

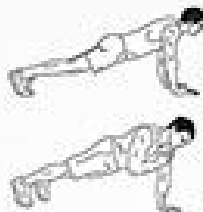
100%

DAREBEE **HIIT** WORKOUT © darebee.com

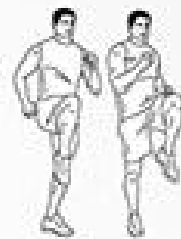
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



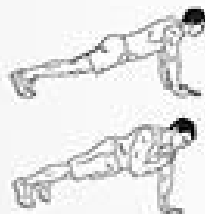
20sec high knees



20sec shoulder taps



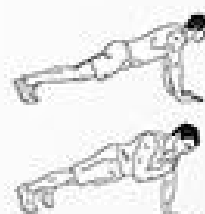
20sec high knees



20sec shoulder taps



20sec plank hold



20sec shoulder taps



20sec high knees



20sec shoulder taps



20sec high knees

VALDOSTA STATE UNIVERSITY CAMPUS RECREATION
BLAZER SWEAT SHOP // WELLNESS

AWESOME ABS

5 ROUNDS

#AWESOME LEG LIFTS : 1 MINUTE *



#AWESOME FLUTTER KICKS : 1 MINUTE *



#AWESOME BICYCLES : 1 MINUTE *



#AWESOME MTN CLIMBERS : 1 MINUTE *



* ALLOW 30 SECONDS OF REST BETWEEN EACH EXERCISE

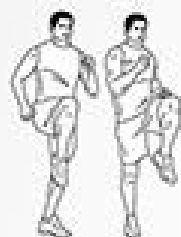
TWITTER / INSTAGRAM / SNAPCHAT: @VSU_RECREATION / FB.COM/VSURECMAIN / #BLAZERBURN

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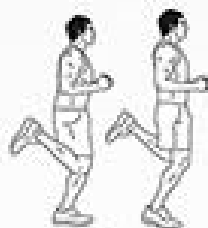
get to the chopper

DAREBEE **HIIT** WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec high knees



20sec butt kicks



20sec high knees



20sec one-arm plank



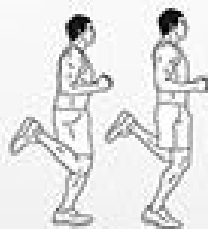
20sec high knees



20sec one-arm plank



20sec high knees



20sec butt kicks



20sec high knees

THE GIRL WHO DARED

DAREBEE WORKOUT © darebee.com

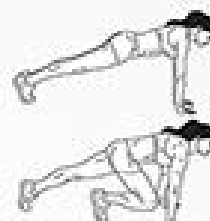
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 lunges



4 plank rotations



10 slow climbers



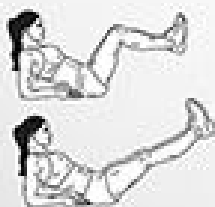
10 bridge taps



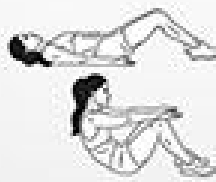
4 butterfly dips



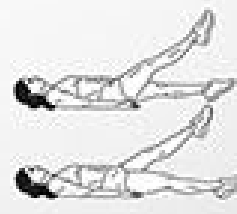
10 raised front kicks



10 crunch kicks



4 sit-ups



10 flutter kicks

VALDOSTA STATE UNIVERSITY CAMPUS RECREATION
BLAZER SWEAT SHOP // WELLNESS

LEGDAY

10-MINUTE LEGS AT HOME
(EVERY MINUTE ON THE MINUTE)

SQUATS ~~X~~20



LUNGE IN PLACE ~~X~~20



JUMP SQUAT ~~X~~20



SIDE LUNGE ~~X~~10



CALF RAISES ~~X~~20



***DO ENTIRE ROUTINE TWICE FOR MAXIMUM RESULTS**

FOR MORE INFORMATION, VISIT MYVSU.VALDOSTA.EDU/ONLINE-FITNESS

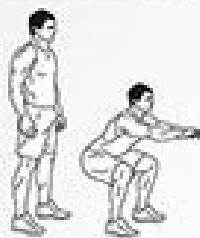
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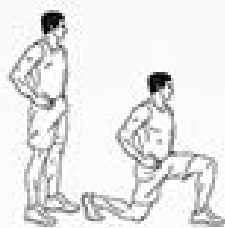
Total Body

DAREBEE WORKOUT © darebee.com

30 seconds rest between sets - 2 minutes rest between exercises



10 squats x 4 sets



10 lunges x 4 sets



10 calf raises x 4 sets



**20 shoulder taps
x 4 sets**



**5 push-ups
x 4 sets**



**10 prone reverse flys
x 4 sets**



**20 flutter kicks
x 4 sets**



**10 side bridges
x 4 sets**



**40 side leg raises
x 2 sets**



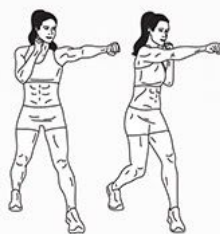
WARRIOR QUEEN

DAREBEE WORKOUT @ darebee.com

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



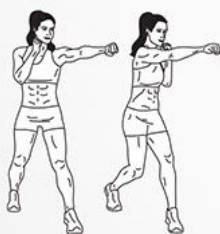
10 lunge punches



20 punches



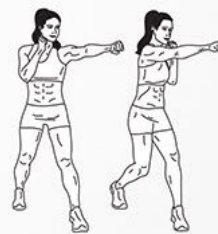
10 lunge punches



20 punches



20 squat hold punches



20 punches



10 sit-up punches



20 sitting punches



10 sit-up punches