

active rest

DAREBEE WORKOUT @ darebee.com



20 leg extensions



20-count hold



20 leg extensions

change legs and repeat the sequence



20 side leg raises



20-count hold



20 side leg raises

change legs and repeat the sequence



20 leg raises



20-count hold



20 leg raises

change legs and repeat the sequence

Backup & Restore

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



hero pose



child's pose



reach



downward dog



upward dog



knee-in (each leg)



reach



child's pose



hero pose

Breathing Workout

by DAREBEE @ darebee.com



Breathe in slowly, hold to a slow count of ten then exhale slowly. Repeat 3 times.

Take ten rapid breaths. Hold without breathing to the count of twenty.



Breathe in and lean back, breathe out and lean forward. Repeat 3 times.

Breathe in fast, breathe out fast. Hold for count of three. Repeat 3 times.

LOWER BACK

REHAB WORKOUT

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3 sets | 2 minutes rest

IN COLLABORATION WITH

NHS choices



5 bottom to heels stretch

10 opposite arm / leg raises

5 back extensions



10 bridges

10 knee rolls

RECOVERY WORKOUT

BY DAREBEE @ darebee.com



30 low side leg raises (right)

6 hip rotations (right)

30 low side leg raises (left)

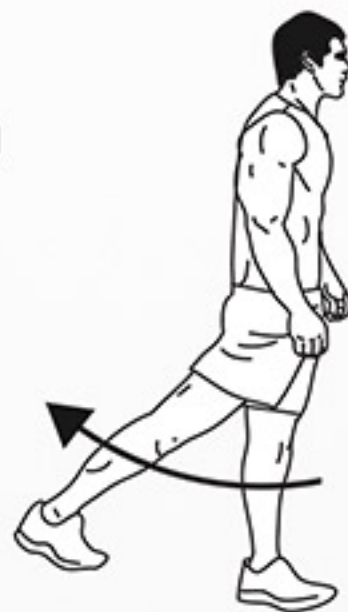
6 hip rotations (left)

30 straight leg back swings (right leg)

6 hip rotations (right)

30 straight leg back swings (left leg)

6 hip rotations (left)



6 back and forth tilts

6 side-to-side tilts

6 neck rotations (3/3)

recovery

YOGA WORKOUT by DAREBEE @ darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.

1



2



3



4



5



6



7



8



9



10



11



12



Reset Stretch

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20 seconds each exercise.



chest squeeze



tricep stretch



wrist stretch



back arch



tricep stretch (both arms)



overhead shoulder stretch

REST & REC

DAREBEE
RECOVERY
WORKOUT

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20 knee-ins



10 back stretch #1



10 back stretch #2



20 knee rolls



10 butterfly stretch



10 forward fold

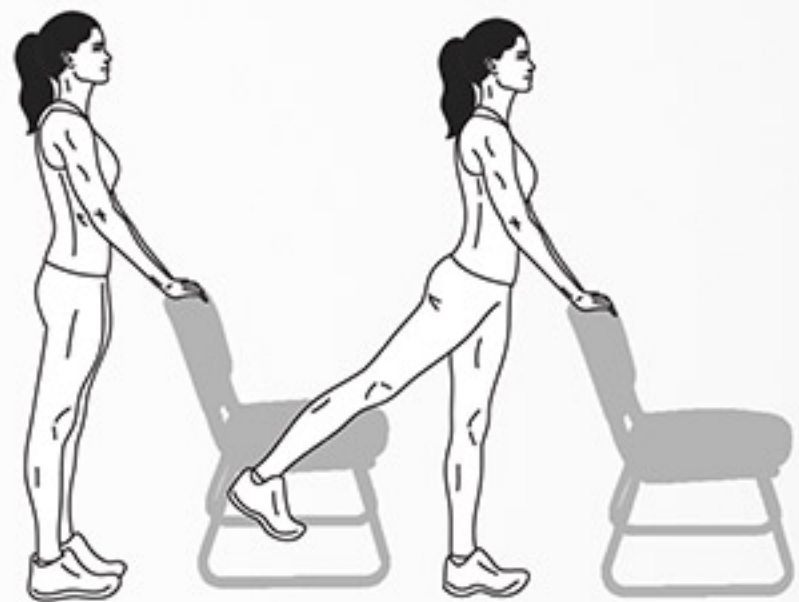
REST & REPAIR

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



20 side leg raises



20 backward leg raises



10 glute flex



10 half wipers



10 clamshells