

DAREBEE.COM RESOURCE GUIDE

**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>

DAREBEE.COM RESOURCE GUIDE

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>

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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>

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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>

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

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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>

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

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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>

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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>

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