

COZY UP

DAREBEE SOFA WORKOUT

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

Hold each stretch and **count to 10**, change sides and hold it again every time you cozy up on the sofa to stretch your muscles and help blood circulation.



Dream Catcher

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.

1



2



3



4



5



6



my HAPPY PLACE

WORKOUT
BY DAREBEE
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60sec stretch #1



60sec stretch #2



60sec stretch #3

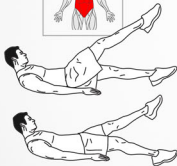


10 minutes meditation

LAZY ABS

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 30 seconds



50 flutter kicks

*chin tucked in
and off the floor
go slow*



10 back extensions

*go slow -
count to 3
as you come up*

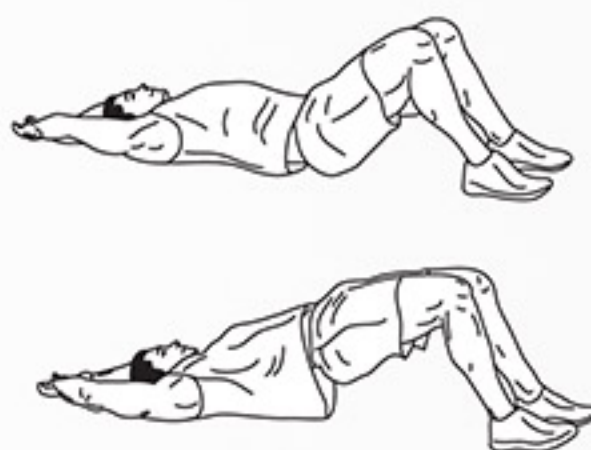
LAZY BEAR

DAREBEE WORKOUT @ darebee.com

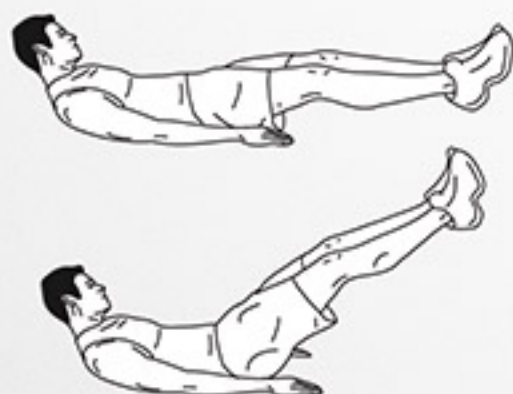
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



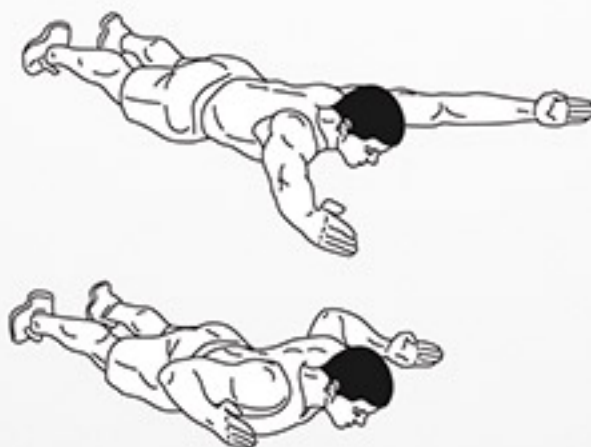
10 knee rolls



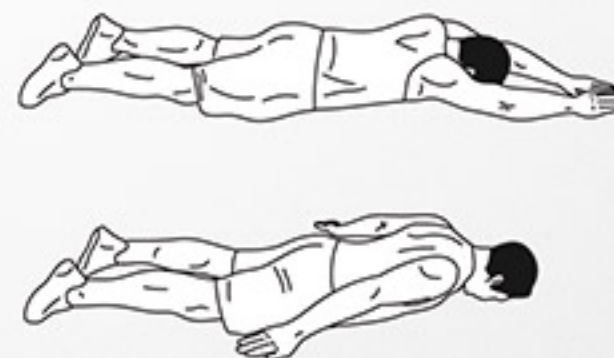
10 bridges



10 leg raises



10 W-extensions



10 reverse angels

LOWER BACK

REHAB WORKOUT

© darebee.com

3 sets | 2 minutes rest

IN COLLABORATION WITH

NHS choices



5 bottom to heels stretch

10 opposite arm / leg raises

5 back extensions



10 bridges

10 knee rolls

man down

DAREBEE WORKOUT © darebee.com

3 sets | up to 2 minutes rest between sets



10 knee rolls



10 bridges



10-count stretch & hold



10 reverse flutter kicks



10-count stretch & hold

PIECE OF CAKE

DAREBEE
WORKOUT

@ darebee.com

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest



40 side leg raises



10 flutter kicks



10 bridges



10 flutter kicks



10 knee rolls



10 flutter kicks

REST & REC

DAREBEE
RECOVERY
WORKOUT

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20 knee-ins



10 back stretch #1



10 back stretch #2



20 knee rolls



10 butterfly stretch



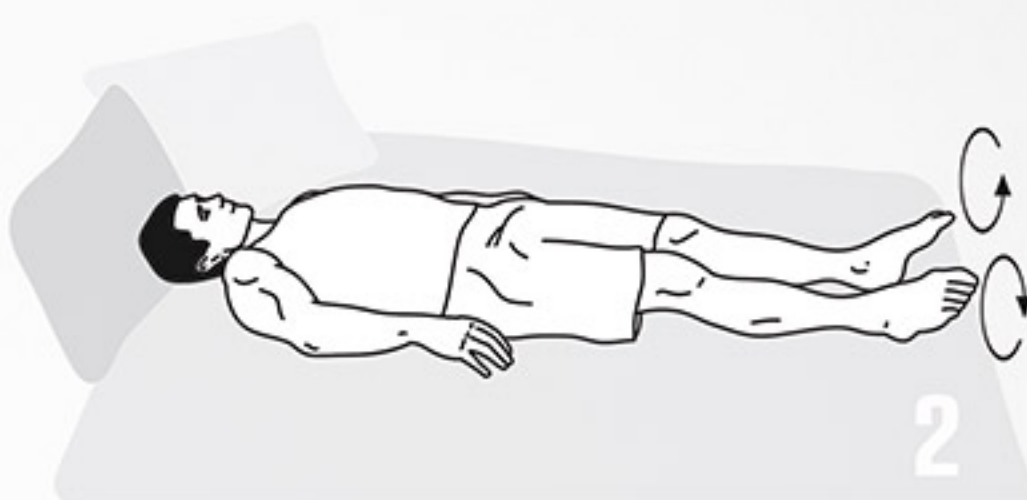
10 forward fold

the **right** side

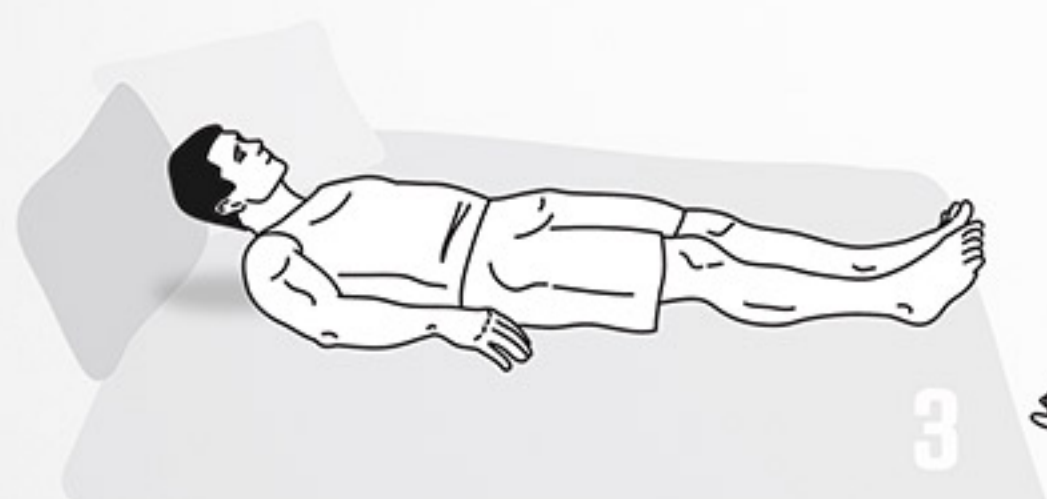
DAREBEE **2-MINUTE BED WORKOUT** @ darebee.com



20sec "good morning" stretch



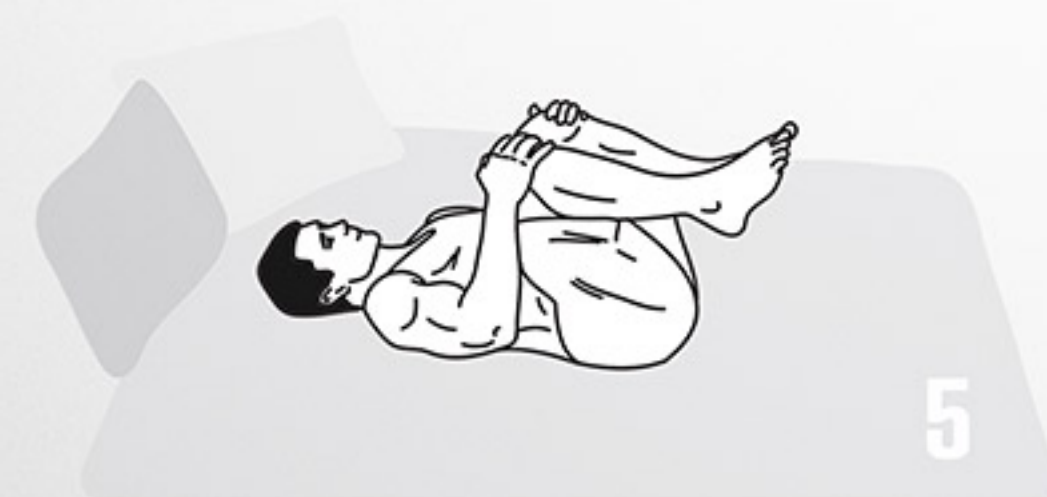
20sec in & out feet rotations



20sec slow head raises



20sec slow side-to-side twists



20sec knee-in pulse stretch



20sec bridge stretches

self-care

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

Repeat the sequence again on the other side.

1



2



3



4



5



6



7



8



9



SLOTH

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

Note: go as slow as possible



6 downward upward dog



20 back kicks



20 side leg raises



6 butterfly dips



20 bridge taps



20 half wipers