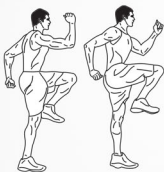


# 5-MINUTE WALK

WORKOUT by DAREBEE © [darebee.com](http://darebee.com)



**60sec** march steps

**15sec** step jacks

**60sec** march steps

**15sec** step jacks



**60sec** march steps

**15sec** step jacks

**60sec** march steps

**15sec** step jacks

# 30-MINUTE WALK

WORKOUT by DAREBEE © [darebee.com](http://darebee.com)

Repeat 5 times in total



**60sec** march steps

**15sec** step jacks

**60sec** march steps

**15sec** step jacks

**60sec** march steps

**15sec** step jacks

**60sec** march steps

**15sec** step jacks

**60sec** rest



# BLUE ZONE

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

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



20 march with wide arm circles



20 step jacks



20 side bends



20 side leg raises



20 twists

# COZY UP

DAREBEE SOFA WORKOUT

@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.



# EXPLORER

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



**20** march steps



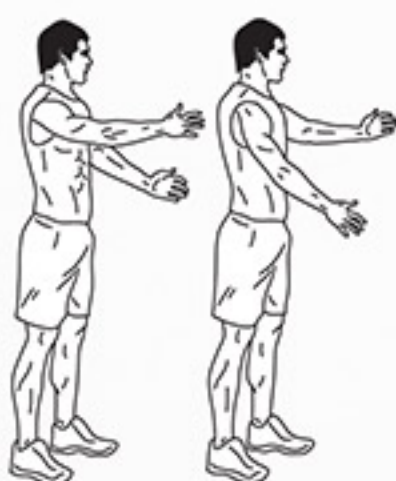
**10** shoulder taps



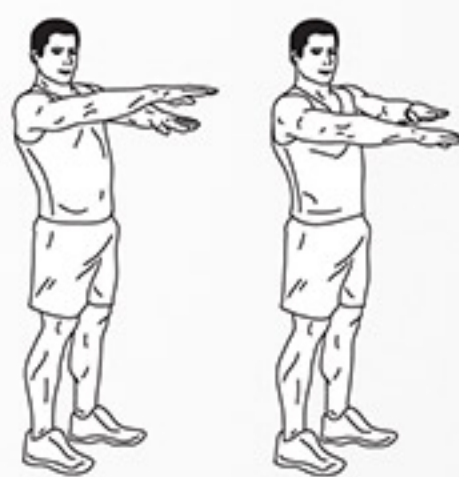
**10** bicep extensions



**20** march steps



**10** scissor chops



**10** arm scissors



**20** march steps



**10** chest expansions

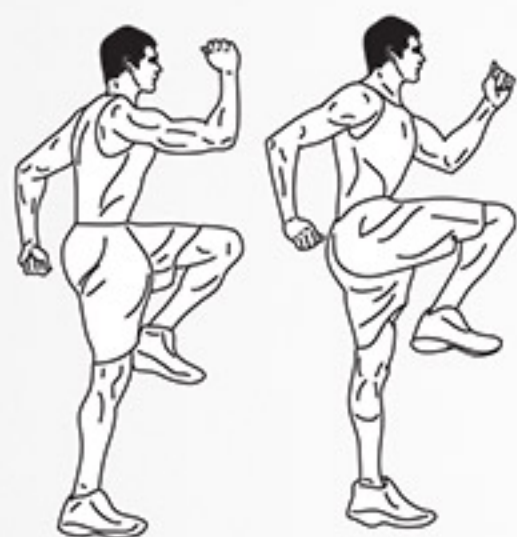


**10** raised arm circles

# Mr Grumpy

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

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



**20** march steps



**20** chest expansions



**20** march steps



**20** bicep extensions



**20** march steps



**20** shoulder taps

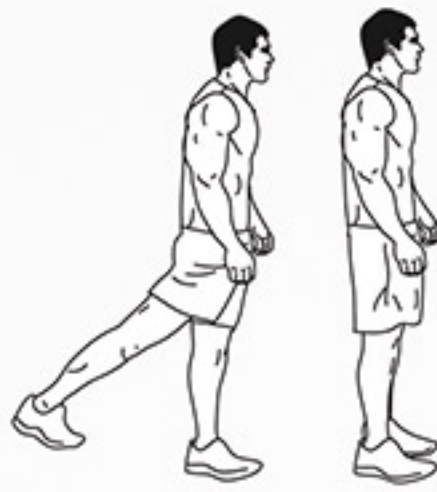
# Out & About

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



**12** march steps



**12** back leg raises



**12** march steps



**12** side leg raises



**12** march steps



**12** calf raises



**12** step jacks

# PERSEVERANCE

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

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



**20** march steps



**10-count** calf raise hold



**20** march steps



**10-count** warrior pose hold / right side



**20** march steps



**10-count** warrior pose hold / left side



**20** march steps



**10-count** calf raise hold



**20** march steps



# Roundabout

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



**10** march steps



**10** step jacks



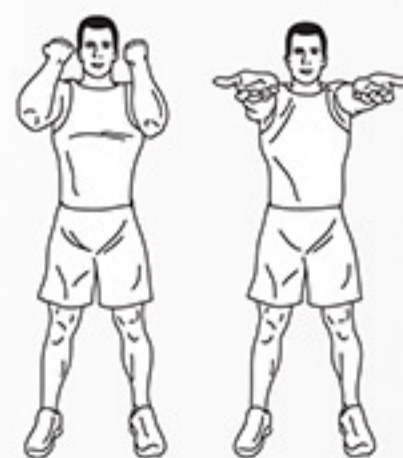
**10** march steps



**10** bicep extensions



**10** march steps



**10** bicep extensions



**10** march steps



**10** step jacks



**10** march steps

# SLOWPOKE

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



20 scissors



10-count hold



20 scissors



20 W-extensions



10 elbow clicks



20 W-extensions



20 bicep extensions

# sofa bound

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)



**30sec** arms to the front hold



**30sec** arms to sides hold



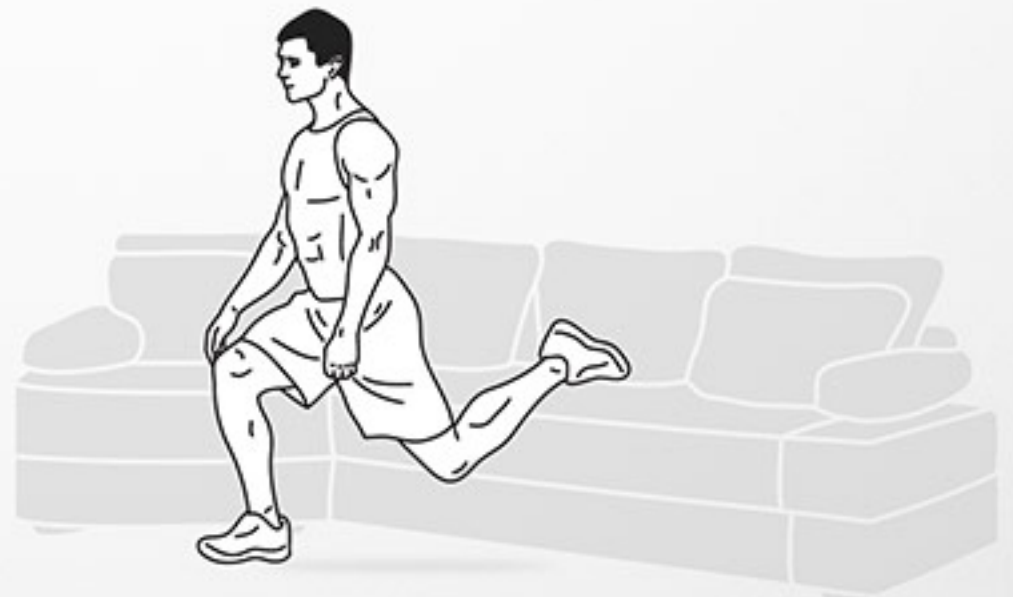
**30sec** tricep dip hold



**30sec** raised legs hold



**30sec** chest squeeze



**30sec** single leg squat hold

# WALK IT OFF

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



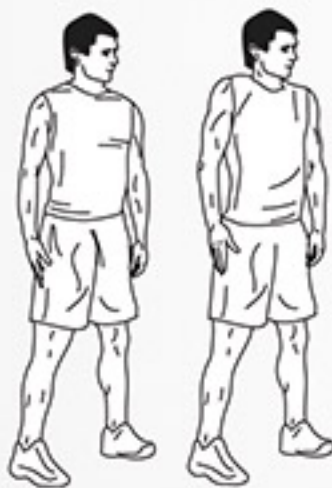
**10** march steps



**10** hip rotations



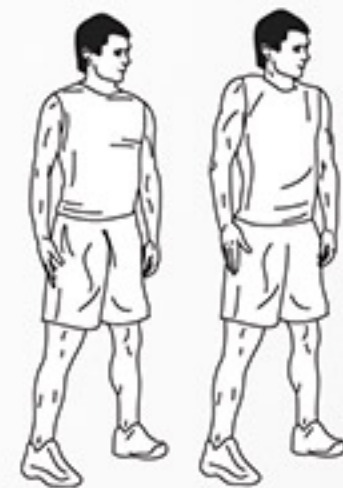
**10** march steps



**10** shoulder shrugs



**10** march steps



**10** shoulder shrugs



**10** march steps



**10** hip rotations



**10** march steps

# Walk With Me

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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

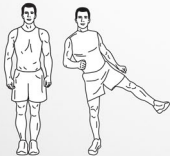


**30sec** march steps

**30sec** side leg raises / left leg

**30sec** march steps

**30sec** side leg raises / right leg



**30sec** march steps

**30sec** side leg raises / left leg

**30sec** march steps

**30sec** side leg raises / right leg

# the WALK

DAREBEE WORKOUT © [darebee.com](http://darebee.com)



**20sec** walk on the spot

**10sec** heel to toe (left foot)

**step to the right**

**20sec** walk on the spot

**10sec** heel to toe (right foot)

**step to the left**



**20sec** walk on the spot

**10sec** heel to toe (left foot)

**step to the right**

**20sec** walk on the spot

**10sec** heel to toe (right foot)

**step to the left**



Done.