

2-minute **cardio**

DAREBEE WORKOUT © darebee.com

20 seconds each exercise | no rest between exercises



high knees



butt kicks



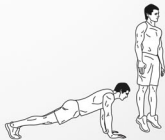
jumping lunges



jumping jacks



climbers



basic burpees

2-MINUTE STRENGTH

DAREBEE WORKOUT © darebee.com

20 seconds each exercise | no rest between exercises



squats



lunges



side-to-side lunges



push-ups



plank hold



shoulder taps

2-MINUTE WORKOUT

by DAREBEE @ darebee.com

20 seconds each exercise | no rest between exercises



jumping jacks



jump squats



high knees



side-to-side lunges



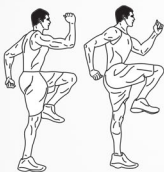
squats



climbers

5-MINUTE WALK

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60sec march steps

15sec step jacks

60sec march steps

15sec step jacks



60sec march steps

15sec step jacks

60sec march steps

15sec step jacks

24

DAREBEE WORKOUT

@ darebee.com

YOU HAVE 24HRS
TO COMPLETE YOUR MISSION



HIGH KNEES
120



PUSH-UPS
60



CLIMBERS
120



SIT-UPS
60



SITTING TWISTS
120



SQUATS
120

after breakfast

DAREBEE WORKOUT © darebee.com



20 step jacks

20 march steps

20 step jacks

20 march steps

20 step jacks

20 march steps



20 step jacks

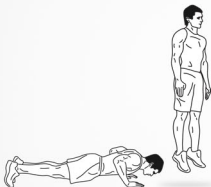
20 march steps

20 step jacks

20 march steps

BEFORE BREAKFAST BURPEES

DAREBEE WORKOUT © darebee.com



10 burpees

10 jumping jacks

10 burpees

10 jumping jacks

10 burpees

10 jumping jacks

10 burpees

10 jumping jacks

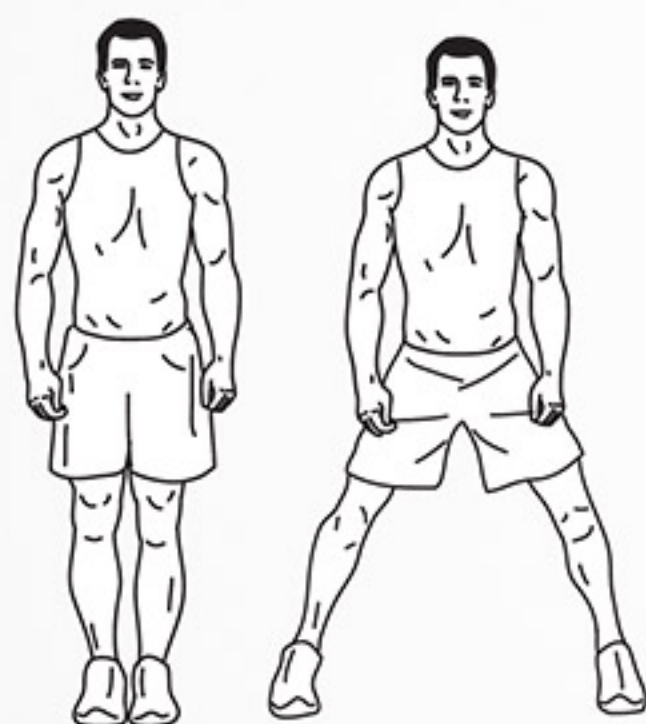
10 burpees

10 jumping jacks



BRAIN BOOST

WORKOUT by DAREBEE © darebee.com



10 half jacks

2 squats

10 half jacks

2 squats

10 half jacks

2 squats



10 half jacks

2 squats

10 half jacks

2 squats

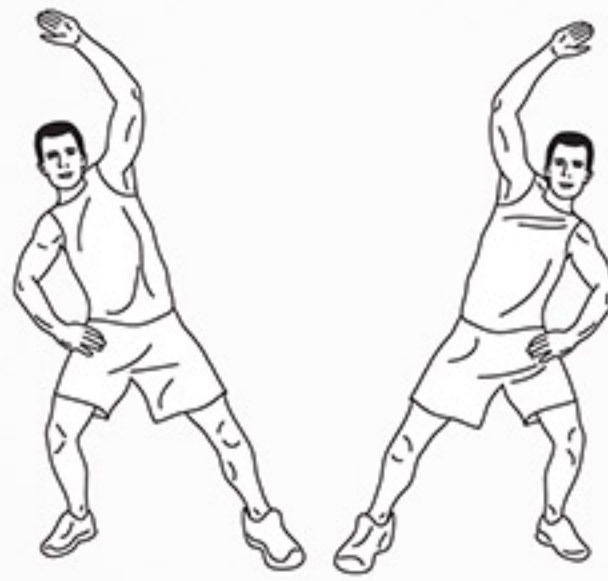
done

Daily Cardio Dose

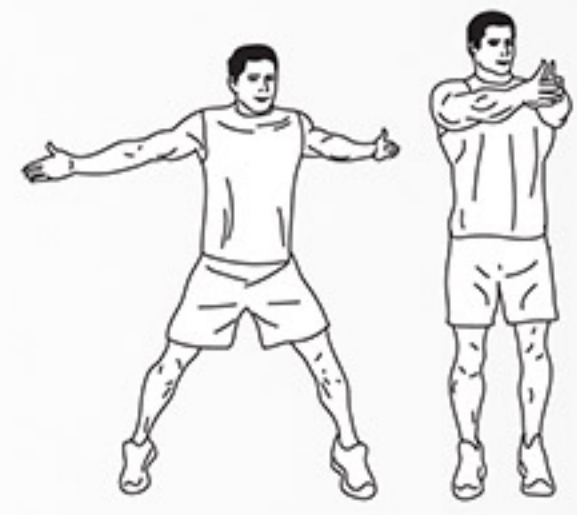
DAREBEE WORKOUT @ darebee.com



50 jumping jacks



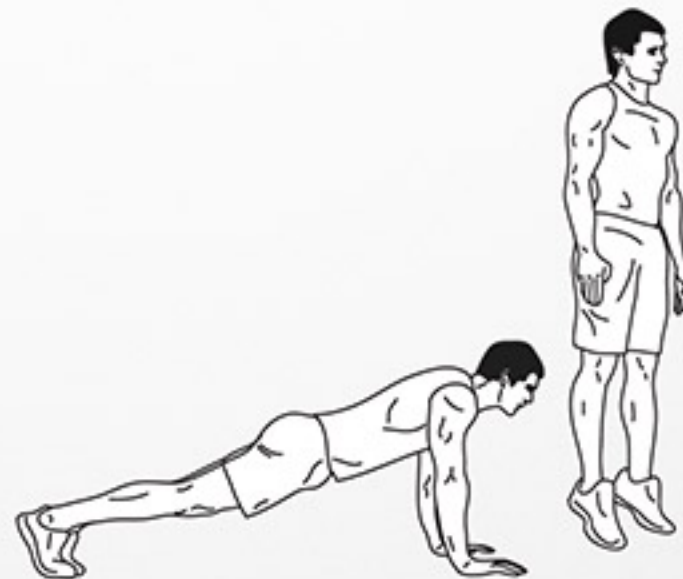
40 side jacks



30 seal jacks



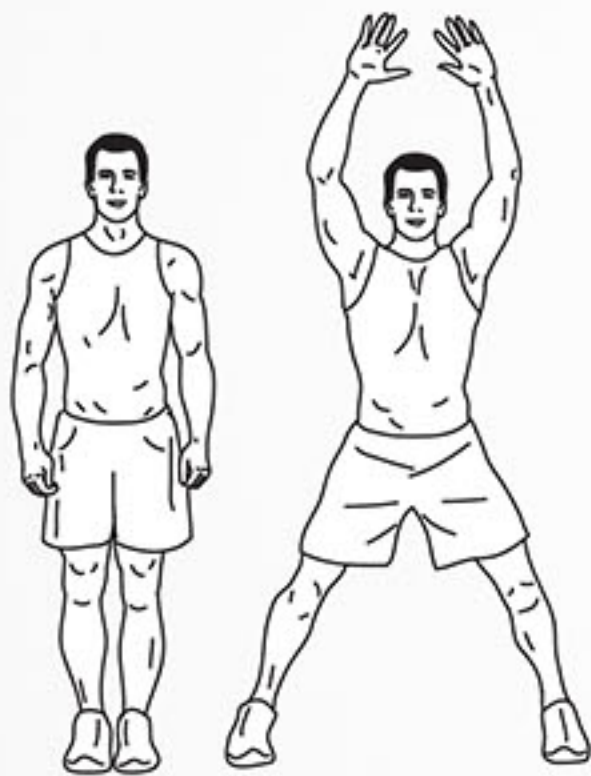
20 butt kicks



10 basic burpees

DOPAMINE BOOST

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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

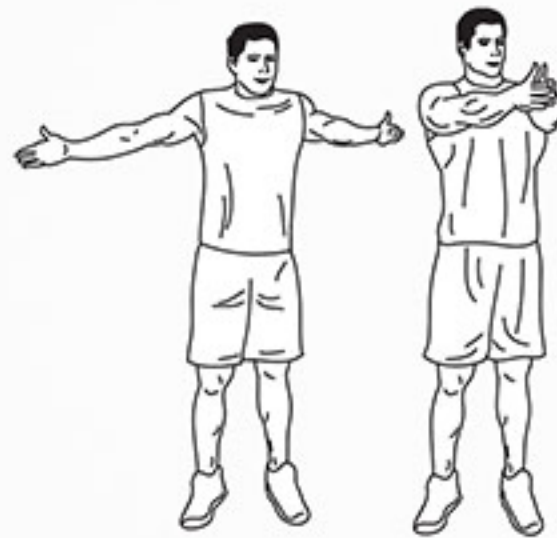
10 butt kicks

ENERGY BOOST

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10 alt chest expansions



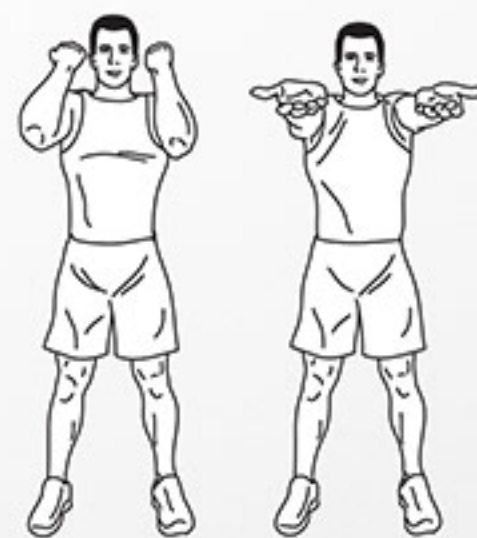
10 chest expansions



10 step jacks



10 side jacks



10 bicep extensions

EXPRESS WORKOUT

BY DAREBEE @ darebee.com



10 lunges



20 side leg raises



10 squats



10 slow climbers



10 push-ups



10-count elbow plank

MAKING IT HAPPEN

WORKOUT BY DAREBEE @ darebee.com



20
seal
jacks



20
jumping
jacks



20sec
squat
hold



20
squats



20sec
plank hold



20
shoulder taps

micro **break**



by DAREBEE @ darebee.com

10-count chest squeeze

4 elbow clicks

10-count chest squeeze

4 elbow clicks

10-count chest squeeze

4 elbow clicks

10-count chest squeeze

4 elbow clicks

done



ONE MINUTE PLANK

DAREBEE WORKOUT © darebee.com



10sec full plank



10sec elbow plank



10sec raised leg plank
5 seconds - each leg



10sec side plank
5 seconds - each side



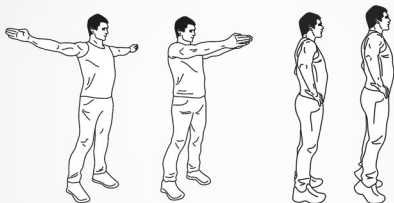
10sec full plank



10sec elbow plank

Refresh

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5 chest expansions

5 calf raises

10 chest expansions

10 calf raises

20 chest expansions

20 calf raises

done

Reset Stretch

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20 seconds each exercise.



chest squeeze



tricep stretch



wrist stretch



back arch



tricep stretch (both arms)



overhead shoulder stretch

WAKE UP! & MAKE IT HAPPEN

DAREBEE WORKOUT © darebee.com



20
jumping
jacks



20
climbers



20
squats



20
lunges



20
push-ups



20sec
elbow plank