

DAREBEE.COM RESOURCE GUIDE

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>