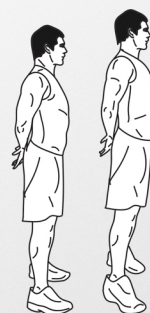
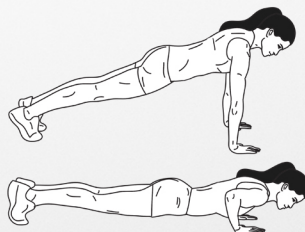
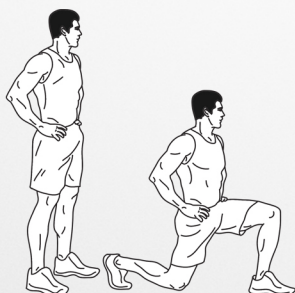
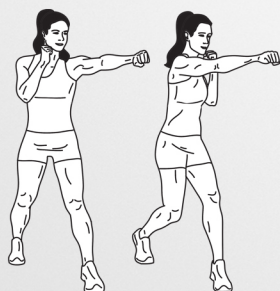
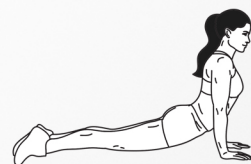


1000



FITNESS CHALLENGES

N. Rey | DAREBEE



100 challenges

1. 1 Minute Meditation
2. 1 Minute Plank
3. 1 Minute Yoga
4. 2 Minute Abs
5. 10k Crunches
6. 10k Half Jacks
7. 10k Jacks
8. 10k Punches
9. 10k Squats
10. 15 Days Of Fitness
11. 30 Days Of Fitness
12. 20k High Knees
13. 50 Burpees A Day
14. 50 Push-Ups A Day
15. 50 Squats A Day
16. 100 Burpees A Day
17. 100
18. 1000 Push-Ups
19. Ab
20. Ab Level 2
21. Ab Advanced
22. Abs And Core
23. Abs Of Steel
24. Action Hero
25. Back & Shoulders
26. Balance
27. Boxer
28. Burpee
29. Calves Of Steel
30. Cardio & Abs
31. Cardio Blast
32. Cardio
33. Cardio HIIT
34. Chest And Arms
35. Core
36. Core Control
37. Daily Gratitude
38. Dead Hang
39. De-Stress
40. Endurance
41. Everest
42. Fiber
43. First Thing Water
44. Five Minute Plank
45. Flex
46. Flex Hang
47. Get To Bed On Time
48. Gladiator
49. Good Morning
50. Hollow Hold
51. Home Marathon
52. Homerun
53. Impact
54. Impossible Abs
55. Iron Core
56. Iron Glutes
57. Iron Will
58. Jump Rope
59. Kicks & Punches
60. Knee Push-Ups
61. Legs Of Steel
62. Makeover
63. Meditation
64. Micro HIIT
65. Multiplank
66. Negative Pull-Up
67. Ninja
68. No Junk Food
69. No Salt
70. No Sugar
71. Office
72. Only Homemade
73. Plank
74. Plant Based
75. Posture
76. Power Grip
77. Power Pull
78. Power Walk
79. Pull-Up
80. Pull-Up Level 2
81. Punches & Squats
82. Punch Out
83. Push-Up Ladder
84. Push-Up Master
85. Salad A Day
86. Spartan
87. Splits
88. Squats & Punches
89. Squats
90. Squats Push-Ups
91. Target 10
92. Touch Your Toes
93. Tricep Dips
94. Upper Body
95. Upper Body Light
96. Upper Body Plus
97. Walkabout
98. Wall Push-Ups
99. Wall-Sit
100. Yoga Abs

Introduction

Fitness is a puzzle of two halves. One part is unavoidably physical. The other part, however is mental. We now know that the central nervous system spreads across the entire body and distributes some of its processing power in places like the stomach and the heart. This makes the mind an integral part of getting fit and getting fit now affects our mental as well as our physical health.

This 100 Fitness Challenges workbook then is more than just a collection of physical activities that will exercise your body. By giving you specific, month-long daily tasks to perform it creates for you an easy-to-follow routine that has equal physical, mental and psychological components that will transform you inside and out.

The science on micro-workouts has been in for some time. It shows that persistent, consistent physical work creates adaptive responses in the body that deliver the kind of physical transformation that makes us fitter and healthier. Persistent, consistent physical work like the exercise you have to perform in this 100 Fitness Challenges workbook also create deeper changes at a mental level.

The ability to stick to a daily routine for a month changes how our brain handles pressure and helps enhance our sense of discipline and our ability to focus. Discipline and focus, in turn, change our motivation. Motivation is what helps us do things, consistently, that benefit us.

So, one 100 Fitness Challenges, collectively, represent over eight years' worth of sustained physical activity. Were you to do them all, one after the other, you would end up a totally different person at the end of it, both in the way you control your body and the way you run your mind.

Go, ahead. Dive in. Pick one and start and begin your journey to your better self.

The Manual

This book contains approximately 3,000 days worth of physical and mental challenges that will transform your body and mind. How you start is up to you. You could start from challenge one and try to do them all consecutively. Or, you could just dip in and pick one at random each month until you have exhausted every challenge in this workbook.

You can cross out each day on the page, as you do it. This becomes a visual record of your fitness journey and helps motivate you further.

Most of the exercises you have to do are intuitive and easy to understand. There are, however, instructions at the beginning of each challenge that will better help you understand what it is you need to do. Some of the benefits you will gain are also mentioned there.

If you are in doubt about some exercise you can check out our online video exercise library at: <http://darebee.com/exercises>.

1

1 Minute Meditation

Rewire your brain and improve your life: take a moment to meditate! It'll only take a minute.

Find a comfortable and quite place, close your eyes and begin. Use the timer below to control your breathing. Adjust the volume on your device and press "start" to begin a guided session.

Instructions: Inhale through the nose for 4 seconds, hold your breath for 7 seconds and then exhale for 8 seconds.

1 minute meditation



30-DAY CHALLENGE

© darebee.com

1	2	3	4	5
Done!	Done!	Done!	Done!	Done!
6	7	8	9	10
Done!	Done!	Done!	Done!	Done!
11	12	13	14	15
Done!	Done!	Done!	Done!	Done!
16	17	18	19	20
Done!	Done!	Done!	Done!	Done!
21	22	23	24	25
Done!	Done!	Done!	Done!	Done!
26	27	28	29	30
Done!	Done!	Done!	Done!	Done!

2

1 Minute Plank

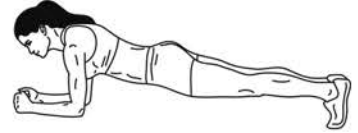
We all know we need a strong core. This is why we should start each day chopping down trees, swinging from trapezes, walking along monorails, balancing on high wires and doing backflips on balance beams. Or ... we could perhaps devote a minute a day. Every day, for a month. And get the strong core we deserve.

Instructions: Hold a plank for 60 seconds every day for 30 days. Split the total minute into manageable sets if you have to.

1-minute

plank

Hold a plank for 60 seconds,
every day for 30 days.



30-Day Challenge

© darebee.com

1	2	3	4	5
Done!	Done!	Done!	Done!	Done!
6	7	8	9	10
Done!	Done!	Done!	Done!	Done!
11	12	13	14	15
Done!	Done!	Done!	Done!	Done!
16	17	18	19	20
Done!	Done!	Done!	Done!	Done!
21	22	23	24	25
Done!	Done!	Done!	Done!	Done!
26	27	28	29	30
Done!	Done!	Done!	Done!	Done!

3

1 Minute Yoga

If you only have 60 seconds a day to devote to training then the one-minute, 30-day Yoga Challenge will help you make the most of it. The secret to getting results in your physical training is consistency and perseverance and over 30 days you will learn that even a small amount of time, spent correctly can make a huge difference.

1min YOGA

30-Day Challenge

Hold the pose of the day
for 60 seconds in total.

© darebee.com

1 	2 	3 	4 	5 
6 	7 	8 	9 	10 
11 	12 	13 	14 	15 
16 	17 	18 	19 	20 
21 	22 	23 	24 	25 
26 	27 	28 	29 	30 

4

2 Minute Abs

Strong abs help you sit, stand, walk, run and jump better. They take the load off your spine and can help reduce the incidence of back pain associated with modern living and long periods of sitting down at work.

Split 2 minutes into manageable sets when, and if, you need to. The time is given in total so, for example, holding a side plank for 2 minutes = 1 minute per side.

2-minute abs

30-Day Challenge

Repeat the exercises
for each day for 2 minutes,
every day for 30 days.

© darebee.com

1  high knees	2  flutter kicks	3  plank hold	4  climbers	5  plank rotations
6  side leg raises	7  crunches	8  side bridges	9  reverse crunches	10  elbow plank hold
11  knee-to-elbows	12  shoulder taps	13  crunch kicks	14  raised legs hold	15  plank walk-outs
16  high crunches	17  scissors	18  dead bug	19  one arm plank	20  half wipers
21  leg raises	22  long-arm crunches	23  heel taps	24  plank rolls	25  back extensions
26  climber taps	27  side plank hold	28  sit-ups	29  plank crunches	30  hollow hold

5

10k Crunches

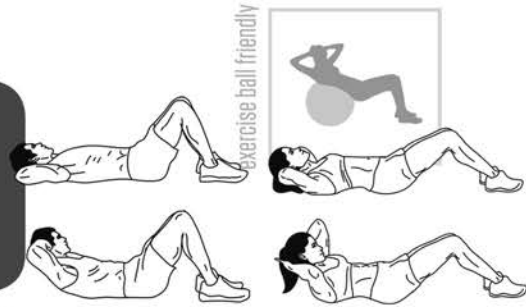
Muscles trigger their adaptive response and become stronger and more capable in direct response to perceived need. The 10,000 Crunches Challenge creates the perceived need necessary, one day at a time.

You can choose to do all the crunches in one go or separate them into chunks and either do them in installments in one single training session or do them in chunks, throughout the day. The goal is to get to the total number required by the end of the day.

10,000

30-DAY CHALLENGE

CRUNCHES



split total reps
into manageable sets

© darebee.com

1 140 crunches	2 160 crunches	3 200 crunches	4 100 crunches	5 200 crunches
6 220 crunches	7 260 crunches	8 100 crunches	9 300 crunches	10 320 crunches
11 360 crunches	12 100 crunches	13 400 crunches	14 420 crunches	15 460 crunches
16 100 crunches	17 460 crunches	18 480 crunches	19 500 crunches	20 100 crunches
21 500 crunches	22 520 crunches	23 540 crunches	24 100 crunches	25 540 crunches
26 560 crunches	27 580 crunches	28 100 crunches	29 580 crunches	30 600 crunches

6

10k Half Jacks

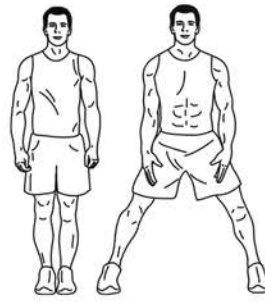
Half Jacks are a quick, easy exercise that activates your cardiovascular system, gets your lungs working and challenges your fascial fitness. Because they work both lower and upper body Half Jacks contribute to overall coordination and balance and even help develop a stronger core.

You can do the Half Jacks, each day, all in one go or you can choose to do them in brief installments in one session or chunk them up and do them in lots throughout the day. Your goal is to finish the day having completed the overall number of Half Jacks required.

10,000

30-DAY CHALLENGE

HALF-JACKS



split total reps
into manageable sets

© darebee.com

1 70 half-jacks	2 80 half-jacks	3 100 half-jacks	4 150 half-jacks	5 100 half-jacks
6 200 half-jacks	7 250 half-jacks	8 300 half-jacks	9 400 half-jacks	10 100 half-jacks
11 400 half-jacks	12 450 half-jacks	13 500 half-jacks	14 550 half-jacks	15 100 half-jacks
16 400 half-jacks	17 450 half-jacks	18 500 half-jacks	19 550 half-jacks	20 100 half-jacks
21 300 half-jacks	22 500 half-jacks	23 200 half-jacks	24 300 half-jacks	25 100 half-jacks
26 400 half-jacks	27 500 half-jacks	28 600 half-jacks	29 650 half-jacks	30 700 half-jacks

7

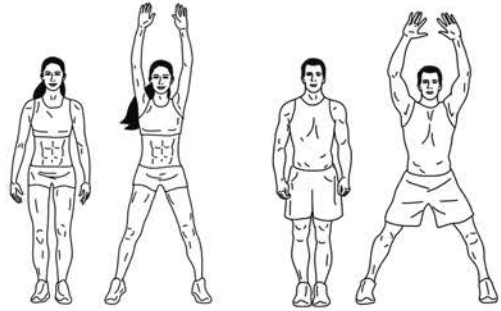
10k Jacks

Jacks are a moderate-impact exercise that will raise your body's core temperature, get your lungs working, help develop better fascial fitness and improve your cardiovascular capability. The 10,000 Jacks challenge will help you elevate your overall fitness and contribute to your ability to better control your body.

You can choose to do all the Jacks required, each day, in one go. You can do them in installments in one workout where you take breaks in-between. Or, you can do them in chunks of physical activity throughout the day. The goal is to complete, each day, the total number of Jacks required.

10,000

30-DAY CHALLENGE **JUMPING JACKS**



split total reps
into manageable sets

 darebee.com

1 160 jumping jacks	2 180 jumping jacks	3 200 jumping jacks	4 100 jumping jacks	5 220 jumping jacks
6 240 jumping jacks	7 280 jumping jacks	8 100 jumping jacks	9 300 jumping jacks	10 320 jumping jacks
11 340 jumping jacks	12 100 jumping jacks	13 360 jumping jacks	14 380 jumping jacks	15 400 jumping jacks
16 100 jumping jacks	17 420 jumping jacks	18 440 jumping jacks	19 460 jumping jacks	20 100 jumping jacks
21 480 jumping jacks	22 500 jumping jacks	23 540 jumping jacks	24 100 jumping jacks	25 560 jumping jacks
26 580 jumping jacks	27 600 jumping jacks	28 100 jumping jacks	29 640 jumping jacks	30 700 jumping jacks

8

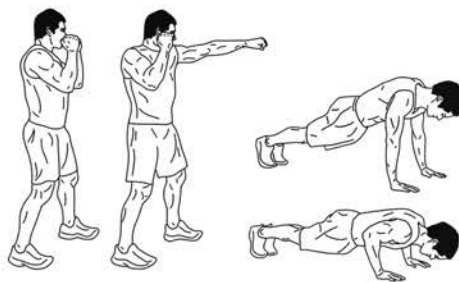
10k Punches

Each day consists of a total number of reps. You split the total into manageable sets but there is a twist - before every set you have to do 5 push-ups. It doesn't matter how many sets you split the total into if you break and rest, it counts as a full set and before your next go you have to do 5 push-ups. Every 4th day is an easy day with only 100 punches in total for the day. Each punch counts as one rep.

10,000

30-DAY CHALLENGE

PUNCHES



5 push-ups
before every set

© darebee.com

1 160 punches	2 180 punches	3 200 punches	4 100 punches	5 220 punches
6 240 punches	7 280 punches	8 100 punches	9 300 punches	10 320 punches
11 340 punches	12 100 punches	13 360 punches	14 380 punches	15 400 punches
16 100 punches	17 420 punches	18 440 punches	19 460 punches	20 100 punches
21 480 punches	22 500 punches	23 540 punches	24 100 punches	25 560 punches
26 580 punches	27 600 punches	28 100 punches	29 640 punches	30 700 punches

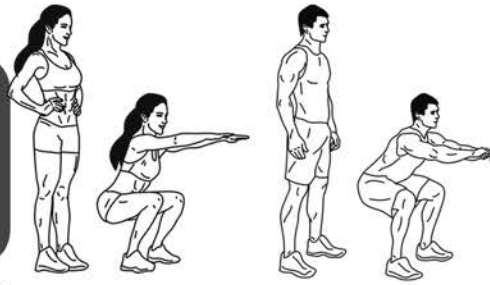
9

10k Squats

Squats target the quads which are the single largest muscle group in the body. They, in turn, make a sizeable oxygen demand on the body which helps develop better aerobic fitness. In addition, they help develop core stability and the stability of the knee joint.

You can do all of the required number of squats, each day, in one go. You can choose to do them in short installments in one training session, taking some breaks in between. Or, you can do them in installments throughout the day. The goal, always, is to finish the day with the required number of squats completed.

10,000



30-DAY CHALLENGE

SQUATS

split total reps
into manageable sets

© darebee.com

1 100 squats	2 140 squats	3 160 squats	4 200 squats	5 220 squats
6 240 squats	7 260 squats	8 200 squats	9 280 squats	10 300 squats
11 320 squats	12 200 squats	13 340 squats	14 360 squats	15 380 squats
16 200 squats	17 400 squats	18 420 squats	19 440 squats	20 200 squats
21 460 squats	22 480 squats	23 500 squats	24 200 squats	25 520 squats
26 540 squats	27 560 squats	28 200 squats	29 580 squats	30 600 squats

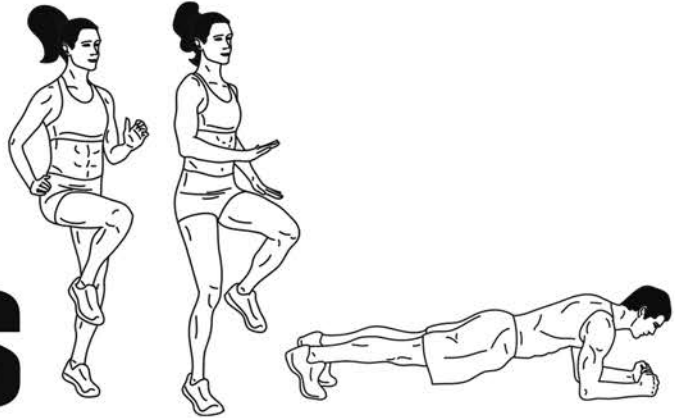
10

15 Days Of Fitness

Fitness means being able to move your body as you will. Exercising each day, no matter what shape or form that takes, is a key requirement to forming the habit that will help you achieve your fitness goals.

This is a short commitment, lasting over fifteen days, that asks you to do something physical each day. In return you begin to get into the habit and discipline of doing something physical each day.

15 Days of Fitness



Exercise for a minimum 15 consecutive minutes a day.

CHALLENGE

© darebee.com

1 I exercised today!	2 I exercised today!	3 I exercised today!	4 I exercised today!	5 I exercised today!
6 I exercised today!	7 I exercised today!	8 I exercised today!	9 I exercised today!	10 I exercised today!
11 I exercised today!	12 I exercised today!	13 I exercised today!	14 I exercised today!	15 I exercised today!

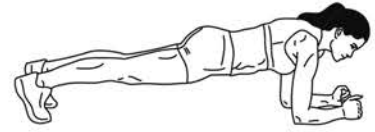
11

30 Days Of Fitness

Doing something physical over 30 days is going to help you change not just your body but also your mind. Motivation requires a clear understanding of goals and purpose. Clearly defined goals and purpose deliver the consistent approach to exercise that is perceived as discipline.

The 30 Days of Fitness challenge will transform you inside and out. Plus, it is a key component to learning how to build and maintain momentum in your fitness journey.

30 Days of Fitness



Exercise for a minimum
15 consecutive minutes a day

© darebee.com

CHALLENGE

1 I exercised today!	2 I exercised today!	3 I exercised today!	4 I exercised today!	5 I exercised today!
6 I exercised today!	7 I exercised today!	8 I exercised today!	9 I exercised today!	10 I exercised today!
11 I exercised today!	12 I exercised today!	13 I exercised today!	14 I exercised today!	15 I exercised today!
16 I exercised today!	17 I exercised today!	18 I exercised today!	19 I exercised today!	20 I exercised today!
21 I exercised today!	22 I exercised today!	23 I exercised today!	24 I exercised today!	25 I exercised today!
26 I exercised today!	27 I exercised today!	28 I exercised today!	29 I exercised today!	30 I exercised today!

12

20k High Knees

High Knees are a moderate impact exercise that also targets calves, tendons and glutes alongside the quads. The high-oxygen consumption generated by it also forces your heart and lungs work harder, helping you develop better aerobic and cardiovascular fitness.

Aim to bring your knee, each time, to the height of your waist. Do all of the required High Knees each day in one go or, break them down into installments you can do in one training session with breaks or throughout the day.

20,000



30-DAY CHALLENGE

HIGH KNEES

split total reps
into manageable sets

© darebee.com

1 200 high knees	2 400 high knees	3 200 high knees	4 500 high knees	5 200 high knees
6 600 high knees	7 200 high knees	8 700 high knees	9 200 high knees	10 800 high knees
11 200 high knees	12 900 high knees	13 200 high knees	14 1000 high knees	15 200 high knees
16 1100 high knees	17 200 high knees	18 1200 high knees	19 200 high knees	20 1300 high knees
21 200 high knees	22 1400 high knees	23 200 high knees	24 1600 high knees	25 200 high knees
26 1700 high knees	27 200 high knees	28 1800 high knees	29 200 high knees	30 2000 high knees

13

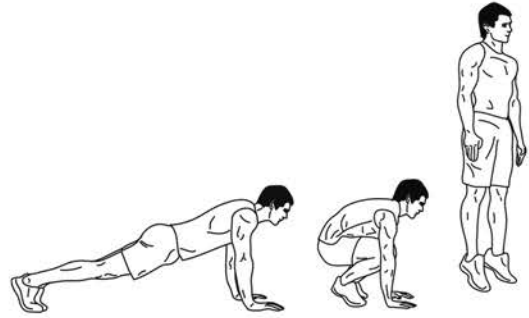
50 Burpees A Day

Your body is your ball and chain. Its mass drags you down, keeps you pinned to the planet. Everything you do is a fight against the planet's gravity well. Just like a ball and chain, smartly used, can become an awesome weapon so can your body be transformed into an instrument of your will. All you need to do is beat the planet's gravity by training your muscles to work with more than just the load of your body. You guessed where this is leading. Burpees are your best bet here. They become your bud for a month as you teach your muscles to make light work of your body's mass.

EXTRA CREDIT: do in one workout, up to 20 second breaks are ok.

EXTRA EXTRA CREDIT: do a full burpee with a push-up.

50 BURPEES IN ONE GO



CHALLENGE

© darebee.com

1 Done!	2 Done!	3 Done!	4 Done!	5 Done!
6 Done!	7 Done!	8 Done!	9 Done!	10 Done!
11 Done!	12 Done!	13 Done!	14 Done!	15 Done!
16 Done!	17 Done!	18 Done!	19 Done!	20 Done!
21 Done!	22 Done!	23 Done!	24 Done!	25 Done!
26 Done!	27 Done!	28 Done!	29 Done!	30 Done!

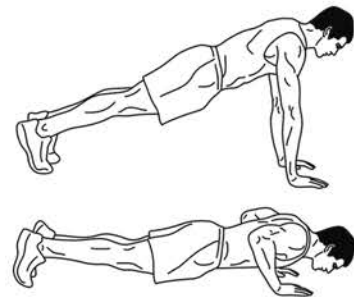
14

50 Push-Ups A Day

Transform your body, change your mind, develop discipline, feel differently about yourself and the world. And that is not even the sum total of the benefits to be reaped by doing the 50 Push-Ups a Day Challenge. Do them all at once. Do them in sets of 5 or 10 at a time. Do them all within an hour or space them out throughout the day. It doesn't matter how you decide to do them as long as you actually do 50 push-ups a day, every day for a month. The transformation is something you will feel yourself.

EXTRA CREDIT: Complete every day before breakfast.

50 Push-Ups a Day



CHALLENGE

Split into manageable sets.

Extra Credit: complete before breakfast

© darebee.com

1 Done!	2 Done!	3 Done!	4 Done!	5 Done!
6 Done!	7 Done!	8 Done!	9 Done!	10 Done!
11 Done!	12 Done!	13 Done!	14 Done!	15 Done!
16 Done!	17 Done!	18 Done!	19 Done!	20 Done!
21 Done!	22 Done!	23 Done!	24 Done!	25 Done!
26 Done!	27 Done!	28 Done!	29 Done!	30 Done!

15

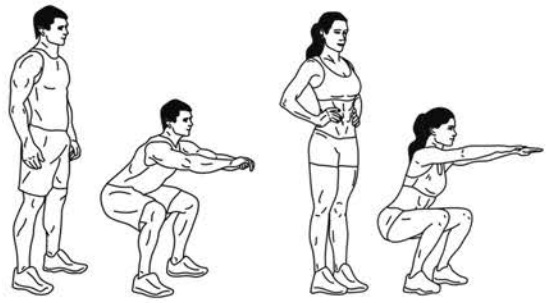
50 Squats A Day

Repetitive, low intensity, daily exercise helps build a sound foundation for your fitness. Fifty squats each day may not sound like a lot but if you do that every day, for a month you introduce a constant load that triggers the adaptive response that will change you physically.

Add to it the fact that the mental focus required to do this every day also changes you mentally and you have an easy inside & out, workout program.

EXTRA CREDIT: Complete every day before breakfast.

50 SQUATS A DAY



CHALLENGE

Split into manageable sets.

Extra Credit: complete before breakfast

© darebee.com

1	Done!	2	Done!	3	Done!	4	Done!	5	Done!
6	Done!	7	Done!	8	Done!	9	Done!	10	Done!
11	Done!	12	Done!	13	Done!	14	Done!	15	Done!
16	Done!	17	Done!	18	Done!	19	Done!	20	Done!
21	Done!	22	Done!	23	Done!	24	Done!	25	Done!
26	Done!	27	Done!	28	Done!	29	Done!	30	Done!

16

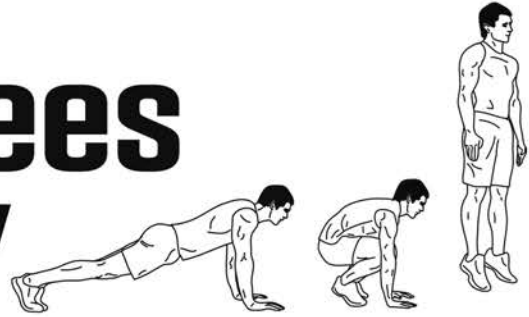
100 Burpees A Day

Your body is your ball and chain. Its mass drags you down, keeps you pinned to the planet. Everything you do is a fight against the planet's gravity well. Just like a ball and chain, smartly used, can become an awesome weapon so can your body be transformed into an instrument of your will. All you need to do is beat the planet's gravity by training your muscles to work with more than just the load of your body. You guessed where this is leading. Burpees are your best bet here. They become your bud for a month as you teach your muscles to make light work of your body's mass.

EXTRA CREDIT: do in one workout, up to 30 second breaks are ok.

EXTRA EXTRA CREDIT: do a full burpee with a push-up.

100 Burpees a Day



CHALLENGE

Split into manageable sets.

© darebee.com

1 Done!	2 Done!	3 Done!	4 Done!	5 Done!
6 Done!	7 Done!	8 Done!	9 Done!	10 Done!
11 Done!	12 Done!	13 Done!	14 Done!	15 Done!
16 Done!	17 Done!	18 Done!	19 Done!	20 Done!
21 Done!	22 Done!	23 Done!	24 Done!	25 Done!
26 Done!	27 Done!	28 Done!	29 Done!	30 Done!

17

100

One hundred reps of something different every day is a shocker to the body and mind. It will move you out of your comfort zone, challenge your muscles to respond by getting stronger and your mind to stay focused so you can get through this month.

You can perform all 100 reps in one go or you can take short breaks as you do them or you can chunk them into installments and perform them throughout the day. The goal, however, is to complete all 100 reps of each exercise shown in one day.

100

30-Day Challenge

Repeat each exercise 100 times.

Split into manageable sets

Extra Credit: in one go

© darebee.com

1  high knees	2  shoulder taps	3  climbers	4  single leg hops	5  bridges
6  knee-to-elbows	7  crunches	8  punches	9  flutter kicks	10  jumping jacks
11  squat hops	12  side leg raises	13  side bridges	14  raised arm circles	15  long arm crunches
16  seal jacks	17  get-ups	18  reverse lunges	19  alt arm/leg raises	20  leg extensions
21  squats	22  plank rotations	23  calf raises	24  jumping Ts	25  leg raises
26  jump squats	27  sit-ups	28  lunges	29  push-ups	30  basic burpees

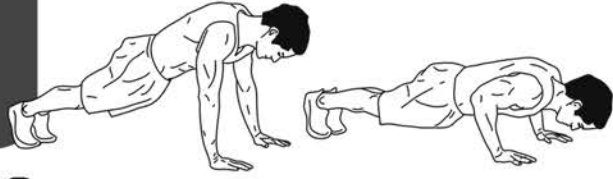
18

1000 Push-Ups

Push-ups are a closed kinetic chain exercise which means they generate a large reaction force at the wrist, elbow and shoulder joints. This helps your upper body strength and overall bone density which promotes both mental and physical health.

You can do each day's required rep number all in one go. You can break it up into chunks and take breaks in-between. Or, you can spread the load throughout the day. The goal is to finish the day with the required number of push-ups completed.

1,000



30-DAY CHALLENGE

PUSH-UPS

split total reps
into manageable sets

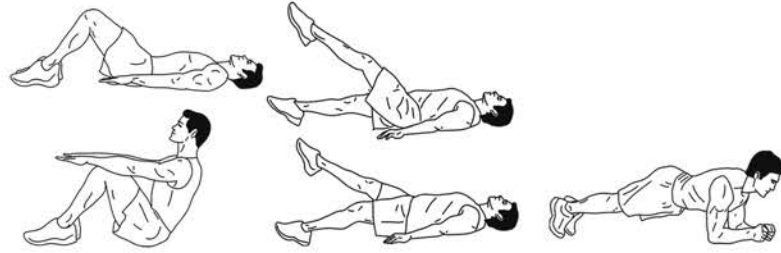
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1 30 push-ups	2 10sec plank 2 times a day	3 35 push-ups	4 10sec plank 3 times a day	5 40 push-ups
6 20sec plank 2 times a day	7 45 push-ups	8 20sec plank 3 times a day	9 50 push-ups	10 25sec plank 2 times a day
11 55 push-ups	12 25sec plank 3 times a day	13 60 push-ups	14 30sec plank 2 times a day	15 65 push-ups
16 30sec plank 3 times a day	17 70 push-ups	18 35sec plank 2 times a day	19 75 push-ups	20 35sec plank 3 times a day
21 80 push-ups	22 40sec plank 2 times a day	23 85 push-ups	24 40sec plank 3 times a day	25 90 push-ups
26 45sec plank 2 times a day	27 100 push-ups	28 60sec plank 2 times a day	29 120 push-ups	30 60sec plank 3 times a day

Strong abs support the body, reduce overall muscle fatigue during exercise and help you sit, stand, walk, run, jump and kick better. Building strong abs requires persistence and dedication.

Each day of the Abs Challenge consists of three distinct exercises that will challenge each of the four abdominal muscle groups. You can do them separately at different times in the day or you can do them all in one go or you can take small breaks in between to help you recover. The goal is to finish the day having met the requirements set out.

ab



30-DAY CHALLENGE

split total reps
into manageable sets

© darebee.com

1 10 sit-ups 20 flutter kicks 30sec plank	2 14 sit-ups 40 flutter kicks 40sec plank	3 16 sit-ups 60 flutter kicks 45sec plank	4 20 sit-ups 20 flutter kicks 20sec plank	5 24 sit-ups 80 flutter kicks 50sec plank
6 26 sit-ups 100 flutter kicks 1min plank	7 28 sit-ups 110 flutter kicks 1min10sec plank	8 20 sit-ups 20 flutter kicks 20sec plank	9 30 sit-ups 120 flutter kicks 1min20sec plank	10 32 sit-ups 130 flutter kicks 1min30sec plank
11 34 sit-ups 140 flutter kicks 1min40sec plank	12 20 sit-ups 20 flutter kicks 20sec plank	13 36 sit-ups 150 flutter kicks 1min45sec plank	14 38 sit-ups 160 flutter kicks 1min50sec plank	15 40 sit-ups 180 flutter kicks 2min plank
16 20 sit-ups 20 flutter kicks 20sec plank	17 42 sit-ups 190 flutter kicks 2min10sec plank	18 44 sit-ups 200 flutter kicks 2min20sec plank	19 46 sit-ups 210 flutter kicks 2min30sec plank	20 20 sit-ups 20 flutter kicks 20sec plank
21 50 sit-ups 220 flutter kicks 2min40sec plank	22 52 sit-ups 230 flutter kicks 2min50sec plank	23 54 sit-ups 240 flutter kicks 3min plank	24 20 sit-ups 20 flutter kicks 20sec plank	25 60 sit-ups 250 flutter kicks 3min10sec plank
26 62 sit-ups 260 flutter kicks 3min20sec plank	27 64 sit-ups 280 flutter kicks 3min30sec plank	28 20 sit-ups 20 flutter kicks 20sec plank	29 68 sit-ups 290 flutter kicks 3min40sec plank	30 70 sit-ups 300 flutter kicks 4min plank

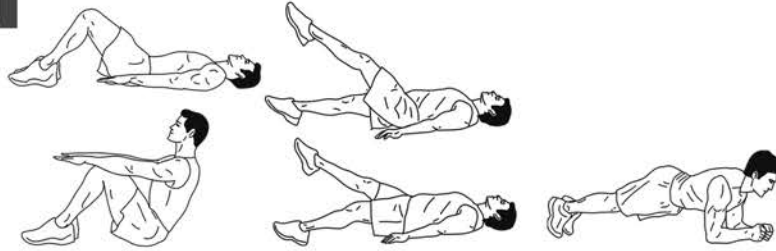
20

Ab Level 2

If you completed the Abs Challenge then you know what's in store for you here. Each day has specific abs-specific training requirements. Yes. it is a little challenging but that's because this is a Challenge. Get through it and you're well on your way to levelling up.

ab

LEVEL II



30-DAY CHALLENGE

split total reps
into manageable sets

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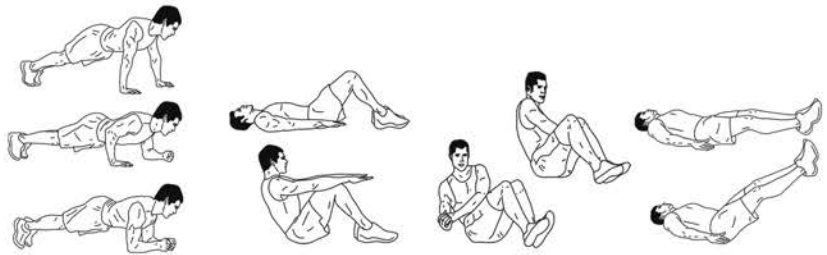
1 40 sit-ups 60 flutter kicks 1min plank	2 50 sit-ups 80 flutter kicks 1min20sec plank	3 60 sit-ups 100 flutter kicks 1min plank x2sets	4 40 sit-ups 60 flutter kicks 1min plank	5 65 sit-ups 120 flutter kicks 1min40sec plank
6 70 sit-ups 140 flutter kicks 2min plank	7 75 sit-ups 160 flutter kicks 1min plank x3sets	8 40 sit-ups 60 flutter kicks 1min plank	9 80 sit-ups 180 flutter kicks 2min10sec plank	10 85 sit-ups 200 flutter kicks 2min20sec plank
11 90 sit-ups 220 flutter kicks 2min plank x2sets	12 40 sit-ups 60 flutter kicks 1min plank	13 95 sit-ups 240 flutter kicks 2min30sec plank	14 100 sit-ups 260 flutter kicks 2min40sec plank	15 105 sit-ups 280 flutter kicks 2min plank x3sets
16 40 sit-ups 60 flutter kicks 1min plank	17 110 sit-ups 300 flutter kicks 3min plank	18 115 sit-ups 320 flutter kicks 3min10sec plank	19 120 sit-ups 340 flutter kicks 2min plank x3sets	20 40 sit-ups 60 flutter kicks 1min plank
21 125 sit-ups 360 flutter kicks 3min20sec plank	22 130 sit-ups 380 flutter kicks 3min40sec plank	23 135 sit-ups 400 flutter kicks 2min plank x3sets	24 40 sit-ups 60 flutter kicks 1min plank	25 140 sit-ups 420 flutter kicks 4min plank
26 145 sit-ups 440 flutter kicks 4min20sec plank	27 150 sit-ups 460 flutter kicks 2min plank x4sets	28 40 sit-ups 60 flutter kicks 1min plank	29 155 sit-ups 480 flutter kicks 4min40sec plank	30 160 sit-ups 500 flutter kicks 5min plank

21

Ab Advanced

Abs advanced tackles all four major abs groups: External obliques (the muscles on the sides of the upper stomach), internal obliques (the muscles on the lower, outer part of the stomach), rectus abdominis (also popularly known as 'the six pack') and transverse abdominis (which are known as 'the core'). The result is an increase in overall sports performance, a higher resistance to fatigue and the ability to generate more power by having a better optimized upper/lower body kinetic chain.

ab [ADVANCED]



30-DAY CHALLENGE

split total reps
into manageable sets

© darebee.com

1 80 sit-ups 80 sitting twists 40 leg raises	2 120 sit-ups 120 sitting twists 60 leg raises	3 140 sit-ups 140 sitting twists 70 leg raises	4 80 up and down planks	5 160 sit-ups 160 sitting twists 80 leg raises
6 180 sit-ups 180 sitting twists 90 leg raises	7 200 sit-ups 200 sitting twists 100 leg raises	8 100 up and down planks	9 220 sit-ups 220 sitting twists 110 leg raises	10 240 sit-ups 240 sitting twists 120 leg raises
11 280 sit-ups 280 sitting twists 140 leg raises	12 120 up and down planks	13 300 sit-ups 300 sitting twists 150 leg raises	14 320 sit-ups 320 sitting twists 160 leg raises	15 340 sit-ups 340 sitting twists 170 leg raises
16 140 up and down planks	17 360 sit-ups 360 sitting twists 180 leg raises	18 380 sit-ups 380 sitting twists 190 leg raises	19 400 sit-ups 400 sitting twists 200 leg raises	20 160 up and down planks
21 420 sit-ups 420 sitting twists 210 leg raises	22 440 sit-ups 440 sitting twists 220 leg raises	23 460 sit-ups 460 sitting twists 230 leg raises	24 180 up and down planks	25 500 sit-ups 500 sitting twists 250 leg raises
26 520 sit-ups 520 sitting twists 260 leg raises	27 540 sit-ups 540 sitting twists 270 leg raises	28 200 up and down planks	29 580 sit-ups 580 sitting twists 290 leg raises	30 600 sit-ups 600 sitting twists 300 leg raises

22

Abs & Core

Strong external abs and a powerful core are the ingredients needed to transform the strength of muscles into power. It takes patience, perseverance and a plan and this 30-day challenge is definitely a good start.

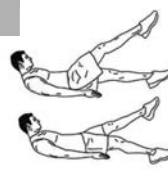
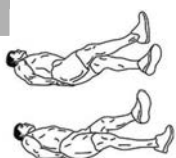

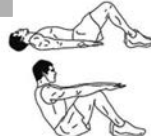


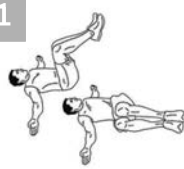
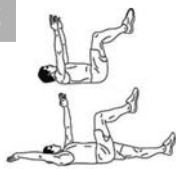

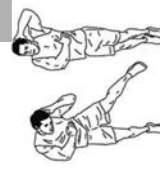


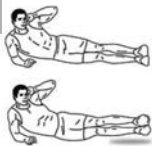
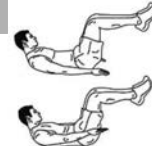




Repeat an exercise of the day 20 times, 4 sets in total with a 20 second rest in between sets. Complete all 30 days.

abs & core

30-Day Challenge

20 repetitions each
x 4 sets in total
20 seconds rest between sets

© darebee.com

1  crunches	2  cross crunches	3  high crunches	4  flutter kicks	5  scissors
6  leg raises	7  raised leg circles	8  sit-ups	9  sitting twists	10  reverse crunches
11  half wipers	12  dead bug	13  butt-ups	14  side jackknives	15  knee crunches
16  crunch kicks	17  knee-to-elbows	18  butterfly sit-ups	19  long-arm crunches	20  folded crunches
21  side leg raises	22  hundreds	23  side bridges	24  infinity circles	25  pulse-ups
26  side-to-side tilts	27  windshield wipers	28  boat folds	29  knee-ins & twists	30  V-ups

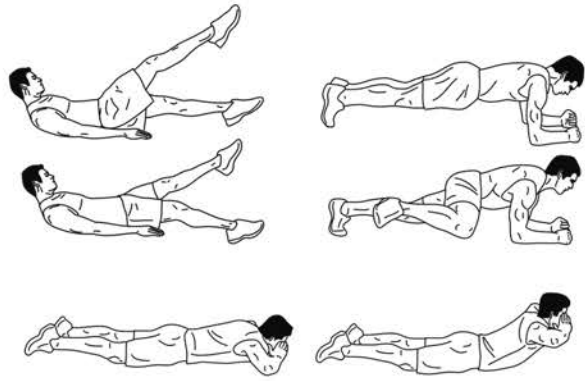
23

Abs Of Steel

Strong abs help you do everything better: you sit, stand, walk, run and jump with greater ease. You are resistant to muscle fatigue. The thing is abs take a lot of work to develop real strength. You are more agile and more powerful. The Abs of Steel 30-day challenge helps you get where you need to be in respect to your abdominal strength by making constant, small gains each day, one day at a time. By the end of the 30-day period you will be able to experience the new, better version of yourself that you will have built.

abs of steel

30-DAY CHALLENGE



© darebee.com

1 22 flutter kicks 20sec rest 3 sets	2 12 plank crunches 4 back extensions 20sec rest 3 sets	3 22 flutter kicks 20sec rest 3 sets	4 12 plank crunches 4 back extensions 20sec rest 3 sets	5 22 flutter kicks 20sec rest 3 sets
6 12 plank crunches 4 back extensions 20sec rest 3 sets	7 24 flutter kicks 20sec rest 3 sets	8 14 plank crunches 4 back extensions 20sec rest 3 sets	9 24 flutter kicks 20sec rest 3 sets	10 14 plank crunches 4 back extensions 20sec rest 3 sets
11 24 flutter kicks 20sec rest 3 sets	12 14 plank crunches 4 back extensions 20sec rest 3 sets	13 26 flutter kicks 20sec rest 3 sets	14 16 plank crunches 4 back extensions 20sec rest 3 sets	15 26 flutter kicks 20sec rest 3 sets
16 16 plank crunches 4 back extensions 20sec rest 3 sets	17 26 flutter kicks 20sec rest 3 sets	18 16 plank crunches 4 back extensions 20sec rest 3 sets	19 28 flutter kicks 20sec rest 3 sets	20 18 plank crunches 4 back extensions 20sec rest 3 sets
21 28 flutter kicks 20sec rest 3 sets	22 18 plank crunches 4 back extensions 20sec rest 3 sets	23 28 flutter kicks 20sec rest 3 sets	24 18 plank crunches 4 back extensions 20sec rest 3 sets	25 30 flutter kicks 20sec rest 3 sets
26 20 plank crunches 4 back extensions 20sec rest 3 sets	27 30 flutter kicks 20sec rest 3 sets	28 20 plank crunches 4 back extensions 20sec rest 3 sets	29 30 flutter kicks 20sec rest 3 sets	30 20 plank crunches 4 back extensions 20sec rest 3 sets

24

Action Hero

Streamline your body, tighten up your abs and core and strengthen your tendons with the Action Hero Challenge! All heroes have to start somewhere - the hard part is making the first step in the right direction. Once you are on your way it's just working through it, one day at a time, one foot in front of the other. Stick with it for 30 days and you will be ready to jump into action, anytime.

Note: as always, all reps are given in total so 40 side leg raises is 20 reps per leg.

ACTION HERO



30-DAY CHALLENGE

© darebee.com

1 30 high knees 3 sets 30sec rest	2 15 crunches 30 side leg raises 3 sets 30sec rest	3 30 high knees 4 sets 30sec rest	4 15 crunches 30 side leg raises 4 sets 30sec rest	5 40 high knees 3 sets 30sec rest
6 20 crunches 40 side leg raises 3 sets 30sec rest	7 40 high knees 4 sets 30sec rest	8 20 crunches 40 side leg raises 4 sets 30sec rest	9 50 high knees 3 sets 30sec rest	10 25 crunches 50 side leg raises 3 sets 30sec rest
11 50 high knees 4 sets 30sec rest	12 25 crunches 50 side leg raises 4 sets 30sec rest	13 60 high knees 3 sets 30sec rest	14 30 crunches 60 side leg raises 3 sets 30sec rest	15 60 high knees 4 sets 30sec rest
16 30 crunches 60 side leg raises 4 sets 30sec rest	17 70 high knees 3 sets 30sec rest	18 35 crunches 70 side leg raises 3 sets 30sec rest	19 70 high knees 4 sets 30sec rest	20 35 crunches 70 side leg raises 4 sets 30sec rest
21 80 high knees 3 sets 30sec rest	22 40 crunches 80 side leg raises 3 sets 30sec rest	23 80 high knees 4 sets 30sec rest	24 40 crunches 80 side leg raises 4 sets 30sec rest	25 90 high knees 3 sets 30sec rest
26 45 crunches 90 side leg raises 3 sets 30sec rest	27 90 high knees 4 sets 30sec rest	28 45 crunches 90 side leg raises 4 sets 30sec rest	29 100 high knees 3 sets 30sec rest	30 50 crunches 100 side leg raises 3 sets 30sec rest

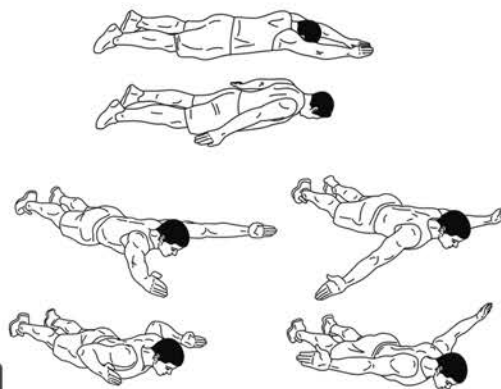
25

Back & Shoulders

The back and shoulder muscles power a whole range of upper body movements. They help with posture. They play a pivotal part in creating power in physical movement. They allow us to resist fatigue. They are also hard to train. The Back & Shoulders Challenge takes you through a thirty day set of exercises that will completely change your physical awareness of the muscles on your back and shoulders. By the end of it you will have a greater sense of control over these muscles and a deeper connection with your body.

back & shoulders

30-DAY CHALLENGE © darebee.com



1 12 reverse angels 30sec rest 3 sets	2 6 W-extensions 6 prone reverse flys 30sec rest 3 sets	3 12 reverse angels 30sec rest 3 sets	4 6 W-extensions 6 prone reverse flys 30sec rest 3 sets	5 14 reverse angels 30sec rest 3 sets
6 8 W-extensions 8 prone reverse flys 30sec rest 3 sets	7 14 reverse angels 30sec rest 3 sets	8 8 W-extensions 8 prone reverse flys 30sec rest 3 sets	9 16 reverse angels 30sec rest 3 sets	10 10 W-extensions 10 prone reverse flys 30sec rest 3 sets
11 16 reverse angels 30sec rest 3 sets	12 10 W-extensions 10 prone reverse flys 30sec rest 3 sets	13 18 reverse angels 30sec rest 3 sets	14 12 W-extensions 12 prone reverse flys 30sec rest 3 sets	15 18 reverse angels 30sec rest 3 sets
16 12 W-extensions 12 prone reverse flys 30sec rest 3 sets	17 20 reverse angels 30sec rest 3 sets	18 14 W-extensions 14 prone reverse flys 30sec rest 3 sets	19 20 reverse angels 30sec rest 3 sets	20 14 W-extensions 14 prone reverse flys 30sec rest 3 sets
21 22 reverse angels 30sec rest 3 sets	22 16 W-extensions 16 prone reverse flys 30sec rest 3 sets	23 22 reverse angels 30sec rest 3 sets	24 16 W-extensions 16 prone reverse flys 30sec rest 3 sets	25 24 reverse angels 30sec rest 3 sets
26 18 W-extensions 18 prone reverse flys 30sec rest 3 sets	27 24 reverse angels 30sec rest 3 sets	28 18 W-extensions 18 prone reverse flys 30sec rest 3 sets	29 26 reverse angels 30sec rest 3 sets	30 20 W-extensions 20 prone reverse flys 30sec rest 3 sets

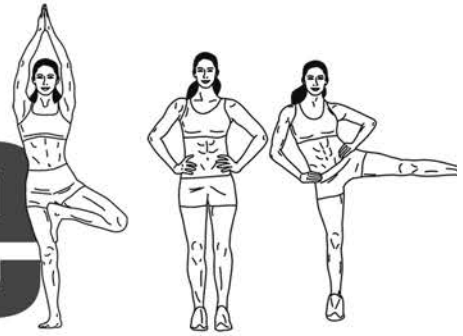
26

Balance

A body that knows how to balance makes better use of its own resources when performing physical tasks, can make better use of the space it has around it and is a formidable

Instructions: Balance hold time is a total, change legs halfway through e.g., 4 minutes = 2 minutes per leg. Don't put your leg down during in one go side leg raises.

balance



30-DAY CHALLENGE

balance hold time is a total,
change legs halfway through

© darebee.com

1 3 minutes in one go balance hold	2 80 side leg raises throughout the day	3 4 minutes in total balance hold	4 80 side leg raises 40/40 in one go	5 4 minutes in one go balance hold
6 100 side leg raises throughout the day	7 5 minutes in total balance hold	8 100 side leg raises 50/50 in one go	9 5 minutes in one go balance hold	10 120 side leg raises throughout the day
11 6 minutes in total balance hold	12 120 side leg raises 60/60 in one go	13 6 minutes in one go balance hold	14 140 side leg raises throughout the day	15 7 minutes in total balance hold
16 140 side leg raises 70/70 in one go	17 7 minutes in one go balance hold	18 160 side leg raises throughout the day	19 8 minutes in total balance hold	20 160 side leg raises 80/80 in one go
21 8 minutes in one go balance hold	22 180 side leg raises throughout the day	23 9 minutes in total balance hold	24 180 side leg raises 90/90 in one go	25 9 minutes in one go balance hold
26 200 side leg raises throughout the day	27 10 minutes in total balance hold	28 200 side leg raises 100/100 in one go	29 10 minutes in one go balance hold	30 2 min hold followed up by 200 side leg raises

27

Boxer

Combat sports make the greatest fitness demand because of the nature of their competitive element. The body is transformed into a tool where no part of aspect of fitness is overlooked or left to chance. As a result they force us to work on virtually everything. This is why this challenge is so transformative.

BOXER



30-DAY CHALLENGE

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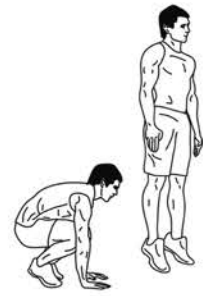
1 1min high knees 1min rest 4 sets	2 10 push-ups 40 punches 4 sets 20sec rest	3 400 punches throughout the day	4 1min non-stop: 1 push-up 4 punches	5 20sec high knees 20sec punches 4 sets no rest
6 10 push-ups 40 punches 4 sets no rest	7 800 punches throughout the day	8 1min non-stop: 1 push-up 4 punches	9 1min high knees 1min rest 5 sets	10 10 push-ups 40 punches 5 sets 20sec rest
11 1200 punches throughout the day	12 1min non-stop: 1 push-up 4 punches	13 20sec high knees 20sec punches 5 sets no rest	14 10 push-ups 40 punches 5 sets no rest	15 1400 punches throughout the day
16 2min non-stop: 1 push-up 4 punches	17 1min high knees 1min rest 6 sets	18 10 push-ups 40 punches 6 sets 20sec rest	19 1600 punches throughout the day	20 2min non-stop: 1 push-up 4 punches
21 20sec high knees 20sec punches 6 sets no rest	22 10 push-ups 40 punches 6 sets no rest	23 1800 punches throughout the day	24 2min non-stop: 1 push-up 4 punches	25 1min high knees 1min rest 7 sets
26 10 push-ups 40 punches 7 sets 20sec rest	27 2000 punches throughout the day	28 3min non-stop: 1 push-up 4 punches	29 20sec high knees 20sec punches 7 sets no rest	30 10 push-ups 40 punches 7 sets no rest

28

Burpee

Burpees are everyone's favorite gripe and for a good reason. The Burpee Challenge is exactly what you think it is which means that this is a challenge that is mental and physical in equal parts. Your body will do it but only if your mind makes it so. Your mind must change so your body can transform.

BURPEES



30-DAY CHALLENGE

split total reps
into manageable sets

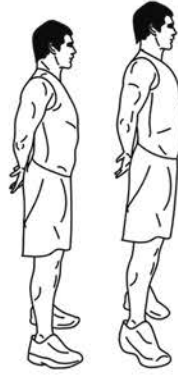
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1 10 burpees	2 20 burpees	3 25 burpees	4 30sec plank 2 times a day	5 25 burpees
6 30 burpees	7 45 burpees	8 30sec plank 3 times a day	9 45 burpees	10 50 burpees
11 55 burpees	12 30sec plank 4 times a day	13 55 burpees	14 60 burpees	15 65 burpees
16 45sec plank 2 times a day	17 65 burpees	18 70 burpees	19 75 burpees	20 45sec plank 3 times a day
21 75 burpees	22 80 burpees	23 85 burpees	24 45sec plank 4 times a day	25 85 burpees
26 90 burpees	27 95 burpees	28 60sec plank 5 times a day	29 95 burpees	30 100 burpees

Calves Of Steel

Spartans, Roman Legionnaires, boxers and sprinters have a lot in common when it comes to training their calves. Because they have to squeeze every erg of energy out of the ground force applied when they move, training their calves requires particular focus and dedication. Calves of Steel is a challenge that helps you get, well ... calves of steel.

calves *of* steel



30-DAY CHALLENGE
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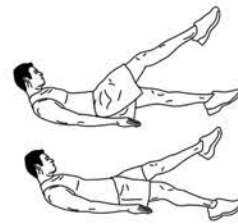
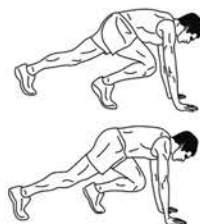
1 60 calf raises in total throughout the day	2 20 seconds calf raise hold 2 sets 30sec rest	3 70 calf raises in total throughout the day	4 20 seconds calf raise hold 2 sets 30sec rest	5 80 calf raises in total throughout the day
6 30 seconds calf raise hold 2 sets 30sec rest	7 90 calf raises in total throughout the day	8 30 seconds calf raise hold 2 sets 30sec rest	9 100 calf raises in total throughout the day	10 40 seconds calf raise hold 2 sets 30sec rest
11 110 calf raises in total throughout the day	12 40 seconds calf raise hold 2 sets 30sec rest	13 120 calf raises in total throughout the day	14 50 seconds calf raise hold 2 sets 30sec rest	15 130 calf raises in total throughout the day
16 50 seconds calf raise hold 2 sets 30sec rest	17 140 calf raises in total throughout the day	18 60 seconds calf raise hold 2 sets 30sec rest	19 150 calf raises in total throughout the day	20 60 seconds calf raise hold 2 sets 30sec rest
21 160 calf raises in total throughout the day	22 1min 10sec calf raise hold 2 sets 30sec rest	23 170 calf raises in total throughout the day	24 1min 10sec calf raise hold 2 sets 30sec rest	25 180 calf raises in total throughout the day
26 1min 20sec calf raise hold 2 sets 30sec rest	27 190 calf raises in total throughout the day	28 1min 20sec calf raise hold 2 sets 30sec rest	29 200 calf raises in total throughout the day	30 1min 30sec calf raise hold 2 sets 30sec rest

30

Cardio & Abs

Exercises that deliver on more than one aspect of fitness are great time-savers. The Cardio & Abs Challenge will not only test your body but also your discipline as you have to maintain the focus necessary to do the exercises every day, for a month. The result is that key muscle adaptations will be triggered that will lead to performance-enhancing results.

cardio& abs



30-DAY CHALLENGE

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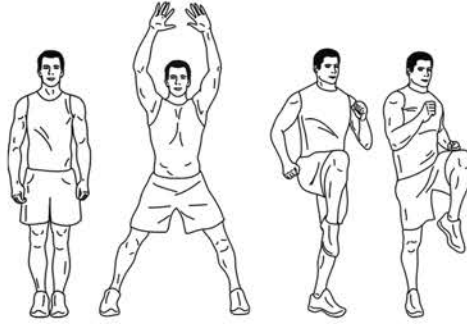
1 20 high knees 20 climbers 3 sets 1 min rest	2 100 flutter kicks in total for the day	3 1min high knees as fast as you can 3 sets 1 min rest	4 1min flutter kicks 1 min rest 3 sets	5 20 high knees 20 climbers 4 sets 1 min rest
6 140 flutter kicks in total for the day	7 1min high knees as fast as you can 3 sets 1 min rest	8 1min flutter kicks 1 min rest 3 sets	9 30 high knees 30 climbers 3 sets 1 min rest	10 180 flutter kicks in total for the day
11 1min high knees as fast as you can 3 sets 1 min rest	12 1min flutter kicks 1 min rest 3 sets	13 30 high knees 30 climbers 4 sets 1 min rest	14 220 flutter kicks in total for the day	15 1min high knees as fast as you can 3 sets 1 min rest
16 1min flutter kicks 1 min rest 3 sets	17 40 high knees 40 climbers 3 sets 1 min rest	18 260 flutter kicks in total for the day	19 1min high knees as fast as you can 3 sets 1 min rest	20 1min flutter kicks 1 min rest 3 sets
21 40 high knees 40 climbers 4 sets 1 min rest	22 300 flutter kicks in total for the day	23 1min high knees as fast as you can 3 sets 1 min rest	24 1min flutter kicks 1 min rest 3 sets	25 50 high knees 50 climbers 3 sets 1 min rest
26 340 flutter kicks in total for the day	27 1min high knees as fast as you can 3 sets 1 min rest	28 1min flutter kicks 1 min rest 3 sets	29 50 high knees 50 climbers 4 sets 1 min rest	30 400 flutter kicks in total for the day

31

Cardio Blast

Just one session of cardio-based physical activity has deep neurochemical and neurobiological effects on the body. In this challenge, over 30 days, you get the chance to change your body and mind at a deep, fundamental level that will help you level up. Cardio Blast is as much a mental challenge then as it is a physical one.

CARDIO BLAST



30-DAY CHALLENGE

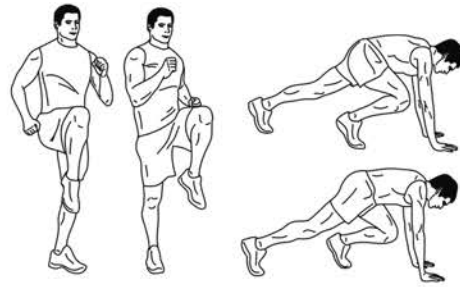
split total reps
into manageable sets

© darebee.com

1 50 jumping jacks	2 60 high knees	3 100 jumping jacks	4 80 high knees	5 150 jumping jacks
6 100 high knees	7 200 jumping jacks	8 120 high knees	9 250 jumping jacks	10 140 high knees
11 300 jumping jacks	12 160 high knees	13 350 jumping jacks	14 180 high knees	15 400 jumping jacks
16 200 high knees	17 450 jumping jacks	18 220 high knees	19 500 jumping jacks	20 240 high knees
21 550 jumping jacks	22 260 high knees	23 600 jumping jacks	24 280 high knees	25 650 jumping jacks
26 300 high knees	27 700 jumping jacks	28 320 high knees	29 750 jumping jacks	30 340 high knees

Developing good cardiovascular fitness helps fight fatigue, unlocks mental focus and helps keep muscles, lungs and heart functioning at peak performance levels. The Cardio Challenge is key to helping you meet your fitness goals on all these attributes of physical fitness and mental and psychological wellbeing.

cardio



30-DAY CHALLENGE

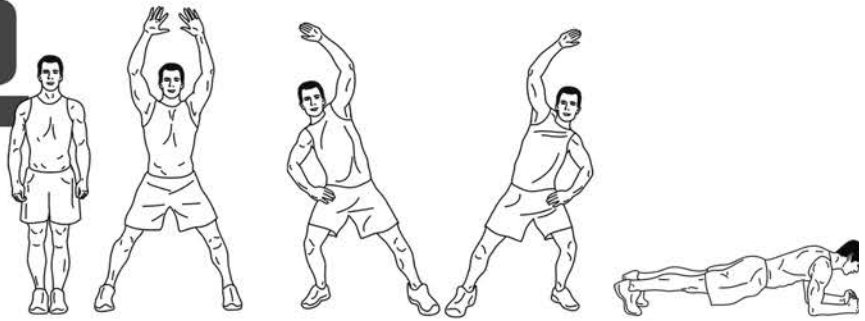
split total reps
into manageable sets

© darebee.com

1 40 high knees 20 climbers	2 60 high knees 40 climbers	3 20 high knees 60 climbers	4 40 high knees 20 climbers	5 60 high knees 40 climbers
6 60 high knees 20 climbers	7 80 high knees 40 climbers	8 40 high knees 20 climbers	9 80 high knees 40 climbers	10 80 high knees 60 climbers
11 100 high knees 20 climbers	12 80 high knees 40 climbers	13 40 high knees 40 climbers	14 80 high knees 60 climbers	15 100 high knees 60 climbers
16 140 high knees 40 climbers	17 100 high knees 40 climbers	18 40 high knees 80 climbers	19 100 high knees 40 climbers	20 140 high knees 60 climbers
21 160 high knees 40 climbers	22 120 high knees 60 climbers	23 60 high knees 20 climbers	24 100 high knees 40 climbers	25 160 high knees 20 climbers
26 200 high knees 20 climbers	27 160 high knees 40 climbers	28 100 high knees 20 climbers	29 100 high knees 80 climbers	30 240 high knees 60 climbers

Technically all High Intensity Interval Training (HIIT) exercises have a strong component of cardio training. To produce an HIIT Challenge that specifically focuses on cardio fitness however takes the whole thing up one level which is why this is a challenge you must conquer if you want to increase your cardiovascular health.

cardio HIIT



30-DAY CHALLENGE

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1 30sec side jack 30sec jumping jacks 6 sets 1min rest	2 30sec elbow plank 2 sets 30sec rest	3 30sec side jack 30sec jumping jacks 6 sets 1min rest	4 30sec elbow plank 2 sets 30sec rest	5 30sec side jack 30sec jumping jacks 6 sets 1min rest
6 30sec elbow plank 2 sets 30sec rest	7 30sec side jack 30sec jumping jacks 7 sets 1min rest	8 30sec elbow plank 3 sets 30sec rest	9 30sec side jack 30sec jumping jacks 7 sets 1min rest	10 30sec elbow plank 3 sets 30sec rest
11 30sec side jack 30sec jumping jacks 7 sets 1min rest	12 30sec elbow plank 3 sets 30sec rest	13 30sec side jack 30sec jumping jacks 8 sets 1min rest	14 30sec elbow plank 4 sets 30sec rest	15 30sec side jack 30sec jumping jacks 8 sets 1min rest
16 30sec elbow plank 4 sets 30sec rest	17 30sec side jack 30sec jumping jacks 8 sets 1min rest	18 30sec elbow plank 4 sets 30sec rest	19 30sec side jack 30sec jumping jacks 9 sets 1min rest	20 30sec elbow plank 5 sets 30sec rest
21 30sec side jack 30sec jumping jacks 9 sets 1min rest	22 30sec elbow plank 5 sets 30sec rest	23 30sec side jack 30sec jumping jacks 9 sets 1min rest	24 30sec elbow plank 5 sets 30sec rest	25 30sec side jack 30sec jumping jacks 10 sets 1min rest
26 30sec elbow plank 6 sets 30sec rest	27 30sec side jack 30sec jumping jacks 10 sets 1min rest	28 30sec elbow plank 6 sets 30sec rest	29 30sec side jack 30sec jumping jacks 10 sets 1min rest	30 30sec elbow plank 6 sets 30sec rest

34

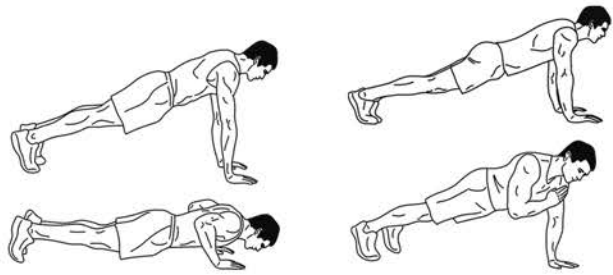
Chest & Arms

Chisel your arms and pump up your chest with this 30-day challenge! Get extra definition in your upperbody and lift your pecs. It's perfect for men and especially good for women (a sports bra is highly recommended for this challenge). The challenge works primarily your chest, triceps, abs and core.

Push-ups "to failure" stands for your maximum, do as many repetitions as you can whether it's 4 push-ups or 40 - just do your best every time. It's ok to substitute with knee push-ups if a full push-up is not something you can do yet.

Tip: if you own a pair of dumbbells you can do renegade rows instead of shoulder taps for additional back and biceps work. If your dumbbells are over 8kg (16lb) halve the number of reps per set.

chest & arms



30-DAY CHALLENGE

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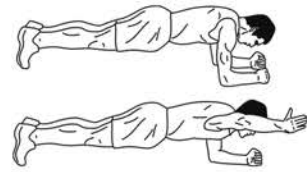
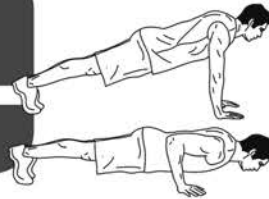
1 to failure push-ups 3 sets 30sec rest	2 20 shoulder taps 3 sets 30sec rest	3 to failure push-ups 3 sets 30sec rest	4 22 shoulder taps 3 sets 30sec rest	5 to failure push-ups 3 sets 30sec rest
6 24 shoulder taps 3 sets 30sec rest	7 to failure push-ups 3 sets 30sec rest	8 20 shoulder taps 4 sets 30sec rest	9 to failure push-ups 3 sets 30sec rest	10 22 shoulder taps 4 sets 30sec rest
11 to failure push-ups 4 sets 30sec rest	12 24 shoulder taps 4 sets 30sec rest	13 to failure push-ups 4 sets 30sec rest	14 20 shoulder taps 5 sets 30sec rest	15 to failure push-ups 4 sets 30sec rest
16 22 shoulder taps 5 sets 30sec rest	17 to failure push-ups 4 sets 30sec rest	18 24 shoulder taps 5 sets 30sec rest	19 to failure push-ups 4 sets 30sec rest	20 20 shoulder taps 6 sets 30sec rest
21 to failure push-ups 5 sets 30sec rest	22 22 shoulder taps 6 sets 30sec rest	23 to failure push-ups 5 sets 30sec rest	24 24 shoulder taps 6 sets 30sec rest	25 to failure push-ups 5 sets 30sec rest
26 20 shoulder taps 7 sets 30sec rest	27 to failure push-ups 5 sets 30sec rest	28 22 shoulder taps 7 sets 30sec rest	29 to failure push-ups 5 sets 30sec rest	30 24 shoulder taps 7 sets 30sec rest

35

Core

Training the transverse abdominis muscle (also known as the core) helps maintain posture, balance, stability and may help in the health of the internal organs that are in the lower abdominal region. This is a challenge that will create the basis you need for a strong and stable core.

core



30-DAY CHALLENGE

split total reps
into manageable sets

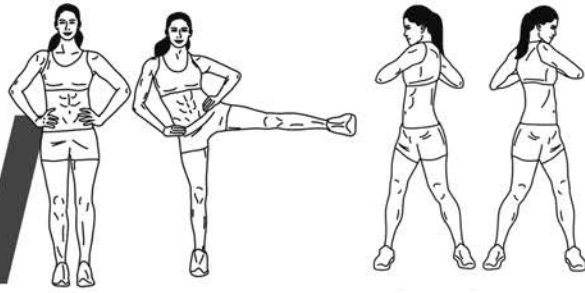
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1 6 push-ups 15 second plank 10 plank reaches	2 10 push-ups 15 second plank 12 plank reaches	3 12 push-ups 15 second plank 14 plank reaches	4 60 second plank 10 plank reaches	5 14 push-ups 15 second plank 16 plank reaches
6 16 push-ups 20 second plank 18 plank reaches	7 20 push-ups 20 second plank 20 plank reaches	8 60 second plank 10 plank reaches	9 22 push-ups 20 second plank 22 plank reaches	10 24 push-ups 20 second plank 24 plank reaches
11 26 push-ups 25 second plank 26 plank reaches	12 60 second plank 10 plank reaches	13 28 push-ups 25 second plank 28 plank reaches	14 30 push-ups 25 second plank 30 plank reaches	15 32 push-ups 25 second plank 32 plank reaches
16 60 second plank 10 plank reaches	17 34 push-ups 30 second plank 34 plank reaches	18 36 push-ups 30 second plank 36 plank reaches	19 38 push-ups 30 second plank 38 plank reaches	20 60 second plank 10 plank reaches
21 40 push-ups 35 second plank 40 plank reaches	22 42 push-ups 35 second plank 42 plank reaches	23 46 push-ups 35 second plank 44 plank reaches	24 60 second plank 10 plank reaches	25 48 push-ups 35 second plank 46 plank reaches
26 50 push-ups 40 second plank 48 plank reaches	27 52 push-ups 40 second plank 50 plank reaches	28 60 second plank 10 plank reaches	29 54 push-ups 45 second plank 52 plank reaches	30 60 push-ups 45 second plank 60 plank reaches

Core strength is important in helping the body fight fatigue, prevent injury from overload and power explosiveness. A strong core preserves momentum as muscles transfer power from the upper body to the lower body (when running or sprinting, for instance) and the lower body to the upper body (like when punching). A strong core then helps develop physical power by minimizing the loss of force transfer across the body's muscles. Core Control will help you develop your core. As you feel yourself getting stronger you will find yourself becoming more physically capable.

Split total reps into manageable sets.

core control



30-DAY CHALLENGE

© darebee.com

1 40 torso twists	2 60 side leg raises	3 40 torso twists	4 70 side leg raises	5 40 torso twists
6 80 side leg raises	7 40 torso twists	8 90 side leg raises	9 40 torso twists	10 100 side leg raises
11 40 torso twists	12 110 side leg raises	13 40 torso twists	14 120 side leg raises	15 40 torso twists
16 130 side leg raises	17 40 torso twists	18 140 side leg raises	19 40 torso twists	20 150 side leg raises
21 40 torso twists	22 160 side leg raises	23 40 torso twists	24 170 side leg raises	25 40 torso twists
26 180 side leg raises	27 40 torso twists	28 190 side leg raises	29 40 torso twists	30 200 side leg raises

Neuroscientific studies have demonstrated that at the brain level, neural mechanisms involved in moral judgments and feelings of gratefulness are evoked in the right anterior temporal cortex of the brain. In the same studies, it was revealed that the reason why some of us are naturally more grateful than others, is down to neurochemical differences at the Central Nervous System. People who express and feel gratitude have a higher volume of grey matter in the right inferior temporal gyrus. This is an area of the brain that is involved in a number of cognitive processes, including semantic memory processing, language processes, visual perception, and the integration of information from different senses.

When we express gratitude and receive the same, our brain releases dopamine and serotonin, the two crucial neurotransmitters responsible for our emotions, and they make us feel 'good'. They enhance our mood immediately, making us feel happy from the inside. By consciously practicing gratitude everyday, we can help these neural pathways to strengthen themselves and ultimately create a permanent grateful and positive nature within ourselves that affects everything, from how we perceive the world to how we see ourselves and our capabilities.

The Daily Gratitude Challenge is designed to help you achieve a better state of inner and outer being through the rewiring of your brain's neural pathways.

Instructions: Sit down in a quiet place, relax, take a deep breath and mentally list three things you are grateful for today. Repeat the same exercise every day for 30 days. If you can, say the three things aloud. You are not limited by three things but three is the minimum. The list can vary or stay the same from day to day.

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Daily GRATITUDE

Name three things
you are grateful for
every day for 30 days.

30-DAY CHALLENGE

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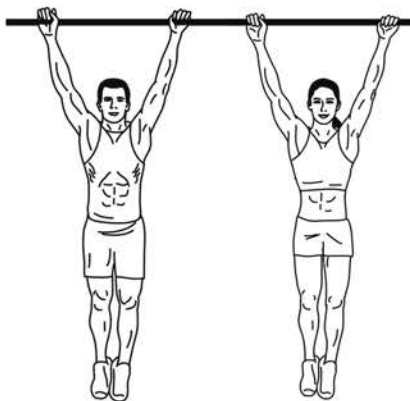
1 Done!	2 Done!	3 Done!	4 Done!	5 Done!
6 Done!	7 Done!	8 Done!	9 Done!	10 Done!
11 Done!	12 Done!	13 Done!	14 Done!	15 Done!
16 Done!	17 Done!	18 Done!	19 Done!	20 Done!
21 Done!	22 Done!	23 Done!	24 Done!	25 Done!
26 Done!	27 Done!	28 Done!	29 Done!	30 Done!

No exercise is more deceptive than the dead hang and never has just “hanging around” being a harder thing to do. There are multiple benefits that will be gained from this exercise: Improved grip strength, fascial fitness, stronger upper back, improved shoulder strength, improved posture, core fitness and abs. The list of muscles involved alone hints at why what looks so easy is actually such a hard thing to do. The Dead Hang Challenge is designed to help you improve all of this. It will really make you stronger and you will feel and look fitter. Follow the daily guidelines.

Get though the hang time required each day and if there is some day when your grip is not yet strong enough, hold on as long as you can. The moment it fails hang again, immediately and make up the time.

DEAD HANG

30-DAY CHALLENGE



darebee.com

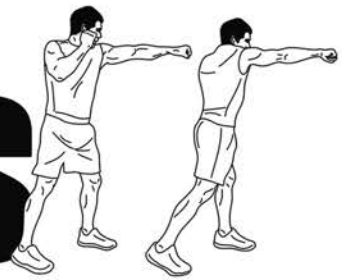
1	10 seconds 2 sets 30 seconds rest	2	20 seconds	3	10 seconds 2 sets 30 seconds rest	4	25 seconds	5	10 seconds 2 sets 30 seconds rest
6	30 seconds	7	10 seconds 2 sets 30 seconds rest	8	35 seconds	9	10 seconds 2 sets 30 seconds rest	10	40 seconds
11	10 seconds 2 sets 30 seconds rest	12	45 seconds	13	10 seconds 2 sets 30 seconds rest	14	50 seconds	15	10 seconds 2 sets 30 seconds rest
16	55 seconds	17	10 seconds 2 sets 30 seconds rest	18	60 seconds	19	10 seconds 2 sets 30 seconds rest	20	1min 10sec
21	10 seconds 2 sets 30 seconds rest	22	1min 20sec	23	10 seconds 2 sets 30 seconds rest	24	1min 30sec	25	10 seconds 2 sets 30 seconds rest
26	1min 40sec	27	10 seconds 2 sets 30 seconds rest	28	1min 50sec	29	10 seconds 2 sets 30 seconds rest	30	2 minutes

39

De-Stress

Nothing gets rid of stress faster than throwing punches. They move your whole body. They engage many complex centers of your brain. It is a physical exercise with a high level of cognitive activation. This 30-day challenge will help you get rid of stress, get fitter, move in a much slicker way and develop the kind of high-level physical awareness enjoyed by those who train their body for combat.

de-stress



30-DAY CHALLENGE

© darebee.com

1 100 punches	2 100 punches	3 100 punches	4 100 punches	5 100 punches
6 100 punches	7 100 punches	8 100 punches	9 100 punches	10 100 punches
11 100 punches	12 100 punches	13 100 punches	14 100 punches	15 100 punches
16 100 punches	17 100 punches	18 100 punches	19 100 punches	20 100 punches
21 100 punches	22 100 punches	23 100 punches	24 100 punches	25 100 punches
26 100 punches	27 100 punches	28 100 punches	29 100 punches	30 100 punches

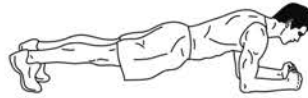
40

Endurance

Endure the exercises for the given amount of time, don't stop! You can lower the intensity of high knees (don't bring your knees as high) as you tire out but keep on moving. If you drop the plank, pick it back up as soon as you can and continue. Even if you pause or stop, start again as soon as possible keeping the break to the absolute minimum. Earn the extra credit for this challenge: no breaks, no pauses throughout.

endurance

30-day challenge



© darebee.com

1 1 minute high knees non-stop	2 30 seconds elbow plank in one go	3 1min 30sec high knees non-stop	4 40 seconds elbow plank in one go	5 2 minutes high knees non-stop
6 60 seconds elbow plank in one go	7 2min 30sec high knees non-stop	8 1min 20sec elbow plank in one go	9 3 minutes high knees non-stop	10 1min 40sec elbow plank in one go
11 3min 30sec high knees non-stop	12 2 minutes elbow plank in one go	13 4 minutes high knees non-stop	14 2min 20sec elbow plank in one go	15 4min 30sec high knees non-stop
16 2min 40sec elbow plank in one go	17 5 minutes high knees non-stop	18 3 minutes elbow plank in one go	19 5min 30sec high knees non-stop	20 3min 20sec elbow plank in one go
21 6 minutes high knees non-stop	22 3min 40sec elbow plank in one go	23 6min 30sec high knees non-stop	24 4 minutes elbow plank in one go	25 7 minutes high knees non-stop
26 4min 20sec elbow plank in one go	27 7min 30sec high knees non-stop	28 4min 40sec elbow plank in one go	29 8 minutes high knees non-stop	30 5 minutes elbow plank in one go

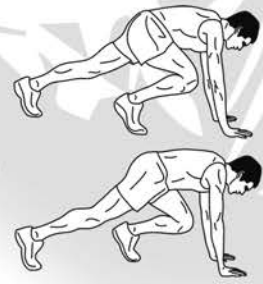
41

Everest

Mountains are here to be climbed and Challenges are here to be conquered. Climbers activate muscle groups throughout the body, they work the core and are great for strengthening tendons and ligaments and increasing functional strength.

Climb the Mount Everest (8,848m) in 30 days! Split total reps into manageable sets throughout the day. All reps are given in total so left + right legs = 2 climbers.

EVEREST



DAREBEE CHALLENGE - climb **8,848m** in 30 days

@ darebee.com

1 60 climbers	2 220 climbers	3 60 climbers	4 240 climbers	5 60 climbers
6 280 climbers	7 60 climbers	8 320 climbers	9 60 climbers	10 420 climbers
11 60 climbers	12 460 climbers	13 60 climbers	14 520 climbers	15 60 climbers
16 540 climbers	17 60 climbers	18 580 climbers	19 60 climbers	20 620 climbers
21 60 climbers	22 680 climbers	23 60 climbers	24 720 climbers	25 60 climbers
26 760 climbers	27 60 climbers	28 780 climbers	29 60 climbers	30 808 climbers

42

Fiber

Up your fiber intake: hit the 30g mark every day for 30 days to improve your overall health and digestion. In the process of completing the challenge you will learn more about high fiber foods and what they are and develop a habit of adding them to your menu without even thinking about it. You may be surprised how little fiber you ate before and how good you will feel once you rectify the situation.

Fiber

30

Eat 30g of fiber a day
for 30 days

© darebee.com

1 Hit the target today!	2 Hit the target today!	3 Hit the target today!	4 Hit the target today!	5 Hit the target today!
6 Hit the target today!	7 Hit the target today!	8 Hit the target today!	9 Hit the target today!	10 Hit the target today!
11 Hit the target today!	12 Hit the target today!	13 Hit the target today!	14 Hit the target today!	15 Hit the target today!
16 Hit the target today!	17 Hit the target today!	18 Hit the target today!	19 Hit the target today!	20 Hit the target today!
21 Hit the target today!	22 Hit the target today!	23 Hit the target today!	24 Hit the target today!	25 Hit the target today!
26 Hit the target today!	27 Hit the target today!	28 Hit the target today!	29 Hit the target today!	30 Hit the target today!

43

First Thing Water

Drink a glass of water on an empty stomach first thing after you wake up, every day for 30 days. Simple. But there is a lot more to it than that. Water is absorbed by the body much faster than any other fluid and although some of it is processed by and stored in the small intestine at a much slower rate in order to avoid overflowing the blood with fluid, that first jolt of water in the morning helps stabilize blood fluid volume and kick-start a whole lot of other beneficial processes.

FIRST THING WATER



DRINK A GLASS
OF WATER
RIGHT AFTER
WAKING UP

30-DAY CHALLENGE

© darebee.com

1		2		3		4		5	
6		7		8		9		10	
11		12		13		14		15	
16		17		18		19		20	
21		22		23		24		25	
26		27		28		29		30	

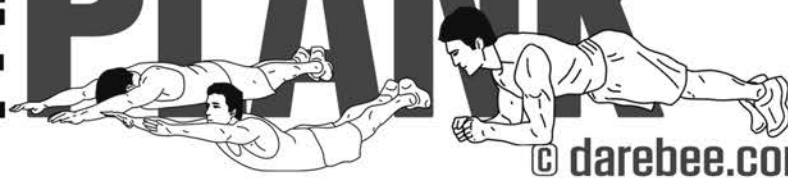
44

Five Minute Plank

Holding the plank is a tough exercise. It recruits the rectus abdominis (also known as the core abs) but it also activates, hip flexors, shoulders, pecs and quads. This is why building up to a five minute plank hold is a target well worth aiming for. Its benefits extend well beyond just strong abs.

FIVE MINUTE PLANK

30-DAY CHALLENGE



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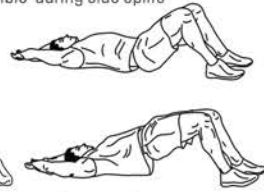
1	20 seconds elbow plank	2	25 seconds elbow plank	3	30 seconds elbow plank	4	10 reps supermen 2 sets in total any rest	5	45 seconds elbow plank
6	60 seconds elbow plank	7	1min 10sec elbow plank	8	12 reps supermen 2 sets in total any rest	9	1min 30sec elbow plank	10	1min 40sec elbow plank
11	1min 45sec elbow plank	12	15 reps supermen 2 sets in total any rest	13	2 minute elbow plank	14	2min 10sec elbow plank	15	2min 30sec elbow plank
16	2min 40sec elbow plank	17	16 reps supermen 2 sets in total any rest	18	3 minute elbow plank	19	3min 20sec elbow plank	20	3min 30sec elbow plank
21	18 reps supermen 2 sets in total any rest	22	3min 40sec elbow plank	23	3min 50sec elbow plank	24	4 minute elbow plank	25	4min 20sec elbow plank
26	20 reps supermen 2 sets in total any rest	27	4min 30sec elbow plank	28	4min 40sec elbow plank	29	25 reps supermen 2 sets in total any rest	30	5 minute elbow plank

45

Flexibility

Lower body flexibility increases the range of motion of joints and enables muscles to move with much lower resistance. This helps deliver fluidity of movement and increased physical power. It also helps reduce fatigue during exercise by making the muscles more supple, cuts down on the incidence of injury and helps achieve greater physical control of the body.

flexibility



- up to 60 sec rest between sets
- lunges can be split into sets
- keep feet as far apart as possible during side splits

30-DAY CHALLENGE

split total reps
into manageable sets

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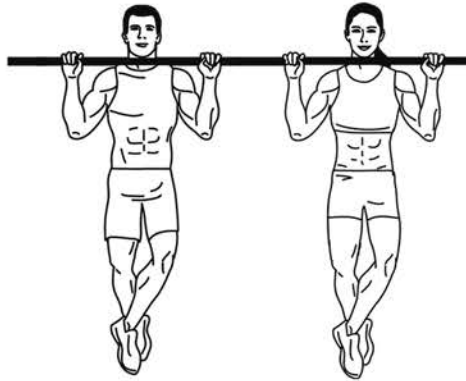
1 40 side lunges 30sec side splits	2 40 side lunges 35sec side splits	3 40 side lunges 40sec side splits	4 10 bridges 3 sets in total	5 60 side lunges 45sec side splits
6 60 side lunges 50sec side splits	7 60 side lunges 55sec side splits	8 10 bridges 4 sets in total	9 80 side lunges 1min side splits	10 80 side lunges 1m10s side splits
11 80 side lunges 1m20s side splits	12 10 bridges 5 sets in total	13 100 side lunges 1m30s side splits	14 100 side lunges 1m40s side splits	15 100 side lunges 2min side splits
16 20 bridges 3 sets in total	17 120 side lunges 2m10s side splits	18 120 side lunges 2m20s side splits	19 120 side lunges 2m30s side splits	20 20 bridges 4 sets in total
21 140 side lunges 2m40s side splits	22 140 side lunges 2m50s side splits	23 140 side lunges 3min side splits	24 20 bridges 5 sets in total	25 160 side lunges 3m10s side splits
26 160 side lunges 3m20s side splits	27 160 side lunges 3m40s side splits	28 25 bridges 4 sets in total	29 180 side lunges 3m40s side splits	30 200 side lunges 4min side splits

The flexed arm is a great demonstration of impressive strength to bodyweight ratio and is often used as a measure of upper body endurance. The United States Marine Corps uses it as a physical test with Marines required to take it (and pass it) twice a year. The minimum time they must hold in order to pass is 15 seconds and the maximum they are expected to hold in order to get a flying pass is 70 seconds. This suggests the level of difficulty of the exercise. Upper body strength improves gradually, with time and persistence. The Flex Hang Challenge will help you get stronger and will improve your overall level of fitness by increasing strength across several important, upper body muscle groups. Once you get through the challenge, like the U.S. Marines, you should aim to test yourself at least twice a year and work on workouts that help improve upper body strength; throughout the year.

Split the total amount required into manageable sets, when necessary.

FLEX HANG

30-DAY CHALLENGE



darebee.com

1 5 seconds 3 sets 30 seconds rest	2 10 seconds	3 5 seconds 3 sets 30 seconds rest	4 10 seconds	5 5 seconds 3 sets 30 seconds rest
6 15 seconds	7 5 seconds 3 sets 30 seconds rest	8 15 seconds	9 5 seconds 3 sets 30 seconds rest	10 20 seconds
11 5 seconds 3 sets 30 seconds rest	12 20 seconds	13 5 seconds 3 sets 30 seconds rest	14 25 seconds	15 5 seconds 3 sets 30 seconds rest
16 25 seconds	17 5 seconds 3 sets 30 seconds rest	18 30 seconds	19 5 seconds 3 sets 30 seconds rest	20 30 seconds
21 5 seconds 3 sets 30 seconds rest	22 35 seconds	23 5 seconds 3 sets 30 seconds rest	24 35 seconds	25 5 seconds 3 sets 30 seconds rest
26 40 seconds	27 5 seconds 3 sets 30 seconds rest	28 40 seconds	29 5 seconds 3 sets 30 seconds rest	30 45 seconds

47

Get To Bed On Time

Science tells us that sleep is important for brain health. It is also the time the body uses to repair itself and build muscle. Yet our civilization suffers from a sleep deficit. Life, work and fun conspire to get in the way, creating a 24-hour lifestyle that takes its toll on our physical, mental and psychological health. The Get To Bed Challenge redresses the balance. Aim to get to bed on time, for a month. Feel the difference that will make to your overall sense of wellbeing.

Get To Bed on time



Pick a time by which you should be in bed every day and stick to it for 30 days in a row

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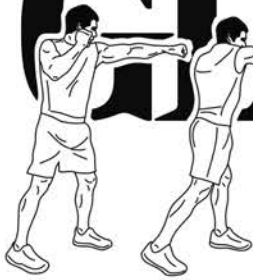
1 I've got this.	2 Nice and cosy.	3 Bed time it is.	4 I am getting all my Zzz's tonight.	5 Dear Bed, I love you.
6 Tomorrow is another day.	7 Do not disturb 	8 All I need is sleep.	9 I am going to dream big tonight.	10 INHALE EXHALE
11 Keep calm and go to bed.	12 I deserve more sleep.	13 I will take over the world. Tomorrow.	14 Charging time 	15 Sleep solves everything.
16 My sleep game is strong.	17 Status: In bed.	18 I will feel so much better in the morning.	19 ..but first sleep.	20 3...2...1
21 I can and I will. SLEEP.	22 This one is for me.	23 In bed on time? Check.	24 The lion sleeps (well) tonight...	25 Aaand pause.
26 It's time. 	27 It will all be better tomorrow.	28 Stronger in the morning.	29 It makes a difference.	30 Achievement Unlocked!

48

Gladiator

Gladiators were the rockstars of the Roman world. They were the epitome of physical fitness, combat readiness and mental attitude. Training them was a full-time job that happened every single day. Gladiator is a challenge that asks you to develop and maintain the attitude and perseverance of a Gladiator. You won't find yourself in an arena, ready to battle to the death, but you will find yourself becoming more focused, disciplined and fitter.

GLADIATOR



30-day challenge

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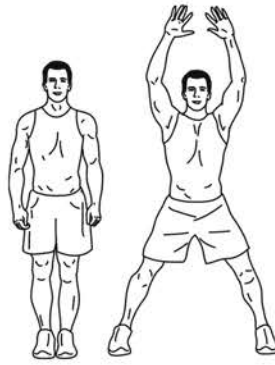


1 40 punches 3 sets in total 20sec rest	2 40 seconds one-arm plank in one go	3 10 lunges 3 sets in total 20sec rest	4 40 punches 4 sets in total 20sec rest	5 40 seconds one-arm plank in one go
6 10 lunges 4 sets in total 20sec rest	7 60 punches 3 sets in total 20sec rest	8 1 minute one-arm plank in one go	9 14 lunges 3 sets in total 20sec rest	10 60 punches 4 sets in total 20sec rest
11 1 minute one-arm plank in one go	12 14 lunges 4 sets in total 20sec rest	13 80 punches 3 sets in total 20sec rest	14 1min 20sec one-arm plank in one go	15 18 lunges 3 sets in total 20sec rest
16 80 punches 4 sets in total 20sec rest	17 1min 20sec one-arm plank in one go	18 18 lunges 4 sets in total 20sec rest	19 100 punches 3 sets in total 20sec rest	20 1min 40sec one-arm plank in one go
21 20 lunges 3 sets in total 20sec rest	22 100 punches 4 sets in total 20sec rest	23 1min 40sec one-arm plank in one go	24 20 lunges 4 sets in total 20sec rest	25 120 punches 3 sets in total 20sec rest
26 2 minutes one-arm plank in one go	27 22 lunges 3 sets in total 20sec rest	28 120 punches 4 sets in total 20sec rest	29 2 minutes one-arm plank in one go	30 22 lunges 4 sets in total 20sec rest

How you start the day determines how you feel about yourself. How you feel about yourself affects the way you think, and then relate to the world. This is why it's important to start the day with a win. The Good Morning World! challenge helps you start each day with an instant win that will jumpstart your body and invigorate your mind. There will be a spring in your step. More than that, the small amount of impact you start the day with has been scientifically proven to boost circulation in the brain and body and help improve both cognitive and cardiovascular health. This halts cognitive decline as we age and helps prevent heart attacks.

Note: You can replace jumping jacks with step jacks.

good morning, world!



30-day challenge

Do jumping jacks for 60 seconds non-stop every morning, for 30 days

© darebee.com

1 60 seconds jumping jacks	2 60 seconds jumping jacks	3 60 seconds jumping jacks	4 60 seconds jumping jacks	5 60 seconds jumping jacks
6 60 seconds jumping jacks	7 60 seconds jumping jacks	8 60 seconds jumping jacks	9 60 seconds jumping jacks	10 60 seconds jumping jacks
11 60 seconds jumping jacks	12 60 seconds jumping jacks	13 60 seconds jumping jacks	14 60 seconds jumping jacks	15 60 seconds jumping jacks
16 60 seconds jumping jacks	17 60 seconds jumping jacks	18 60 seconds jumping jacks	19 60 seconds jumping jacks	20 60 seconds jumping jacks
21 60 seconds jumping jacks	22 60 seconds jumping jacks	23 60 seconds jumping jacks	24 60 seconds jumping jacks	25 60 seconds jumping jacks
26 60 seconds jumping jacks	27 60 seconds jumping jacks	28 60 seconds jumping jacks	29 60 seconds jumping jacks	30 60 seconds jumping jacks

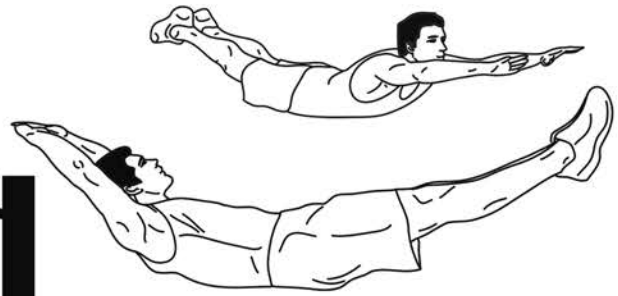
50

Hollow Hold

Isometric exercises, also known as static strength training, are contractions of a particular muscle for an extended period of time. The hollow hold works the body's anterior kinetic chain, the muscles in the front of the body; including abs, diaphragm, hip flexors, and quads. In addition to building strength, stability, and body control, it boasts back-friendly positioning by placing the body into a posterior pelvic tilt. The Hollow Hold challenge will make more than just your abs stronger. It will transform a major part of your body's functional strength.

hollow hold

30-day challenge



© darebee.com

1 20 seconds hollow hold	2 20 seconds superman hold	3 25 seconds hollow hold	4 25 seconds superman hold	5 30 seconds hollow hold
6 30 seconds superman hold	7 35 seconds hollow hold	8 35 seconds superman hold	9 40 seconds hollow hold	10 40 seconds superman hold
11 45 seconds hollow hold	12 45 seconds superman hold	13 50 seconds hollow hold	14 50 seconds superman hold	15 55 seconds hollow hold
16 55 seconds superman hold	17 60 seconds hollow hold	18 60 seconds superman hold	19 1min 10sec hollow hold	20 1min 10sec superman hold
21 1min 20sec hollow hold	22 1min 20sec superman hold	23 1min 30sec hollow hold	24 1min 30sec superman hold	25 1min 40sec hollow hold
26 1min 40sec superman hold	27 1min 50sec hollow hold	28 1min 50sec superman hold	29 2 minutes hollow hold	30 2 minutes superman hold

Home Marathon

The average time of a marathoner is 4:22:07 (9:59 minutes per mile pace) for men and 4:47:40 (10:58 minutes per mile pace) for women. A ten-minute run per day, over 30 days would see you complete 42.2 km hands down. High Knees are the biomechanical equivalent of sprinting. Sprinting requires high trajectory for the knees in order to generate the maximum amount of power over the shortest possible time and deliver speed in a given distance. Ten minutes of High Knees, performed in a form-perfect, virtually tireless manner delivers approximately 1,000 repetitions which, for our example, we shall assume are steps.

An average person walking at a fairly easy pace of 120 steps per minute takes 7,200 steps in an hour and covers 4.8km of distance. A marathon then (42.2km) is 63,300 steps or 2,110 steps per day over 30 days. Distance running however has a flatter trajectory than High Knees which leads us to a rough equivalent of 1 High Knee = 2.8 steps. You need to do just 750 form-perfect High Knees per day to cover the 42.2km of a marathon over a 30 day period.

The At-Home Marathon Challenge helps you perform this in a totally achievable way that will transform the biomechanical efficiency of your body, help you increase coordination, core strength, speed and power and endurance in just ten minutes a day.

Instructions: Set a timer and run for 10 minutes, every day for 30 days to complete a marathon run! For Extra Credit run all 10 minutes non-stop, without rest or breaks.

at home

MARATHON



30-day challenge

© darebee.com

1 10 minutes high knees	2 10 minutes high knees	3 10 minutes high knees	4 10 minutes high knees	5 10 minutes high knees
6 10 minutes high knees	7 10 minutes high knees	8 10 minutes high knees	9 10 minutes high knees	10 10 minutes high knees
11 10 minutes high knees	12 10 minutes high knees	13 10 minutes high knees	14 10 minutes high knees	15 10 minutes high knees
16 10 minutes high knees	17 10 minutes high knees	18 10 minutes high knees	19 10 minutes high knees	20 10 minutes high knees
21 10 minutes high knees	22 10 minutes high knees	23 10 minutes high knees	24 10 minutes high knees	25 10 minutes high knees
26 10 minutes high knees	27 10 minutes high knees	28 10 minutes high knees	29 10 minutes high knees	30 10 minutes high knees

High impact exercises strengthen the bones, help improve fascial fitness which, in turn improves resistance to fatigue from exercise and are key to developing strong, resilient muscles.

Homerun uses the body's own mass to help it become fitter and easier to manage. Over a month you will find yourself being lighter on your feet and more confident of your physical ability than before.

homerun



30-DAY CHALLENGE

up to 20 seconds rest between sets
each leg = 1 rep

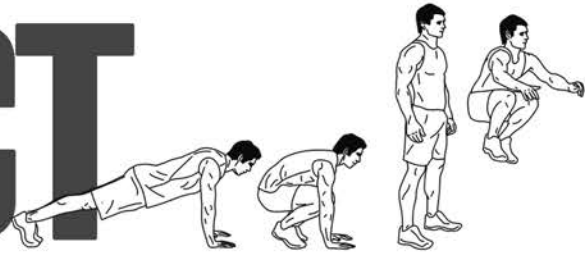
© darebee.com

1 60 high knees 10 high knees 10 high knees	2 60 high knees 20 high knees 20 high knees	3 60 high knees 30 high knees 30 high knees	4 20 high knees 10 high knees 10 high knees	5 80 high knees 10 high knees 10 high knees
6 80 high knees 20 high knees 20 high knees	7 80 high knees 30 high knees 30 high knees	8 20 high knees 10 high knees 10 high knees	9 100 high knees 10 high knees 10 high knees	10 100 high knees 20 high knees 20 high knees
11 100 high knees 30 high knees 30 high knees	12 20 high knees 10 high knees 10 high knees	13 120 high knees 10 high knees 10 high knees	14 120 high knees 20 high knees 20 high knees	15 120 high knees 30 high knees 30 high knees
16 20 high knees 10 high knees 10 high knees	17 140 high knees 10 high knees 10 high knees	18 140 high knees 20 high knees 20 high knees	19 140 high knees 30 high knees 30 high knees	20 20 high knees 10 high knees 10 high knees
21 160 high knees 10 high knees 10 high knees	22 160 high knees 20 high knees 20 high knees	23 160 high knees 30 high knees 30 high knees	24 20 high knees 10 high knees 10 high knees	25 180 high knees 10 high knees 10 high knees
26 180 high knees 20 high knees 20 high knees	27 180 high knees 30 high knees 30 high knees	28 20 high knees 10 high knees 10 high knees	29 200 high knees 10 high knees 10 high knees	30 200 high knees 20 high knees 20 high knees

High-impact workouts are really challenging. They force the body to improve fascial fitness so the connective tissue between organs becomes denser and more absorbent of vibrations. In turn this helps the muscles become more durable as they get factigued less.

More than that, high-impact exercises improve the vertical force the body can apply improving its ability to jump higher and land easier.

IMPACT



30-DAY CHALLENGE

split total reps
into manageable sets

© darebee.com

1 20 jump squats 20 plank jump-ins 20 basic burpees	2 20 calf raises	3 20 jump knee-tucks	4 60 seconds plank hold	5 40 jump squats 40 plank jump-ins 40 basic burpees
6 40 calf raises	7 40 jump knee-tucks	8 2 minutes plank hold	9 50 jump squats 50 plank jump-ins 50 basic burpees	10 50 calf raises
11 50 jump knee-tucks	12 4 minutes plank hold	13 60 jump squats 60 plank jump-ins 60 basic burpees	14 60 calf raises	15 60 jump knee-tucks
16 6 minutes plank hold	17 70 jump squats 70 plank jump-ins 70 basic burpees	18 70 calf raises	19 70 jump knee-tucks	20 8 minutes plank hold
21 80 jump squats 80 plank jump-ins 80 basic burpees	22 80 calf raises	23 80 jump knee-tucks	24 10 minutes plank hold	25 100 jump squats 100 plank jump-ins 100 basic burpees
26 100 calf raises	27 100 jump knee-tucks	28 12 minutes plank hold	29 120 jump squats 120 plank jump-ins 120 basic burpees	30 120 calf raises

Impossible Abs

Three distinct exercises, three sets a day and thirty days. The Impossible Abs challenge will transform the way you sit, stand, walk, run and jump by strengthening each of the four different muscle groups that make up the abs set. As a result you will feel different not just about the way you move and the way you look but also the way you approach physical activity of every type. Use this to level up if you've been experiencing a plateau in your fitness journey or use it as one more means through which you get closer and closer to the physically better version of you.

Note: All reps are given in total so 10 side bridges = 5 per side.

the impossible **abs**



30-DAY CHALLENGE © darebee.com

1 8 leg raises 8 side bridges 3 sets 30sec rest	2 20 seconds elbow plank hold 3 sets 30sec rest	3 8 leg raises 8 side bridges 3 sets 30sec rest	4 20 seconds elbow plank hold 3 sets 30sec rest	5 10 leg raises 10 side bridges 3 sets 30sec rest
6 25 seconds elbow plank hold 3 sets 30sec rest	7 10 leg raises 10 side bridges 3 sets 30sec rest	8 25 seconds elbow plank hold 3 sets 30sec rest	9 12 leg raises 12 side bridges 3 sets 30sec rest	10 30 seconds elbow plank hold 3 sets 30sec rest
11 12 leg raises 12 side bridges 3 sets 30sec rest	12 30 seconds elbow plank hold 3 sets 30sec rest	13 14 leg raises 14 side bridges 3 sets 30sec rest	14 35 seconds elbow plank hold 3 sets 30sec rest	15 14 leg raises 14 side bridges 3 sets 30sec rest
16 35 seconds elbow plank hold 3 sets 30sec rest	17 16 leg raises 16 side bridges 3 sets 30sec rest	18 40 seconds elbow plank hold 3 sets 30sec rest	19 16 leg raises 16 side bridges 3 sets 30sec rest	20 40 seconds elbow plank hold 3 sets 30sec rest
21 18 leg raises 18 side bridges 3 sets 30sec rest	22 45 seconds elbow plank hold 3 sets 30sec rest	23 18 leg raises 18 side bridges 3 sets 30sec rest	24 45 seconds elbow plank hold 3 sets 30sec rest	25 20 leg raises 20 side bridges 3 sets 30sec rest
26 50 seconds elbow plank hold 3 sets 30sec rest	27 20 leg raises 20 side bridges 3 sets 30sec rest	28 50 seconds elbow plank hold 3 sets 30sec rest	29 22 leg raises 22 side bridges 3 sets 30sec rest	30 60 seconds elbow plank hold 3 sets 30sec rest

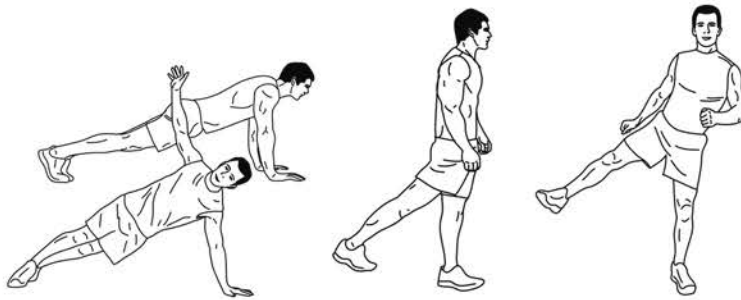
55

Iron Core

A strong core helps you sit, stand, run, jump and kick better. It can make you resistant to fatigue, nimble on your feet and more powerful in your athleticism. The Iron Core challenge helps you develop a strong core. A strong core will help you do everything else differently; even your posture will change. Then everything will change for you. And it all starts so easily.

IRON CORE

30-DAY CHALLENGE



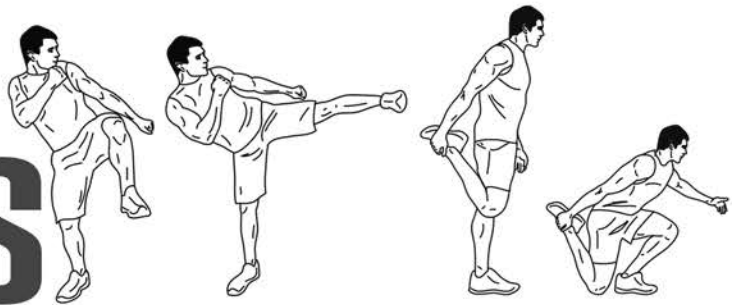
© darebee.com

1 10 plank rotations 3 sets 30 seconds rest	2 20 seconds leg raise hold side leg raise hold	3 10 plank rotations 3 sets 30 seconds rest	4 20 seconds leg raise hold side leg raise hold	5 12 plank rotations 3 sets 30 seconds rest
6 30 seconds leg raise hold side leg raise hold	7 12 plank rotations 3 sets 30 seconds rest	8 30 seconds leg raise hold side leg raise hold	9 14 plank rotations 3 sets 30 seconds rest	10 40 seconds leg raise hold side leg raise hold
11 14 plank rotations 3 sets 30 seconds rest	12 40 seconds leg raise hold side leg raise hold	13 16 plank rotations 3 sets 30 seconds rest	14 50 seconds leg raise hold side leg raise hold	15 16 plank rotations 3 sets 30 seconds rest
16 50 seconds leg raise hold side leg raise hold	17 18 plank rotations 3 sets 30 seconds rest	18 60 seconds leg raise hold side leg raise hold	19 18 plank rotations 3 sets 30 seconds rest	20 60 seconds leg raise hold side leg raise hold
21 20 plank rotations 3 sets 30 seconds rest	22 1min 10sec leg raise hold side leg raise hold	23 20 plank rotations 3 sets 30 seconds rest	24 1min 10sec leg raise hold side leg raise hold	25 22 plank rotations 3 sets 30 seconds rest
26 1min 20sec leg raise hold side leg raise hold	27 22 plank rotations 3 sets 30 seconds rest	28 1min 20sec leg raise hold side leg raise hold	29 24 plank rotations 3 sets 30 seconds rest	30 1min 30sec leg raise hold side leg raise hold

The glutes are stabilizers. Their primary role is to stabilize the pelvis and the hip so the body can function freely. The functions of the three different muscle groups that form the glutes include extension, abduction, external rotation, and internal rotation of the hip joint.

Glutes are frequently referred to as the strongest muscle in the body. They help us stay erect and play a pivotal role in generating physical power when we run, jump, kick and punch.

IRON GLUTES



30-DAY CHALLENGE

© darebee.com

1 20 side kicks 1min rest 2 sets	2 8 shrimp squats 1min rest 2 sets	3 80 side kicks throughout the day	4 10 shrimp squats 1min rest 2 sets	5 24 side kicks 1min rest 2 sets
6 12 shrimp squats 1min rest 2 sets	7 100 side kicks throughout the day	8 8 shrimp squats 1min rest 3 sets	9 20 side kicks 1min rest 3 sets	10 10 shrimp squats 1min rest 3 sets
11 120 side kicks throughout the day	12 12 shrimp squats 1min rest 3 sets	13 24 side kicks 1min rest 3 sets	14 8 shrimp squats 1min rest 4 sets	15 140 side kicks throughout the day
16 10 shrimp squats 1min rest 4 sets	17 20 side kicks 1min rest 4 sets	18 12 shrimp squats 1min rest 4 sets	19 160 side kicks throughout the day	20 8 shrimp squats 1min rest 5 sets
21 24 side kicks 1min rest 4 sets	22 10 shrimp squats 1min rest 5 sets	23 180 side kicks throughout the day	24 12 shrimp squats 1min rest 5 sets	25 20 side kicks 1min rest 5 sets
26 8 shrimp squats 1min rest 6 sets	27 200 side kicks throughout the day	28 10 shrimp squats 1min rest 6 sets	29 24 side kicks 1min rest 5 sets	30 12 shrimp squats 1min rest 6 sets

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Iron Will

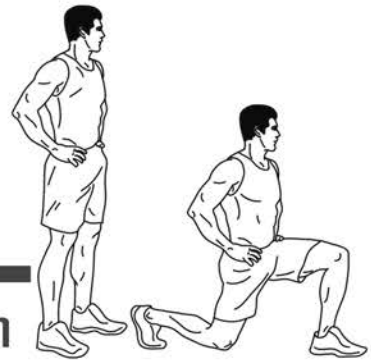
It takes courage to take that first step in the right direction but it takes an iron will to keep on going. Take up the challenge and see it through - forge your will as you forge your muscles.

Every other day is a maintenance and recovery day with only 30 lunges. All reps are given in total so 30 lunges = 15 per leg. The total number of reps is a total for the day.

IRON WILL

30-day challenge

© darebee.com



1 30 lunges	2 60 lunges	3 30 lunges	4 70 lunges	5 30 lunges
6 80 lunges	7 30 lunges	8 90 lunges	9 30 lunges	10 100 lunges
11 30 lunges	12 110 lunges	13 30 lunges	14 120 lunges	15 30 lunges
16 130 lunges	17 30 lunges	18 140 lunges	19 30 lunges	20 150 lunges
21 30 lunges	22 160 lunges	23 30 lunges	24 170 lunges	25 30 lunges
26 180 lunges	27 30 lunges	28 190 lunges	29 30 lunges	30 200 lunges

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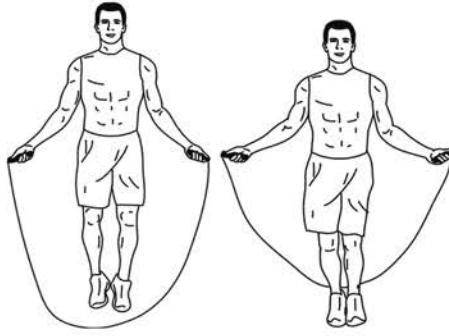
Jump Rope

Jump Rope is a seemingly simple high-impact challenge. Yet it does incredible things. For a start it promotes active hand/eye coordination. It then encourages the growth of neurons in the brain as fresh connections are required to coordinate the motor neuron function that keeps the swinging of the jump rope in sync with hopping in order to avoid it.

Finally, it helps promote bone density, cardiovascular health and it can even increase aerobic endurance.

JUMP ROPE

30-DAY CHALLENGE



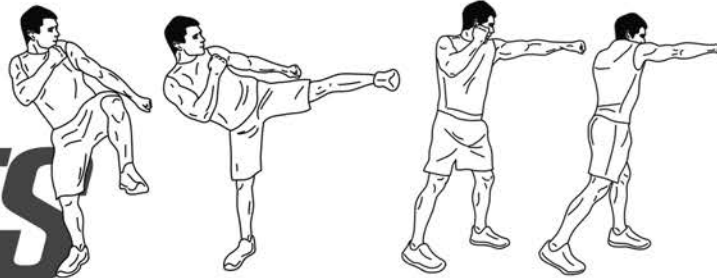
© darebee.com

1	1 min skips 1 min rest 3 sets in total	2	4 min in total throughout the day	3	2 min skips non-stop	4	1 min skips 1 min rest 3 sets in total	5	200 skips one workout
6	1 min skips 1 min rest 3 sets in total	7	4 min in total throughout the day	8	2 min skips non-stop	9	1 min skips 1 min rest 3 sets in total	10	400 skips one workout
11	1 min skips 1 min rest 4 sets in total	12	6 min in total throughout the day	13	3 min skips non-stop	14	1 min skips 1 min rest 4 sets in total	15	450 skips one workout
16	1 min skips 1 min rest 4 sets in total	17	6 min in total throughout the day	18	3 min skips non-stop	19	1 min skips 1 min rest 4 sets in total	20	600 skips one workout
21	1 min skips 1 min rest 4 sets in total	22	8 min in total throughout the day	23	4 min skips non-stop	24	1 min skips 1 min rest 4 sets in total	25	800 skips one workout
26	1 min skips 1 min rest 5 sets in total	27	10 min in total throughout the day	28	4 min skips non-stop	29	1 min skips 1 min rest 5 sets in total	30	1000 skips one workout

Kicks & Punches

Kicks and punches challenge the body at many levels. They promote close coordination of the entire kinetic chain that transforms strength and speed into power. They help muscles become more flexible and coordinated, strengthen the core and improve agility, plus they activate both your cardiovascular and aerobic systems.

KICKS & PUNCHES



30-DAY CHALLENGE

© darebee.com

1 20 side kicks 3 sets in total 30sec rest	2 20 punches 3 sets in total 30sec rest	3 100 side kicks in total throughout the day	4 100 punches in total throughout the day	5 20 side kicks 4 sets in total 30sec rest
6 20 punches 4 sets in total 30sec rest	7 150 side kicks in total throughout the day	8 150 punches in total throughout the day	9 30 side kicks 3 sets in total 30sec rest	10 30 punches 3 sets in total 30sec rest
11 200 side kicks in total throughout the day	12 200 punches in total throughout the day	13 30 side kicks 4 sets in total 30sec rest	14 30 punches 4 sets in total 30sec rest	15 250 side kicks in total throughout the day
16 250 punches in total throughout the day	17 40 side kicks 3 sets in total 30sec rest	18 40 punches 3 sets in total 30sec rest	19 300 side kicks in total throughout the day	20 300 punches in total throughout the day
21 40 side kicks 4 sets in total 30sec rest	22 40 punches 4 sets in total 30sec rest	23 350 side kicks in total throughout the day	24 350 punches in total throughout the day	25 50 side kicks 3 sets in total 30sec rest
26 50 punches 3 sets in total 30sec rest	27 400 side kicks in total throughout the day	28 400 punches in total throughout the day	29 50 side kicks 4 sets in total 30sec rest	30 50 punches 4 sets in total 30sec rest

60

Knee Push-Ups

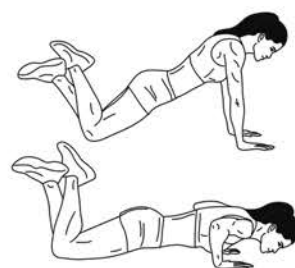
Push-ups are the perfect exercise. They help develop strong arms and shoulders. They work out the chest and abs. They challenge the core; strengthen neck muscles, recruit the tendons of the hips and lower back and even work the quads and glutes. Yet not everyone can do them and you can't do them the question is, how do you even start? The Knee Push-Ups Challenge helps you get where you want to by allowing you to develop all the same muscle groups at a gradual pace with a lighter load. If you can't yet do outright push-ups and want to get to that exulted state then this is the Challenge to start with. It will change how you feel about yourself. More than that, it will change what you can physically do.

What it works: chest, tricep and shoulders.

The challenge is suitable for both men and women. It'll help you tighten up your chest muscles, shaping and lifting your pecs (breasts).

knee push-ups

30-DAY CHALLENGE



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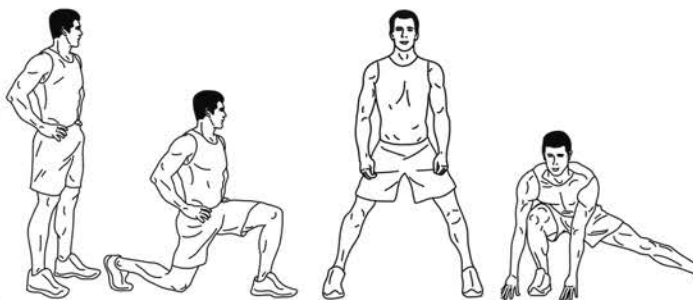
1 5 knee push-ups 3 sets 30 seconds rest	2 20 seconds knee push-up hold	3 5 knee push-ups 3 sets 30 seconds rest	4 20 seconds knee push-up hold	5 6 knee push-ups 3 sets 30 seconds rest
6 25 seconds knee push-up hold	7 6 knee push-ups 3 sets 30 seconds rest	8 25 seconds knee push-up hold	9 7 knee push-ups 3 sets 30 seconds rest	10 30 seconds knee push-up hold
11 7 knee push-ups 3 sets 30 seconds rest	12 30 seconds knee push-up hold	13 8 knee push-ups 3 sets 30 seconds rest	14 35 seconds knee push-up hold	15 8 knee push-ups 3 sets 30 seconds rest
16 35 seconds knee push-up hold	17 9 knee push-ups 3 sets 30 seconds rest	18 40 seconds knee push-up hold	19 9 knee push-ups 3 sets 30 seconds rest	20 40 seconds knee push-up hold
21 10 knee push-ups 3 sets 30 seconds rest	22 45 seconds knee push-up hold	23 10 knee push-ups 3 sets 30 seconds rest	24 45 seconds knee push-up hold	25 11 knee push-ups 3 sets 30 seconds rest
26 50 seconds knee push-up hold	27 11 knee push-ups 3 sets 30 seconds rest	28 50 seconds knee push-up hold	29 12 knee push-ups 3 sets 30 seconds rest	30 60 seconds knee push-up hold

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Legs Of Steel

Powerful quads translate the pull of the planet on the mass of your body into high-quality energy you can use for your own purpose. The legs of Steel challenge will help you level up by acquiring the kind of lower body strength that helps you stand, walk, run, jump and kick better. All you have to do is start one day one and come out transformed at the end of day thirty.

legs *of* steel



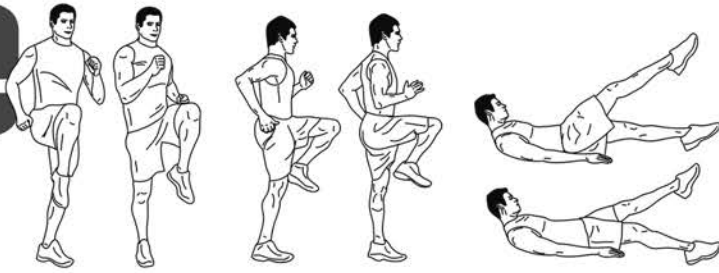
30-DAY CHALLENGE

© darebee.com

1 22 lunges 20sec rest 3 sets	2 12 side lunges 20sec rest 3 sets	3 22 lunges 20sec rest 3 sets	4 12 side lunges 20sec rest 3 sets	5 22 lunges 20sec rest 3 sets
6 12 side lunges 20sec rest 3 sets	7 24 lunges 20sec rest 3 sets	8 14 side lunges 20sec rest 3 sets	9 24 lunges 20sec rest 3 sets	10 14 side lunges 20sec rest 3 sets
11 24 lunges 20sec rest 3 sets	12 14 side lunges 20sec rest 3 sets	13 26 lunges 20sec rest 3 sets	14 16 side lunges 20sec rest 3 sets	15 26 lunges 20sec rest 3 sets
16 16 side lunges 20sec rest 3 sets	17 26 lunges 20sec rest 3 sets	18 16 side lunges 20sec rest 3 sets	19 28 lunges 20sec rest 3 sets	20 18 side lunges 20sec rest 3 sets
21 28 lunges 20sec rest 3 sets	22 18 side lunges 20sec rest 3 sets	23 28 lunges 20sec rest 3 sets	24 18 side lunges 20sec rest 3 sets	25 30 lunges 20sec rest 3 sets
26 20 side lunges 20sec rest 3 sets	27 30 lunges 20sec rest 3 sets	28 20 side lunges 20sec rest 3 sets	29 30 lunges 20sec rest 3 sets	30 20 side lunges 20sec rest 3 sets

What if you had the chance for a physical makeover that would amp-up your ability to run fast, tire less and maintain near-perfect form? Makeover uses seemingly simple exercises to help you attain greater control over your body, greater arm/leg coordination and stronger tendons. Over thirty days you will feel the difference targeted exercises make to your overall athletic ability.

make over



30-DAY CHALLENGE

burn body fat, build abs

© darebee.com

1 30sec high knees 30sec march steps 3 sets no rest	2 10 flutter kicks 3 sets 2min rest	3 30sec high knees 30sec march steps 4 sets no rest	4 10 flutter kicks 4 sets 2min rest	5 30sec high knees 30sec march steps 5 sets no rest
6 10 flutter kicks 5 sets 2min rest	7 30sec high knees 30sec march steps 6 sets no rest	8 20 flutter kicks 3 sets 2min rest	9 30sec high knees 30sec march steps 7 sets no rest	10 20 flutter kicks 4 sets 2min rest
11 30sec high knees 30sec march steps 8 sets no rest	12 20 flutter kicks 5 sets 2min rest	13 30sec high knees 30sec march steps 9 sets no rest	14 30 flutter kicks 3 sets 2min rest	15 30sec high knees 30sec march steps 10 sets no rest
16 30 flutter kicks 4 sets 2min rest	17 1min high knees 1min march steps 5 sets no rest	18 30 flutter kicks 5 sets 2min rest	19 1min high knees 1min march steps 6 sets no rest	20 40 flutter kicks 3 sets 2min rest
21 1min high knees 1min march steps 7 sets no rest	22 40 flutter kicks 4 sets 2min rest	23 1min high knees 1min march steps 8 sets no rest	24 40 flutter kicks 5 sets 2min rest	25 1min high knees 1min march steps 9 sets no rest
26 50 flutter kicks 3 sets 2min rest	27 1min high knees 1min march steps 10 sets no rest	28 50 flutter kicks 4 sets 2min rest	29 2min high knees 1min march steps 7 sets no rest	30 50 flutter kicks 5 sets 2min rest

Neuroscientific research has shown that meditation literally rewires the brain and allows you to change the perspective of your inner world. This creates a stronger sense of inner peace, a clearer sense of purpose and a mental clarity that allows you to face every potential crisis in a measured, concerted way.

Backup & Restore

DAREBEE WORKOUT
© darebee.com
slowly move
from one position
to the next;
hold each pose
for 4 seconds



OM Mantra

Imagine the sound of OM Mantra internally, in the mind only, making no external sound. Allow the mantra to flow with the breath:

Exhale "OMmmmmmm..."

Inhale "OMmmmmmm..."

Exhale "OMmmmmmm..."

Inhale "OMmmmmmm..."

Exhale "OMmmmmmm..."

Inhale "OMmmmmmm..."

meditation



30-DAY CHALLENGE

© darebee.com

1 5 minutes	2 1-minute Equal Breathing + 5 minutes	3 Backup & Restore Workout + 5 minutes	4 5 minutes + OM mantra	5 5 minutes
6 1-minute Equal Breathing + 5 minutes	7 Backup & Restore Workout + 5 minutes	8 5 minutes	9 5 minutes + OM mantra	10 1-minute Equal Breathing + 5 minutes
11 Backup & Restore Workout + 10 minutes	12 10 minutes	13 10 minutes + OM mantra	14 1-minute Equal Breathing + 10 minutes	15 Backup & Restore Workout + 10 minutes
16 10 minutes	17 10 minutes + OM mantra	18 1-minute Equal Breathing + 10 minutes	19 Backup & Restore Workout + 10 minutes	20 10 minutes
21 15 minutes + OM mantra	22 1-minute Equal Breathing + 15 minutes	23 Backup & Restore Workout + 15 minutes	24 15 minutes	25 15 minutes + OM mantra
26 1-minute Equal Breathing + 15 minutes	27 Backup & Restore Workout + 15 minutes	28 15 minutes	29 15 minutes + OM mantra	30 20 minutes

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Micro HIIT

The science behind the effectiveness of micro-workouts shows that done consistency, over time, they trigger the body's adaptive response helping muscles get stronger and fitness base levels to be recalibrated. Micro HIIT is a challenge that helps you get further in your fitness journey with less effort.

micro

HIT



30-DAY CHALLENGE

© darebee.com

1 10sec high knees 10sec climbers 10sec high knees 60sec rest 3 sets	2 10sec burpees 10sec rest 10sec burpees 60sec rest 3 sets	3 10sec slow climbers 10sec fast climbers 60sec rest 3 sets	4 20sec burpees 20sec rest 3 sets	5 10sec high knees 10sec climbers 10sec high knees 60sec rest 4 sets
6 10sec burpees 10sec rest 10sec burpees 60sec rest 4 sets	7 10sec slow climbers 10sec fast climbers 60sec rest 4 sets	8 20sec burpees 20sec rest 3 sets	9 20sec high knees 20sec climbers 20sec high knees 60sec rest 3 sets	10 20sec burpees 20sec rest 20sec burpees 60sec rest 3 sets
11 20sec slow climbers 20sec fast climbers 60sec rest 3 sets	12 20sec burpees 20sec rest 4 sets	13 20sec high knees 20sec climbers 20sec high knees 60sec rest 4 sets	14 20sec burpees 20sec rest 20sec burpees 60sec rest 4 sets	15 20sec slow climbers 20sec fast climbers 60sec rest 4 sets
16 20sec burpees 20sec rest 4 sets	17 20sec high knees 20sec climbers 20sec high knees 60sec rest 5 sets	18 20sec burpees 20sec rest 20sec burpees 60sec rest 5 sets	19 20sec slow climbers 20sec fast climbers 60sec rest 5 sets	20 20sec burpees 20sec rest 5 sets
21 20sec high knees 20sec climbers 20sec high knees 40sec rest 5 sets	22 20sec burpees 20sec rest 20sec burpees 40sec rest 4 sets	23 20sec slow climbers 20sec fast climbers 40sec rest 5 sets	24 20sec burpees 20sec rest 5 sets	25 20sec high knees 20sec climbers 20sec high knees 40sec rest 6 sets
26 20sec burpees 20sec rest 20sec burpees 40sec rest 5 sets	27 20sec slow climbers 20sec fast climbers 20sec rest 5 sets	28 20sec burpees 20sec rest 6 sets	29 20sec high knees 20sec climbers 20sec high knees 20sec rest 6 sets	30 20sec burpees 20sec rest 20sec burpees 20sec rest 5 sets

65

Multiplank


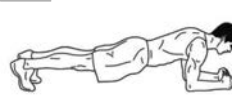


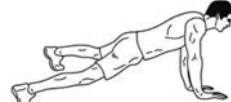
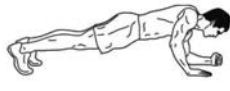




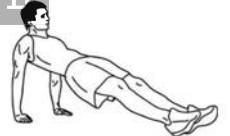



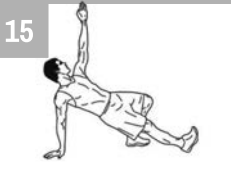








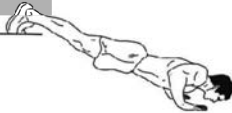






Planks strengthen the core, shoulders, lower back, glutes, quads and chest and shoulders. All, in two-minute lots. The multi-plank challenge helps you develop strong abs and core, plus over a month you get to also develop the kind of mental discipline that transforms you from the inside out.

Hold each plank for 2 minutes in total (1 minute per side).

2-minute Multiplank

30-DAY CHALLENGE

© darebee.com

1  full plank	2  elbow plank	3  full raised leg plank	4  side elbow plank	5  wide leg plank
6  uneven elbow plank	7  alt arm / leg raise full plank	8  raised arm elbow plank	9  full side plank	10  one arm full plank
11  reverse plank	12  star plank	13  knee side crunch full plank	14  side elbow star plank	15  one arm reverse plank
16  knee tap side elbow plank	17  reverse grip full plank	18  close grip full plank	19  staggered grip full plank	20  shoulder tap full plank
21  raised leg bridge plank	22  seagull elbow plank	23  raised leg elbow plank	24  decline plank	25  knee in elbow plank
26  raised side elbow plank	27  incline plank	28  side full star plank	29  acrobat plank	30  push-up plank

Negative Pull-Up

In the negative pull-ups challenge you get to challenge gravity itself. Muscles grow stronger when contracting eccentrically (they lengthen) instead of when contracting concentrically (they shorten, what we call the usual “flexing of muscles”). Negative pull-ups require you to start from a full pull up position and slowly go backwards until you find yourself hanging, arms fully extended or what we call the dead hang position. The eccentric motion of the muscles (i.e. the lengthening of muscle fibers) generates more force at a lower metabolic rate (probably due to titin engagement in muscle lengthening). In addition, it engages, a lot of additional muscles such as core, abs, upper back and even lower back as the body’s downward motion needs to be stabilized and controlled. The force exerted by the muscles recruits tendons in an active stretching capacity lengthening them as the muscles stretch and increasing their own strength and stability.

The dead hang position has additional strength benefits. In the first instance it increases grip strength which has become an important predictor of overall health and strength. It also helps develop fascial fitness which has important implications in the body’s ability to tire from exercise and to translate muscle strength into power and explosive movement. At the end of the 30-day Negative Pull-Ups challenge you will feel in yourself a variety of changes in strength and endurance.

negative pull-ups

30-DAY CHALLENGE

© darebee.com



1 2 negative pull-up 1 negative pull-up 1 negative pull-up up to 2min rest	2 10sec dead hang 2 sets in total up to 2min rest	3 2 negative pull-ups 2 negative pull-up 1 negative pull-up up to 2min rest	4 10sec dead hang 2 sets in total up to 2min rest	5 2 negative pull-ups 2 negative pull-ups 2 negative pull-up up to 2min rest
6 10sec dead hang 3 sets in total up to 2min rest	7 3 negative pull-ups 1 negative pull-ups 1 negative pull-ups up to 2min rest	8 10sec dead hang 3 sets in total up to 2min rest	9 3 negative pull-ups 2 negative pull-ups 1 negative pull-up up to 2min rest	10 10sec dead hang 4 sets in total up to 2min rest
11 3 negative pull-ups 2 negative pull-ups 2 negative pull-ups up to 2min rest	12 10sec dead hang 4 sets in total up to 2min rest	13 4 negative pull-ups 2 negative pull-ups 1 negative pull-up up to 2min rest	14 15sec dead hang 3 sets in total up to 2min rest	15 4 negative pull-ups 2 negative pull-ups 2 negative pull-ups up to 2min rest
16 15sec dead hang 3 sets in total up to 2min rest	17 4 negative pull-ups 3 negative pull-ups 2 negative pull-up up to 2min rest	18 15sec dead hang 4 sets in total up to 2min rest	19 5 negative pull-ups 3 negative pull-ups 1 negative pull-ups up to 2min rest	20 15sec dead hang 4 sets in total up to 2min rest
21 5 negative pull-ups 3 negative pull-ups 2 negative pull-up up to 2min rest	22 20sec dead hang 3 sets in total up to 2min rest	23 5 negative pull-ups 3 negative pull-ups 3 negative pull-ups up to 2min rest	24 20sec dead hang 3 sets in total up to 2min rest	25 6 negative pull-ups 3 negative pull-ups 2 negative pull-ups up to 2min rest
26 20sec dead hang 4 sets in total up to 2min rest	27 6 negative pull-ups 3 negative pull-ups 3 negative pull-ups up to 2min rest	28 20sec dead hang 4 sets in total up to 2min rest	29 6 negative pull-ups 4 negative pull-ups 3 negative pull-ups up to 2min rest	30 30sec dead hang 3 sets in total up to 2min rest

Let your secret ninja mojo rise this month with the Ninja Challenge. It's designed specifically to take you through each of the many attributes that make a ninja fearsome and effective. A ninja's most fearsome weapon is his mind and though you will be performing mostly physical tasks, each day is intended to take you to a new physical and mental place. Accept the challenge, open yourself to your inner warrior path and remember a ninja is forged from willpower and discipline. All physical change happens because the mind changes first.

NINJA

30-day challenge @ darebee.com

Complete the given exercise for each day according to your chosen level, non-stop.

normal 30 seconds
 hard 1 minute
 brutal 2 minutes

1  speed	2  flexibility	3  strength	4  stealth	5  grit
6  balance	7  endurance	8  core control	9  combat	10  focus
11  coordination	12  grip	13  explosives	14  concealment	15  strategy
16  awareness	17  willpower	18  agility	19  mindfulness	20  discipline
21  concentration	22  fortitude	23  discipline	24  power	25  resilience
26  plasticity	27  spirit	28  precision	29  courage	30  commitment

When it comes to upgrading to a better version of you it is a case of creating small, sustainable changes one day at a time. The No Junk Food Challenge helps you transition from eating habits that undermine your fitness goals and hold you back to a much better approach to nutrition. All you have to do is lay off the junk food for 30 days. You will be surprised how that one small change will affect pretty much everything you do.

NO JUNK FOOD



**NO JUNK FOOD
FOR 30 DAYS
CHALLENGE**

© darebee.com

1 no junk food today!	2 no junk food today!	3 no junk food today!	4 no junk food today!	5 no junk food today!
6 no junk food today!	7 no junk food today!	8 no junk food today!	9 no junk food today!	10 no junk food today!
11 no junk food today!	12 no junk food today!	13 no junk food today!	14 no junk food today!	15 no junk food today!
16 no junk food today!	17 no junk food today!	18 no junk food today!	19 no junk food today!	20 no junk food today!
21 no junk food today!	22 no junk food today!	23 no junk food today!	24 no junk food today!	25 no junk food today!
26 no junk food today!	27 no junk food today!	28 no junk food today!	29 no junk food today!	30 no junk food today!

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No Salt

If exercise is medicine, food is the very stuff our bodies and minds are made of. What we put in our body affects the way it functions and it affects our mind. Salt is in most foods so each time we add extra salt we are more than likely overdoing it. Going without added salt for 30 days is a great boost to the body's internal functions. It helps it recover from excessive salt processing and reset.

Instructions: Don't add any salt to your food when you serve or cook.

NO SALT



**NO ADDED SALT
FOR 30 DAYS
CHALLENGE**

© darebee.com

1 No extra salt in my food today!	2 No extra salt in my food today!	3 No extra salt in my food today!	4 No extra salt in my food today!	5 No extra salt in my food today!
6 No extra salt in my food today!	7 No extra salt in my food today!	8 No extra salt in my food today!	9 No extra salt in my food today!	10 No extra salt in my food today!
11 No extra salt in my food today!	12 No extra salt in my food today!	13 No extra salt in my food today!	14 No extra salt in my food today!	15 No extra salt in my food today!
16 No extra salt in my food today!	17 No extra salt in my food today!	18 No extra salt in my food today!	19 No extra salt in my food today!	20 No extra salt in my food today!
21 No extra salt in my food today!	22 No extra salt in my food today!	23 No extra salt in my food today!	24 No extra salt in my food today!	25 No extra salt in my food today!
26 No extra salt in my food today!	27 No extra salt in my food today!	28 No extra salt in my food today!	29 No extra salt in my food today!	30 No extra salt in my food today!

70

No Sugar

Although our taste buds and our body are highly attuned to the pleasure derived from sugar, today there is sugar in many of our foodstuffs and way too much in our diet. This causes problems with our microbiome, it affects our weight and it impacts on our health. The No Sugar challenge helps you address this balance. Over a month, you help your taste buds reset, you aid in the recovery and resetting of your microbiome flora and discover just how much this small dietary change can affect your weight. You build up a new, healthier you by making small changes, one day at a time. This is a good start.

No Sugar



no chocolate,
no cookies,
no soft drinks
for 30 days

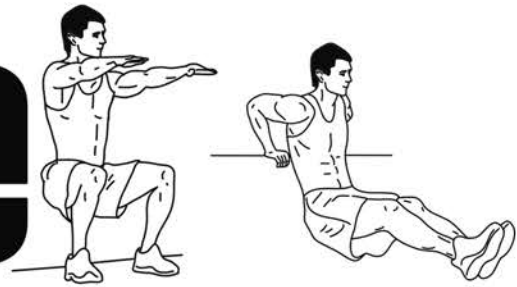
© darebee.com

1	no sugar today!	2	no sugar today!	3	no sugar today!	4	no sugar today!	5	no sugar today!
6	no sugar today!	7	no sugar today!	8	no sugar today!	9	no sugar today!	10	no sugar today!
11	no sugar today!	12	no sugar today!	13	no sugar today!	14	no sugar today!	15	no sugar today!
16	no sugar today!	17	no sugar today!	18	no sugar today!	19	no sugar today!	20	no sugar today!
21	no sugar today!	22	no sugar today!	23	no sugar today!	24	no sugar today!	25	no sugar today!
26	no sugar today!	27	no sugar today!	28	no sugar today!	29	no sugar today!	30	no sugar today!

Whether you work from home or work in a more traditional office environment, the chances are that you spend a lot of time sitting down and a lot of time trying to earn a living. That doesn't mean your fitness needs to suffer.

Office is a month of daily workouts you can do in an office environment or in the home, if you are working from home. Incrementally, the mini-workouts work their magic, triggering an adaptation response that will physically change you.

30-day office —challenge—



© darebee.com

1 20 seconds wall-sit	2 20 seconds tricep dip hold	3 40 seconds wall-sit	4 40 seconds tricep dip hold	5 60 seconds wall-sit
6 60 seconds tricep dip hold	7 1min 20sec wall-sit	8 1min 20sec tricep dip hold	9 1min 40sec wall-sit	10 1min 40sec tricep dip hold
11 2 minutes wall-sit	12 2 minutes tricep dip hold	13 2min 10sec wall-sit	14 2min 10sec tricep dip hold	15 2min 20sec wall-sit
16 2min 20sec tricep dip hold	17 2min 30sec wall-sit	18 2min 30sec tricep dip hold	19 2min 40sec wall-sit	20 2min 40sec tricep dip hold
21 3 minutes wall-sit	22 3 minutes tricep dip hold	23 3min 10sec wall-sit	24 3min 10sec tricep dip hold	25 3min 20sec wall-sit
26 3min 20sec tricep dip hold	27 3min 30sec wall-sit	28 3min 30sec tricep dip hold	29 4 minutes wall-sit	30 4 minutes tricep dip hold

We live in times of convenience. Everything we eat nowadays comes in a package and a lot of it is ready to eat. Although buying and eating ready-made meals allows us to focus our time and energy on other things it also lowers the quality of what we fuel our bodies with. After all, no one cares about what goes into our meals more than we do.

Cooking our own food allows us to pick higher quality ingredients, cut back on preservatives and make a lot more nutritious meals. Making things from scratch also helps us better understand what goes into each dish and what we put into our bodies. We really are what we eat and what we digest. We can't hope to build better, healthier and stronger bodies if we don't pay attention to our nutrition.

This challenge calls for 100% homemade meals. It challenges each of us to cook everything we eat from scratch for 30 days. The meals are not required to be complex, low fat, low carb or high protein. You can make anything you want as long as it is made from basic ingredients whether it's soup or bread, salad or muffins. The challenge here is to not rely on anything that comes prepackaged or processed. You can adjust the degree of complexity for this challenge to fit the time available but we recommend making as many things from scratch as possible. For example, try baking your own bread and if you are making beans, use dry beans and not the ones that come from a can. Avoid using any quick mixes or shortcuts altogether during the challenge.

When we make our own food we inevitably increase the nutritional value of every meal. And when our body gets all it needs it stops being in a constant state of distress, our hunger goes down because our nutritional needs are met and we feel more content and satisfied.

ONLY HOME MADE



EAT ONLY
HOMEMADE
MEALS
FOR 30 DAYS

© darebee.com

1 only homemade meals today	2 only homemade meals today	3 only homemade meals today	4 only homemade meals today	5 only homemade meals today
6 only homemade meals today	7 only homemade meals today	8 only homemade meals today	9 only homemade meals today	10 only homemade meals today
11 only homemade meals today	12 only homemade meals today	13 only homemade meals today	14 only homemade meals today	15 only homemade meals today
16 only homemade meals today	17 only homemade meals today	18 only homemade meals today	19 only homemade meals today	20 only homemade meals today
21 only homemade meals today	22 only homemade meals today	23 only homemade meals today	24 only homemade meals today	25 only homemade meals today
26 only homemade meals today	27 only homemade meals today	28 only homemade meals today	29 only homemade meals today	30 only homemade meals today

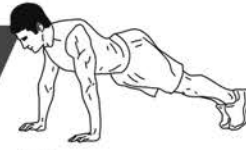
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Plank

The Plank is an exercise that engages many muscles at once. Because the body is locked against the ground it is a closed kinetic chain exercise that loads almost all the abdominal muscle groups, the glutes, the quads, shoulders back and chest. Performed on a daily basis this creates a cumulative, daily physical load that triggers the body's adaptive response.

Planks are a great way to increase overall muscle stability in the body's anterior kinetic chain. This, in turn, improves the body's athleticism.

PLANK



30-DAY CHALLENGE

split total reps
into manageable sets

© darebee.com

1 10sec plank 20sec elbow plank	2 20sec plank 20sec elbow plank	3 25sec plank 20sec elbow plank	4 5 up and down planks	5 30sec plank 20sec elbow plank
6 30sec plank 30sec elbow plank	7 40sec plank 30sec elbow plank	8 10 up and down planks	9 50sec plank 30sec elbow plank	10 1min plank 30sec elbow plank
11 1min10sec plank 40sec elbow plank	12 20 up and down planks	13 1min20sec plank 40sec elbow plank	14 1min30sec plank 40sec elbow plank	15 1min40sec plank 40sec elbow plank
16 25 up and down planks	17 1min50sec plank 45sec elbow plank	18 2min plank 45sec elbow plank	19 2min10sec plank 45sec elbow plank	20 30 up and down planks
21 2min30sec plank 50sec elbow plank	22 2min40sec plank 50sec elbow plank	23 2min50sec plank 50sec elbow plank	24 35 up and down planks	25 3min plank 50sec elbow plank
26 3min10sec plank 1min elbow plank	27 3min20sec plank 1min elbow plank	28 40 up and down planks	29 3min30sec plank 1min elbow plank	30 4min plank 1min elbow plank

Scientific evidence is mounting that plant-based meals reverse aging increase cardiovascular endurance and decrease inflammation markers at a cellular level. They help reduce the amount of damage done by free radicals and unhealthy lifestyle choices. Everything that affects the body systemically, affects the brain. How we age determines how we think and how we feel. This, in turn, affects everything else. The Plant Based Challenge is designed to help you discover how differently your body and brain operate when a cleaner source of fuel is supplied.

Instructions: only eat plant-based meals for 30 days. This means you can't eat meat, dairy and eggs or products containing meat, dairy and eggs. Instead, opt-in for their plant-based alternatives, beans and legumes, fruit and vegetables, mushrooms, nuts and seeds. Replace cows milk with almond, oat or soy milk. If you enjoy yogurts, you can buy their plant-based alternative made from nuts, soy or hemp. There is a huge variety of plant-based cheeses as well if you find yourself missing cheese and crackers. Instead of getting your protein from meat, get it from beans, quinoa, chickpeas, lentils, tofu and tempeh, seitan, nuts and seeds. Some vegetables are also quite high in protein (Calories ratio to protein content) like broccoli and cauliflower.

Once 30 days are up you can judge whether this type of eating is for you and if your health and fitness have improved. Plant-based eating pattern doesn't always agree with everyone but for some it can be life-changing. The only way to find out whether it will work for you is to try.

30-DAY CHALLENGE

Only eat plant-based food for 30 days

© darebee.com

PLANT BASED

1 Done!	2 Done!	3 Done!	4 Done!	5 Done!
6 Done!	7 Done!	8 Done!	9 Done!	10 Done!
11 Done!	12 Done!	13 Done!	14 Done!	15 Done!
16 Done!	17 Done!	18 Done!	19 Done!	20 Done!
21 Done!	22 Done!	23 Done!	24 Done!	25 Done!
26 Done!	27 Done!	28 Done!	29 Done!	30 Done!

Great posture is made of many different parts which recruit a lot of different muscle groups throughout the body, some of which are required to multi-task in their roles. The Posture Challenge has only two, seemingly simple exercises. To understand how they help improve your posture consider what is required for a good posture to begin with:

- A strong neck and shoulders
- A strong back
- A strong lower back

It is, of course a little more complicated than that as flexibility as well as strength are involved and the front of the body needs to be brought into the picture as well, but the Posture Challenge is simple in what it asks you to do. It targets primarily all the key muscle groups that are not easy to target consistently and by the end of it you will see a difference.

Just so you understand what muscles you are exercising consider that in the neck and upper back consider that anchoring the shoulder blades to the spine is a flat, triangular shaped muscle called the trapezius. This muscle covers the neck, shoulders and thorax. Effective posture necessitates that the trapezius muscle is strengthened equally in the front and back of the body.

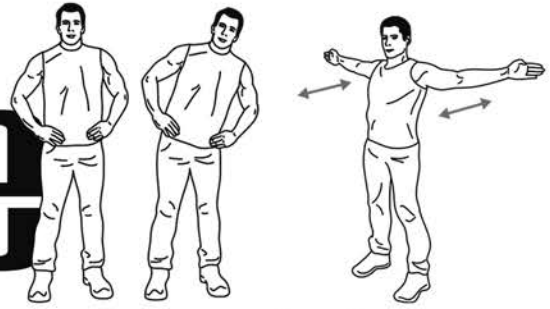
On the lower back there are those muscles on the back side of the body which run laterally to the spine, called the erector spinae muscles. Individually, they are the spinalis, longissimus and iliocostalis and they all work together to extend the spine. The multifidus muscles, a smaller group deep in the back, connects the vertebra.

Finally the tail end of the posture support structures are the gluteus and hamstring muscles. Even the hamstrings play a role as they indirectly work to maintain an erect posture during standing and walking.

office friendly

posture

30-day challenge



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1 10 side bends repeat twice morning & evening	2 20 micro chest expansions 3 sets in total throughout the day	3 12 side bends repeat twice morning & evening	4 22 micro chest expansions 3 sets in total throughout the day	5 14 side bends repeat twice morning & evening
6 24 micro chest expansions 3 sets in total throughout the day	7 16 side bends repeat twice morning & evening	8 26 micro chest expansions 3 sets in total throughout the day	9 20 side bends repeat twice morning & evening	10 30 micro chest expansions 3 sets in total throughout the day
11 22 side bends repeat twice morning & evening	12 32 micro chest expansions 3 sets in total throughout the day	13 24 side bends repeat twice morning & evening	14 34 micro chest expansions 3 sets in total throughout the day	15 26 side bends repeat twice morning & evening
16 36 micro chest expansions 3 sets in total throughout the day	17 30 side bends repeat twice morning & evening	18 40 micro chest expansions 3 sets in total throughout the day	19 32 side bends repeat twice morning & evening	20 42 micro chest expansions 3 sets in total throughout the day
21 34 side bends repeat twice morning & evening	22 44 micro chest expansions 3 sets in total throughout the day	23 36 side bends repeat twice morning & evening	24 46 micro chest expansions 3 sets in total throughout the day	25 40 side bends repeat twice morning & evening
26 50 micro chest expansions 3 sets in total throughout the day	27 42 side bends repeat twice morning & evening	28 52 micro chest expansions 3 sets in total throughout the day	29 44 side bends repeat twice morning & evening	30 54 micro chest expansions 3 sets in total throughout the day

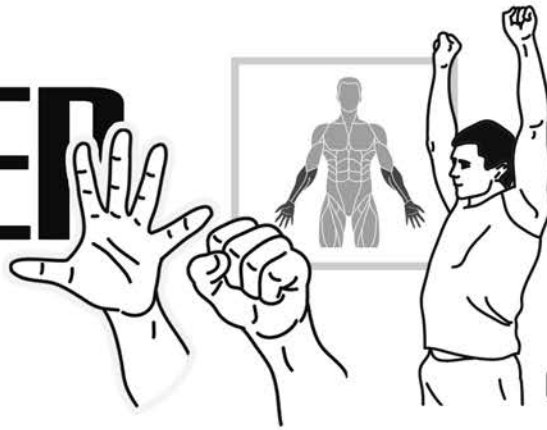
76

Power Grip

The strength of our hand grip is such a reliable measure of upper body strength that it is often used as a measure of overall muscular strength. What is less known perhaps is that a better hand grip strength has been found to be associated with cardiac functions and structures that help reduce the risk of cardiovascular incidents. In addition research indicates that grip strength in midlife can predict physical disability in senior years. All of which mean that you'd better ace this challenge and reap some really long term rewards for it.

Instructions: Clench and unclench your fists as fast and as hard as you can, non-stop, for a given time for each day. Keep up with the animation for maximum results. Clench your fists, tense your arms and hold them over your head to do a flex hold.

POWER GRIP



30-day challenge

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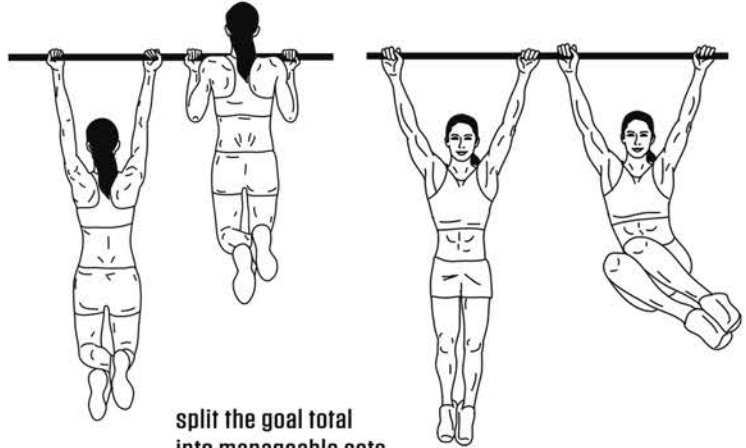
1	2	3	4	5
40 seconds clench / unclench	40 seconds overhead flex hold	50 seconds clench / unclench	50 seconds overhead flex hold	60 seconds clench / unclench
6	7	8	9	10
60 seconds overhead flex hold	1min 10sec clench / unclench	1min 10sec overhead flex hold	1min 20sec clench / unclench	1min 20sec overhead flex hold
11	12	13	14	15
1min 30sec clench / unclench	1min 30sec overhead flex hold	1min 40sec clench / unclench	1min 40sec overhead flex hold	1min 50sec clench / unclench
16	17	18	19	20
1min 50sec overhead flex hold	2 minutes clench / unclench	2 minutes overhead flex hold	2min 10sec clench / unclench	2min 10sec overhead flex hold
21	22	23	24	25
2min 20sec clench / unclench	2min 20sec overhead flex hold	2min 30sec clench / unclench	2min 30sec overhead flex hold	2min 40sec clench / unclench
26	27	28	29	30
2min 40sec overhead flex hold	2min 50sec clench / unclench	2min 50sec overhead flex hold	3 minutes clench / unclench	3 minutes overhead flex hold

Power Pull

Get your upper body and core chiseled with this 15-day pull-up bar challenge. It is beginner-friendly so, as long as you access to a pull-up bar, you can take it up! The rules are simple: hit the given amount of reps by splitting the total into as many sets and taking as much rest as you need. Make it challenging - do as fewer sets as you possibly can. 2 Minutes rest between sets is the recommended rest time.

On core days while doing knee-ins with twists make sure you tighten up your abs and bring your knees up as high as you can to get the most out of the exercise. Can't do twists just yet? Start by bringing your knees up without a twist first until you feel confident you can add the twisting motion.

Power Pull



split the goal total into manageable sets - as few as possible

CHALLENGE

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1	to failure chin-ups goal 8 in total	2	8 knee-up twists 3 sets in total 2 minutes rest	3	to failure chin-ups goal 8 in total	4	8 knee-up twists 3 sets in total 2 minutes rest	5	to failure chin-ups goal 10 in total
6	10 knee-up twists 3 sets in total 2 minutes rest	7	to failure chin-ups goal 10 in total	8	10 knee-up twists 3 sets in total 2 minutes rest	9	to failure chin-ups goal 12 in total	10	12 knee-up twists 3 sets in total 2 minutes rest
11	to failure chin-ups goal 12 in total	12	12 knee-up twists 3 sets in total 2 minutes rest	13	to failure chin-ups goal 14 in total	14	14 knee-up twists 3 sets in total 2 minutes rest	15	to failure chin-ups goal 14 in total

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Power Walk

Walking is a great way to raise your body's temperature without breaking into a sweat. It is a great, low-impact exercise that gets your cardiovascular system going and gently increases your metabolic burn. Done on a daily basis it is a great way to lower your resting heart rate, improve your fitness and increase your overall baseline for physical activity.

Set the time and Go! Make sure you bring your knees up and move your arms, as illustrated, for a proper power walk. Every other day all you need to do is power walk for 2 minutes. The challenge is to keep it up!

power 30-day challenge

walk



© darebee.com

1 2 minutes march steps	2 3 minutes march steps	3 2 minutes march steps	4 3min 30sec march steps	5 2 minutes march steps
6 4 minutes march steps	7 2 minutes march steps	8 4 min 30sec march steps	9 2 minutes march steps	10 5 minutes march steps
11 2 minutes march steps	12 5 min 30sec march steps	13 2 minutes march steps	14 6 minutes march steps	15 2 minutes march steps
16 6 min 30sec march steps	17 2 minutes march steps	18 7 minutes march steps	19 2 minutes march steps	20 7 min 30sec march steps
21 2 minutes march steps	22 8 minutes march steps	23 2 minutes march steps	24 8 min 30sec march steps	25 2 minutes march steps
26 9 minutes march steps	27 2 minutes march steps	28 9min 30sec march steps	29 2 minutes march steps	30 10 minutes march steps

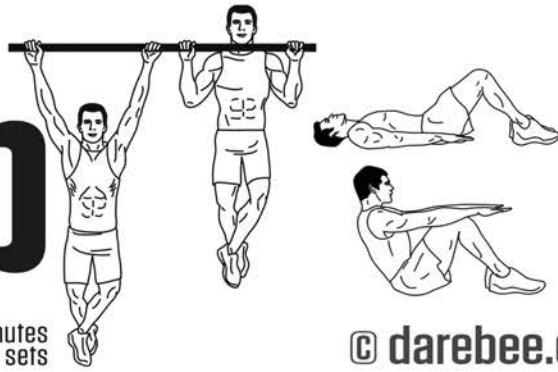
79

Pull-Up

Defying gravity helps the body develop excellent functional strength. Nothing defies gravity quite the way a pull-up does. Over 30 days you get to develop your upper body strength, fascial fitness, upper back and neck, chest and arms and shoulders. It also works the abs and core a little.

Pull-ups are an excellent means of developing the kind of functional upper body strength favored by boxers, gymnasts and martial artists.

pull-up



30-DAY CHALLENGE

up to 2 minutes
rest between sets

© darebee.com

1	1 pull-up 1 pull-up 1 pull-up	2	10 sit-ups 3 sets	3	2 pull-ups 1 pull-up 1 pull-up	4	10 sit-ups 3 sets	5	2 pull-ups 2 pull-ups 1 pull-up
6	15 sit-ups 3 sets	7	2 pull-ups 2 pull-ups 2 pull-ups	8	15 sit-ups 3 sets	9	3 pull-ups 2 pull-ups 1 pull-up	10	15 sit-ups 3 sets
11	3 pull-ups 2 pull-ups 2 pull-ups	12	15 sit-ups 4 sets	13	4 pull-ups 2 pull-ups 1 pull-up	14	15 sit-ups 4 sets	15	4 pull-ups 2 pull-ups 2 pull-ups
16	20 sit-ups 4 sets	17	5 pull-ups 3 pull-ups 1 pull-up	18	20 sit-ups 4 sets	19	5 pull-ups 4 pull-ups 2 pull-ups	20	20 sit-ups 4 sets
21	6 pull-ups 4 pull-ups 1 pull-up	22	20 sit-ups 5 sets	23	7 pull-ups 4 pull-ups 2 pull-ups	24	20 sit-ups 5 sets 5 sets	25	8 pull-ups 4 pull-ups 3 pull-ups
26	20 sit-ups 6 sets	27	9 pull-ups 4 pull-ups 2 pull-ups	28	20 sit-ups 6 sets	29	rest day	30	10 pull-ups 5 pull-ups 3 pull-ups

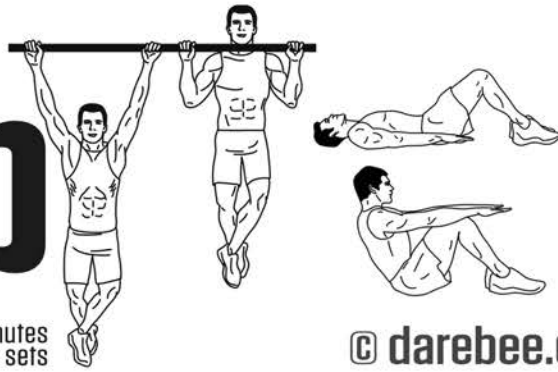
80

Pull-Up Level 2

Pull-ups are difficult because of the physics involved in the equation. Basically the work your arms have to do is described as the energy needed to move some mass over some distance. In the case of doing a single pull-up, the work that your arms and back need to do is a function of your mass and how far you need to move it upwards to get your chin over the bar.

This lets you understand just what an achievement doing pull-ups is and why there is so much value in the bragging rights. This challenge takes you several levels up.

pull-up



30-DAY CHALLENGE

lv 2

up to 2 minutes
rest between sets

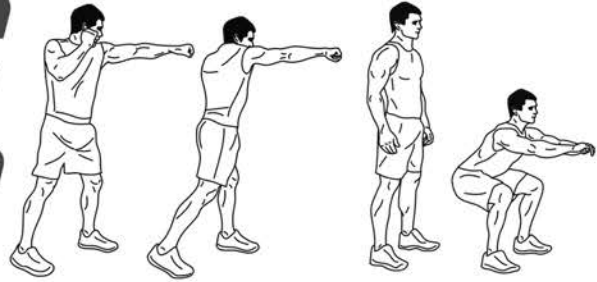
© darebee.com

1 10 pull-ups 6 pull-ups 4 pull-ups	2 20 sit-ups 3 sets twice a day	3 10 pull-ups 8 pull-ups 6 pull-ups	4 20 sit-ups 3 sets twice a day	5 12 pull-ups 8 pull-ups 4 pull-ups
6 25 sit-ups 3 sets twice a day	7 14 pull-ups 6 pull-ups 2 pull-ups	8 25 sit-ups 3 sets twice a day	9 14 pull-ups 8 pull-ups 2 pull-ups	10 25 sit-ups 3 sets twice a day
11 15 pull-ups 6 pull-ups 2 pull-ups	12 20 sit-ups 4 sets twice a day	13 15 pull-ups 8 pull-ups 2 pull-ups	14 20 sit-ups 4 sets twice a day	15 16 pull-ups 6 pull-ups 2 pull-ups
16 20 sit-ups 3 sets three times a day	17 16 pull-ups 6 pull-ups 4 pull-ups	18 20 sit-ups 3 sets three times a day	19 17 pull-ups 6 pull-ups 2 pull-ups	20 20 sit-ups 3 sets three times a day
21 17 pull-ups 6 pull-ups 4 pull-ups	22 20 sit-ups 4 sets three times a day	23 17 pull-ups 8 pull-ups 2 pull-ups	24 20 sit-ups 4 sets three times a day	25 18 pull-ups 8 pull-ups 4 pull-ups
26 20 sit-ups 3 sets four times a day	27 19 pull-ups 8 pull-ups 4 pull-ups	28 20 sit-ups 3 sets four times a day	29 rest day	30 20 pull-ups 8 pull-ups 6 pull-ups

Punches & Squats

Legs and arms are the natural extensions of the body's ability to generate power. Using them correctly requires specific exercises that help build strength and coordination. The Punches & Squats, 30-day Challenge appears to be simple yet it effectively targets the crucial muscle groups involved and forces them to build the neural connections necessary for coordinating them better. By the end of the 30-Day Challenge you will feel and move differently.

PUNCHES & SQUATS



30-DAY CHALLENGE

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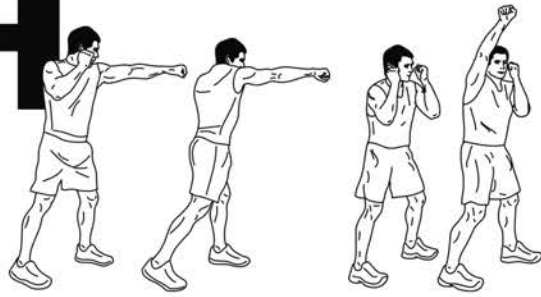
1 30 punches 3 sets in total 30sec rest	2 50 squats in total throughout the day	3 30 punches 3 sets in total 30sec rest	4 55 squats in total throughout the day	5 40 punches 3 sets in total 30sec rest
6 60 squats in total throughout the day	7 40 punches 3 sets in total 30sec rest	8 65 squats in total throughout the day	9 50 punches 3 sets in total 30sec rest	10 70 squats in total throughout the day
11 50 punches 3 sets in total 30sec rest	12 75 squats in total throughout the day	13 60 punches 3 sets in total 30sec rest	14 80 squats in total throughout the day	15 60 punches 3 sets in total 30sec rest
16 85 squats in total throughout the day	17 70 punches 3 sets in total 30sec rest	18 90 squats in total throughout the day	19 70 punches 3 sets in total 30sec rest	20 95 squats in total throughout the day
21 80 punches 3 sets in total 30sec rest	22 100 squats in total throughout the day	23 80 punches 3 sets in total 30sec rest	24 105 squats in total throughout the day	25 90 punches 3 sets in total 30sec rest
26 110 squats in total throughout the day	27 90 punches 3 sets in total 30sec rest	28 115 squats in total throughout the day	29 100 punches 3 sets in total 30sec rest	30 120 squats in total throughout the day

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Punch Out

Channel your angst, inner anguish and deepest frustrations into an upper body, daily, workout that will transform how you feel; change how you move and totally make you feel better about yourself inside and out. The Punch Out! Challenge will help you pile up the numbers. In addition this will help your cardiovascular and aerobic fitness, help decrease your resting heartbeat, increase your base metabolic rate. It will also help increase your upper limb speed which is no bad thing either.

PUNCH OUT!



© darebee.com

30-DAY CHALLENGE

1 80 punches	2 80 overhead punches	3 120 punches	4 120 overhead punches	5 140 punches
6 140 overhead punches	7 160 punches	8 160 overhead punches	9 200 punches	10 200 overhead punches
11 240 punches	12 240 overhead punches	13 260 punches	14 260 overhead punches	15 300 punches
16 300 overhead punches	17 340 punches	18 340 overhead punches	19 380 punches	20 380 overhead punches
21 400 punches	22 400 overhead punches	23 420 punches	24 420 overhead punches	25 460 punches
26 460 overhead punches	27 480 punches	28 480 overhead punches	29 500 punches	30 500 overhead punches

Push-Up Ladder

The Push-Up Ladder challenge focuses on your upper body: triceps, biceps, chest, back, abs and core. Push-up focused days will gradually take you to a more advanced push-up style that will give you increased upper body strength and more control over your body. Punching days engage the same muscles but in a less direct way helping you recover while keeping up the focus. The closer punching sets are performed to each other the better but the total can be comfortably split and spread throughout the day. One set of the ladder (wide grip, classic grip and close grip) is performed without rest between exercises - you switch on the fly.

This challenge can be scaled down to fit your fitness level:

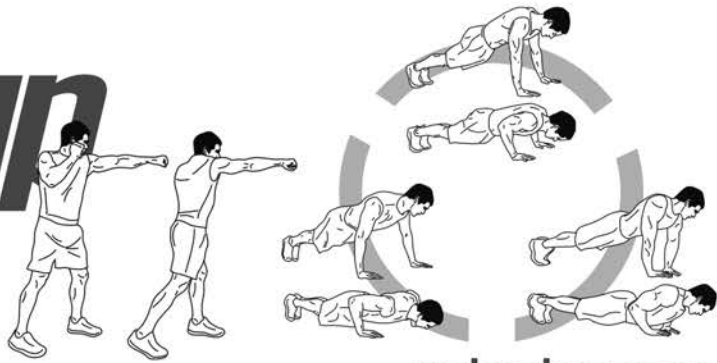
Do only one set of the ladder for Level I.

Two sets of the ladder for Level II.

Do all three sets of the ladder for level III.

The challenge is designed for performance and visual results.

push-up ladder



30-DAY CHALLENGE

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1 4 wide grip 6 classic grip 4 close grip 30sec rest 3 sets	2 500 punches throughout the day	3 4 wide grip 8 classic grip 4 close grip 30sec rest 3 sets	4 500 punches throughout the day	5 4 wide grip 10 classic grip 4 close grip 30sec rest 3 sets
6 600 punches throughout the day	7 4 wide grip 12 classic grip 4 close grip 30sec rest 3 sets	8 600 punches throughout the day	9 4 wide grip 14 classic grip 4 close grip 30sec rest 3 sets	10 700 punches throughout the day
11 6 wide grip 4 classic grip 4 close grip 30sec rest 3 sets	12 700 punches throughout the day	13 8 wide grip 4 classic grip 4 close grip 30sec rest 3 sets	14 800 punches throughout the day	15 10 wide grip 4 classic grip 4 close grip 30sec rest 3 sets
16 800 punches throughout the day	17 12 wide grip 4 classic grip 4 close grip 30sec rest 3 sets	18 900 punches throughout the day	19 14 wide grip 4 classic grip 4 close grip 30sec rest 3 sets	20 900 punches throughout the day
21 4 wide grip 4 classic grip 6 close grip 30sec rest 3 sets	22 1000 punches throughout the day	23 4 wide grip 4 classic grip 8 close grip 30sec rest 3 sets	24 1000 punches throughout the day	25 4 wide grip 4 classic grip 10 close grip 30sec rest 3 sets
26 1200 punches throughout the day	27 4 wide grip 4 classic grip 12 close grip 30sec rest 3 sets	28 1200 punches throughout the day	29 4 wide grip 4 classic grip 14 close grip 30sec rest 3 sets	30 1400 punches throughout the day

Push-Up Master

Push-ups are a closed kinetic chain exercise that pit the body's strength against the pull of the planet's gravity well. As such they engage virtually all the muscles and tendons of the body's front kinetic chain and also engage the glutes, lower back and core. This is why they are such an intensive exercise. At the same time they deliver excellent physical fitness results.

Extra Credit: Complete the total reps for your level in one go.

push-up master

30-Day Challenge © darebee.com

Pick a level and complete the given number & style of push-ups every day for 30 days.

easy 10 push-ups
hard 20 push-ups
advanced 30 push-ups

1  classic	2  wide grip	3  close grip	4  staggered	5  stacked
6  raised leg	7  shoulder tap	8  dragon	9  judo	10  decline
11  skydiver	12  rotations	13  archer	14  side crunch	15  cross-body
16  pike	17  climber tap	18  tricep extension	19  glider	20  forward glider
21  grip change	22  walk-out	23  knuckle	24  cross tricep	25  circle
26  push back	27  power	28  clapping	29  reverse grip	30  one-arm

85

Salad A Day

Eating a salad a day is a good way to add more veggies into our daily menu. Adding vegetables to our diet is good for the health of our gut and the flora that lives there and it also affects the way our body regulates the energy we get from food. Developing the good habit of eating a salad a day however requires some practice. By committing to the challenge we develop eating habits that will be beneficial to your fitness and health.

A SALAD A DAY



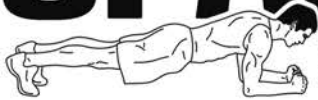
EAT A LARGE SALAD EVERY DAY FOR 30 DAYS

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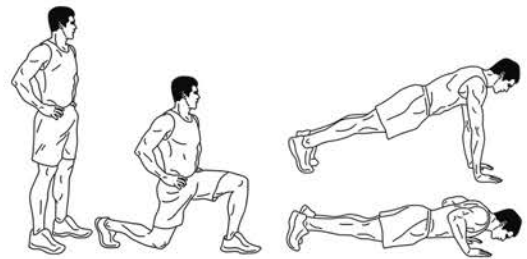
1 I ate a salad today!	2 I ate a salad today!	3 I ate a salad today!	4 I ate a salad today!	5 I ate a salad today!
6 I ate a salad today!	7 I ate a salad today!	8 I ate a salad today!	9 I ate a salad today!	10 I ate a salad today!
11 I ate a salad today!	12 I ate a salad today!	13 I ate a salad today!	14 I ate a salad today!	15 I ate a salad today!
16 I ate a salad today!	17 I ate a salad today!	18 I ate a salad today!	19 I ate a salad today!	20 I ate a salad today!
21 I ate a salad today!	22 I ate a salad today!	23 I ate a salad today!	24 I ate a salad today!	25 I ate a salad today!
26 I ate a salad today!	27 I ate a salad today!	28 I ate a salad today!	29 I ate a salad today!	30 I ate a salad today!

When you think about Spartan training you have to consider whole body training. The Spartans are the perfect example of early “special forces”. Their devotion to training stood at the core of their lifestyle. As a result they left nothing to chance. Spartan is a challenge that asks you to train your entire body, in small ways, over a month. In return you will see and feel real changes take place that will form the basis for your leveling up in your fitness level.

SPARTAN



30-DAY CHALLENGE



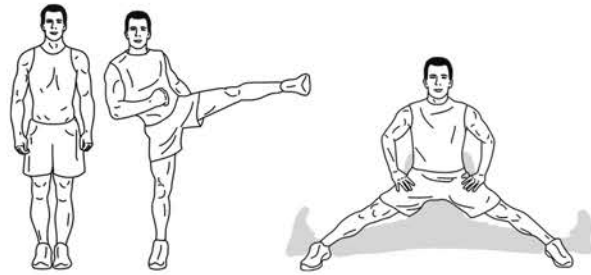
© darebee.com

1 40 punches 3 sets in total 20sec rest	2 40 seconds one-arm plank in one go	3 10 lunges 3 sets in total 20sec rest	4 40 punches 4 sets in total 20sec rest	5 40 seconds one-arm plank in one go
6 10 lunges 4 sets in total 20sec rest	7 60 punches 3 sets in total 20sec rest	8 1 minute one-arm plank in one go	9 14 lunges 3 sets in total 20sec rest	10 60 punches 4 sets in total 20sec rest
11 1 minute one-arm plank in one go	12 14 lunges 4 sets in total 20sec rest	13 80 punches 3 sets in total 20sec rest	14 1min 20sec one-arm plank in one go	15 18 lunges 3 sets in total 20sec rest
16 80 punches 4 sets in total 20sec rest	17 1min 20sec one-arm plank in one go	18 18 lunges 4 sets in total 20sec rest	19 100 punches 3 sets in total 20sec rest	20 1min 40sec one-arm plank in one go
21 20 lunges 3 sets in total 20sec rest	22 100 punches 4 sets in total 20sec rest	23 1min 40sec one-arm plank in one go	24 20 lunges 4 sets in total 20sec rest	25 120 punches 3 sets in total 20sec rest
26 2 minutes one-arm plank in one go	27 22 lunges 3 sets in total 20sec rest	28 120 punches 4 sets in total 20sec rest	29 2 minutes one-arm plank in one go	30 22 lunges 4 sets in total 20sec rest

Flexibility is the key to unleashing power and speed by increasing the range of motion active (agonist) muscles have to travel before they are held back by the opposing (antagonist) ones. Being more flexible can also reduce the chances of injury when exercising, though the biggest benefit will be in the way you walk and stand. This 30-day program will help you increase your flexibility. The program utilizes a mixture of active (leg raises) and passive (holding the splits position) stretching techniques to give you the fastest gains possible in the shortest time.

Tip: it will help if you also do long distance running. Do the side splits right after the run when your muscles are all warmed up.

splits



30-DAY CHALLENGE

split total reps
into manageable sets

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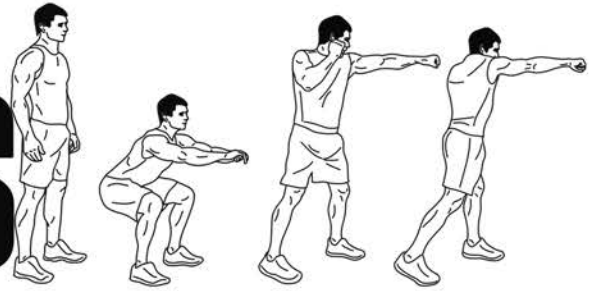
1 40 leg raises 40sec side splits	2 60 leg raises 1min side splits	3 80 leg raises 1min20sec side splits	4 100 leg raises 1min40sec side splits	5 120 leg raises 2min side splits
6 140 leg raises 2min20sec side splits	7 160 leg raises 2min40sec side splits	8 180 leg raises 3min side splits	9 200 leg raises 3min20sec side splits	10 220 leg raises 3min40sec side splits
11 240 leg raises 4min side splits	12 260 leg raises 4min20sec side splits	13 280 leg raises 4min40sec side splits	14 300 leg raises 5min side splits	15 320 leg raises 5min20sec side splits
16 340 leg raises 5min40sec side splits	17 360 leg raises 6min side splits	18 380 leg raises 6min20sec side splits	19 400 leg raises 6min40sec side splits	20 420 leg raises 7min side splits
21 440 leg raises 7min20sec side splits	22 460 leg raises 7min40sec side splits	23 480 leg raises 8min side splits	24 500 leg raises 8min20sec side splits	25 520 leg raises 8min40sec side splits
26 540 leg raises 9min side splits	27 560 leg raises 9min20sec side splits	28 580 leg raises 9min30sec side splits	29 600 leg raises 9min40sec side splits	30 620 leg raises 10min side splits

Squats & Punches

Squats and punches train both the lower and upper kinetic chains of the body. Squats are the perfect closed chain lower body kinetic exercise while punches are an open upper body kinetic chain exercise. The result is a variable load that is distributed on the muscles as you progress from day to day. This, in turn, activates the body's adaptive response to produce, over a month, physical changes that help you become healthier, stronger and in greater control of the body you live in.

30-DAY-CHALLENGE

SQUATS & punches



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1 20 squats 3 sets 20sec rest	2 20 jab + cross + squat 3 sets 20sec rest	3 250 punches in total for the day	4 22 squats 3 sets 20sec rest	5 22 jab + cross + squat 3 sets 20sec rest
6 300 punches in total for the day	7 24 squats 3 sets 20sec rest	8 24 jab + cross + squat 3 sets 20sec rest	9 350 punches in total for the day	10 20 squats 4 sets 20sec rest
11 20 jab + cross + squat 4 sets 20sec rest	12 400 punches in total for the day	13 22 squats 4 sets 20sec rest	14 22 jab + cross + squat 4 sets 20sec rest	15 450 punches in total for the day
16 24 squats 4 sets 20sec rest	17 24 jab + cross + squat 4 sets 20sec rest	18 500 punches in total for the day	19 20 squats 5 sets 20sec rest	20 20 jab + cross + squat 5 sets 20sec rest
21 550 punches in total for the day	22 22 squats 5 sets 20sec rest	23 22 jab + cross + squat 5 sets 20sec rest	24 600 punches in total for the day	25 24 squats 5 sets 20sec rest
26 24 jab + cross + squat 5 sets 20sec rest	27 650 punches in total for the day	28 26 squats 5 sets 20sec rest	29 26 jab + cross + squat 5 sets 20sec rest	30 700 punches in total for the day

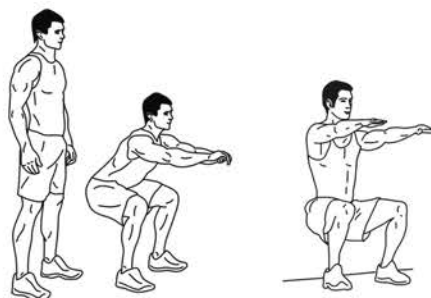
Quads are the largest muscle in the body by muscle mass. As a result exercising them is great for the cardiovascular and aerobic systems. As they get stronger they make the body feel lighter. Getting about on foot becomes a breeze. Your running and jumping will definitely improve but you will also find that you tire less. The biggest benefit by far however is that squats also increase the level of power your body can generate. Everything, from punching to lifting becomes that much easier.

Level I: 30 seconds rest between sets

Level II: 20 seconds rest between sets

Level III: 10 seconds rest between sets

SQUATS



30-DAY CHALLENGE

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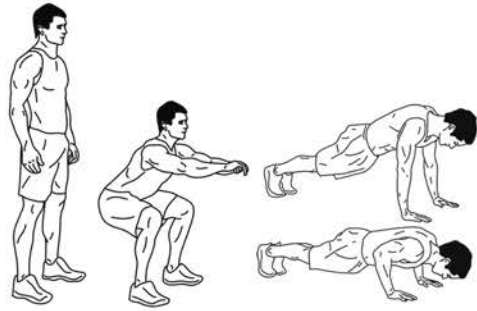
1 10 squats 6 squats 6 squats	2 16 squats 10 squats 10 squats	3 18 squats 10 squats 10 squats	4 30sec wall sit	5 20 squats 6 squats 6 squats
6 22 squats 6 squats 6 squats	7 24 squats 10 squats 10 squats	8 40sec wall sit	9 26 squats 10 squats 10 squats	10 28 squats 6 squats 6 squats
11 30 squats 6 squats 6 squats	12 1min wall sit	13 32 squats 10 squats 10 squats	14 34 squats 10 squats 10 squats	15 36 squats 10 squats 10 squats
16 1min 20sec wall sit	17 38 squats 6 squats 6 squats	18 40 squats 10 squats 10 squats	19 42 squats 10 squats 10 squats	20 1min 40sec wall sit
21 44 squats 6 squats 6 squats	22 46 squats 6 squats 6 squats	23 48 squats 10 squats 10 squats	24 2 min wall sit	25 50 squats 10 squats 10 squats
26 52 squats 6 squats 6 squats	27 54 squats 6 squats 6 squats	28 2min 20sec wall sit	29 56 squats 10 squats 10 squats	30 60 squats 20 squats 20 squats

90

Squats & Push-Ups

Nothing is impossible provided you take a structured approach to it. This is exactly what it is and if doing 3,000 squats and 1,000 push-ups sounds impossible, this workout shows just how it can be done. Doing it helps bolster your confidence in your own abilities, dedication, discipline and commitment. Plus it just totally feels good to see the numbers add up.

3,000 squats 1,000 push-ups



30-DAY CHALLENGE

split total reps
into manageable sets

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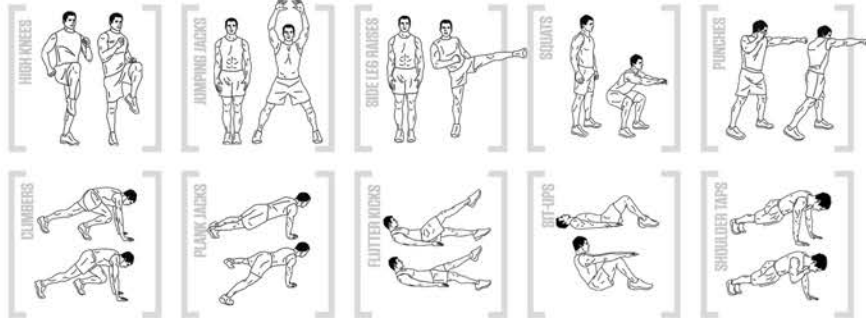
1 100 squats	2 20 push-ups	3 120 squats	4 40 push-ups	5 140 squats
6 40 push-ups	7 150 squats	8 50 push-ups	9 160 squats	10 50 push-ups
11 170 squats	12 60 push-ups	13 180 squats	14 60 push-ups	15 200 squats
16 70 push-ups	17 220 squats	18 70 push-ups	19 230 squats	20 80 push-ups
21 240 squats	22 80 push-ups	23 250 squats	24 90 push-ups	25 260 squats
26 90 push-ups	27 280 squats	28 100 push-ups	29 300 squats	30 100 push-ups

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Target 10

Target 10 gives you the opportunity to excel at doing ten distinct exercises through incremental, daily practice over a month. From one day to the next you will add to a cumulative load that will challenge your body to adapt and respond, increasing your control over it. Owning the body you live in takes time, patience and perseverance. Target 10 is a good start on that path.

TARGET 10



10 MINUTES A DAY. FOR 30 DAYS.

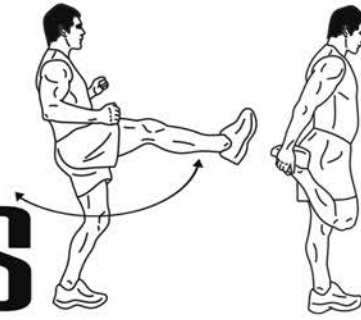
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1 1min high knees 1min jumping jacks 1min rest 5 sets	2 20sec squats 20sec sit-ups 20sec squats 1min rest 10 sets	3 10 minutes punches non-stop	4 40sec squats 20sec shoulder taps 1min rest 7 sets finish: 3min squats	5 20sec high knees 20sec climbers 20sec high knees 1min rest 10 sets
6 1min sit-ups 1min flutter kicks 2min rest 5 sets	7 10 minutes side-to-side leg raises non-stop	8 30sec jumping jacks 30sec plank jacks 1min rest 7 sets finish: 3min jacks	9 20sec squats 20sec punches 20sec squats 1min rest 10 sets	10 1min climbers 1min flutter kicks 2min rest 5 sets
11 10 minutes punches non-stop	12 20sec high knees 20sec jumping jacks 20sec high knees 1min rest 10 sets	13 30sec punches 30sec shoulder taps 1min rest 7 sets finish: 3min punches	14 1min squats 1min flutter kicks 2min rest 5 sets	15 10 minutes side-to-side leg raises non-stop
16 1min jumping jacks 1min punches 2min rest 4 sets finish: 2min sit-ups	17 20sec high knees 20sec climbers 20sec high knees 1min rest 10 sets	18 40sec squats 20sec shoulder taps 1min rest 7 sets finish: 3min squats	19 10 minutes punches non-stop	20 30sec high knees 30sec climbers 30sec high knees 30sec plank jacks 2min rest 5 sets
21 20sec squats 20sec sit-ups 20sec flutter kicks 1min rest 10 sets	22 1min jumping jacks 1min high knees 2min rest 4 sets finish: 2min climbers	23 10 minutes side-to-side leg raises non-stop	24 40sec squats 20sec shoulder taps 1min rest 7 sets finish: 3min squats	25 1min jumping jacks 1min rest 10 sets
26 30sec high knees 30sec flutter kicks 30sec high knees 30sec sit-ups 2min rest 5 sets	27 10 minutes punches non-stop	28 40sec punches 20sec shoulder taps 1min rest 7 sets finish: 3min punches	29 1min sit-ups 1min flutter kicks 2min rest 5 sets	30 10 minutes side-to-side leg raises non-stop

Touch Your Toes

Can't touch your toes? You are not alone. Good news, though, with a little bit of work it can be fixed! Warm up before doing the toe reach by doing leg swings and quad stretches. During this challenge you will first build up to a longer warm-up and then to a longer reach. The times for the warm-up are given in total so 30 seconds means 15 seconds per side. When performing the leg swings go for as wide swing as possible. You are warming up your hamstrings for the reach. When doing quad stretches bring your heels to your butt. And remember - you can do this! You should be able to see progress in the first 10 days.

Touch Your Toes



IN 30 DAYS CHALLENGE

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1 30sec leg swings 30sec quad stretch 10sec toe reach	2 30sec leg swings 30sec quad stretch 10sec toe reach	3 30sec leg swings 30sec quad stretch 10sec toe reach	4 40sec leg swings 40sec quad stretch 15sec toe reach	5 40sec leg swings 40sec quad stretch 15sec toe reach
6 40sec leg swings 40sec quad stretch 15sec toe reach	7 60sec leg swings 60sec quad stretch 20sec toe reach	8 60sec leg swings 60sec quad stretch 20sec toe reach	9 60sec leg swings 60sec quad stretch 20sec toe reach	10 60sec leg swings 60sec quad stretch 25sec toe reach
11 60sec leg swings 60sec quad stretch 25sec toe reach	12 60sec leg swings 60sec quad stretch 25sec toe reach	13 60sec leg swings 60sec quad stretch 30sec toe reach	14 60sec leg swings 60sec quad stretch 30sec toe reach	15 60sec leg swings 60sec quad stretch 30sec toe reach
16 60sec leg swings 60sec quad stretch 35sec toe reach	17 60sec leg swings 60sec quad stretch 35sec toe reach	18 60sec leg swings 60sec quad stretch 35sec toe reach	19 60sec leg swings 60sec quad stretch 40sec toe reach	20 60sec leg swings 60sec quad stretch 40sec toe reach
21 60sec leg swings 60sec quad stretch 40sec toe reach	22 60sec leg swings 60sec quad stretch 45sec toe reach	23 60sec leg swings 60sec quad stretch 45sec toe reach	24 60sec leg swings 60sec quad stretch 45sec toe reach	25 60sec leg swings 60sec quad stretch 50sec toe reach
26 60sec leg swings 60sec quad stretch 50sec toe reach	27 60sec leg swings 60sec quad stretch 50sec toe reach	28 60sec leg swings 60sec quad stretch 60sec toe reach	29 60sec leg swings 60sec quad stretch 60sec toe reach	30 60sec leg swings 60sec quad stretch 60sec toe reach

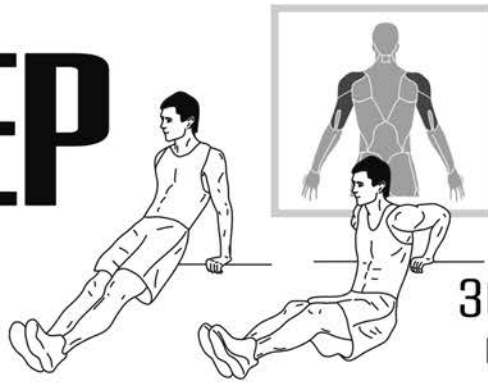
93

Tricep Dips

Sculpt your upper body with the Tricep Dips Challenge! Targeted muscles: triceps and shoulders.

Instructions: Use a sofa, a chair or any type of knee-height ledge to perform tricep dips. Go as low as you can. To increase the difficulty, place a weight on your lap. Alternatively, you can do tricep dips without a ledge using a basic household floor.

TRICEP DIPS



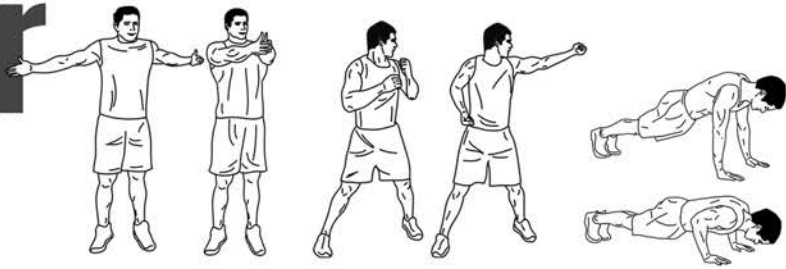
30-day challenge
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1	6 tricep dips 3 sets 30 seconds rest	2	20 seconds tricep dip hold	3	6 tricep dips 4 sets 30 seconds rest	4	20 seconds tricep dip hold	5	8 tricep dips 3 sets 30 seconds rest
6	30 seconds tricep dip hold	7	8 tricep dips 4 sets 30 seconds rest	8	30 seconds tricep dip hold	9	10 tricep dips 3 sets 30 seconds rest	10	40 seconds tricep dip hold
11	10 tricep dips 4 sets 30 seconds rest	12	40 seconds tricep dip hold	13	12 tricep dips 3 sets 30 seconds rest	14	50 seconds tricep dip hold	15	12 tricep dips 4 sets 30 seconds rest
16	50 seconds tricep dip hold	17	14 tricep dips 3 sets 30 seconds rest	18	60 seconds tricep dip hold	19	14 tricep dips 4 sets 30 seconds rest	20	60 seconds tricep dip hold
21	16 tricep dips 3 sets 30 seconds rest	22	1min 10sec tricep dip hold	23	16 tricep dips 4 sets 30 seconds rest	24	1min 10sec tricep dip hold	25	18 tricep dips 3 sets 30 seconds rest
26	1min 20sec tricep dip hold	27	18 tricep dips 4 sets 30 seconds rest	28	1min 20sec tricep dip hold	29	20 tricep dips 3 sets 30 seconds rest	30	1min 30sec tricep dip hold

Increase your upper body strength and, by extension, your overall athleticism with a challenge that incrementally helps you get stronger. The exercises, each day, build a cumulative load that triggers the body's adaptive response and helps you acquire stronger muscles.

You will feel different, walk differently and even tire less, as a result. Plus, the sheer dedication of training every day helps you build positive habits that help you in your life as well as your fitness.

upper body



30-DAY CHALLENGE

© darebee.com

1 12 backfists 6 push-ups 3 sets 2 min rest	2 40 chest expansions in total for the day	3 12 backfists 6 push-ups 4 sets 2 min rest	4 44 chest expansions in total for the day	5 12 backfists 6 push-ups 5 sets 2 min rest
6 48 chest expansions in total for the day	7 16 backfists 8 push-ups 3 sets 2 min rest	8 50 chest expansions in total for the day	9 16 backfists 8 push-ups 4 sets 2 min rest	10 52 chest expansions in total for the day
11 16 backfists 8 push-ups 5 sets 2 min rest	12 54 chest expansions in total for the day	13 20 backfists 10 push-ups 3 sets 2 min rest	14 56 chest expansions in total for the day	15 20 backfists 10 push-ups 4 sets 2 min rest
16 60 chest expansions in total for the day	17 20 backfists 10 push-ups 5 sets 2 min rest	18 64 chest expansions in total for the day	19 24 backfists 12 push-ups 3 sets 2 min rest	20 68 chest expansions in total for the day
21 24 backfists 12 push-ups 4 sets 2 min rest	22 72 chest expansions in total for the day	23 24 backfists 12 push-ups 5 sets 2 min rest	24 76 chest expansions in total for the day	25 28 backfists 14 push-ups 3 sets 2 min rest
26 80 chest expansions in total for the day	27 28 backfists 14 push-ups 4 sets 2 min rest	28 84 chest expansions in total for the day	29 28 backfists 14 push-ups 5 sets 2 min rest	30 88 chest expansions in total for the day

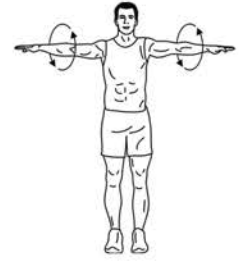
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Upper Body Light

Developing great upper body strength is a function of consistency, incremental load, variety and focus. The Upper Body Light Challenge provides an easy means to maintain some of the pressure required for muscular and neural adaptations to take place. It is an awesome addition to everything else you do on the days you exercise and a brilliant way to keep things revving on the days when you're too busy to get in a harder workout.

Instructions: Keep your arms up during a set.

upper body LIGHT



30-DAY CHALLENGE

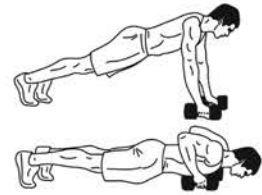
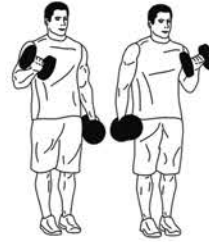
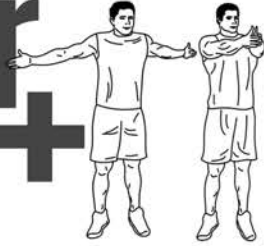
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1 40 shoulder taps 40 bicep extensions 3 sets 30sec rest	2 60 raised arm circles in one go	3 40 shoulder taps 40 bicep extensions 3 sets 30sec rest	4 80 raised arm circles in one go	5 40 shoulder taps 40 bicep extensions 3 sets 30sec rest
6 100 raised arm circles in one go	7 50 shoulder taps 50 bicep extensions 3 sets 30sec rest	8 120 raised arm circles in one go	9 50 shoulder taps 50 bicep extensions 3 sets 30sec rest	10 140 raised arm circles in one go
11 50 shoulder taps 50 bicep extensions 3 sets 30sec rest	12 160 raised arm circles in one go	13 60 shoulder taps 60 bicep extensions 3 sets 30sec rest	14 180 raised arm circles in one go	15 60 shoulder taps 60 bicep extensions 3 sets 30sec rest
16 200 raised arm circles in one go	17 60 shoulder taps 60 bicep extensions 3 sets 30sec rest	18 220 raised arm circles in one go	19 70 shoulder taps 70 bicep extensions 3 sets 30sec rest	20 240 raised arm circles in one go
21 70 shoulder taps 70 bicep extensions 3 sets 30sec rest	22 260 raised arm circles in one go	23 70 shoulder taps 70 bicep extensions 3 sets 30sec rest	24 280 raised arm circles in one go	25 80 shoulder taps 80 bicep extensions 3 sets 30sec rest
26 300 raised arm circles in one go	27 80 shoulder taps 80 bicep extensions 3 sets 30sec rest	28 320 raised arm circles in one go	29 80 shoulder taps 80 bicep extensions 3 sets 30sec rest	30 340 raised arm circles in one go

Training the upper body requires dedication, patience and perseverance or, the more usually cited three Ps of perspiration, patience and perseverance. The good news here is that there is very little perspiration involved in this challenge.

Each set of exercises, each day, is short enough to just get you feeling a little warm. Yet, collectively they deliver a change to your upper body strength that will be noticeable by the end of the month.

upper body+



30-DAY CHALLENGE

© darebee.com

1 6 bicep curls 6 push-ups 3 sets 2 min rest	2 40 chest expansions in total for the day	3 6 bicep curls 6 push-ups 4 sets 2 min rest	4 44 chest expansions in total for the day	5 6 bicep curls 6 push-ups 5 sets 2 min rest
6 48 chest expansions in total for the day	7 8 bicep curls 8 push-ups 3 sets 2 min rest	8 50 chest expansions in total for the day	9 8 bicep curls 8 push-ups 4 sets 2 min rest	10 52 chest expansions in total for the day
11 8 bicep curls 8 push-ups 5 sets 2 min rest	12 54 chest expansions in total for the day	13 10 bicep curls 10 push-ups 3 sets 2 min rest	14 56 chest expansions in total for the day	15 10 bicep curls 10 push-ups 4 sets 2 min rest
16 60 chest expansions in total for the day	17 10 bicep curls 10 push-ups 5 sets 2 min rest	18 64 chest expansions in total for the day	19 12 bicep curls 12 push-ups 3 sets 2 min rest	20 68 chest expansions in total for the day
21 12 bicep curls 12 push-ups 4 sets 2 min rest	22 72 chest expansions in total for the day	23 12 bicep curls 12 push-ups 5 sets 2 min rest	24 76 chest expansions in total for the day	25 14 bicep curls 14 push-ups 3 sets 2 min rest
26 80 chest expansions in total for the day	27 14 bicep curls 14 push-ups 4 sets 2 min rest	28 84 chest expansions in total for the day	29 14 bicep curls 14 push-ups 5 sets 2 min rest	30 88 chest expansions in total for the day

Walking keeps your body active, your blood stream oxygenated and your brain alert. Scientific studies have shown that the seemingly simple impact of your foot on the ground, as you walk, is sufficient to activate higher function centers in the brain and make thinking clearer. This, in turn, has been shown to positively impact IQ points.

Take up a 30-day walkabout challenge and make your every step count. Use a pedometer or a free mobile app to track your progress throughout the day.

30 DAY WALKABOUT

CHALLENGE

split total steps
into manageable sets



© darebee.com

1 5,000 steps	2 5,500 steps	3 6,000 steps	4 5,000 steps	5 6,500 steps
6 7,000 steps	7 7,500 steps	8 5,000 steps	9 8,000 steps	10 8,500 steps
11 9,000 steps	12 5,000 steps	13 9,500 steps	14 10,000 steps	15 10,500 steps
16 5,000 steps	17 11,000 steps	18 11,500 steps	19 12,000 steps	20 5,000 steps
21 12,500 steps	22 13,000 steps	23 13,500 steps	24 5,000 steps	25 14,000 steps
26 14,500 steps	27 15,000 steps	28 5,000 steps	29 15,500 steps	30 16,000 steps

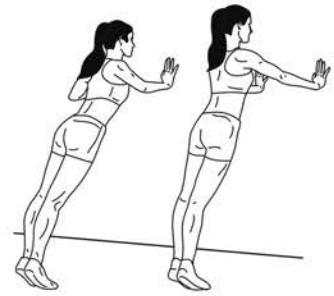
Wall Push-Ups

Push-ups have the potential to change your entire body. They affect core, glutes, quads, abs, chest, shoulders, back and triceps. We all have to start from somewhere which is why the Wall Push-Up Challenge becomes the proofing ground you need to prepare you for your fitness journey. Through 30 days you will feel the transformation.

Instructions: For the wall push-up hold to failure lower yourself into a wall push-up position and hold it for as long as you can, even if it's just 5 seconds. Repeat 3 times in total with a 30 second break in between.

wall push-ups

30-DAY CHALLENGE



© darebee.com

1 12 wall push-ups 5 sets 30 seconds rest	2 wall push-up hold 3 sets to failure 30 seconds rest	3 12 wall push-ups 5 sets 30 seconds rest	4 wall push-up hold 3 sets to failure 30 seconds rest	5 12 wall push-ups 5 sets 30 seconds rest
6 wall push-up hold 3 sets to failure 30 seconds rest	7 14 wall push-ups 5 sets 30 seconds rest	8 wall push-up hold 3 sets to failure 30 seconds rest	9 14 wall push-ups 5 sets 30 seconds rest	10 wall push-up hold 3 sets to failure 30 seconds rest
11 14 wall push-ups 5 sets 30 seconds rest	12 wall push-up hold 3 sets to failure 30 seconds rest	13 16 wall push-ups 5 sets 30 seconds rest	14 wall push-up hold 3 sets to failure 30 seconds rest	15 16 wall push-ups 5 sets 30 seconds rest
16 wall push-up hold 3 sets to failure 30 seconds rest	17 16 wall push-ups 5 sets 30 seconds rest	18 wall push-up hold 3 sets to failure 30 seconds rest	19 18 wall push-ups 5 sets 30 seconds rest	20 wall push-up hold 3 sets to failure 30 seconds rest
21 18 wall push-ups 5 sets 30 seconds rest	22 wall push-up hold 3 sets to failure 30 seconds rest	23 18 wall push-ups 5 sets 30 seconds rest	24 wall push-up hold 3 sets to failure 30 seconds rest	25 20 wall push-ups 5 sets 30 seconds rest
26 wall push-up hold 3 sets to failure 30 seconds rest	27 20 wall push-ups 5 sets 30 seconds rest	28 wall push-up hold 3 sets to failure 30 seconds rest	29 20 wall push-ups 5 sets 30 seconds rest	30 wall push-up hold 3 sets to failure 30 seconds rest

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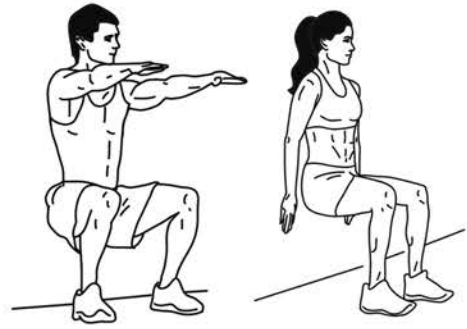
Wall-Sit

Wall Sit is an exercise that pits the power of your quads and the ability of your brain to focus and not give in to fatigue against the gravity of the planet, trying to drag you down.

To succeed you have to fight gravity on a daily basis for incrementally increasing periods of time. The reward for your efforts are noticeably stronger legs and a mind that can focus sufficiently to overcome the limitations of the body.

WALL-SIT

30-DAY CHALLENGE © darebee.com



1 20 seconds wall-sit	2 30 seconds wall-sit	3 40 seconds wall-sit	4 20 seconds wall-sit	5 50 seconds wall-sit
6 60 seconds wall-sit	7 1min 10sec wall-sit	8 20 seconds wall-sit	9 1min 20sec wall-sit	10 1min 30sec wall-sit
11 1min 40sec wall-sit	12 20 seconds wall-sit	13 1min 50sec wall-sit	14 2 minutes wall-sit	15 2min 10sec wall-sit
16 20 seconds wall-sit	17 2min 20sec wall-sit	18 2min 30sec wall-sit	19 2min 40sec wall-sit	20 20 seconds wall-sit
21 2min 50sec wall-sit	22 3 minutes wall-sit	23 3min 10sec wall-sit	24 20 seconds wall-sit	25 3min 20sec wall-sit
26 3min 30sec wall-sit	27 3min 40sec wall-sit	28 20 seconds wall-sit	29 3min 50sec wall-sit	30 4 minutes wall-sit

100

Yoga Abs

As the difficulty of the challenge increases throughout the 30 days you are guaranteed to feel every second of it. During the final five seconds of each set is when you will be gaining the most. Try to keep it up! It'll be worth it.

Instructions: Add this challenge to your everyday training at the end of your session. It'll make an ideal finisher. After the boat pose hold, slowly transition to knee hug and hold it for the same amount of time. Transition like this 3 times in total (3 sets) to complete the challenge for the day. Don't forget to tighten your core, if you can. If you can't, it's not quite there yet but that's why you are working on it! With consistency and determination you will feel and see your abs in no time. Use the custom timer above to set the time.

Tip: To make the challenge harder change the boat hold to hollow hold. It'll increase the difficulty and subsequently improve the end result.

yoga

abs



30-DAY CHALLENGE

© darebee.com

1 20sec boat pose 20sec knee hug 3 sets	2 20sec superman 20sec rest 3 sets	3 20sec boat pose 20sec knee hug 3 sets	4 20sec superman 20sec rest 3 sets	5 25sec boat pose 25sec knee hug 3 sets
6 25sec superman 25sec rest 3 sets	7 25sec boat pose 25sec knee hug 3 sets	8 25sec superman 25sec rest 3 sets	9 30sec boat pose 30sec knee hug 3 sets	10 30sec superman 30sec rest 3 sets
11 30sec boat pose 30sec knee hug 3 sets	12 30sec superman 30sec rest 3 sets	13 35sec boat pose 35sec knee hug 3 sets	14 35sec superman 35sec rest 3 sets	15 35sec boat pose 35sec knee hug 3 sets
16 35sec superman 35sec rest 3 sets	17 40sec boat pose 40sec knee hug 3 sets	18 40sec superman 40sec rest 3 sets	19 40sec boat pose 40sec knee hug 3 sets	20 40sec superman 40sec rest 3 sets
21 45sec boat pose 45sec knee hug 3 sets	22 45sec superman 45sec rest 3 sets	23 45sec boat pose 45sec knee hug 3 sets	24 45sec superman 45sec rest 3 sets	25 50sec boat pose 50sec knee hug 3 sets
26 50sec superman 50sec rest 3 sets	27 50sec boat pose 50sec knee hug 3 sets	28 50sec superman 50sec rest 3 sets	29 60sec boat pose 60sec knee hug 3 sets	30 60sec superman 60sec rest 3 sets

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