

# ACROBAT

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 Ts



10 half squat Ts



20-count balance hold



20 side leg raises



10 balance side lunges



10 balance kick back



10 planks with rotations



10 climbers



10 alt arm / leg raises

# ANCHOR'D

ACTIVE STRETCHING @ [darebee.com](http://darebee.com)

60 seconds each - 30 seconds each leg

3 sets | up to 2 minutes rest between sets



side kick  
hold



front kick  
hold



raised  
knee  
hold



arm grip  
stretch  
hold



overhead  
arm lock  
hold



bent  
over  
balance  
hold



bent over  
hold



deep lunge  
hold



deep lunge  
hold (toes up)

# BALANCE & COORDINATION

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.



# BALANCE

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

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

Repeat the sequence again on the other side.



# balance

DAREBEE WORKOUT

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

# yoga



**30seconds** tree pose with reach,  
advance to - tree pose  
with reach, half squat

**30seconds** side leg raise,  
advance to - forward lg raise hold



**30seconds** single leg balance, advance to - warrior III pose

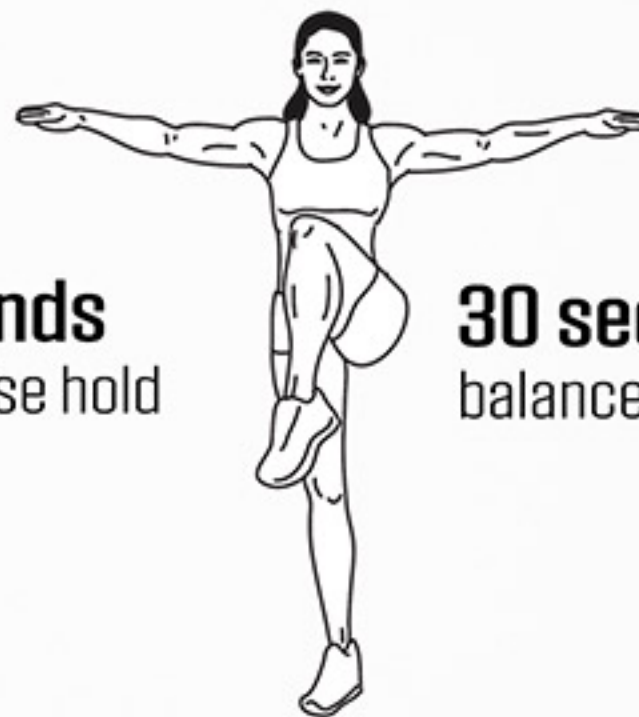
# Better Balance

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

Change sides and repeat the sequence.



**30 seconds**  
side leg raise hold



**30 seconds**  
balance hold #1



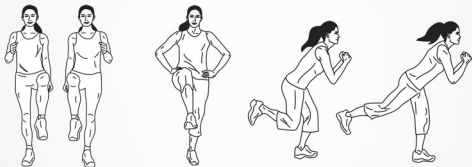
**30 seconds** balance hold #2



**30 seconds** balance hold #3

# Cardio Balance

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



**10** march steps

**10-count** raised knee hold (right leg)

**10** single leg back kicks (right leg)

**10** march steps

**10-count** raised knee hold (left leg)

**10** single leg back kicks (left left)

done

# COORDINATOR

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



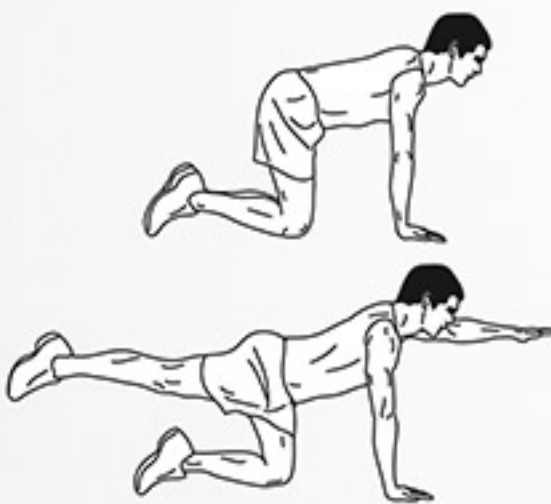
**8** lunge twists



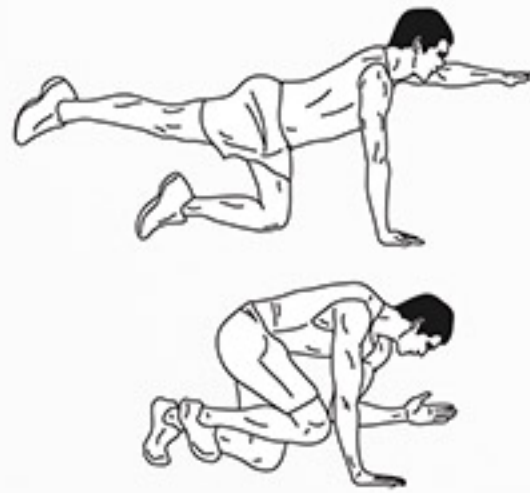
**8** balance side lunges



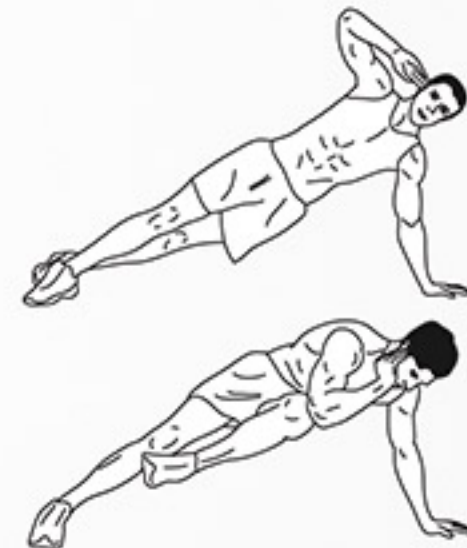
**8** balance swings



**8** alt arm/leg raises



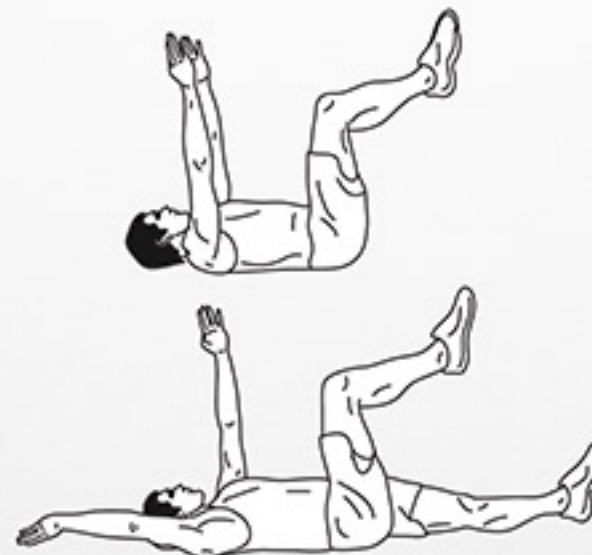
**8** plank knee-to-elbows



**8** side plank knee-to-elbow



**8** forward/back taps



**8** dead bugs



**8** cross reach sit-ups



# DE-STRESS YOGA FIX

by DAREBEE © [darebee.com](http://darebee.com)

Change sides and repeat.



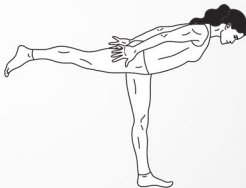
Eagle

**30**  
seconds



Tree Pose

**30**  
seconds



Warrior III

**30**  
seconds

# Front & Center

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

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



# IRON TENDONS

**LOWERBODY**

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



**10-count** hold



**30** side leg raises



**10-count** hold

change legs and repeat the sequence



**10-count** hold



**30** leg raises



**10-count** hold

change legs and repeat the sequence



**10-count** hold



**30** side leg raises



**10-count** hold

change legs and repeat the sequence

# origami

DAREBEE WORKOUT

@ [darebee.com](https://darebee.com)

10-count hold each | Change sides and repeat the sequence

1



2



3



4



5



6



# SERENITY

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

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

Repeat the sequence again on the other side.



# Soulbound

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

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

Repeat the sequence again on the other side.



# Stability

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

Hold each pose for 60 seconds then move on to the next one.  
30 seconds per side.



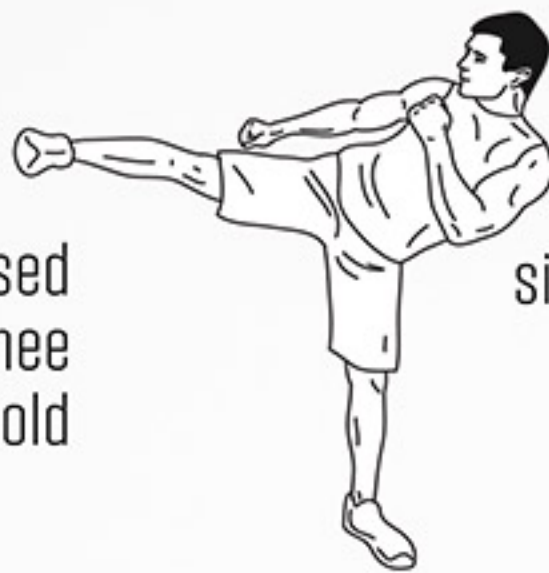
# stakeout

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

20 seconds each Change sides and repeat the sequence



raised  
knee  
hold



side kick  
hold



quad  
stretch  
hold



deep  
lunge  
hold



calf  
raise  
hold



shoulders  
back  
hold



deep  
side lunge  
hold



side  
splits



chest  
squeeze



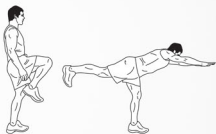
# Strength & Balance

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

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



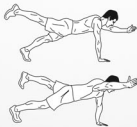
**20** single leg squats



**20** single leg deadlifts



**20-count** alt arm / leg  
plank hold



**20** alt arm / leg raises



**20-count** side star  
plank hold