4 lunges   | <br>20 chest expansions     |
| <br>10 step jacks | <br>4 lunges | <br>20 raised arm circles |
| <br>10 step jacks | <br>4 lunges | <br>20 shoulder taps      |

# PACK A PUNCH

DAREBEE **HIIT** WORKOUT © darebee.com



3min punches  
30sec rest  
3min punches  
30sec rest  
3min punches  
done

Juju in