

arms & back

WORKOUT BY

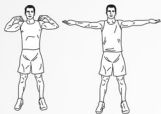
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LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



20 side bicep extensions



20 arm circles



20 bicep extensions



10 shoulder taps



10 plank rotations



10 superman stretches



10 reverse angels



10 prone reverse flys



10 W-extensions

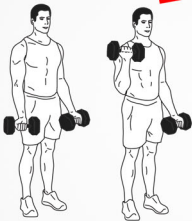
BACK & BICEPS

DAREBEE
WORKOUT

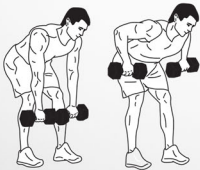
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30 seconds rest
between exercises

EXPRESS



20 alternating bicep curls
x 4 sets in total
30 seconds rest
between sets



10 bent over rows
x 4 sets in total
30 seconds rest
between sets

BACK & BICEPS

DAREBEE
WORKOUT

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30 seconds rest
between exercises



10 alt bicep curls
x 3 sets in total
30 seconds rest
between sets



8 bent over rows
x 3 sets in total
30 seconds rest
between sets



8 shoulder press
x 3 sets in total
30 seconds rest
between sets



16 kneeling one arm rows
x 3 sets in total
30 seconds rest between sets



8 deadlifts
x 3 sets in total
30 seconds rest between sets

back & core

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



20 sitting twists



20 half wipers



20 bridges



10 cat cow



10 back extensions



10 scorpion twists

back in action

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



max body rows



10 twists



10 chest expansions



10 shoulder stretch



max shoulder presses



10 back rotations

BACKUP

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



5 groin stretches



5 bridges



10 hundreds



10 reverse flutter kicks



5 back curls



10 side planks



10 plank leg raises



10 plank arm raises



5 body saw



BACK WORK

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5 sets in total | 2 minutes rest between sets



14 reverse angels



14 swimmers



14 W-extensions

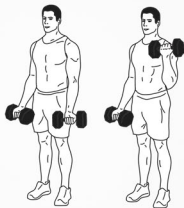


14 back arches

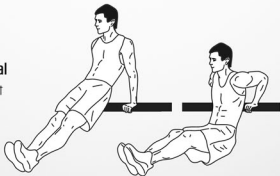
biceps & *triceps*

DAREBEE WORKOUT © darebee.com

20 bicep curls
x 3 sets in total
30 seconds rest
between sets



20 tricep dips
x 3 sets in total
30 seconds rest
between sets



CULTIVATOR

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



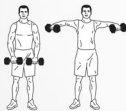
10 bicep curls



4 upright rows



10 bicep curls



4 lateral raises



10 shrugs



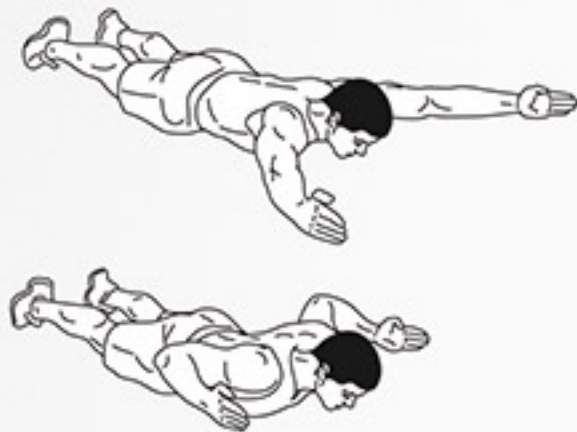
4 lateral raises



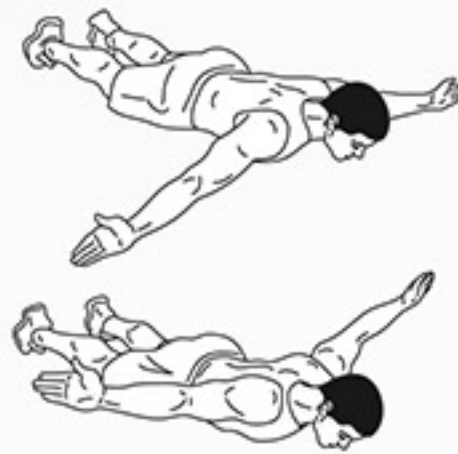
10 shoulder press

FALLBACK

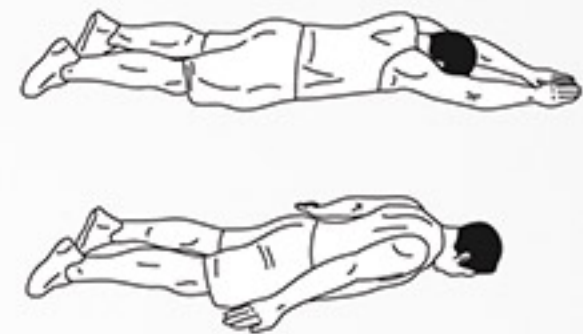
DAREBEE WORKOUT @ darebee.com



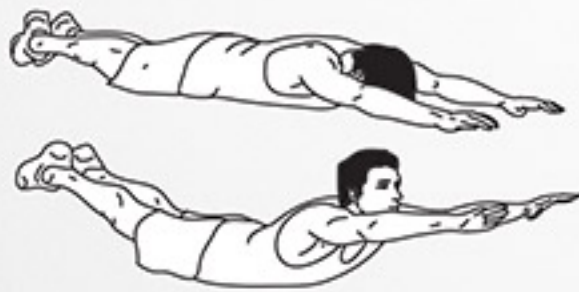
10 W-extensions
3 sets in total
20 sec rest in between



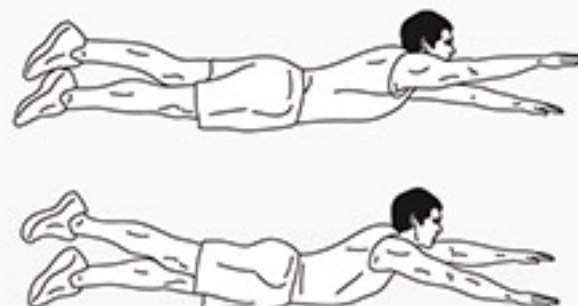
10 prone reverse fly
3 sets in total
20 sec rest in between



10 reverse angels
3 sets in total
20 sec rest in between



10 superman extensions
3 sets in total
20 sec rest in between



10 swimmers
3 sets in total
20 sec rest in between



60 seconds
stretch

GRIP TRAINING

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arrow - into - table top - into - straight fist - into - claw - into - fist
repeat 10 times in total



60sec clench / unclench



60sec dumbbell hold #1



60sec dumbbell hold #2

optional
but recommended

20 seconds deadhang
3 sets | 60 seconds rest



HANG IN THERE!

DAREBEE MICRO-WORKOUT @ darebee.com



to fatigue dead hang

30sec rest

to fatigue dead hang

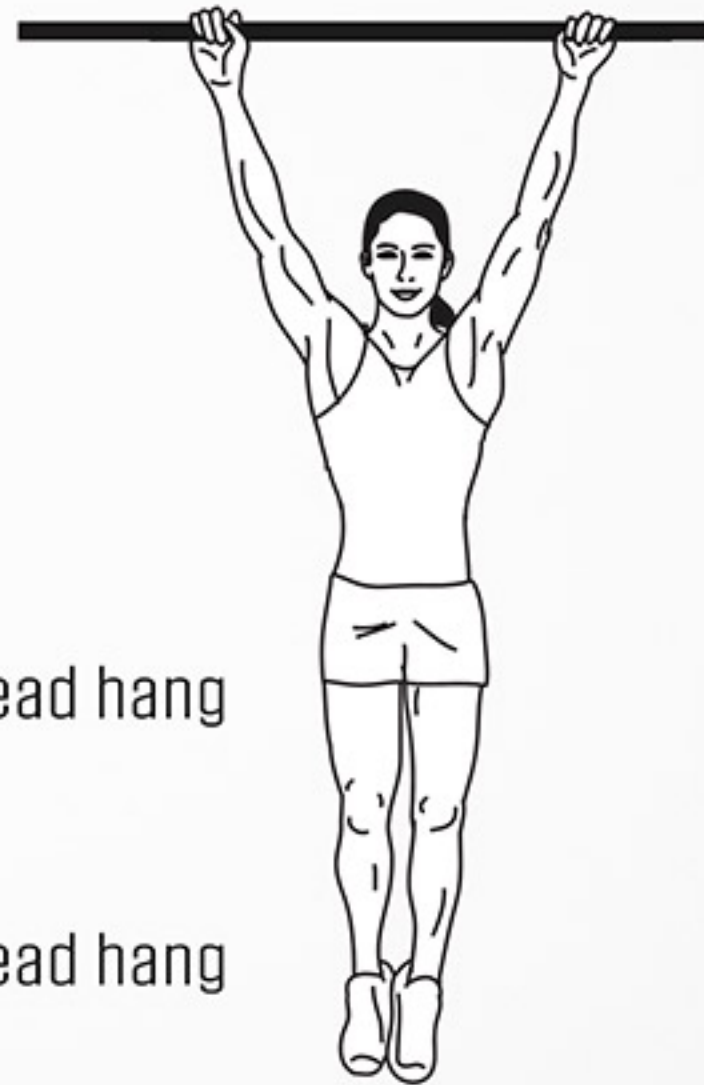
30sec rest

to fatigue dead hang

30sec rest

to fatigue dead hang

done



HEPHAESTUS

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2 minutes rest between exercises



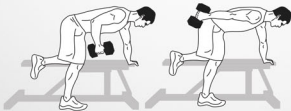
12 hammer curls
x 5 sets in total
20 seconds rest
between sets



12 shoulder press
x 5 sets in total
20 seconds rest
between sets



12 rows
x 5 sets in total
20 seconds rest
between sets



12 tricep extensions
x 5 sets in total
20 seconds rest
between sets

HOMEMADE BACK

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

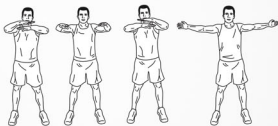
REST up to 2 minutes



5 diver push-ups



10 half squat rows



10 double chest expansions



10 lawnmowers



10 forward bends

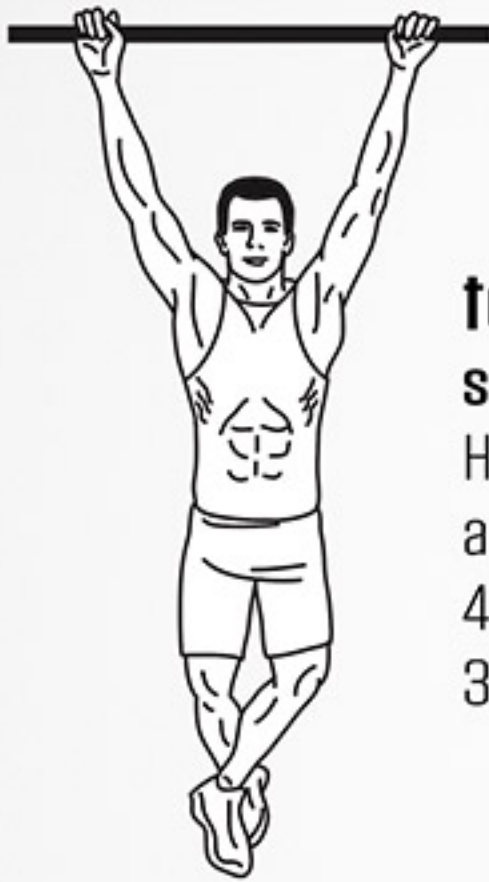


10 wall arm slides

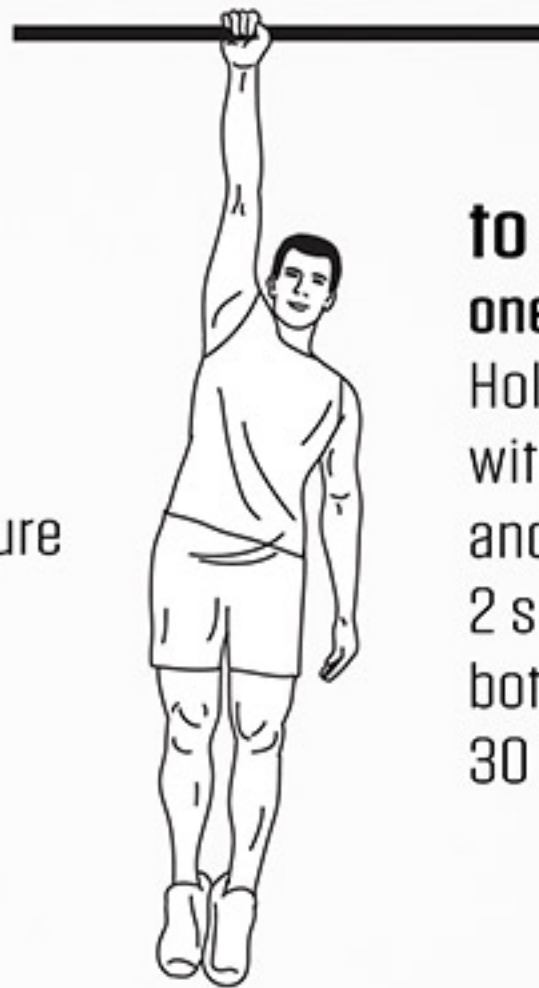
THE KITTEN

DAREBEE WORKOUT @ darebee.com

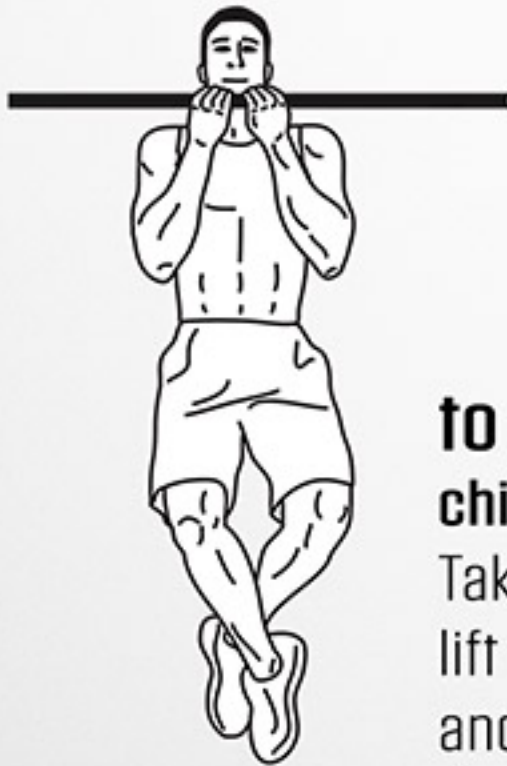
2 minutes rest between exercises



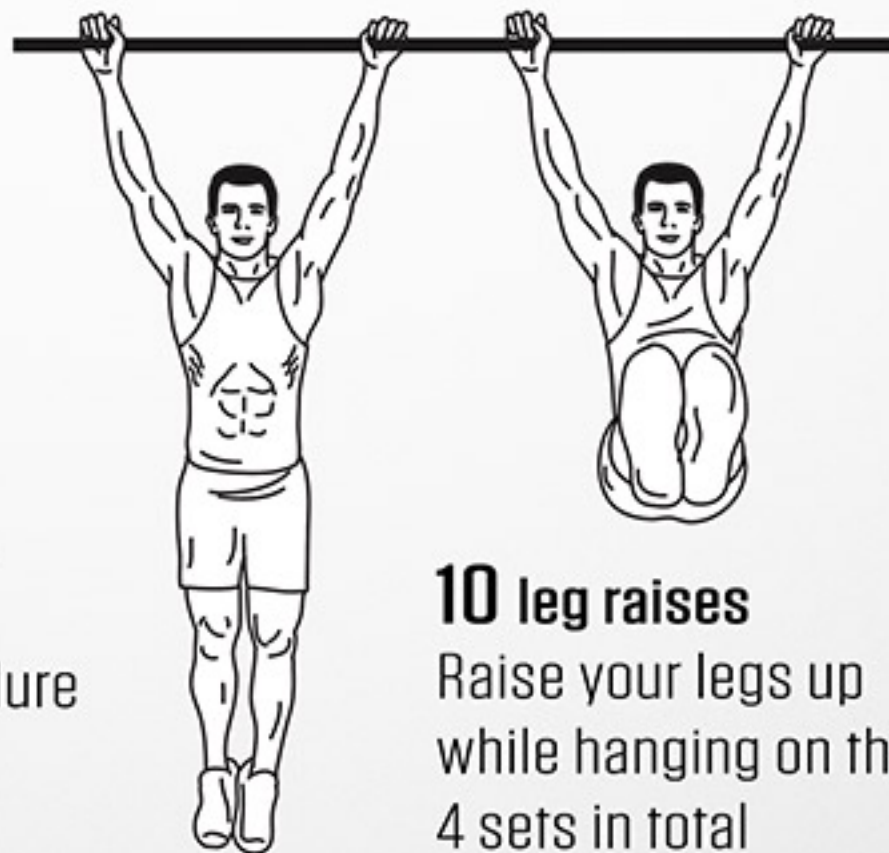
**to failure
straight hang**
Hold on to the bar
and hang until failure
4 sets in total
30 seconds rest



**to failure
one-arm hang**
Hold on to the bar
with one arm only
and hang until failure
2 sets in total
both arms = 1 set
30 seconds rest



**to failure
chin-up hang**
Take a close grip,
lift yourself up
and hang until failure
4 sets in total
30 seconds rest



10 leg raises
Raise your legs up
while hanging on the bar
4 sets in total
30 seconds rest

OX

DAREBEE WORKOUT

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Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



20 alt bicep curls



10 upright rows



10 shoulder press



20 side bends



20 tricep extensions

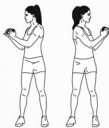
Queen *of* Mean

DAREBEE WORKOUT © darebee.com

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



16 tricep extensions



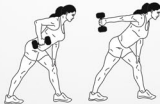
8 rotations



16 over tricep extensions



8 rotations



16 single kickbacks



8 rotations

UPPERBODY BUILDER

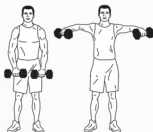
MUSCLE BUILDING WORKOUT BY DAREBEE © darebee.com

Repeat one exercise after the other with no rest in between.

3 sets - 2 minutes rest between sets



10 bicep curls



5 lateral raises



5 chest rows



5 shoulder press



5 shrugs



5 bent over rows