

DAREBEE WORKOUT

anywhere

abs

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40 side leg raises **x 2 sets** in total
no rest between sets - 1 set per leg



10 twists **x 4 sets** in total
20 seconds rest in between sets



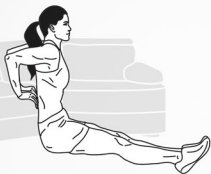
40 leg swings **x 2 sets** in total
no rest between sets - 1 set per leg



10 knee-to-elbows **x 4 sets** in total
20 seconds rest in between sets

arm lift

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5 tricep dips

10-count hold

5 tricep dips

10-count hold

5 tricep dips

10-count hold

5 tricep dips

10-count hold

5 tricep dips

10-count hold



BALANCE

DAREBEE WORKOUT © darebee.com

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

Repeat the sequence again on the other side.



breathe easy

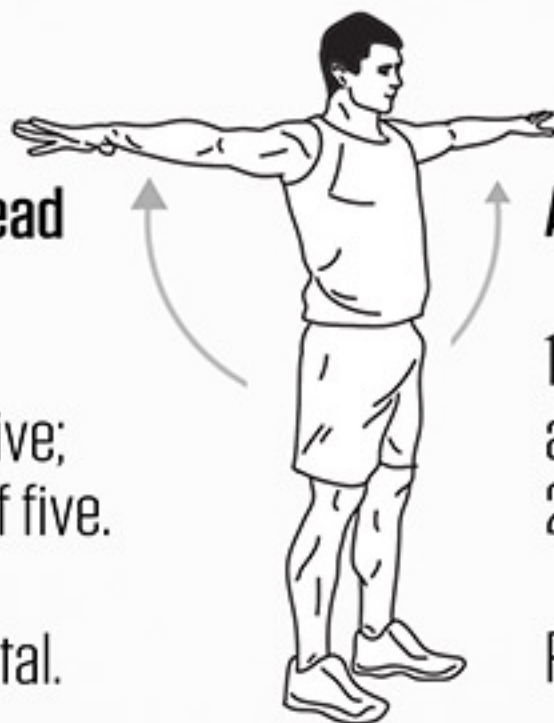
WORKOUT by @darebee.com



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.

ICAN & I WILL

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



20 side leg raises



5 calf raises



20 side leg raises



20 arm circles



20 side leg raises

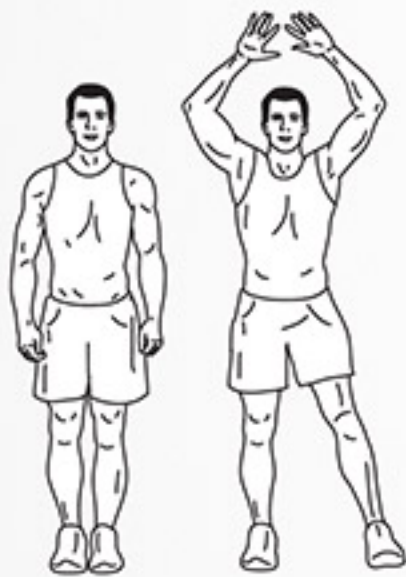


20 arm circles

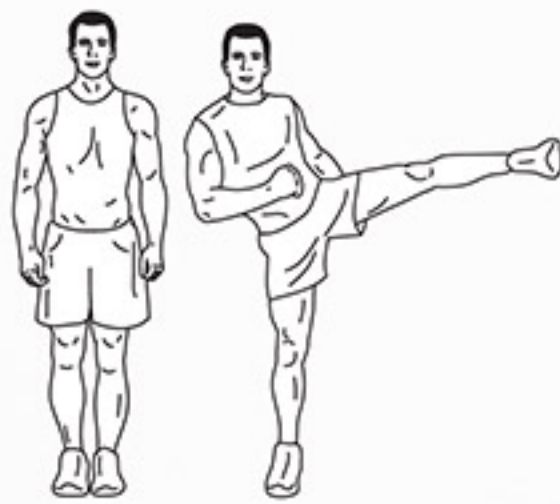
EASY DOES IT

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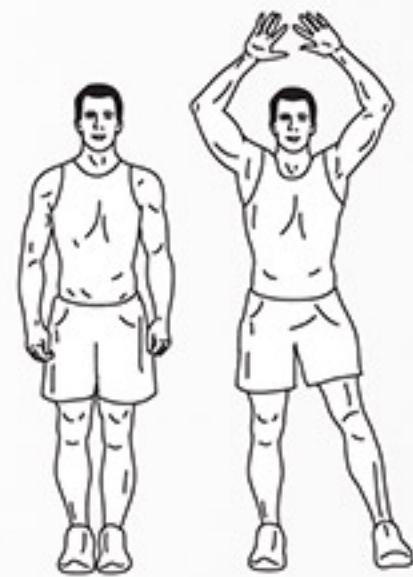
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 step jacks



20 side leg raises



10 step jacks



20 raised arm circles



10 step jacks



20 raised arm circles

EASY LEGS WORKOUT

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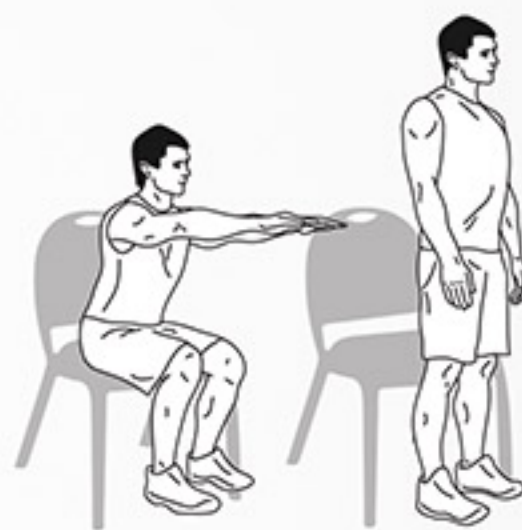
2 minutes rest between exercises.



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



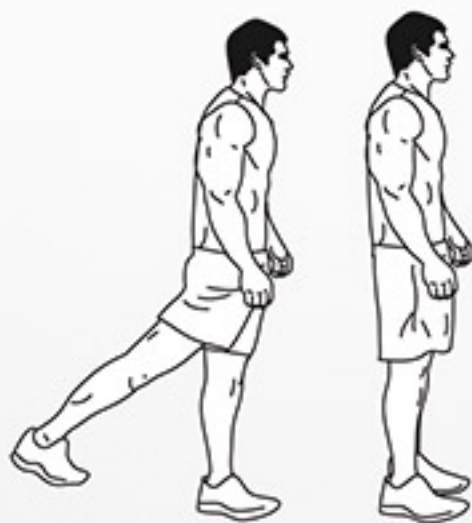
10 lunges
x **3 sets** | 20sec rest



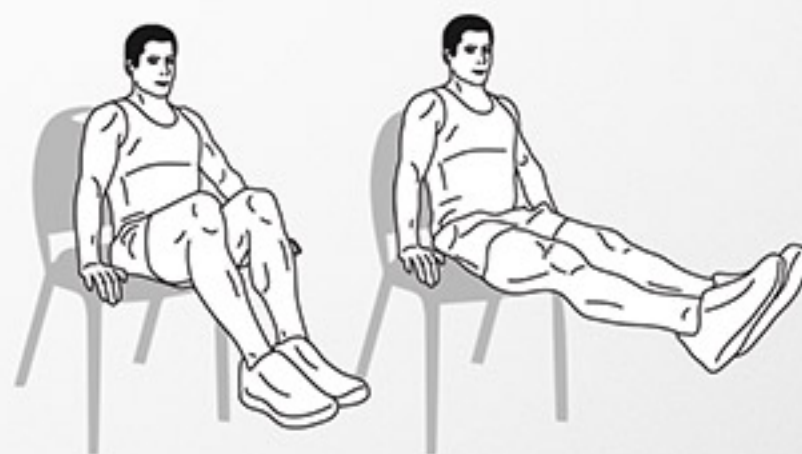
10 sit to stand
x **3 sets** | 20sec rest



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

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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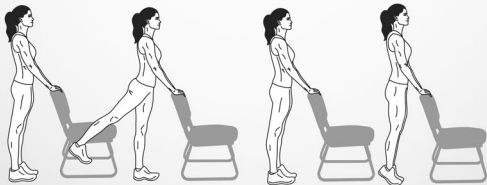
Glutes, Quads, Hamstrings, & Calves

workout by DAREBEE

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40 side leg raises



40 back kicks

40 calf raises

HOTEL

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2 minutes rest between exercises

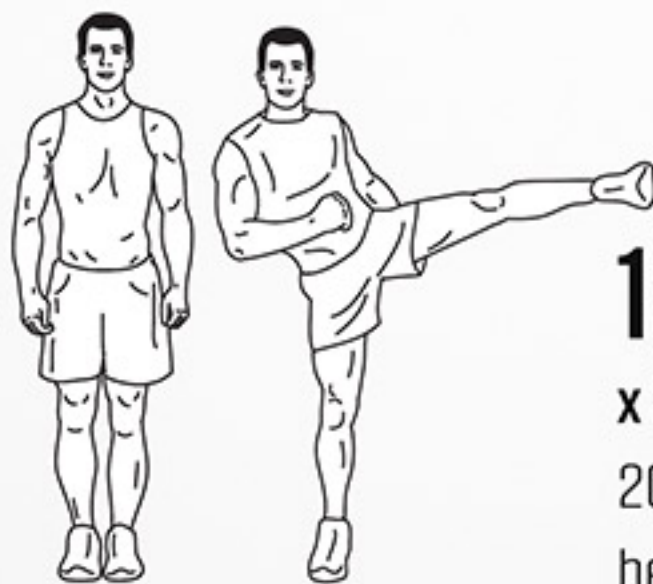
12 lunges
x 3 sets in total
20 seconds rest
between sets



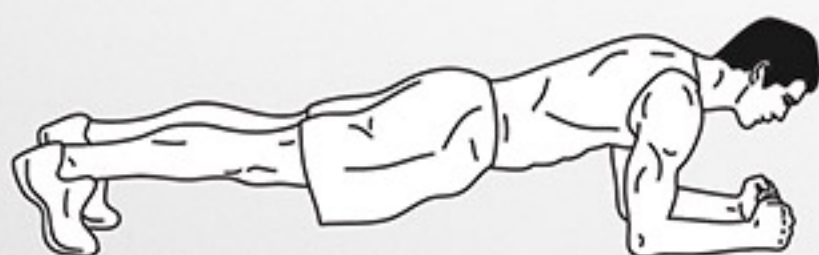
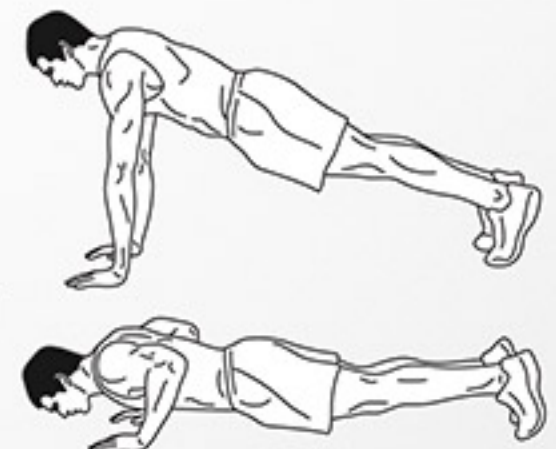
12 calf raises
x 3 sets in total
20 seconds rest
between sets



24 side leg raises
x 3 sets in total
20 seconds rest
between sets



12 push-ups
x 3 sets in total
20 seconds rest
between sets



60sec elbow plank hold

MISSION POSSIBLE



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40 punches between exercises



20 side bends
5 sets | 30sec rest



20 twists
5 sets | 30sec rest



20 forward bends
5 sets | 30sec rest



20 knee-to-elbow
5 sets | 30sec rest



20 side leg raises
5 sets | 30sec rest



20 calf raises
5 sets | 30sec rest

morning stretch

by DAREBEE
@ darebee.com
30 seconds each



shoulder stretch #1



shoulder stretch #2



upper back stretch



core stretch



hamstring stretch



glute stretch



quad stretch



calf raise hold

neck mobility

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10 repetitions each exercise.



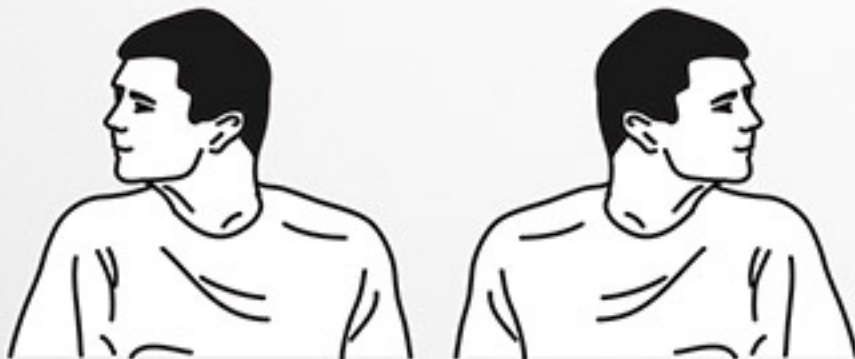
back and forth tilts



side-to-side tilts



neck rotations



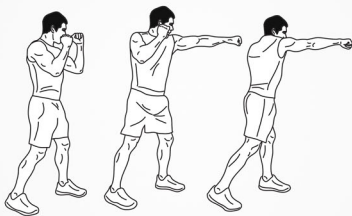
side-to-side head turns



shrugs

PACK A PUNCH

DAREBEE **HIIT** WORKOUT © darebee.com



3min punches

30sec rest

3min punches

30sec rest

3min punches

done

Power Squat

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5 squats

5 calf raises

5 squats

5 calf raises

5 squats

5 calf raises

5 squats

5 calf raises

5 squats

5 calf raises

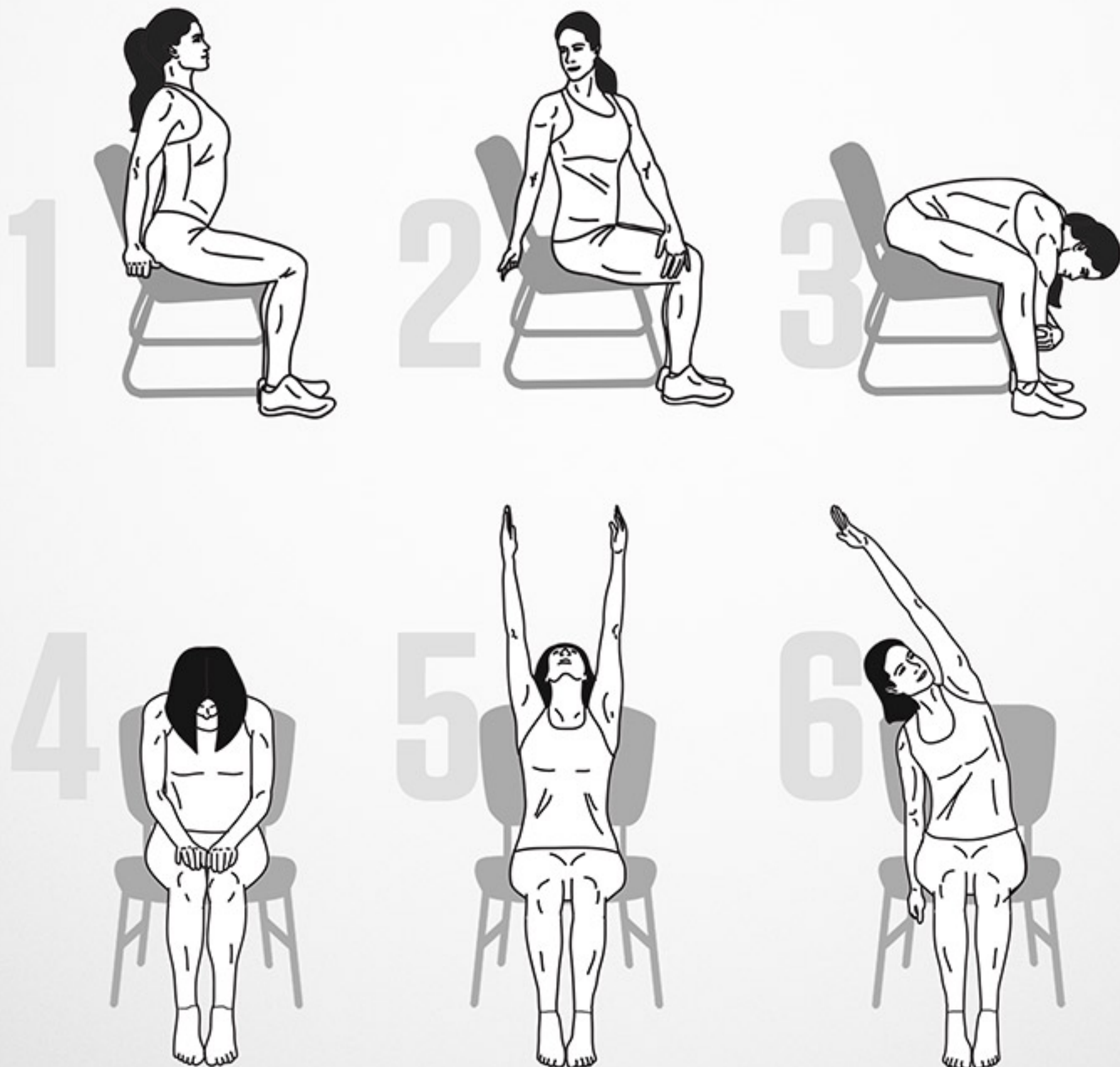
done



seated mobility

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Hold each pose for 30 seconds then move on to the next one.
Change sides and repeat the sequence.



standing abs

DAREBEE WORKOUT © darebee.com
repeat 3 times | up to 2 minute rest between sets

IN COLLABORATION WITH **NHS** choices



20 knee-to-elbows



20 high knees



10 torso twists



20 side leg raises



20 high knees

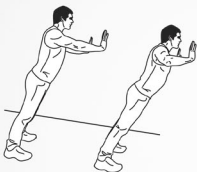


10 torso twists

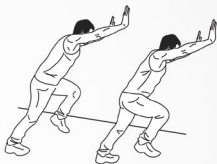
theWall

DAREBEE WORKOUT © darebee.com

repeat 3 times with 1 minute rest in between



20 wall push-ups



20 wall climbers



20 wall slides



20sec wall-sit