

CHART

Bodyweight Exercises

by DAREBEE © darebee.com



abs



quads



glutes



triceps



biceps



back



chest



sit-ups



lunges



squats



close grip push-ups



leg curls



pull-ups



push-ups



reverse crunches



high knees



donkey kicks



tricep dips



chin-ups



backflits



plank rotations



bicycle crunches



side kicks



bridges



tricep extensions



doorframe rows



superman



chest squeezes



flutter kicks



climbers



jump knee tucks



get-ups



body rows



star plank



shoulder press



leg raises



plank jump-ins



fly steps



punches



sitting pull-ups



alt arm/leg plank



shoulder taps



elbow plank



lunges step-ups



side leg raises



side-to-side chops



pseudo planche



full arch



clapping push-ups



abs



quads



glutes



triceps



biceps



back



chest



sit-ups



lunges



squats



close grip push-ups



leg curls



pull-ups



push-ups



reverse crunches



high knees



donkey kicks



tricep dips



chin-ups



elbow lifts



plank rotations



bicycle crunches



turning kicks



bridges



tricep extensions



doorframe rows



superman



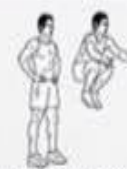
chest squeezes



flutter kicks



climbers



jump knee tucks



get-ups



body rows



star plank



shoulder press



leg raises



plank jump-ins



fly steps



punches



sitting pull-ups



alt arm/leg plank



shoulder taps



elbow plank



lunges step-ups



side leg raises



side-to-side chops



pseudo planche



full arch

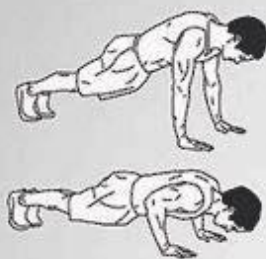


clapping push-ups

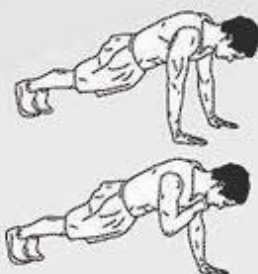
COMMANDO

DAREBEE WORKOUT © darebee.com

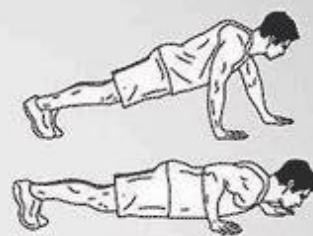
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



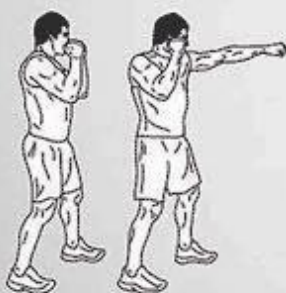
to failure push-ups



10 shoulder taps



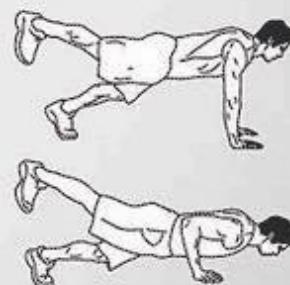
4 staggered push-ups



40 punches



40 speed bag punches



4 raised leg push-ups

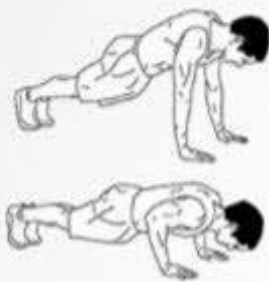


10 up and down planks

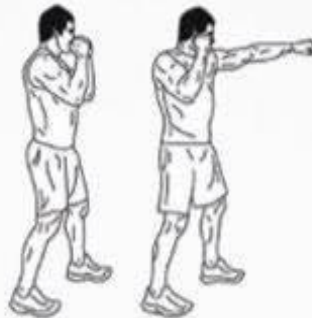
Arms of Steel

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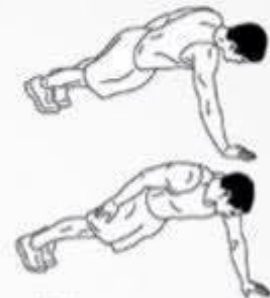
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets



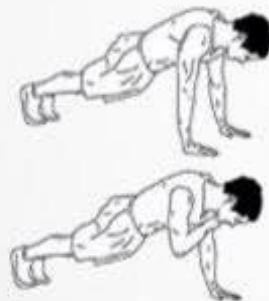
10 push-ups



20 punches



10 thigh taps



10 shoulder taps



20 overhead punches



10 tricep push-ups



2 minutes rotating punches

aka speed bag punches

instead of complete rest after every set,
at any speed

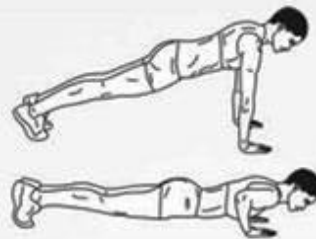
FURY

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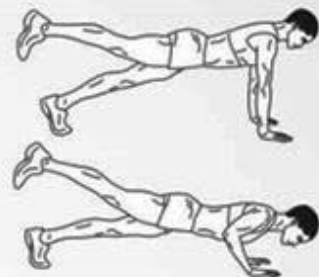
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



20 climbers



10 push-ups



2 raised leg push-ups



20 punches



20 squats



10 popup tripods



10 raised leg bridges



10 roll-ups



10 crunch kicks

no-equipment ab exercises

by DAREBEE @ darebee.com



upper



lower



six-pack



obliques



complete



core

 crunches	 reverse crunches	 flutter kicks	 sitting twists	 knee to elbow	 half wipers
 high crunches	 scissors	 elbow plank	 cross crunches	 knee-to-elbow v2	 arm / leg raises
 sit-ups	 leg raises	 L-sit	 side jack-knives	 dead bug	 wipers
 long arm crunches	 pulse-ups	 star plank	 toe taps	 plank crunches	 plank rolls
 hundreds	 bicycle crunches	 hollow hold	 sitting punches	 side plank crunches	 knee-in twists
 knee crunches	 crunch kicks	 V-ups	 side plank	 V with rotations	 climber taps

12 Daily Bodyweight Exercises



1. Jumping jacks



2. Wall sit



3. Push-up



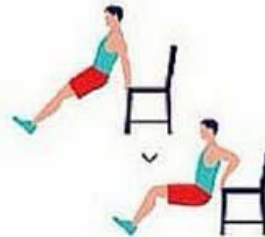
4. Abdominal crunch



5. Step-up onto chair



6. Squat



7. Triceps dip on chair



8. Plank



9. High knees running in place



10. Lunge



11. Push-up and rotation



12. Side plank

SHREDDED ABS EXERCISES

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Sitting twists



Cross Crunches



Side Jack-knives



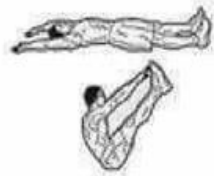
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SHREDDED ABS EXERCISES

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V-ups



Flutter Kicks



Hollow Hold



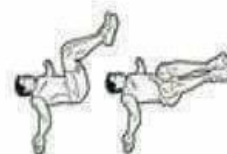
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SHREDDED ABS EXERCISES

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Half Wipers



Knee-in twists



Wipers



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SHREDDED ABS EXERCISES

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Knee to elbow



Knee-to -Elbow V2



V with rotations



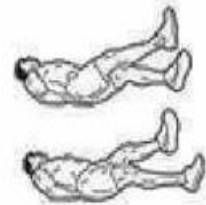
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SHREDDED ABS EXERCISES

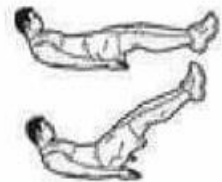
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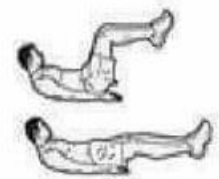
Scissors



Leg raises



Crunch Kicks



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