

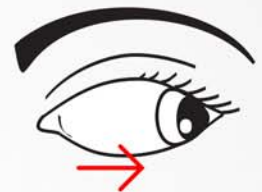
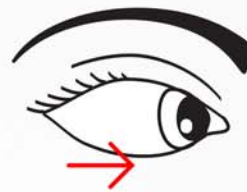
# eye workout

RELAX AND REFRESH YOUR EYES

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



**1.** Look up and hold for 3 seconds then look down and hold for another 3 seconds. Repeat 3 times in total.



**2.** Look right and hold for 3 seconds then look left and hold for another 3 seconds. Repeat 3 times in total.



**3.** Look to the top left corner of your eye and hold for 3 seconds. Look to the top right and hold for another 3 seconds. Repeat 3 times.



**4.** Rotate your eyeballs 3 times to the right and then 3 times to the left. Blink several times to relax.



**5.** Close your eyes tight and hold for 10 seconds. Relax.



**6.** Open your eyes wide and hold for 10 seconds. Blink repeatedly to relax and complete the workout.