

# November

2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 PD	2	3	4 Wellness Wednesday Tee-Shirt	5	6	7
8	9	10	11 Wellness Wednesday Tee-Shirt	12	13	14
15 You got this!!!!	16	17	18 Wellness Wednesday Tee-Shirt 2 <sup>nd</sup> Or 1 <sup>st</sup> Hep 8 shot	19	20	21
22 PD Watch what you eat and Win Biggest loser!	23 PD	24	25 Thanksgiving Holiday	26 Thanksgiving Day	27 Thanksgiving Holiday	28
29 Last Week of Biggest Loser Christmas Cash	30					

# NOVEMBER

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

T N D M U L L W O N S N S O V  
H O T U S E M B N E R E B N R  
A V H M N I N E G I T S A T M  
N E G E O H F E G T K R B A L  
K M I H I A S A L A E P Y T S  
S B L T T T H E M T T F M T E  
G E Y N I N R T E I L I S U H  
I R A A D S E V L O L I R Y P  
V E D S A A V E W S N Y F E A  
I R E Y R W M E Z O H E I K H  
N R L R T I R A L A A N R R G  
G F A H S T L O I S P E T U T  
R D W C B M C R T Z T O H T R  
H E L E C T I O N O E N T N L  
Q S N A I D N I V O Y A G E K

By Evelyn Johnson - [www.qets.com](http://www.qets.com)

Chrysanthemum

Colonists

Daylight

Election

Family

Feast

Heritage

Indians

Maize

Mayflower

November

Pumpkin

Settlers

Snow

Thanksgiving

Topaz

Traditions

Turkey

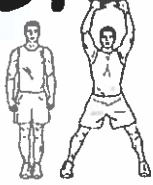
Veteran

Voter

Voyage

# BIG BANG

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)  
 LEVEL I 3 sets  
 LEVEL II 5 sets  
 LEVEL III 7 sets  
 REST up to 2 minutes



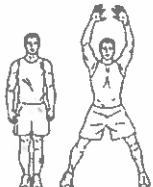
10 jumping jacks



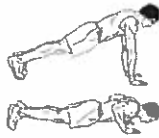
5 push ups



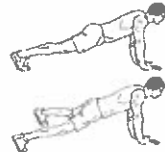
5 jump squats



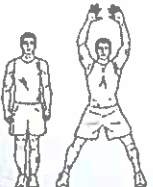
10 jumping jacks



5 push-ups



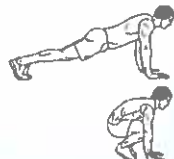
5 plank jacks



10 jumping jacks



5 push-ups



5 plank jump-ins

# Blackbird

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)  
 LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



40 high knees



10 climbers



20 raised arm circles



40 high knees



10 push-ups



20 raised arm circles



40 high knees



10 shoulder taps



20 raised arm circles

# BLACK OPS

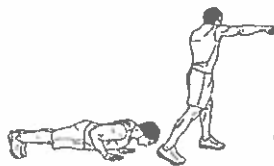
DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes

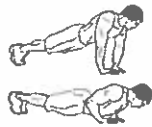
## PART I



20 jump squats



20 push-up + jab + cross



20 tricep push-ups



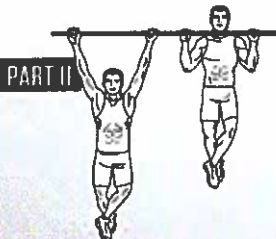
20 sit-ups



20 knee-in & twist



20 leg raises



## PART II

to failure pull-ups  
 to failure pull-ups  
 to failure pull-ups

1 minute rest  
 1 minute rest  
 done

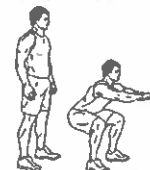
# BLACKSMITH

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



20-count squat hold



20 squats



20-count squat hold



10-count push-up hold



10 push-ups



10-count push-up hold



10-count hollow hold



10 V-ups



10-count hollow hold

# BLADE RUNNER

DAREBEE **HIT** WORKOUT @ [darebee.com](http://darebee.com)

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



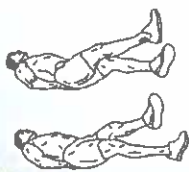
40 high knees



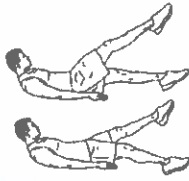
20 calf raises



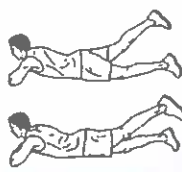
40 high knees



20 scissors



20 flutter kicks



20 reverse flutter kicks

# BLASTER

DAREBEE **HIT** WORKOUT @ [darebee.com](http://darebee.com)

Level I 5 rounds Level II 10 rounds Level III 15 rounds  
1 minute rest between rounds



20sec jumping jacks



10sec side leg raises



20sec high knees



10sec climbers

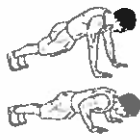
# THE BLUEPRINT

DAREBEE **HIT** WORKOUT @ [darebee.com](http://darebee.com)

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



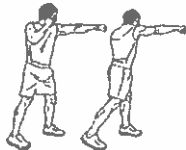
30sec high knees



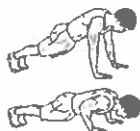
10sec push-ups



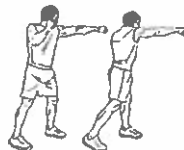
30sec high knees



30sec punches



10sec push-ups



30sec punches



30sec squats



10sec push-ups

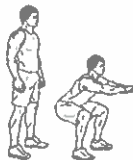


30sec squats

# BODY {CSS}

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



20 squats



20 lunges



20 high knees



20 elbow plank arm raises



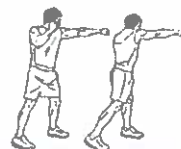
20 elbow plank leg raises



20 high knees



20 push-ups



20 punches



20 high knees

# Body Flow

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)  
 Hold each pose for 20 seconds then move on to the next one.  
 Repeat the sequence again on the other side.



1 warrior I



2 warrior side lotus



3 reverse warrior



4 half moon



5 lunge lock



6 forward bend



7 lizard



8 pigeon

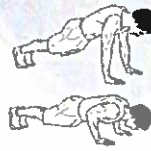


9 half lotus twist

# BODYGUARD

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

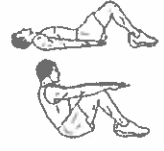
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



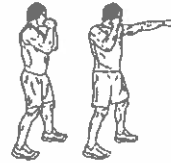
20 push-ups



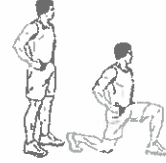
40 squats



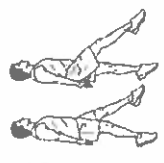
40 sit-ups



40 punches



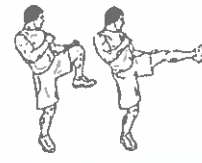
40 lunges



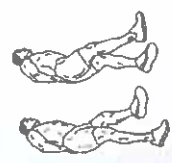
40 flutter kicks



20 push-ups



40 front kicks



40 scissors

# BODY HACK

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



10 fast squats



10-count plank



10 slow squats



5 fast push-ups



10-count plank



5 slow push-ups



10 fast side-to-side lunges



10-count plank



10 slow side lunges

# BODY MOD

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



20 high knees



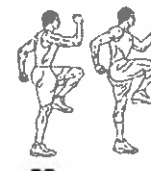
20 march steps



10 jumping lunges



20 high knees



20 march steps



10 jump squats



20 high knees



20 march steps



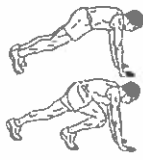
10 power push-ups

# BODY PATCH

DAREBEE WORKOUT  
© [darebee.com](http://darebee.com)  
LEVEL I 3 sets  
LEVEL II 5 sets  
LEVEL III 7 sets  
REST up to 2 minutes



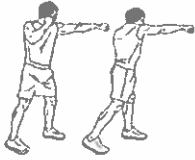
20 squats



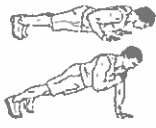
20 slow climbers



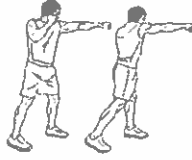
20 lunges



40 punches



20 push-up shoulder taps



40 punches



20-count plank



20-count raised leg plank



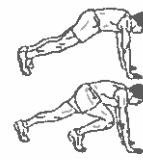
20-count side plank

# BODY PATCH+

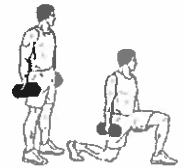
DAREBEE WORKOUT  
© [darebee.com](http://darebee.com)  
LEVEL I 3 sets  
LEVEL II 5 sets  
LEVEL III 7 sets  
REST up to 2 minutes



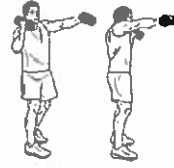
40 squats



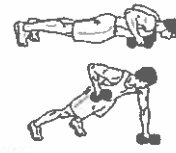
40 slow climbers



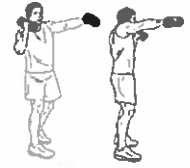
20 lunges



40 punches



20 push-up + renegade row



40 punches



20-count plank



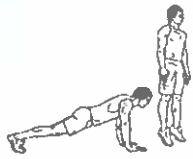
20-count raised leg plank



20-count side plank

# BoilerRoom

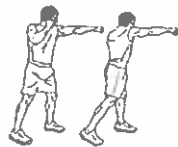
DAREBEE **HIT** WORKOUT © [darebee.com](http://darebee.com)  
Level I 3 sets Level II 5 sets Level III 7 sets REST up to 2 minutes rest



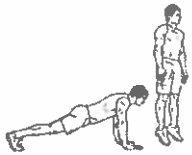
10sec basic burpees



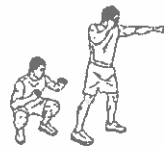
20sec push-ups



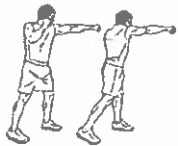
30sec jab + cross



10sec basic burpees



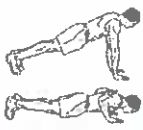
20sec squat + jab



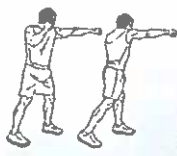
30sec jab + cross



10sec basic burpees



20sec push-ups



30sec jab + cross

# BOOTCAMP

DAREBEE WORKOUT © [darebee.com](http://darebee.com)  
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



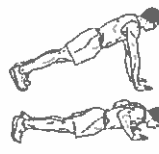
20 squats



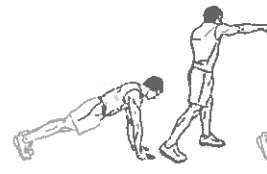
20 squat + hook



20-count squat hold



10 push-ups



10 plank step-out + punches



10-count plank



10 sit-ups



10 sit-up + punches



10-count sit-up hold