



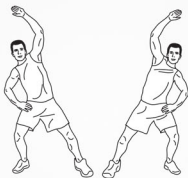
**vitality**  
by DAREBEE

# vitality

DAY 1

© [darebee.com](http://darebee.com)

**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**20** side jacks



**20** back leg raises

change legs and repeat



**20** side leg raises

change sides and repeat

# vitality

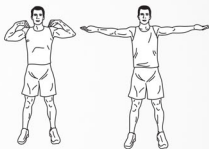
DAY 2

@ darebee.com

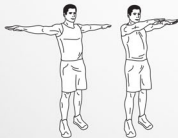
Level I 3 sets Level II 5 sets Level III 7 sets  
2 minutes rest between sets



20 shoulder taps



20 side shoulder taps



20 arm extensions



20 bicep extensions

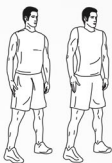
# vitality

DAY 3

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**10** calf raises



**10** shrugs



**10** hip rotations



**10** side bends



**10** torso twists

# vitality

DAY 4

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**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**12** step jacks



**10-count** balance hold  
left leg



**12** step jacks



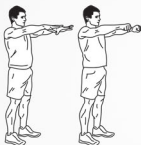
**10-count** balance hold  
right leg

# vitality

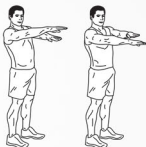
DAY 5

© [darebee.com](http://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets  
2 minutes rest between sets



20 clench / unclench



20 arm scissors



20 overhead clench / unclench



20 W-extensions

# vitality

DAY 6

© [darebee.com](http://darebee.com)

Count to 10 while holding each stretch (for each side).

1



2



3



4



5

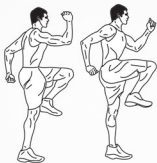


# vitality

DAY 7

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**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**20** march steps



**20** back leg raises

change legs and repeat



**20** side leg raises

change sides and repeat



# vitality

DAY 8

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**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**20** chest expansions



**10** alternating  
chest expansions



**10** wide arm circles  
change direction and repeat

# vitality

DAY 9

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**20** hip rotations



**20** single hip rotations



**20** side bends



**30seconds** clench / unclench

# vitality

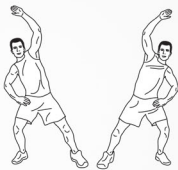
DAY 10

© [darebee.com](http://darebee.com)

**Level I** 3 sets   **Level II** 5 sets   **Level III** 7 sets  
2 minutes rest between sets



**12** step jacks



**6** side jacks



**12** step jacks



**6** calf raises

# vitality

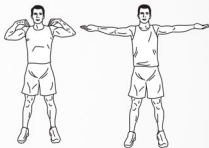
DAY 11

© [darebee.com](http://darebee.com)

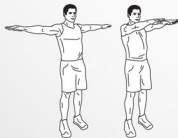
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**20** bicep extensions



**20** side shoulder taps



**20** arm extensions



**20** arm circles

# vitality

DAY 12

© [darebee.com](http://darebee.com)

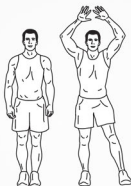
Count to 10 while holding each stretch (for each side).



# vitality

DAY 13 @ [darebee.com](http://darebee.com)

**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**20** step jacks



**20** back leg raises

change legs and repeat



**20** side leg raises

change sides and repeat

# vitality

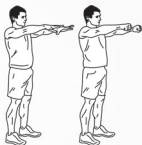
DAY 14

© [darebee.com](http://darebee.com)

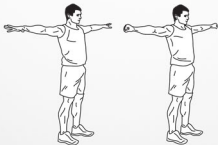
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**20** overhead clench / unclench



**20** clench / unclench



**20** side clench / unclench

# vitality

DAY 15

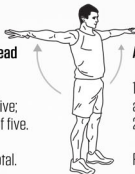
© [darebee.com](http://darebee.com)



## Arms above your head

- 1) Breathe in deep;
- 2) Hold to count of five;
- 3) Exhale to count of five.

Repeat 3 times in total.



## Arm Raises

- 1) Breathe in as you raise your arms;
- 2) Exhale on the way down.

Repeat 3 times in total.



## Calf Raises

- 1) Breathe in as you rise;
- 2) Hold to count of five;
- 3) Exhale as you drop down.

Repeat 3 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 3 times in total.



# vitality

DAY 16

© [darebee.com](http://darebee.com)

**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**12** march steps



**10-count** balance hold  
left leg



**12** march steps

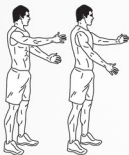


**10-count** balance hold  
right leg

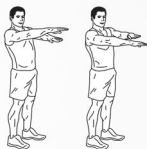
# vitality

DAY 17 @ [darebee.com](http://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets  
2 minutes rest between sets



**20** scissor chops



**20** arm scissors



**20** chest expansions

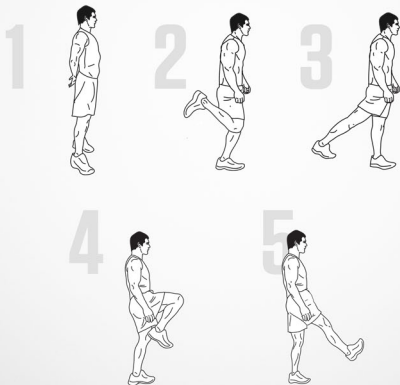


**20** W-extensions

# vitality

DAY 18 @ [darebee.com](http://darebee.com)

Count to 10 while holding each pose then move on to the next one.  
Repeat the sequence again on the other side.



# vitality

DAY 19

© [darebee.com](http://darebee.com)

**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**20** step jacks



**20** side leg raises



**20** march steps



**20** back leg raises

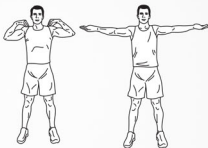
# vitality

DAY 20 @ [darebee.com](http://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets  
2 minutes rest between sets



**20** arm circles



**20** side shoulder taps



**20** shoulder taps



**20** W-extensions

# vitality

DAY 21

© [darebee.com](http://darebee.com)



**20** hip rotations



**10** torso twists



**20** single hip rotations



**10** calf raises

# vitality

DAY 22 © [darebee.com](http://darebee.com)

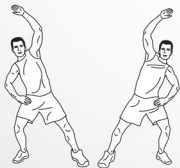
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**12** side jacks



**10-count** balance hold  
left leg



**12** side jacks

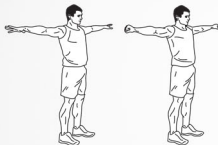


**10-count** balance hold  
right leg

# vitality

DAY 23 © [darebee.com](http://darebee.com)

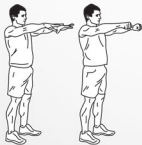
Level I 3 sets Level II 5 sets Level III 7 sets  
2 minutes rest between sets



20 side clench / unclench



20 overhead clench / unclench



20 clench / unclench



20 bicep extensions



# vitality

DAY 24

© [darebee.com](http://darebee.com)

Count to 10 while holding each stretch (for each side).

1



2



3



4



5



# vitality

DAY 25 © [darebee.com](http://darebee.com)

**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



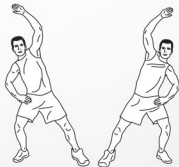
**20** side leg raises



**10** step jacks



**20** side leg raises



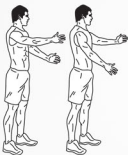
**10** side jacks

# vitality

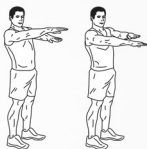
DAY 26

© [darebee.com](http://darebee.com)

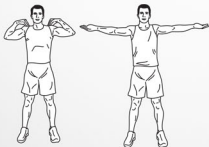
Level I 3 sets Level II 5 sets Level III 7 sets  
2 minutes rest between sets



**20** scissor chops



**20** arm scissors



**20** side shoulder taps

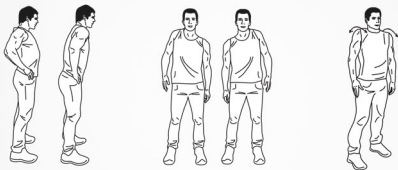


**20** shoulder taps

# vitality

DAY 27

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**10** back and forth arches

**10** alternate shoulder raises

**10** shoulder rotations



**30seconds** clench / unclench

# vitality

DAY 28 © [darebee.com](http://darebee.com)

**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**12** back leg raises



**12** march steps



**12** back leg raises

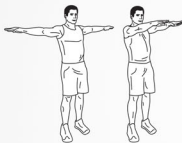


**12** step jacks

# vitality

DAY 29 @ [darebee.com](http://darebee.com)

**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**20** arm extensions



**20** arm circles



**20** chest expansions



**20** bicep extensions

# vitality

DAY 30 @ [darebee.com](http://darebee.com)

Count to 10 while holding each pose then move on to the next one.  
Repeat the sequence again on the other side.

