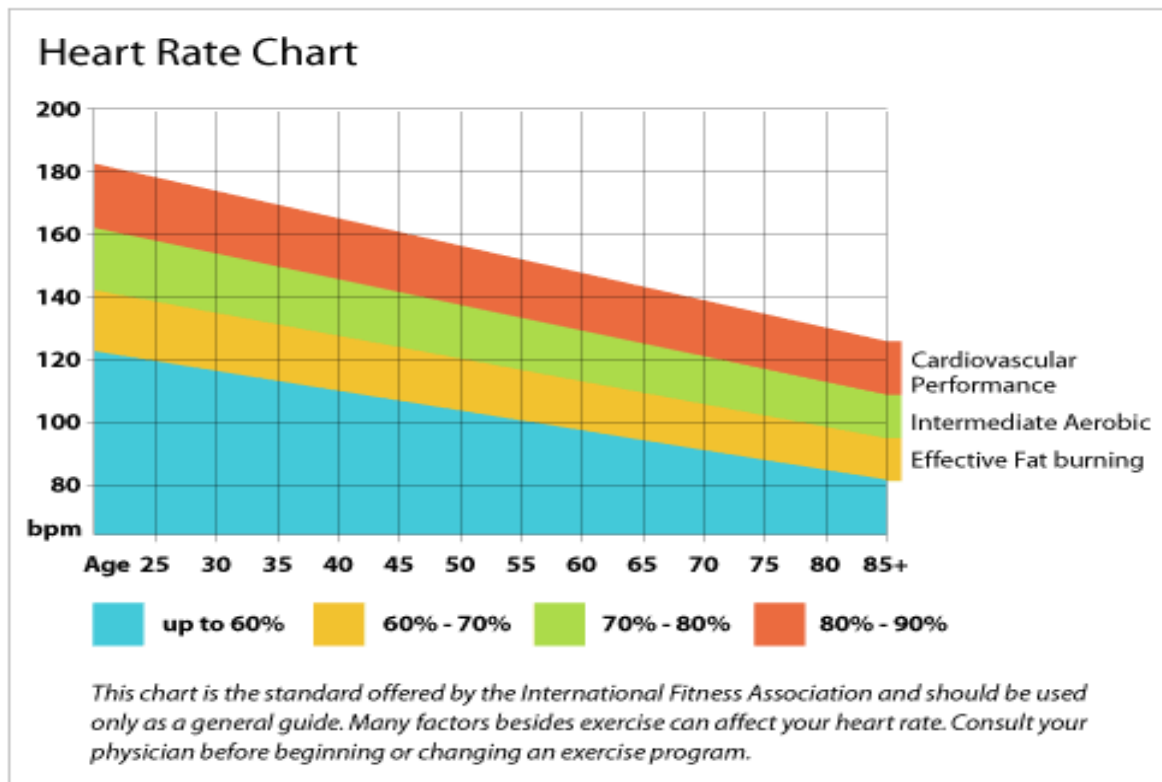


High Intensity Workout Template #2

Part 1: Cardio

- Pick a piece of cardio equipment.
- Grab a heart rate (HR) monitor (or you can use the grip HR on the cardio machines).
- Hop on your cardio equipment, and warm-up for 3-5 minutes
- Select an interval or other workout program from the program list. Set program length for 20 – 30 minutes.
- Adjust speed, resistance or incline to get your heart rate to the 80 – 90% (red) range and maintain that for the duration of your workouts.
 - If doing intervals, work as hard as possible during the work block and lower your intensity and HR to 70% (yellow) or less during the recovery.



Part 2: Circuit Workout

- Wearing a HR monitor for this part can be a good idea.
- Select a program or 2 from the back and perform for the next 15 – 25 minutes.
- Work to keep your HR in the green (70-80%) to red zone (80-90%)

Perform this type of workout up to 3 times per week.

Switch the order (part 2 first) to focus more on strength endurance.

WAKE UP! & MAKE IT HAPPEN

DAREBEE WORKOUT © darebee.com



10 jumping jacks



10 squats



10 lunges



20 climbers



10 push-ups



10 plank jacks



10 sit-ups



10 knee-to-elbow crunches



30sec elbow plank

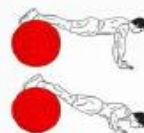
roll with it

DAREBEE WORKOUT © darebee.com

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



10 roll-ins



10 push-ups



10 bridges



20 crunches



20 side crunches



20 back extensions

Valkyrie

DAREBEE WORKOUT © darebee.com

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



10 squats



10 squat punches



10 squat cross steps



10 push-ups



40sec balance stand



20 lunge step-ups



10 sit-up punches



10 crunch kicks



10 side Vs

NEO

DAREBEE WORKOUT © darebee.com

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



40 half jacks



80 punches



40 side leg raises



20 squats



20 plank jump-ins



20 climbers



10 knee-to-elbow crunches



10 flutter kicks



10 raised leg circles