

Breathing Workout

by DAREBEE @ darebee.com



Breathe in slowly, hold to a slow count of ten then exhale slowly. Repeat 3 times.

Take ten rapid breaths. Hold without breathing to the count of twenty.



Breathe in and lean back, breathe out and lean forward. Repeat 3 times.

Breathe in fast, breathe out fast. Hold for count of three. Repeat 3 times.

Catch & Release

DAREBEE WORKOUT

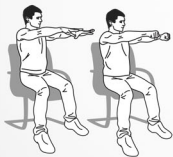
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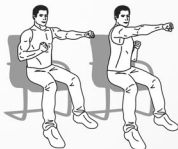
overhead clench
20



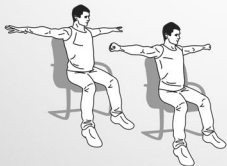
overhead punches
20



extended clench
20



punches
20



side extended clench
20



torso twists
20

COZY UP

DAREBEE SOFA WORKOUT

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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.



DEX TERI TY

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LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



10 arm scissors



10 scissor chops



10 shoulder rotations



10 bicep extensions



10 shoulder taps



30 clench / unclench

neck & shoulders

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20 seconds each exercise.



shoulder rotations



side shoulder stretch



cross shoulder stretch



tricep stretch



overhead shoulder stretch



up and down neck stretch

rainmaker

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20 side circles



10-count hold



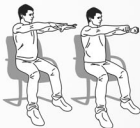
20 side clenches



20 forward circles



10-count hold



20 forward clenches



20 overhead circles



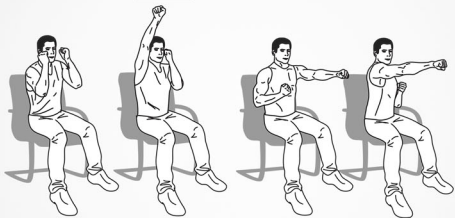
10-count hold



20 overhead clenches

seated **boxer**

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10 overhead punches

10 punches

10 overhead punches

10 punches

10 overhead punches

10 punches

done

Seated Cardio

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LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



20 chest expansions



20 seated jacks



20 arm scissors



10 twists



20 arm circles



10 forward bends

Seated Hero

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LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



10 bicep curls



10 shoulder press



10 lateral raises



40 punches

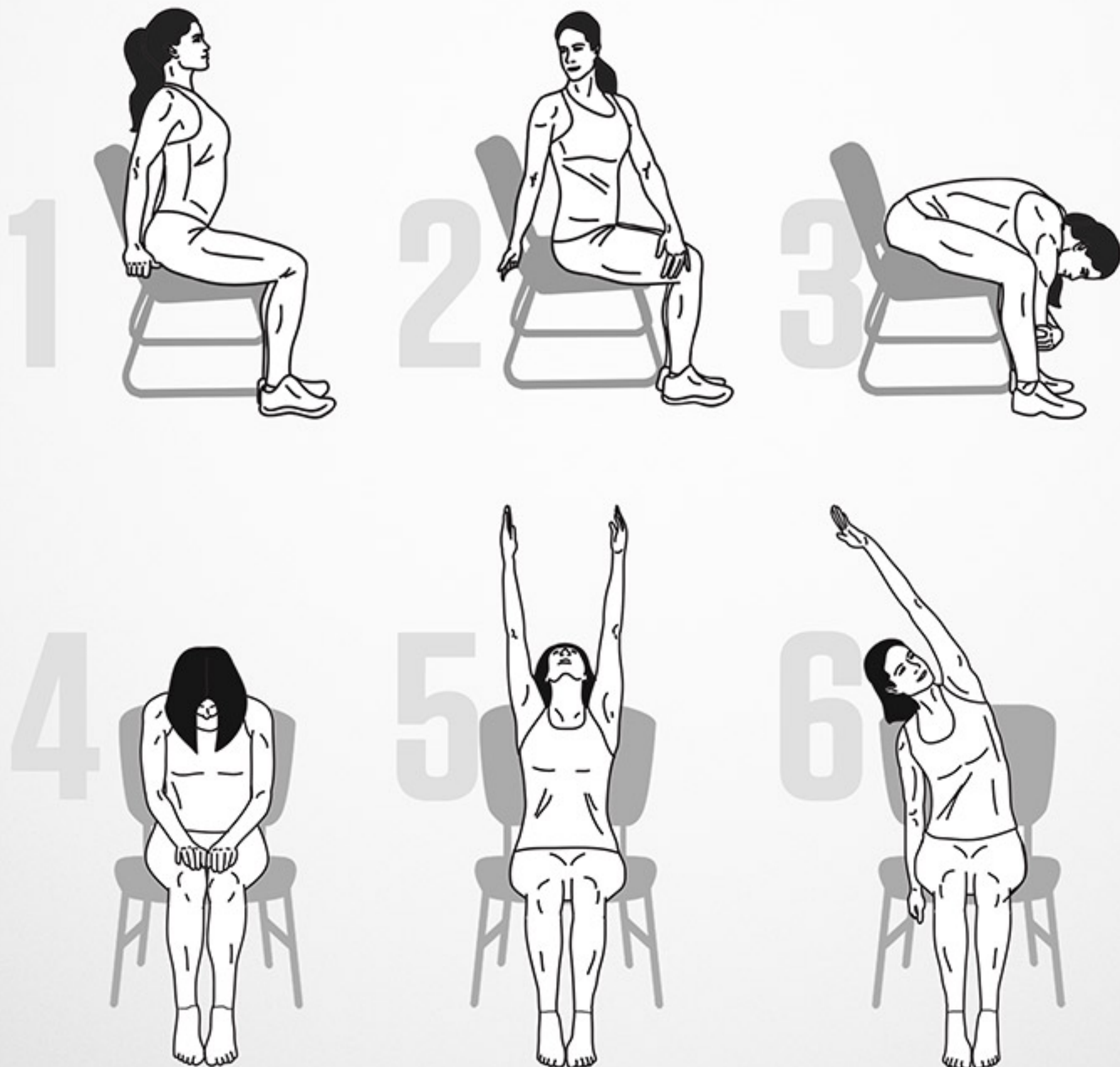


40 overhead punches

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.



Seated Strength

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LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



12 alt bicep curls

8 arnold press

8 shrugs



8 chest rows

12 alt tricep extensions

Seated Warrior

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



30 punches



30 overhead punches



30 backfists



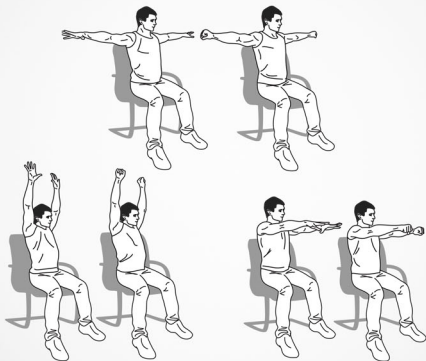
30 palm strikes



30 knife hand strikes

STAPLER

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20 arms to the side clench / unclench

20 arms overhead clench / unclench

20 arms to the front clench / unclench

rest & repeat

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WORKOUT
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SUPER

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



20 chest expansions



20 side arm raises



10 chest squeezes



20 dives



20 twists



10 circles



20 overhead punches



20 punches



10 speed circles