**Darebee.com Workouts for**

**Team FITT RPS**

Second Chance:

<http://darebee.com/workouts/second-chance-workout.html>

Cardio & Core Express:

<http://darebee.com/workouts/cardio-and-core-express-fem-workout.html>

**Darebee.com HIIT Workouts for**

**Fitness Concepts Jigsaw**

Station 1: Hear Me Roar:

<http://darebee.com/workouts/hear-me-roar-fem-workout.html>

Station 2: Blackbird:

<http://darebee.com/workouts/blackbird-workout.html>

Station 3: CardioPro:

<http://darebee.com/workouts/cardio-pro-workout.html>

Station 4: The Blueprint:

<http://darebee.com/workouts/blueprint-workout.html>

Station 5: Cardio Dive:

<http://darebee.com/workouts/cardio-dive-workout.html>

**Circuit Training 1 / Focus: Upper body/Core**

Red - Cardiovascular Fitness

* Jumping Jacks

<http://darebee.com/exercises/jumping-jacks.html>

Orange - Muscular Fitness

* Push-Ups

<http://darebee.com/exercises/push-ups.html>

Yellow - Skill Related Fitness

* Side Star Planks (Balance)

<http://darebee.com/exercises/side-star-planks.html>

Green - Cardiovascular Fitness

* Straight Punches

<http://darebee.com/exercises/punches-exercise.html>

Blue - Muscular Fitness

* Knee-Elbow Crunches

<http://darebee.com/exercises/knee-elbow-crunches.html>

Purple - Skill Related Fitness

* Plank Arm Raises (Balance, Coordination)

<http://darebee.com/exercises/plank-arm-raises.html>

See the entire Darebee.com Video Exercise Library

<http://darebee.com/exercises.html>

**Circuit Training 2 / Focus: Lower body**

Red - Cardiovascular Fitness

* High Knees
* <http://darebee.com/exercises/high-knees.html>

Orange - Muscular Fitness

* Lunges
* <http://darebee.com/exercises/forward-lunges.html>

Yellow - Skill Related Fitness

* Jump Knee-Tucks (Power)
* <http://darebee.com/exercises/jump-knee-tucks.html>

Green - Cardiovascular Fitness

* Butt Kicks
* <http://darebee.com/exercises/butt-kicks.html>

Blue - Muscular Fitness

* Sumo Squats
* <http://darebee.com/exercises/sumo-squats.html>

Purple - Skill Related Fitness

* Balance Back Kick (Balance)
* <http://darebee.com/exercises/balance-back-kick.html>

See the entire Darebee.com Video Exercise Library

<http://darebee.com/exercises.html>

**Circuit Training 3 / Focus: Full body/Core**

Red - Cardiovascular Fitness

* Burpees
* <http://darebee.com/exercises/burpees-exercise.html>

Orange - Muscular Fitness

* Plank Punches
* <http://darebee.com/exercises/plank-punches.html>

Yellow - Skill Related Fitness

* Jumps (Power)
* <http://darebee.com/exercises/jumps-exercise.html>

Green - Cardiovascular Fitness

* Climbers
* <http://darebee.com/exercises/climbers-exercise.html>

Blue - Muscular Fitness

* Supermans
* <http://darebee.com/exercises/superman-stretch.html>

Purple - Skill Related Fitness

* Bear Crawls (Agility, Coordination)
* <http://darebee.com/exercises/bear-crawl.html>

See the entire Darebee.com Video Exercise Library

<http://darebee.com/exercises.html>

**Tabata Training 1 / Focus: Upper body/Core**

(:20s on - :10s off for 6 rounds)

Red - Cardiovascular Fitness

* Butt kicks
* <http://darebee.com/exercises/butt-kicks.html>

Orange - Muscular Fitness

* V-ups
* <http://darebee.com/exercises/v-ups.html>

Yellow - Skill Related Fitness

* Jab jab cross hook (coordination)
* <http://darebee.com/exercises/jab-jab-cross-hook.html>

Green - Cardiovascular Fitness

* Jab cross squat
* <http://darebee.com/exercises/jab-cross-squat.html>

Blue - Muscular Fitness

* Side planks
* <http://darebee.com/exercises/side-planks.html>

Purple - Skill Related Fitness

* Jump punches (power)
* <http://darebee.com/exercises/jump-cross-punches.html>

See the entire Darebee.com Video Exercise Library

<http://darebee.com/exercises.html>

**Tabata Training 2 / Focus: Lower body**

(:20s on - :10s off for 6 rounds)

Red - Cardiovascular Fitness

* Hops side side feet together
* <http://darebee.com/exercises/hops-side-to-side-feet-together.html>

Orange - Muscular Fitness

* Jump squats
* <http://darebee.com/exercises/jump-squats.html>

Yellow - Skill Related Fitness

* Hook kicks (power, balance, coordination, flexibility)
* <http://darebee.com/exercises/hook-kicks-back-leg.html>

Green - Cardiovascular Fitness

* Fly kicks
* <http://darebee.com/exercises/fly-steps.html>

Blue - Muscular Fitness

* Jump lunges
* <http://darebee.com/exercises/jumping-lunges.html>

Purple - Skill Related Fitness

* Squat + turning kick (power, balance, coordination, flexibility)
* <http://darebee.com/exercises/squat-turning-kick.html>

See the entire Darebee.com Video Exercise Library

<http://darebee.com/exercises.html>

**Tabata Training 3 / Focus: Full body/Core**

(:20s on - :10s off for 6 rounds)

Red - Cardiovascular Fitness

* Seal jacks
* <http://darebee.com/exercises/seal-jacks.html>

Orange - Muscular Fitness

* Thigh taps
* <http://darebee.com/exercises/thigh-taps.html>

Yellow - Skill Related Fitness

* Flow steps (flexibility, coordination, balance)
* <http://darebee.com/exercises/flow-steps.html>

Green - Cardiovascular Fitness

* Burpee with push-up
* <http://darebee.com/exercises/burpees-with-push-up.html>

Blue - Muscular Fitness

* Plank into lunge
* <http://darebee.com/exercises/plank-into-lunge.html>

Purple - Skill Related Fitness

* Triple punch double turning kick (coordination)
* <http://darebee.com/exercises/triple-punch-double-turning-kick.html>

See the entire Darebee.com Video Exercise Library

<http://darebee.com/exercises.html>