

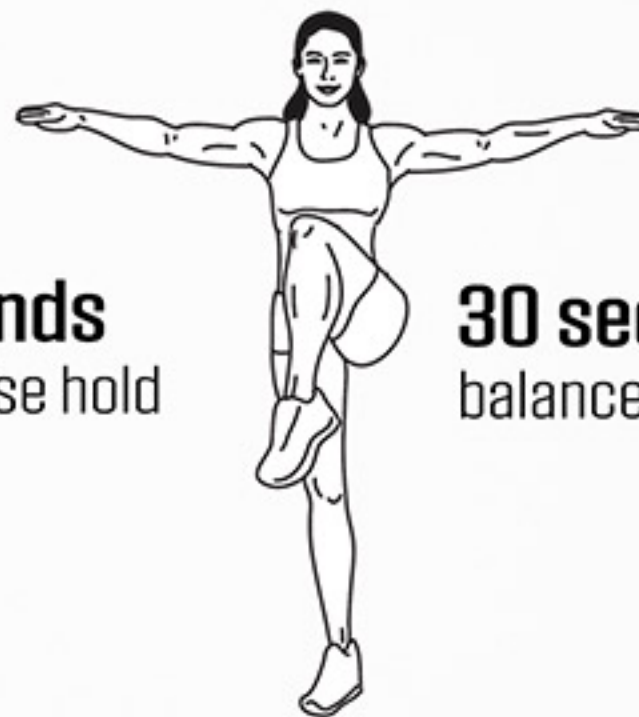
Better Balance

DAREBEE WORKOUT @ darebee.com

Change sides and repeat the sequence.



30 seconds
side leg raise hold



30 seconds
balance hold #1



30 seconds balance hold #2



30 seconds balance hold #3

CORE & BALANCE

DAREBEE WORKOUT @ darebee.com

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



20 side leg raises / low



20 side leg raises / high



20 side leg raises / low



20 back leg raises



20 leg swings



20 back leg raises



20 front leg raises

core connect

DAREBEE WORKOUT @ darebee.com

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



4 plank leg raises



10 plank arm raises



4 body saw



4 plank rotations



10 plank crunches



4 side plank knee taps



4 side star plank



10 side plank rotations

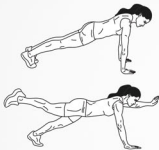


to fatigue elbow plank

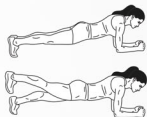
CORE STABILITY

DAREBEE WORKOUT © darebee.com

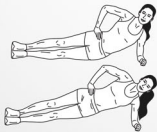
30 seconds rest between exercises



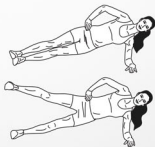
20 alt arm / leg raises
5 sets | 30 seconds rest



20 elbow plank leg raises
5 sets | 30 seconds rest



20 side bridges
5 sets | 30 seconds rest



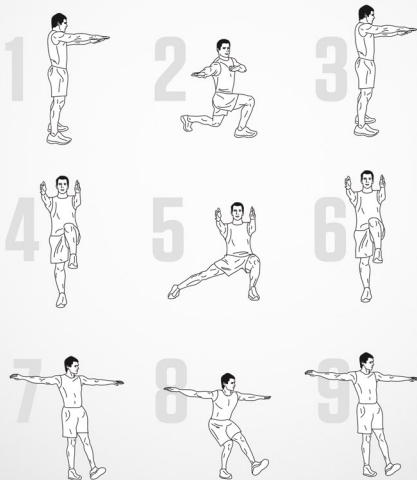
20 side bridge leg raises
5 sets | 30 seconds rest

foothold

DAREBEE WORKOUT © darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.



gravity *hold II*

DAREBEE WORKOUT

© darebee.com

20 seconds hold each.
Change sides & repeat.



arms raised to the side



arms raised to the front



squat hold with arms raised



leg raised to the side



knee raised up



calf raise hold

gravity *hold*

DAREBEE WORKOUT

© darebee.com

10 seconds hold each.
Change sides & repeat.



arms extended to sides



arms extended to the front



arms extended overhead



leg raised to the side



leg raised forward



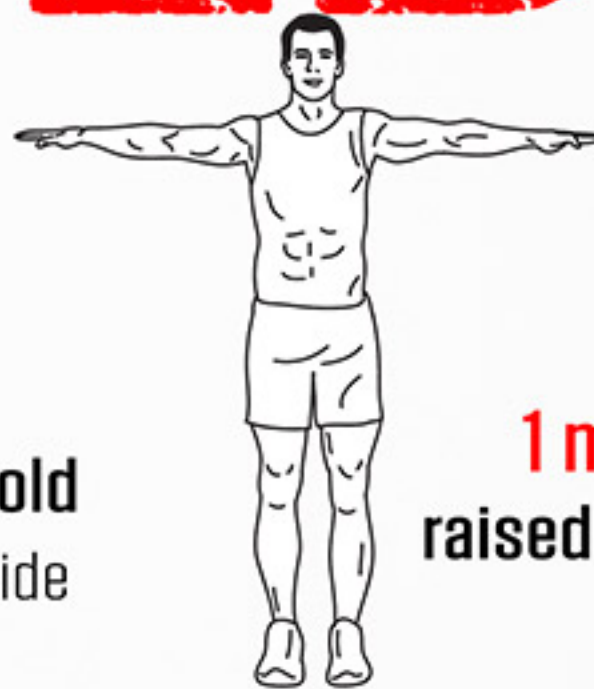
single leg half squat

THE GREAT HOLD

by DAREBEE © darebee.com



1 minute
side leg raise hold
30 seconds per side



1 minute
raised arms hold



1 minute
squat hold



1 minute
hollow hold



1 minute
bridge hold

Legs & Core

DAREBEE
WORKOUT

@ darebee.com

repeat 3 times

1 minute rest in between



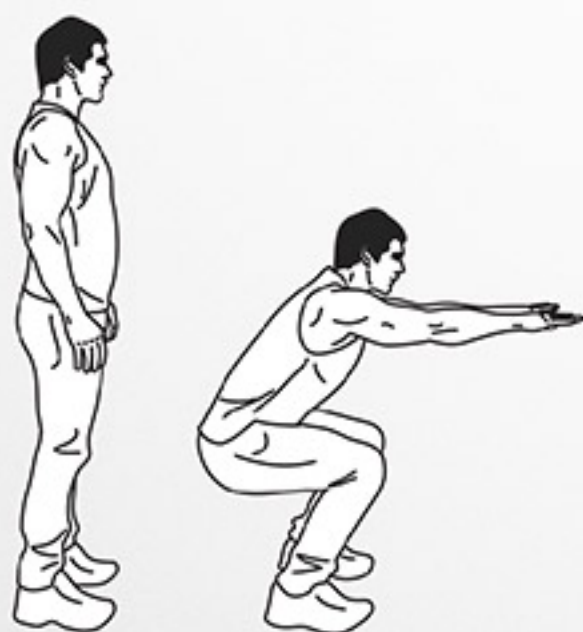
20 forward leg swings



20 side leg swings



20 cross leg swings



10 squats



4 single leg squats



10-count squat hold

SPINE STABILITY

DAREBEE WORKOUT © darebee.com

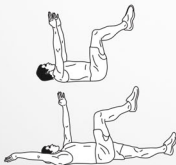
30 seconds rest between exercises



20 leg swings
5 sets | 30 seconds rest



20 alt arm / leg raises
5 sets | 30 seconds rest



10 deadbug
5 sets | 30 seconds rest



10 bridges
5 sets | 30 seconds rest

Stability

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Hold each pose for 60 seconds then move on to the next one.
30 seconds per side.



standing core

DAREBEE WORKOUT @ darebee.com
repeat 3 times | up to 2 minute rest between sets



20 march twists



20 rotations



20 side leg raises



20 side bends



20 twists



10 single leg deadlifts

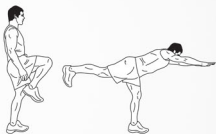
Strength & Balance

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



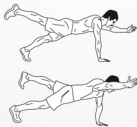
20 single leg squats



20 single leg deadlifts



20-count alt arm / leg
plank hold



20 alt arm / leg raises



20-count side star
plank hold

strong **core**

DAREBEE WORKOUT © darebee.com



10 side bridges



10 plank rolls



10 plank leg raises



10 side bridges



10 plank rolls



10 seagulls



10 side bridges



10 plank rolls



10 plank crunches