



1

laufen

geradeaus



2

laufen

die Hüfte
drehen



4

laufen

seitlich

gallopiieren



6

laufen

vor

und

zurück



5

laufen

die

Schultern

berühren



15

laufen

die

Richtung

wechseln



14

laufen
hoch und
weit
springen



13

laufen

über das
Spielfeld
rennen

power abs

DAREBEE WORKOUT © darebee.com

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



20 windshield wipers

Scheibenwischer



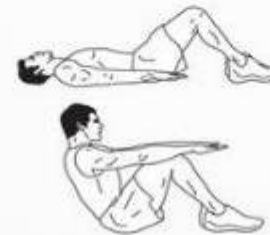
10 butt-ups



20 side bridges



10 knee crunches



10 sit-ups



20 sitting twists



10 knee-to-elbow crunches



10 plank rolls



20 climbers

Bergsteiger

at-home **abs**

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST up to 2 minutes



10 knee-to-elbow crunches

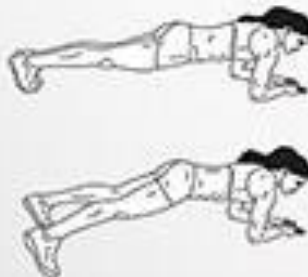


8 leg raises



8 upward downward dog

Beine hoch



10 elbow plank step-outs



8 side plank rotations



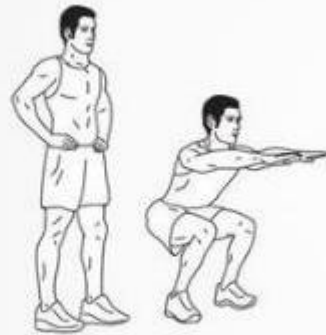
8 side bridges

LEG DAY

DAREBEE WORKOUT © darebee.com

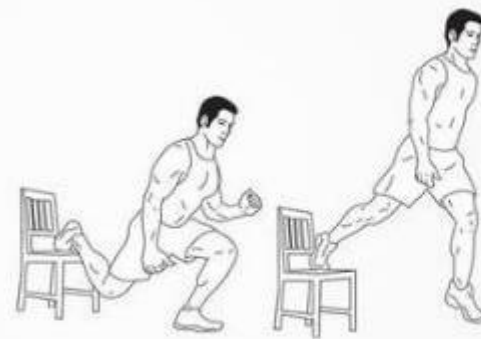
5 sets | up to 2 minutes rest between sets

LEVEL I 10 reps **LEVEL II** 20 reps **LEVEL III** 30 reps each

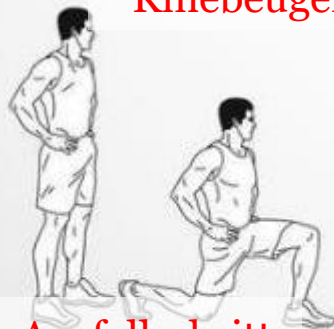


squats

Kniebeugen



split squats



Ausfallschritt

lunges



Beine
seitlich hoch

side leg raises







seitliche
Ausfallschritte



side-to-side lunges


ASSASSIN'S workout



neilarey.com



1   **40** jumping Ts


2   **30** box jumps



3   **40** high knees
Knie hoch

4  **40sec** wall sit
unsichtbarer Stuhl

5   **10** push-ups
Liegestütz

6   **10** low squat jumps
Strecksprünge

7  **20** sprinters

8   **10** mountain climbers
Bergsteiger

level I 3 sets level II 5 sets level III 7 sets rest between sets up to 60 seconds

fast pace

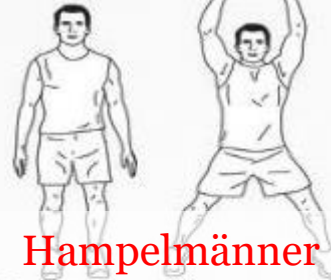
total body

10 reps each



Knie hoch

1. high knees

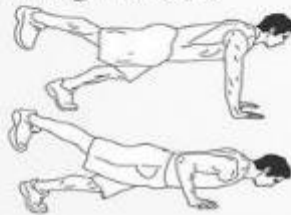


Hampelmänner

2. jumping jacks



3. side to side jump squats



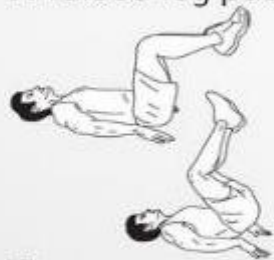
4. raised-leg push-ups



5. renegade row



6. air push-ups



7. reverse crunches



8. Russian twists



9. scissors

sets level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

Breathless

20 seconds each | 20 seconds rest



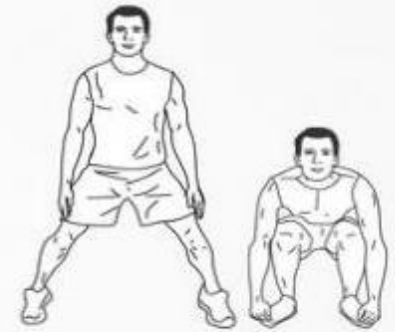
Hampelmänner

1. jumping jacks

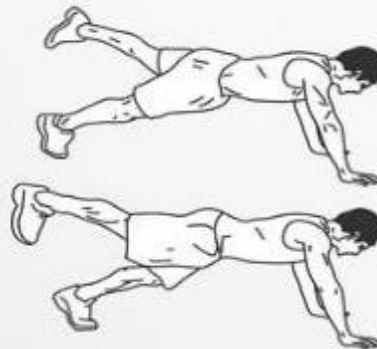


Knie hoch

2. high knees



3. half jack / low squats



4. plank leg raises



Bergsteiger

5. mountain climbers



6. plank jump-ins

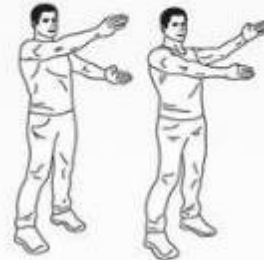
sets level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

arms 360

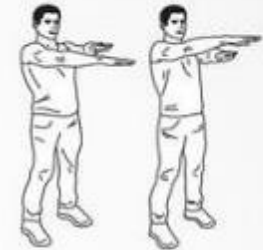
DAREBEE WORKOUT © darebee.com
repeat 3 times with 1 minute rest in between



5 tricep dips



10 arm chops



10 arm scissors



5 tricep dips



10 bicep extensions



10 shoulder taps



5 tricep dips



10 W-extensions



10 elbow clicks

POWER UP

NEILA REY WORKOUT

neilarey.com

1



Knie hoch

20 high knees

2



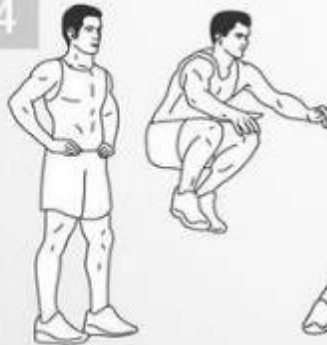
20 lunge push-offs

3



20 reverse lunge kicks

4



10 jump knee-tucks

5



10 side-to-side lunges

seitliche Ausfallschritte

6



10 squats

Kniebeugen

level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes