

Ballerina

DAREBEE WORKOUT @ darebee.com

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

Note: It's OK to hold on to something.



16 rond de jambe en l'air



16 front leg extensions

10 grand plié in second position jumps



16 four-part arabesque lunges

BALLET

FOR BEGINNERS

DAREBEE WORKOUT © darebee.com

30 seconds rest between exercises



40 arabesque
5 sets | 30 seconds rest



40 arabesque pulses
5 sets | 30 seconds rest



20 reverse deep lunges
5 sets | 30 seconds rest



20 grand plié in second position
5 sets | 30 seconds rest

Swan

DAREBEE WORKOUT @ darebee.com

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



BARRE

DAREBEE WORKOUT © darebee.com

STRENGTH

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

1



2



3



4



5



6



7



8



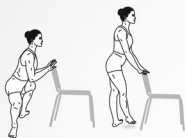
9



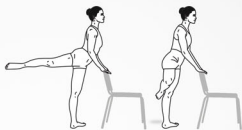
BARRE

DAREBEE WORKOUT © darebee.com

30 seconds rest between exercises



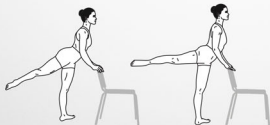
10 barre assemblé
5 sets | 30 seconds rest



10 thigh super burner
5 sets | 30 seconds rest



10 four-part arabesque lunges
5 sets | 30 seconds rest



20 arabesque pulses
5 sets | 30 seconds rest

5-MINUTE

FILLER



30 side leg raises (right leg)

30 side leg raises (left leg)

60 seconds rest

30 side leg raises (right leg)

30 side leg raises (left leg)

60 seconds rest

30 side leg raises (right leg)

30 side leg raises (left leg)

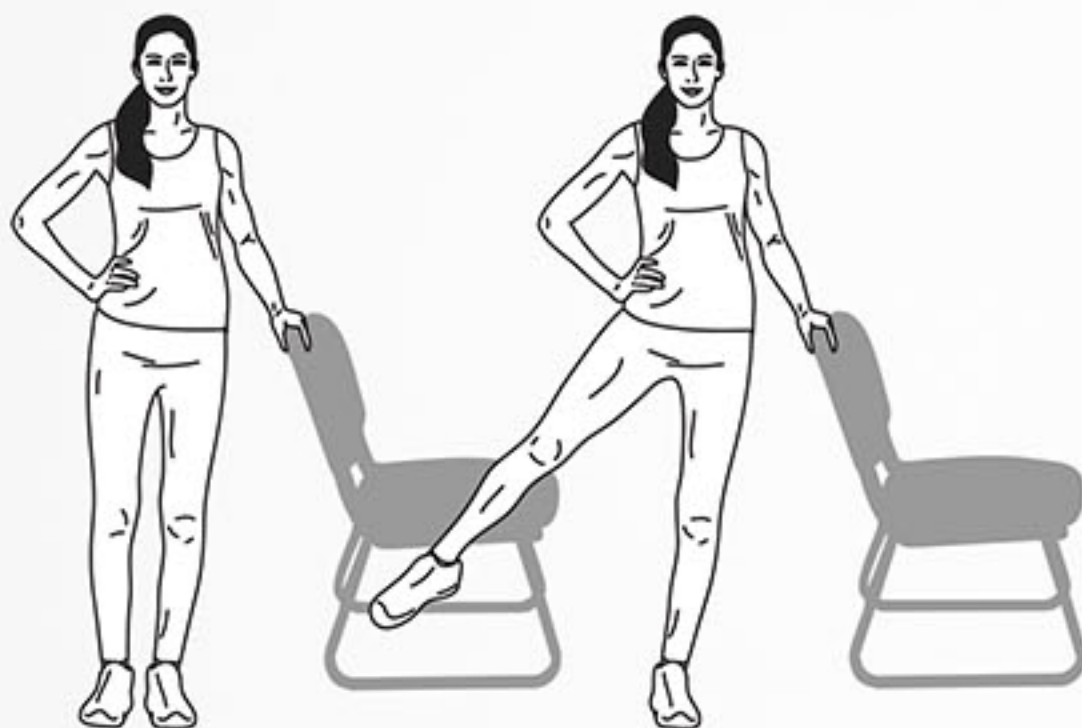
done

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fix it!

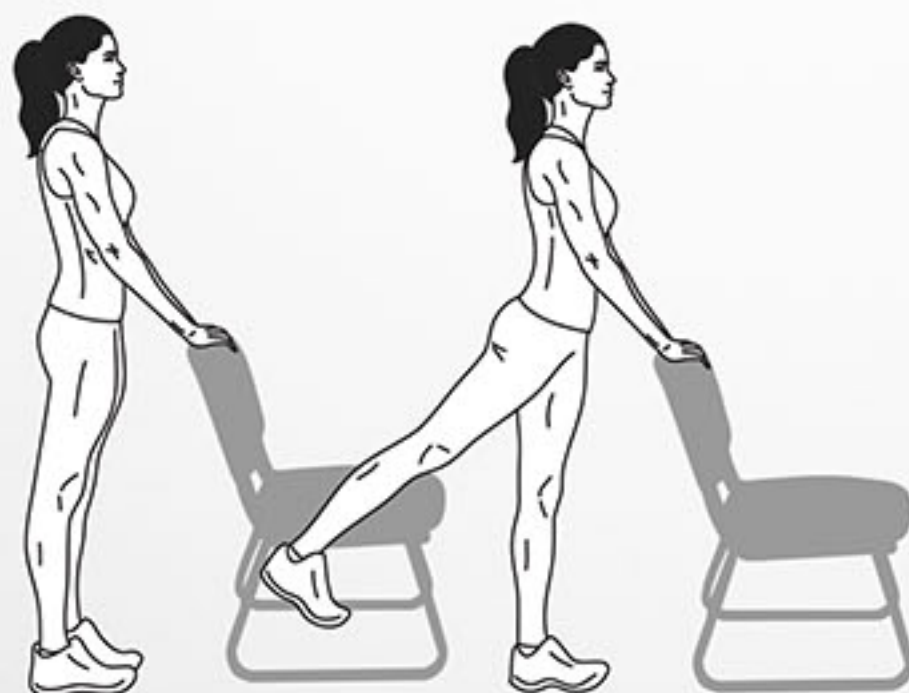
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Repeat twice a day in total
for lower back pain relief



20 side leg raises
right leg

20 side leg raises
left leg



20 back leg raises
right leg

20 back leg raises
left leg

done

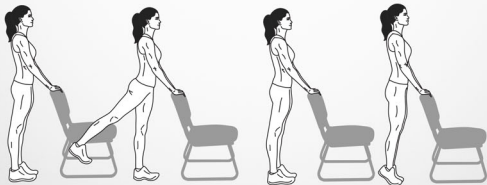
Glutes, Quads, Hamstrings, & Calves

workout by DAREBEE

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40 side leg raises



40 back kicks

40 calf raises