

breathe easy

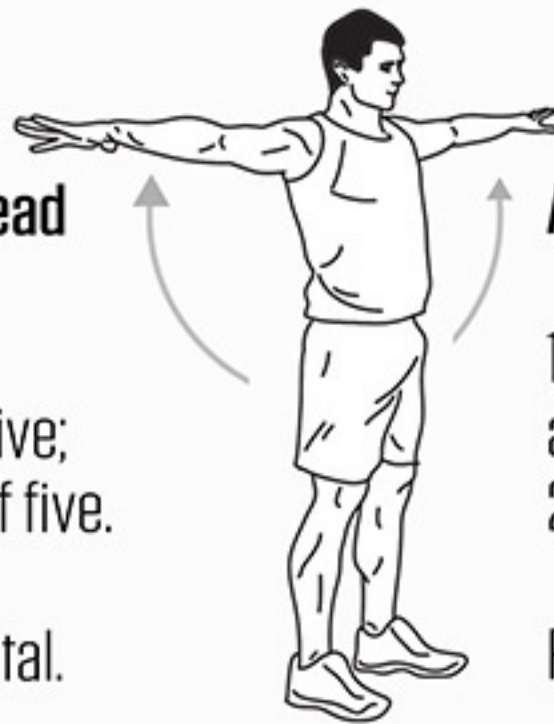
WORKOUT by @darebee.com



Arms above your head

- 1) Breathe in deep;
- 2) Hold to count of five;
- 3) Exhale to count of five.

Repeat 5 times in total.



Arm Raises

- 1) Breathe in as you raise your arms;
- 2) Exhale on the way down.

Repeat 5 times in total.



Calf Raises

- 1) Breathe in as you rise;
- 2) Hold to count of five;
- 3) Exhale as you drop down.

Repeat 5 times in total.



Shoulder Stretches *arms behind your back*

- 1) Breathe in as you stretch;
- 2) Hold to count of five;
- 3) Exhale as you relax.

Repeat 5 times in total.

easy abs

DAREBEE WORKOUT @ darebee.com

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



10 crunches



10 cross crunches



10 heel taps



5 leg raises



5 raised leg circles

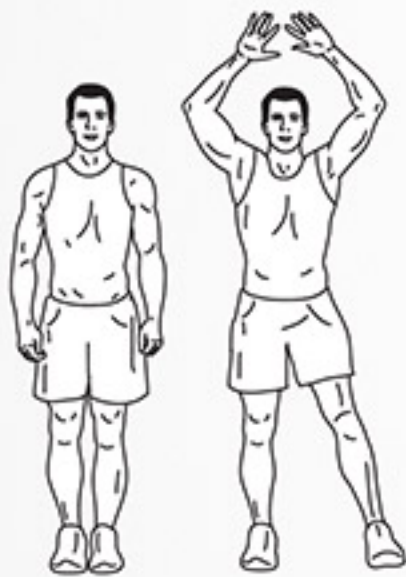


10 half wipers

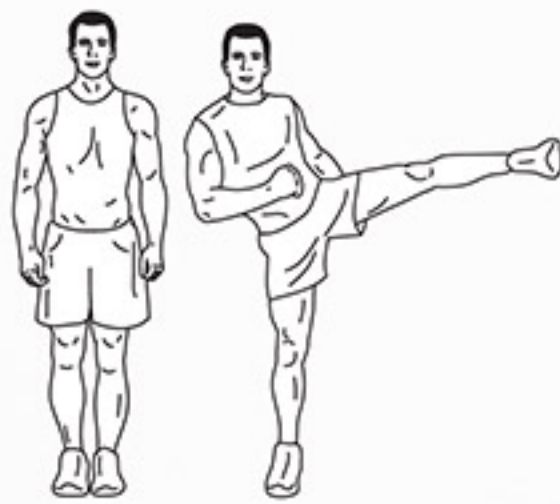
EASY DOES IT

DAREBEE WORKOUT @ darebee.com

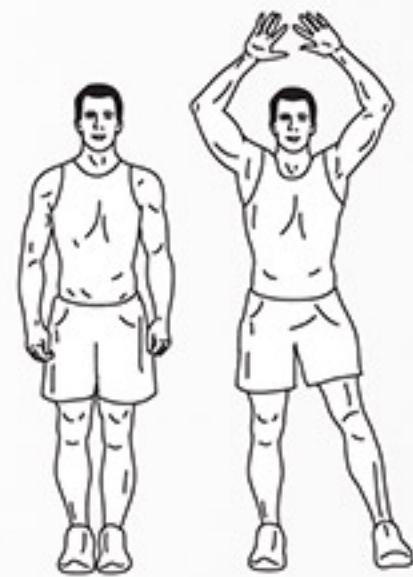
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 step jacks



20 side leg raises



10 step jacks



20 raised arm circles



10 step jacks



20 raised arm circles

EASY LEGS WORKOUT

by DAREBEE @ darebee.com

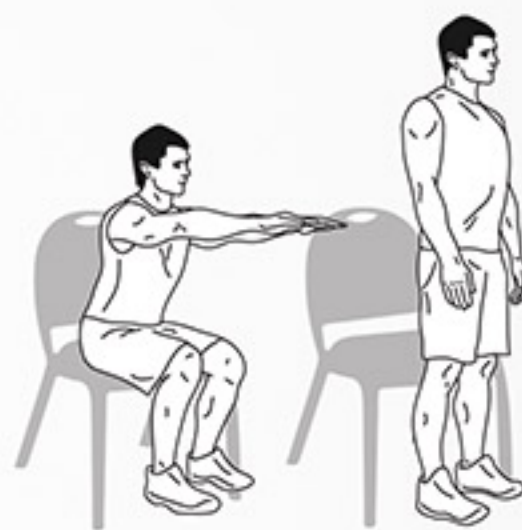
2 minutes rest between exercises.



10 side leg raises
x **3 sets** | 20sec rest



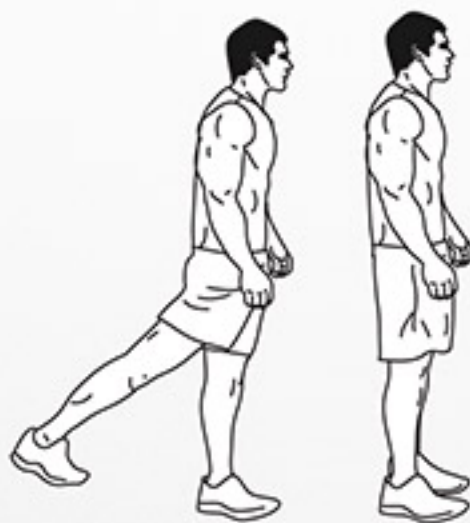
10 lunges
x **3 sets** | 20sec rest



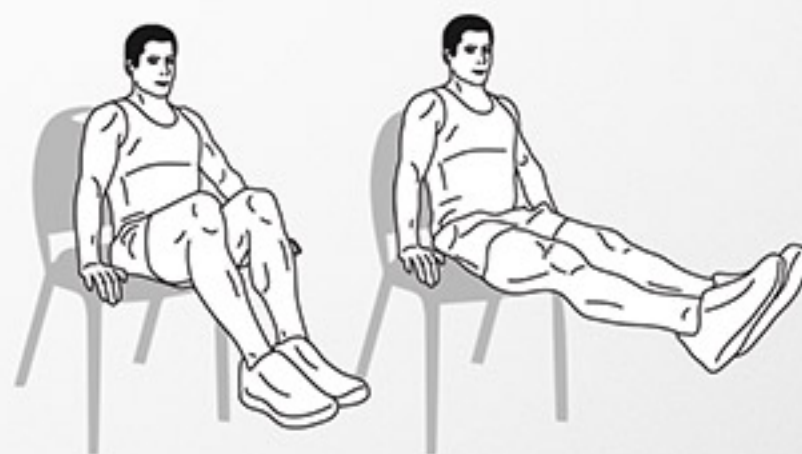
10 sit to stand
x **3 sets** | 20sec rest



10 calf raises
x **3 sets** | 20sec rest



10 back leg raises
x **3 sets** | 20sec rest

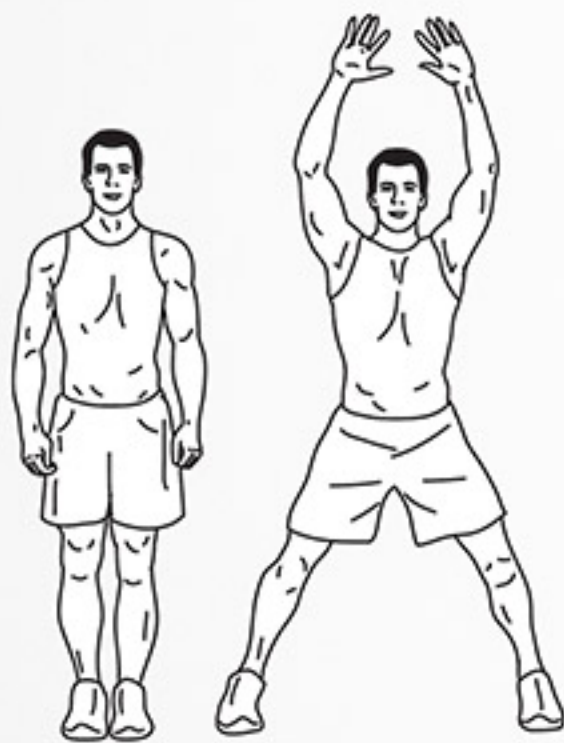


10 leg raises
x **3 sets** | 20sec rest

QUICK & EASY

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Repeat 3 times in total | 1 minute rest between sets



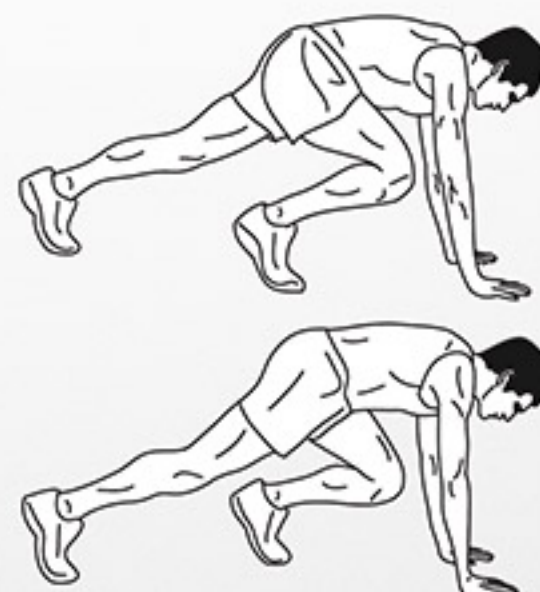
10
jumping
jacks



10
plank
rotations



10
high
knees

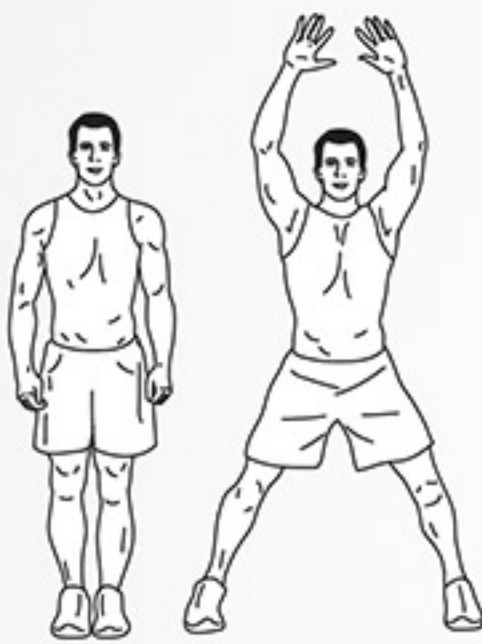


10
climbers

SUPER EASY

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



10 jumping jacks



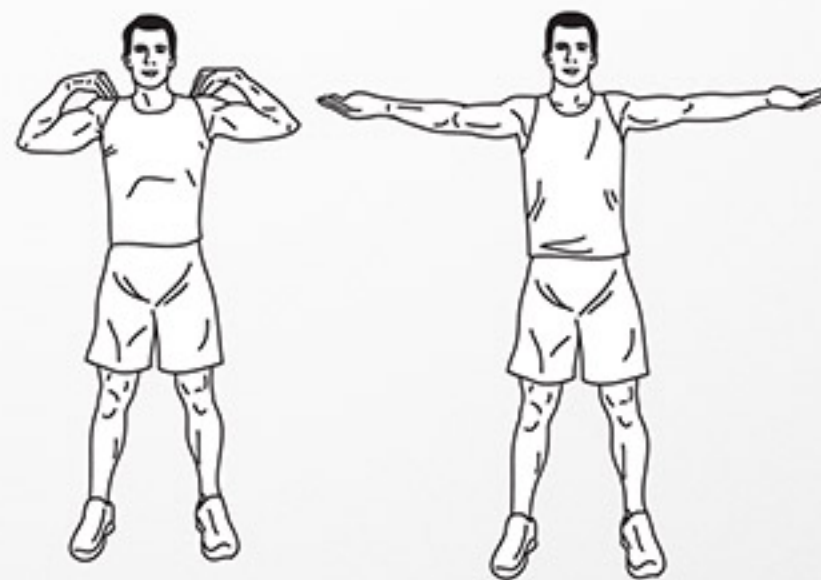
10 side jacks



10 step jacks



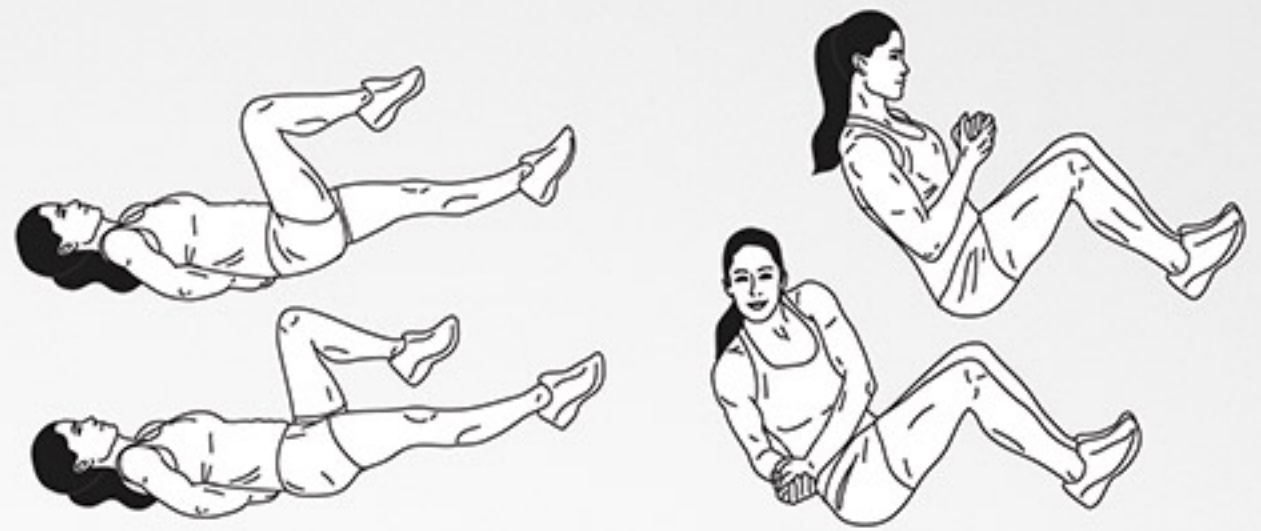
10 shoulder taps



10 side shoulder taps

EASY ABS

— 30-DAY CHALLENGE —



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1 10 air bike crunches 6 sitting twists 3 sets no rest	2 30 air bike crunches in total throughout the day	3 10 air bike crunches 6 sitting twists 3 sets no rest	4 30 air bike crunches in total throughout the day	5 12 air bike crunches 6 sitting twists 3 sets no rest
6 40 air bike crunches in total throughout the day	7 12 air bike crunches 6 sitting twists 3 sets no rest	8 40 air bike crunches in total throughout the day	9 14 air bike crunches 6 sitting twists 3 sets no rest	10 50 air bike crunches in total throughout the day
11 14 air bike crunches 6 sitting twists 3 sets no rest	12 50 air bike crunches in total throughout the day	13 16 air bike crunches 6 sitting twists 3 sets no rest	14 60 air bike crunches in total throughout the day	15 16 air bike crunches 6 sitting twists 3 sets no rest
16 60 air bike crunches in total throughout the day	17 18 air bike crunches 6 sitting twists 3 sets no rest	18 70 air bike crunches in total throughout the day	19 18 air bike crunches 6 sitting twists 3 sets no rest	20 70 air bike crunches in total throughout the day
21 20 air bike crunches 6 sitting twists 3 sets no rest	22 80 air bike crunches in total throughout the day	23 20 air bike crunches 6 sitting twists 3 sets no rest	24 80 air bike crunches in total throughout the day	25 22 air bike crunches 6 sitting twists 3 sets no rest
26 90 air bike crunches in total throughout the day	27 22 air bike crunches 6 sitting twists 3 sets no rest	28 90 air bike crunches in total throughout the day	29 24 air bike crunches 6 sitting twists 3 sets no rest	30 100 air bike crunches in total throughout the day

EASY ARMS



— 30-DAY CHALLENGE —

@ darebee.com

1	44 arm circles 30sec rest 3 sets in total	2	44 bicep extensions 30sec rest 3 sets in total	3	48 arm circles 30sec rest 3 sets in total	4	48 bicep extensions 30sec rest 3 sets in total	5	52 arm circles 30sec rest 3 sets in total
6	52 bicep extensions 30sec rest 3 sets in total	7	56 arm circles 30sec rest 3 sets in total	8	56 bicep extensions 30sec rest 3 sets in total	9	60 arm circles 30sec rest 3 sets in total	10	60 bicep extensions 30sec rest 3 sets in total
11	64 arm circles 30sec rest 3 sets in total	12	64 bicep extensions 30sec rest 3 sets in total	13	68 arm circles 30sec rest 3 sets in total	14	68 bicep extensions 30sec rest 3 sets in total	15	72 arm circles 30sec rest 3 sets in total
16	72 bicep extensions 30sec rest 3 sets in total	17	76 arm circles 30sec rest 3 sets in total	18	76 bicep extensions 30sec rest 3 sets in total	19	80 arm circles 30sec rest 3 sets in total	20	80 bicep extensions 30sec rest 3 sets in total
21	84 arm circles 30sec rest 3 sets in total	22	84 bicep extensions 30sec rest 3 sets in total	23	88 arm circles 30sec rest 3 sets in total	24	88 bicep extensions 30sec rest 3 sets in total	25	92 arm circles 30sec rest 3 sets in total
26	92 bicep extensions 30sec rest 3 sets in total	27	96 arm circles 30sec rest 3 sets in total	28	96 bicep extensions 30sec rest 3 sets in total	29	100 arm circles 30sec rest 3 sets in total	30	100 bicep extensions 30sec rest 3 sets in total

EASY CARDIO

— 30-DAY CHALLENGE —

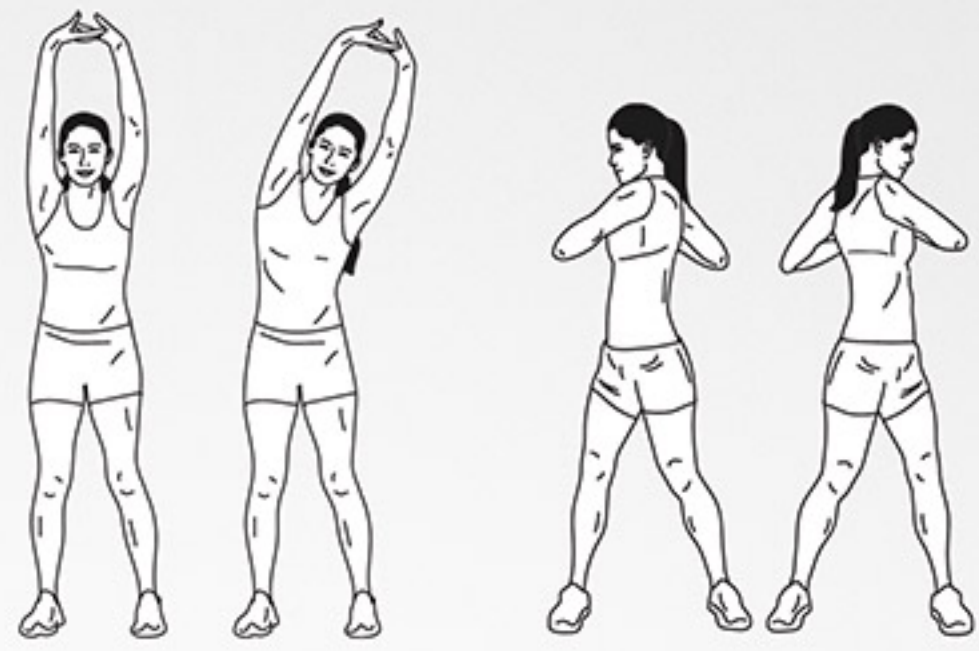


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1 10 step jacks 4 side jacks 4 sets no rest	2 50 step jacks in total throughout the day	3 10 step jacks 4 side jacks 4 sets no rest	4 50 step jacks in total throughout the day	5 12 step jacks 4 side jacks 4 sets no rest
6 60 step jacks in total throughout the day	7 12 step jacks 4 side jacks 4 sets no rest	8 60 step jacks in total throughout the day	9 14 step jacks 4 side jacks 4 sets no rest	10 70 step jacks in total throughout the day
11 14 step jacks 4 side jacks 4 sets no rest	12 70 step jacks in total throughout the day	13 16 step jacks 4 side jacks 4 sets no rest	14 80 step jacks in total throughout the day	15 16 step jacks 4 side jacks 4 sets no rest
16 80 step jacks in total throughout the day	17 18 step jacks 4 side jacks 4 sets no rest	18 90 step jacks in total throughout the day	19 18 step jacks 4 side jacks 4 sets no rest	20 90 step jacks in total throughout the day
21 20 step jacks 4 side jacks 4 sets no rest	22 100 step jacks in total throughout the day	23 20 step jacks 4 side jacks 4 sets no rest	24 100 step jacks in total throughout the day	25 22 step jacks 4 side jacks 4 sets no rest
26 110 step jacks in total throughout the day	27 22 step jacks 4 side jacks 4 sets no rest	28 110 step jacks in total throughout the day	29 24 step jacks 4 side jacks 4 sets no rest	30 120 step jacks in total throughout the day

EASY CORE

— 30-DAY CHALLENGE —



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1	8 side bends 4 twists 3 sets no rest	2	30 side bends in total throughout the day	3	8 side bends 4 twists 3 sets no rest	4	30 side bends in total throughout the day	5	10 side bends 4 twists 3 sets no rest
6	40 side bends in total throughout the day	7	10 side bends 4 twists 3 sets no rest	8	40 side bends in total throughout the day	9	12 side bends 4 twists 3 sets no rest	10	50 side bends in total throughout the day
11	12 side bends 4 twists 3 sets no rest	12	50 side bends in total throughout the day	13	14 side bends 4 twists 3 sets no rest	14	60 side bends in total throughout the day	15	14 side bends 4 twists 3 sets no rest
16	60 side bends in total throughout the day	17	16 side bends 4 twists 3 sets no rest	18	70 side bends in total throughout the day	19	16 side bends 4 twists 3 sets no rest	20	70 side bends in total throughout the day
21	18 side bends 4 twists 3 sets no rest	22	80 side bends in total throughout the day	23	18 side bends 4 twists 3 sets no rest	24	80 side bends in total throughout the day	25	20 side bends 4 twists 3 sets no rest
26	90 side bends in total throughout the day	27	20 side bends 4 twists 3 sets no rest	28	90 side bends in total throughout the day	29	22 side bends 4 twists 3 sets no rest	30	100 side bends in total throughout the day