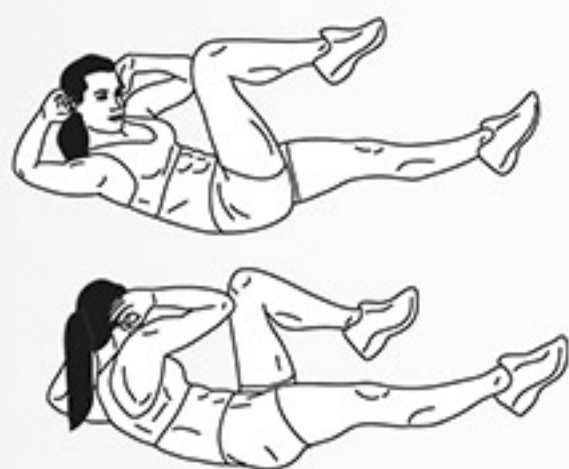


at-home abs

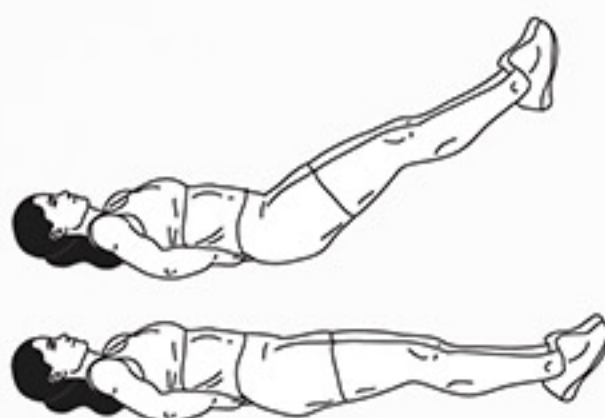
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST up to 2 minutes



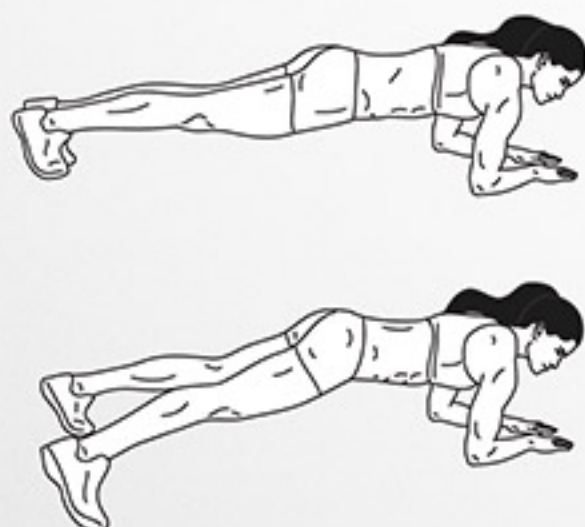
10 knee-to-elbow crunches



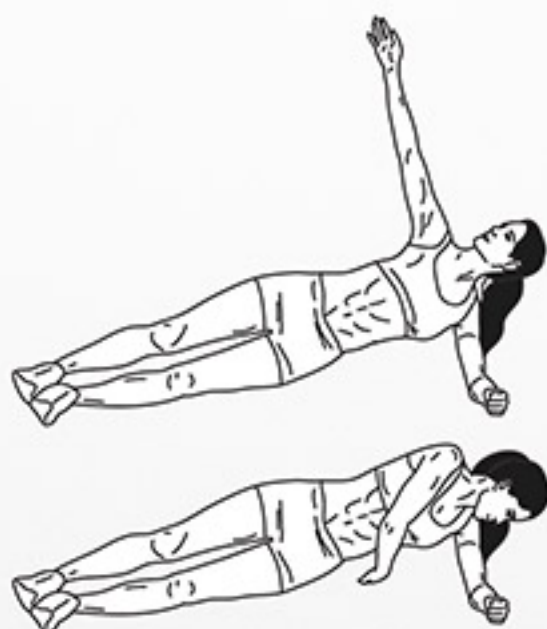
8 leg raises



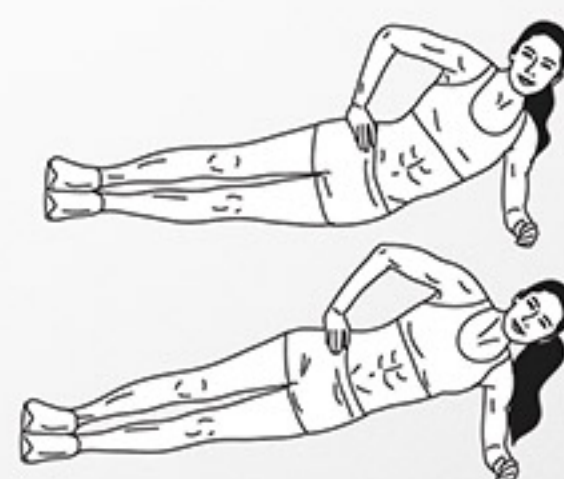
8 upward downward dog



10 elbow plank step-outs



8 side plank rotations

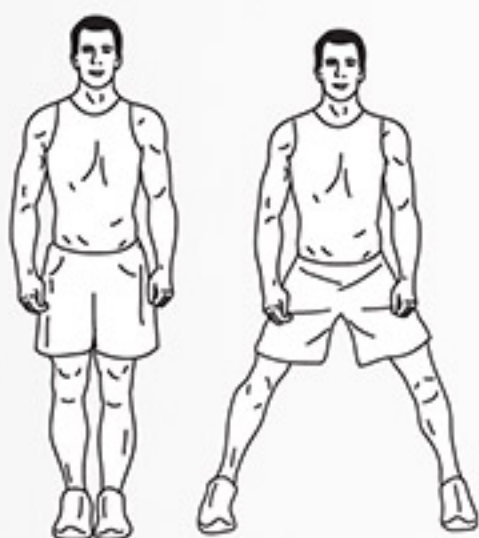


8 side bridges

HOME ALONE

DAREBEE WORKOUT @ darebee.com

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



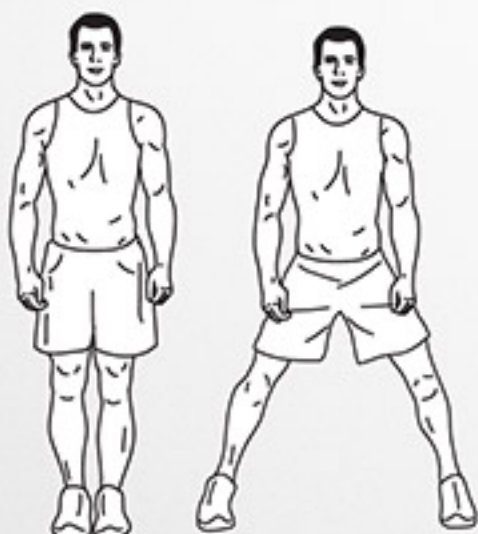
10 half jacks



20 high knees



4 reverse lunges



10 half jacks



20 high knees



4 squats

homemade **abs**

DAREBEE WORKOUT @ darebee.com

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



4 knee-to-elbows



10 leg raises



4 knee-to-elbows



10 crunches



4 knee-to-elbows



10 crunches



4 knee-to-elbows



10 leg raises



4 knee-to-elbows

HOMEMADE BACK

DAREBEE WORKOUT

@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

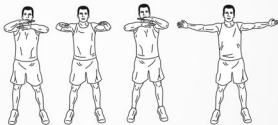
REST up to 2 minutes



5 diver push-ups



10 half squat rows



10 double chest expansions



10 lawnmowers



10 forward bends



10 wall arm slides

HOME TONE

UPPERBODY

DAREBEE WORKOUT
@ darebee.com

Level I 3 sets

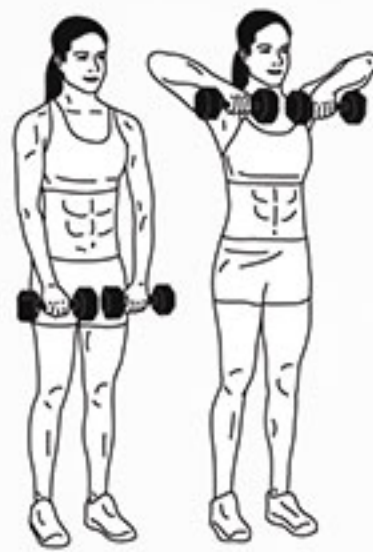
Level II 4 sets

Level III 5 sets

2 minutes rest



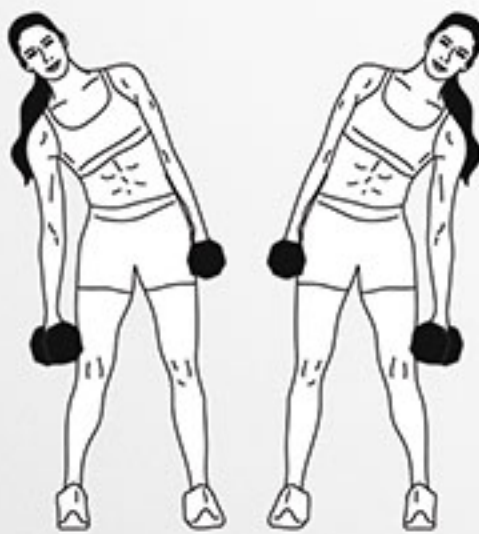
20 alternating bicep curls



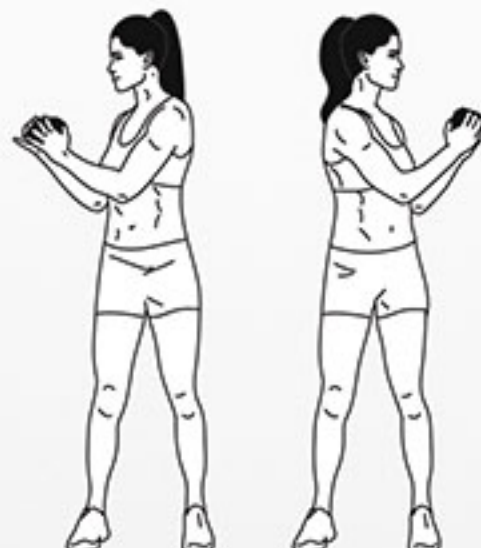
10 upright rows



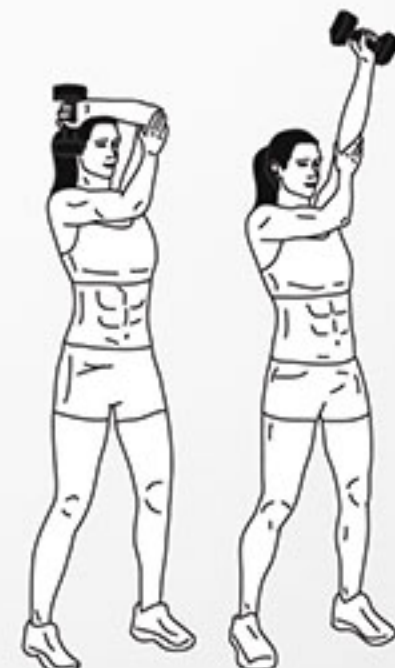
10 alternating shoulder press



10 side bends



10 core twists



20 tricep extensions

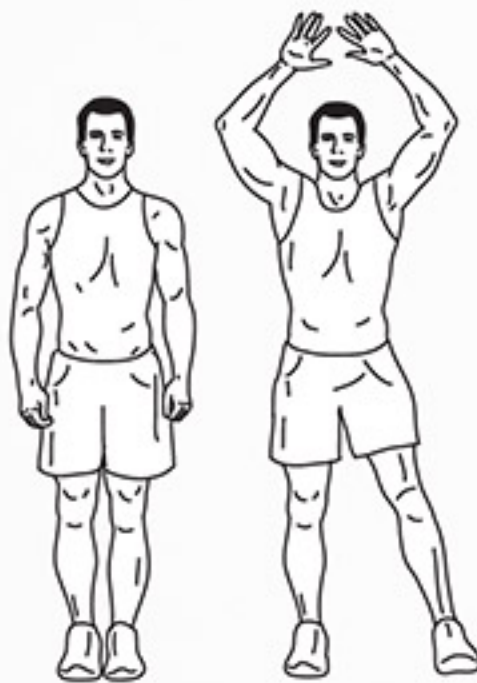
HOME WORKOUT

MADE by DAREBEE @ darebee.com

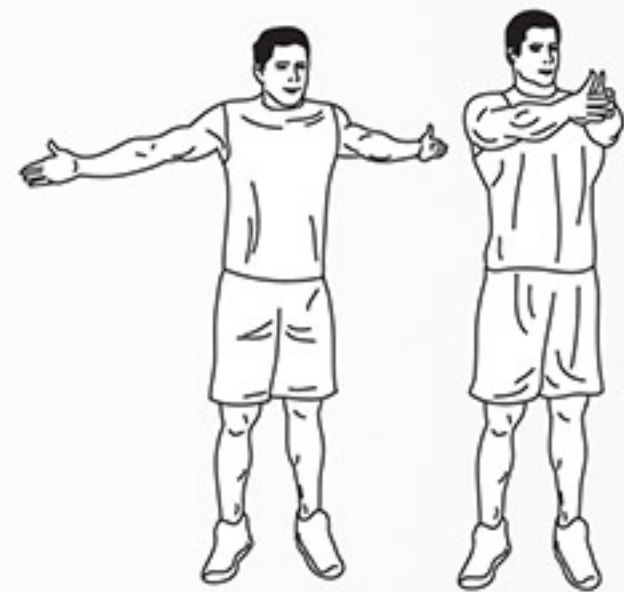
Repeat 5 times in total - Rest up to 2 minutes in between
download in other languages darebee.com/hw



10 hip rotations



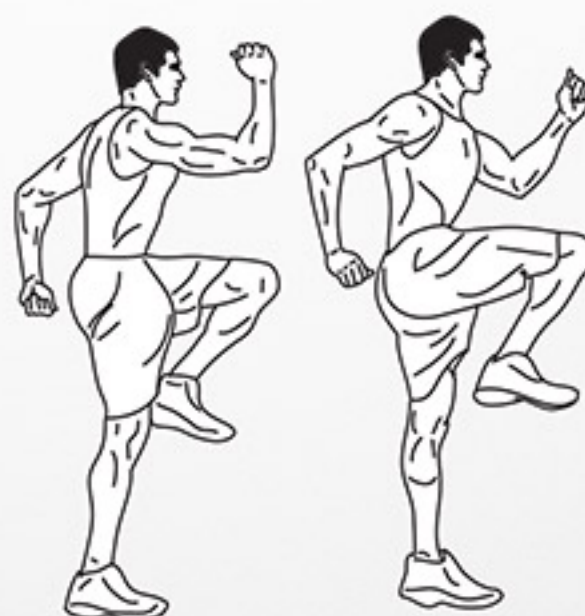
10 step jacks



10 chest expansions



10 calf raises



10 march steps

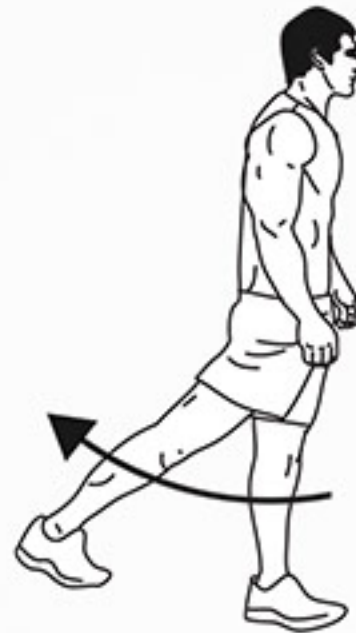
STAY HOME

DAREBEE WORKOUT @ darebee.com

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



20 jumping jacks



20 backward leg raises
right leg



20 side leg raises
right leg



20 jumping jacks



20 backward leg raises
left leg



20 side leg raises
left leg