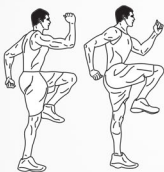


5-MINUTE WALK

WORKOUT by DAREBEE © 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

BABY STEPS

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

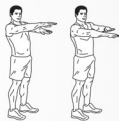
REST up to 2 minutes



10 march steps



10 scissor chops



10 arm scissors



10 march steps



10 chest expansions



10 arm circles

HEALTH POTION

FULL STRENGTH

DAREBEE
WORKOUT
© darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



10 bridges



20 side leg raises



10 flutter kicks



20 alt arm / leg raises



10 superman extensions



10 prone reverse flies

I AM ENOUGH

DAREBEE WORKOUT © darebee.com

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



10 side bends



20 arm circles



20 step jacks



10 twists



20 side leg raises



20 back leg raises

KINDER

DAREBEE WORKOUT © darebee.com

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



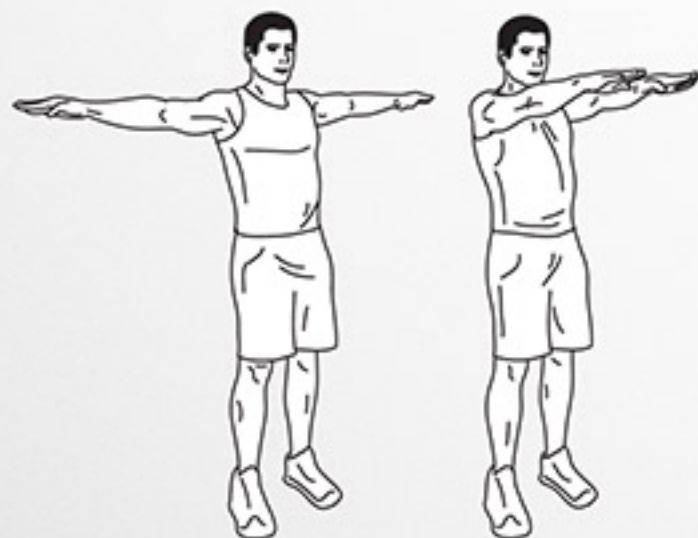
10 march steps



10 raised arm circles



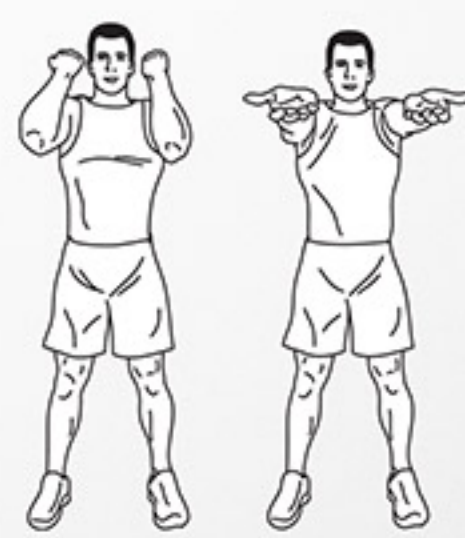
10 march steps



10 arm extensions



10 march steps



10 bicep extensions

LIGHTFOOT

DAREBEE WORKOUT @ darebee.com

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



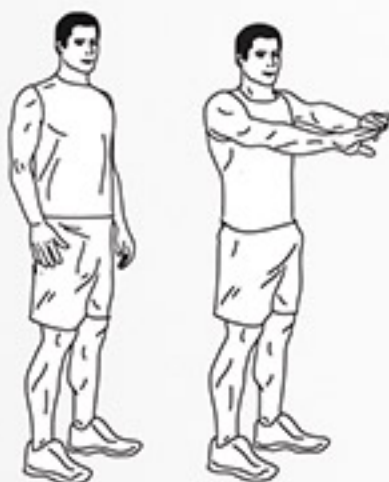
10 step jacks



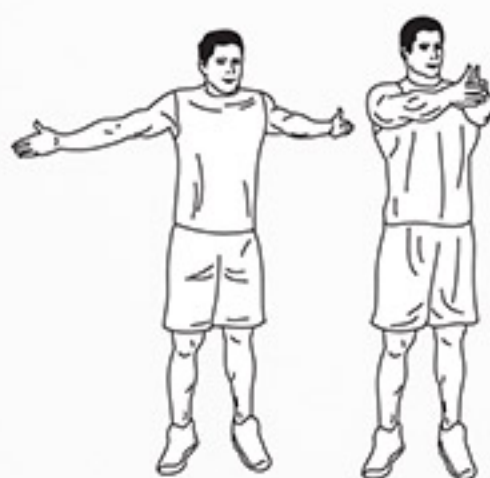
10 side jacks



10 step jacks



10 arm raises



10 chest expansions



10 arm raises



10 march steps



10 side-to-side leg raises



10 march steps

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

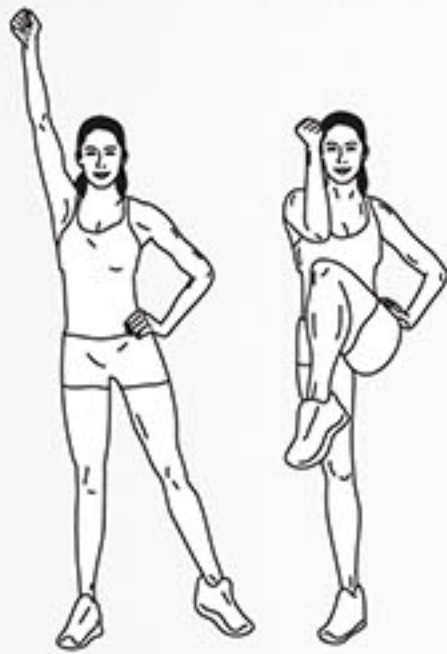


10-count stretch & hold

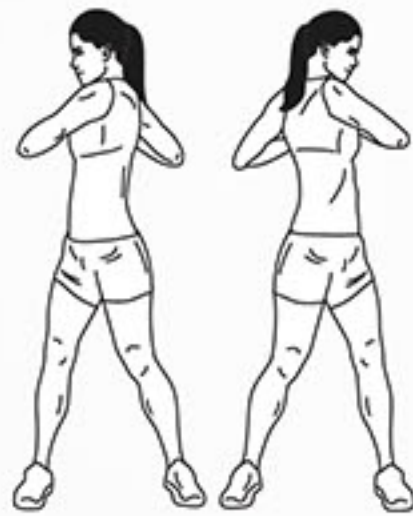
ONE DAY AT A TIME

DAREBEE WORKOUT @ darebee.com

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



20 knee to elbows



6 torso twists



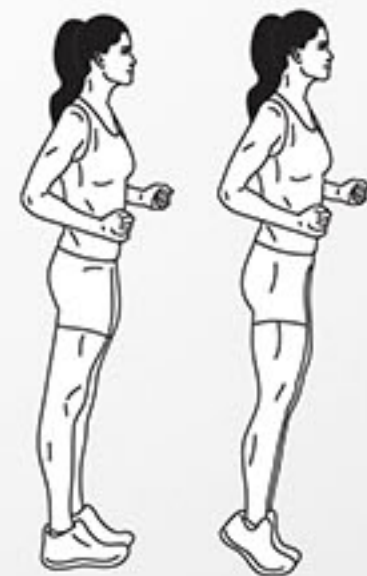
20 side leg raises



20 march steps



6 lunge step-ups



6 calf raises

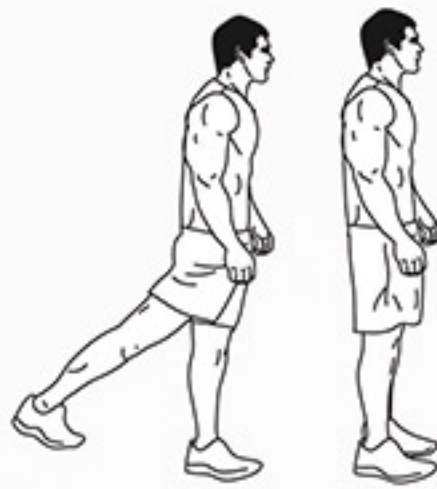
Out & About

DAREBEE WORKOUT © 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

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

RECOVERY WORKOUT

BY DAREBEE @ darebee.com



30 low side leg raises (right)

6 hip rotations (right)

30 low side leg raises (left)

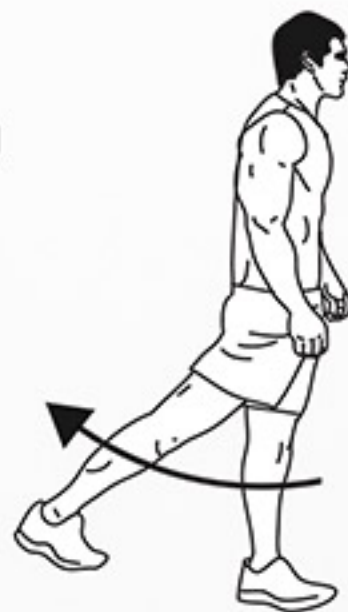
6 hip rotations (left)

30 straight leg back swings (right leg)

6 hip rotations (right)

30 straight leg back swings (left leg)

6 hip rotations (left)



6 back and forth tilts

6 side-to-side tilts

6 neck rotations (3/3)

REST & REC

DAREBEE
RECOVERY
WORKOUT

© darebee.com



20 knee-ins



10 back stretch #1



10 back stretch #2



20 knee rolls



10 butterfly stretch



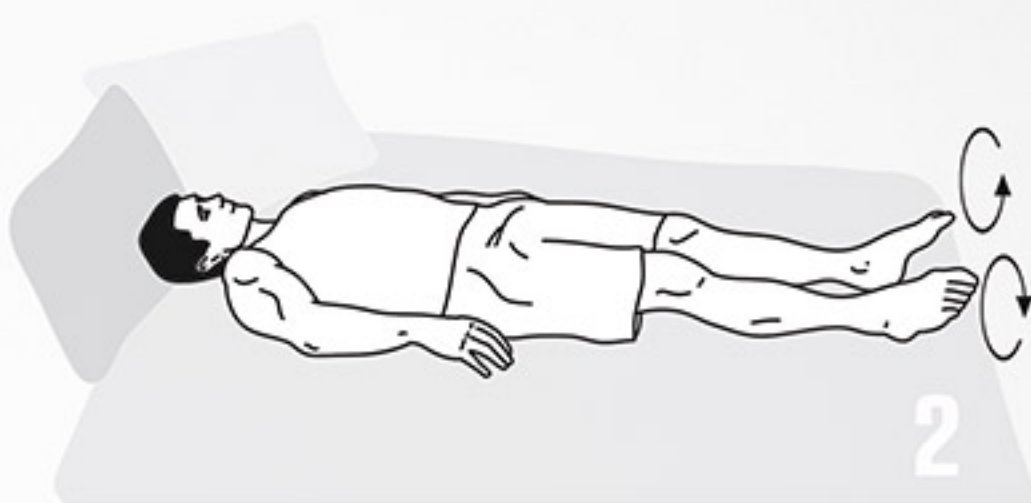
10 forward fold

the **right** side

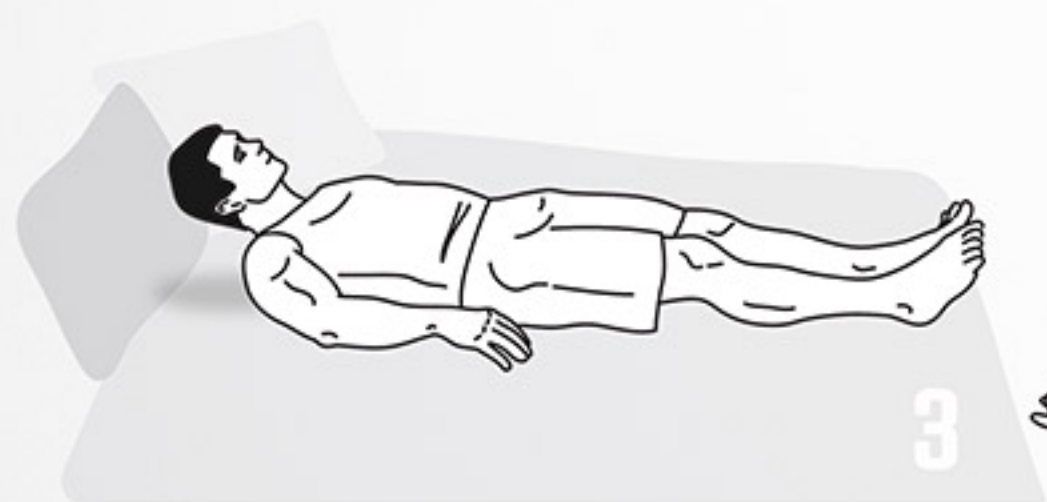
DAREBEE **2-MINUTE BED WORKOUT** @ darebee.com



20sec "good morning" stretch



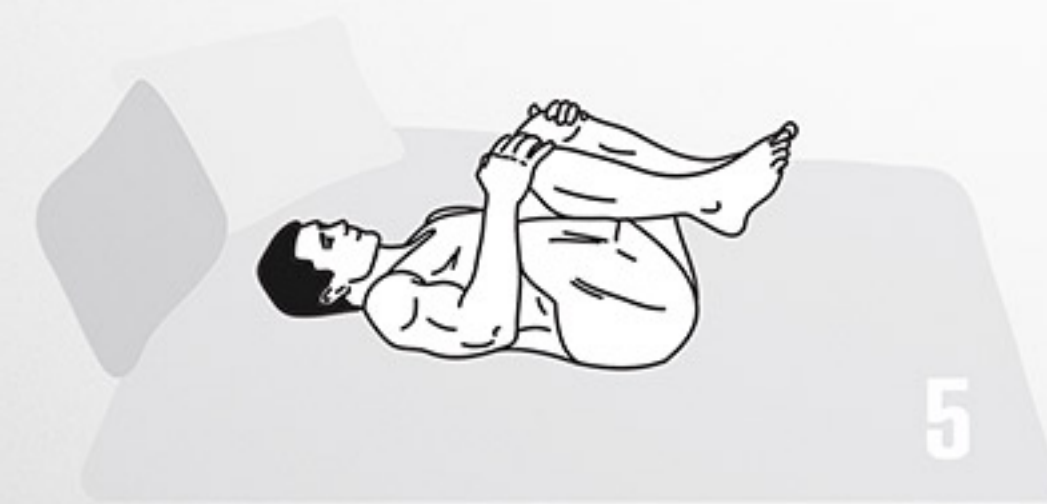
20sec in & out feet rotations



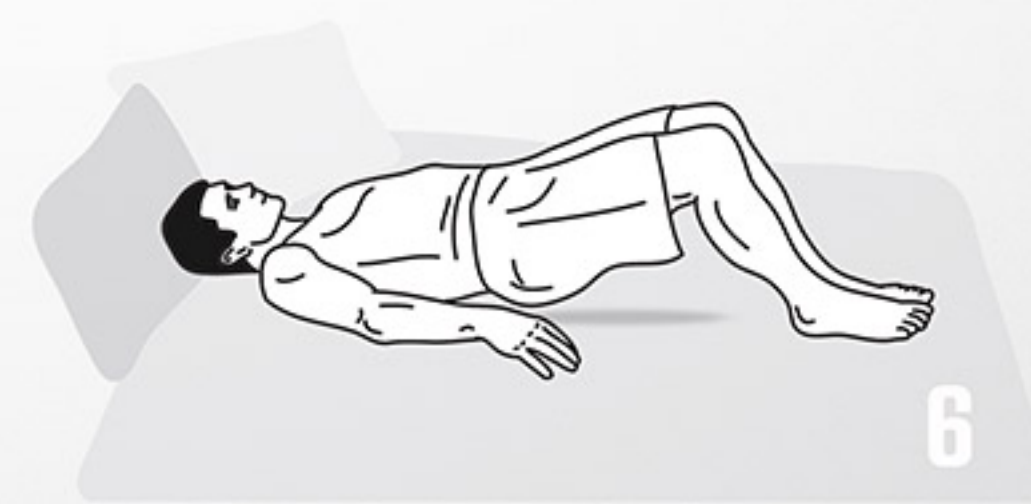
20sec slow head raises



20sec slow side-to-side twists



20sec knee-in pulse stretch



20sec bridge stretches

SLOWPOKE

DAREBEE WORKOUT @ 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

STARTING POINT

DAREBEE WORKOUT @ darebee.com

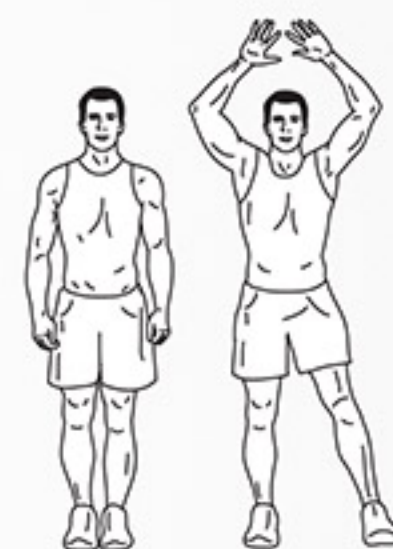
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 step jacks



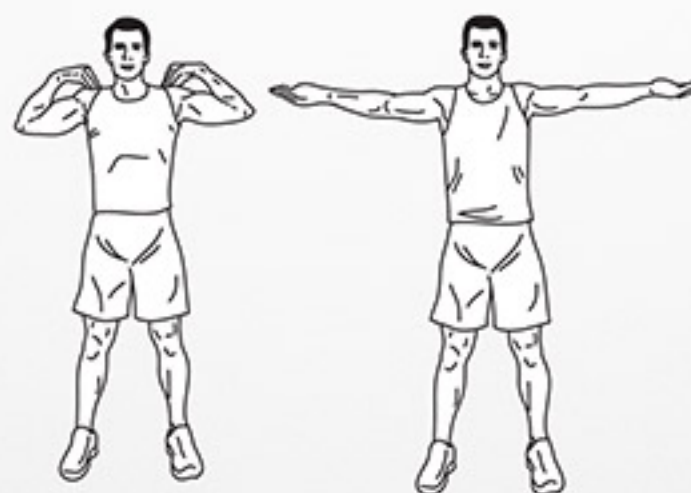
10 side jacks



10 step jacks



10 shoulder taps



10 side shoulder taps



10 shoulder taps

stronger arms

DAREBEE WORKOUT @ darebee.com

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



10-count hold



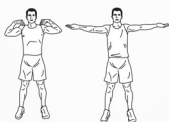
20 bicep extensions



10-count hold



10-count hold



20 side shoulder taps



10-count hold



10-count hold



20 shoulder taps



10-count hold

SUPER EASY

DAREBEE WORKOUT @ darebee.com

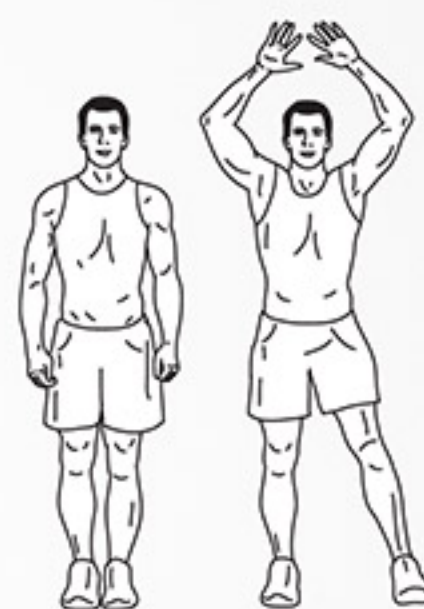
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



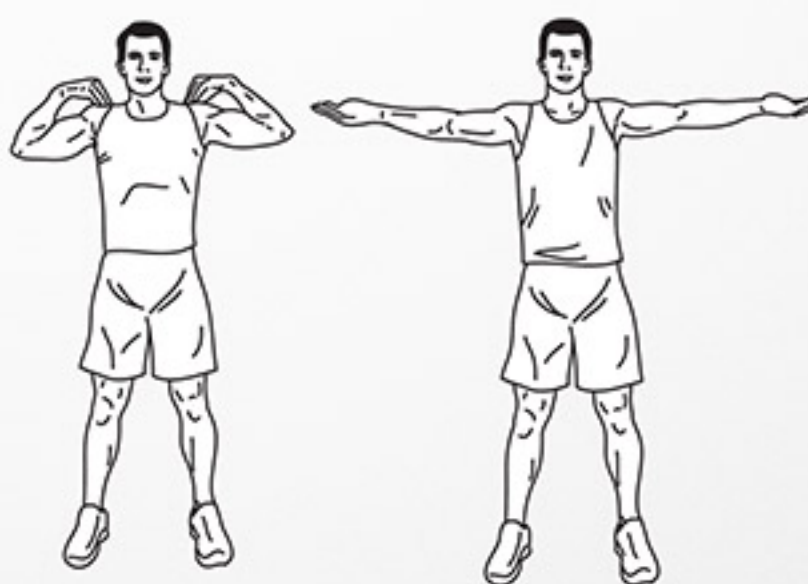
10 side jacks



10 step jacks



10 shoulder taps



10 side shoulder taps