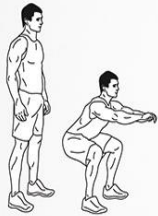


# NEVER GIVE UP

DAREBEE WORKOUT © darebee.com

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



10 squats



10-count squat hold



10 squats



10 shoulder taps



10-count plank hold



10 shoulder taps

## Year 9 - Dance

### Lesson 1 Complete both workouts, challenge yourself to Level III

This week your focus is on RESILIENCE! Can you complete both challenges without giving up? Think about the positive mental attitude we have been trying to develop.

Once you have completed the workouts try read the following text to see how you can improve your resilience and confidence.

<https://psychcentral.com/lib/10-tips-to-build-resilience-in-teens-and-young-adults/>

Good Luck!

# GODDESS

DAREBEE WORKOUT © darebee.com

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



30 high knees



10 burpees



30 high knees



30 climbers



10 burpees



30 climbers



30 high knees



10 burpees



30 high knees

# superhero strength

DAREBEE  
WORKOUT  
© darebee.com

**PLUS**



20 goblet squats  
5 sets in total  
30 seconds rest



20 side lunges  
5 sets in total  
30 seconds rest



20 renegade row push-ups  
5 sets in total  
30 seconds rest



20 bicep curls  
5 sets in total  
30 seconds rest



20 up & down planks  
5 sets in total  
30 seconds rest



20 elbow plank  
side crunches  
5 sets in total  
30 seconds rest

## Year 9 - Dance

### Lesson 2 Complete both workouts, challenge yourself to Level III

This week your focus is on RESILIENCE! Can you complete both challenges without giving up? Think about the positive mental attitude we have been trying to develop

Once you have completed your workout I would like you to do the attached quiz and go on the start of your journey to self recovery. How resilient and confident are you?

<https://www.mindtools.com/pages/article/resilience-quiz.htm>

# push-up massacre

DAREBEE WORKOUT  
© darebee.com

LEVEL I 3 sets  
LEVEL II 4 sets  
LEVEL III 5 sets  
2 minutes rest

## NC-17



10 classic push-ups



10 power push-ups



5 back extensions



10 wide grip push-ups



10 close grip push-ups



5 back extensions



10 raised leg push-ups



10 side crunch push-ups



5 back extensions