

# ANCHOR'D

ACTIVE STRETCHING @ [darebee.com](http://darebee.com)

60 seconds each - 30 seconds each leg

3 sets | up to 2 minutes rest between sets



side kick  
hold



front kick  
hold



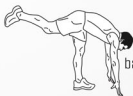
raised  
knee  
hold



arm grip  
stretch  
hold



overhead  
arm lock  
hold



bent  
over  
balance  
hold



bent over  
hold



deep lunge  
hold



deep lunge  
hold (toes up)

# ANCHOR

DAREBEE BALANCE WORKOUT @ [darebee.com](http://darebee.com)

Move from one position to another slowly, keeping your balance.  
Change legs and go through the sequence once again.  
Made a mistake? Start over.



1. quad stretch



2. swing forward



3. swing back



4. swing forward



5. swing back



6. knee up



7. turn & extend



8. draw "infinity" in the air



9. turn into knee up



10. quad stretch



11. half squat



12. up & stretch out

# BOWMAN

PNF STRETCHING © [darebee.com](http://darebee.com)

60 seconds each - 30 seconds each side / leg

3 sets | up to 2 minutes rest between sets

Pull for 15 seconds while resisting. Relax and pull again.



leg to chest stretch



legs back stretch



legs apart stretch



heel hold stretch



lunge back stretch



lunge tilt stretch



side stretches



wall bent over



wall body tilt

# BOXER | FLEXIBILITY

DAREBEE BOXING WORKOUT © [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST 2 minutes



40 knee-to-elbow lunges



20 forward & backward bends



20 side-to-side tilts



20 knee bends



40-count quad stretch



20-count back stretch



20-count arm stretch #1



20-count arm stretch #2

# *chest & lower back stretch*

by DAREBEE

© [darebee.com](http://darebee.com)

20 seconds each exercise.



side bends



forward bends



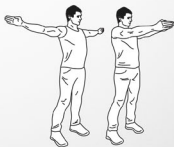
torso twists



side leg raises



alt chest expansions



chest expansions

# LIGHT EVERYDAY STRETCHING

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

Repeat (exercises with arrows) or hold (no arrows) each stretch  
**30 seconds each** - 30 seconds per side



# EVERYDAY STRETCHING

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

Repeat (exercises with arrows) or hold (no arrows) each stretch  
**30 seconds each** - 30 seconds per side



# FAR POINT

PASSIVE STRETCHING @ [darebee.com](http://darebee.com)  
60 seconds each - 30 seconds each side / leg



hamstring stretch



groin stretch



leg to chest stretch



quad stretch



elbow stretch



cross neck elbow stretch



gravity toe touches



sumo squat hold



side splits



# FIGHTER'S STRETCHING

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



shoulder stretch #1



shoulder stretch #2



shoulder stretch #3



side-to-side lunges



side splits



forward bends



hamstring stretch #1



hamstring stretch #2



butterfly stretch

# THE FINISHER

STRETCHING BY DAREBEE © [darebee.com](http://darebee.com)



**20sec** stretch



**20sec** stretch



**20sec** stretch



**20sec** stretch



**20** calf raises



**40** side leg raises



**40** side leg swings



**combo: 10sec** each, then change legs



**20** side-to-side lunges, toes up

# *full body* *stretch*

by DAREBEE  
© darebee.com

40 seconds  
each exercise.



neck stretch



shoulder stretch



tricep stretch



pelvic stretch



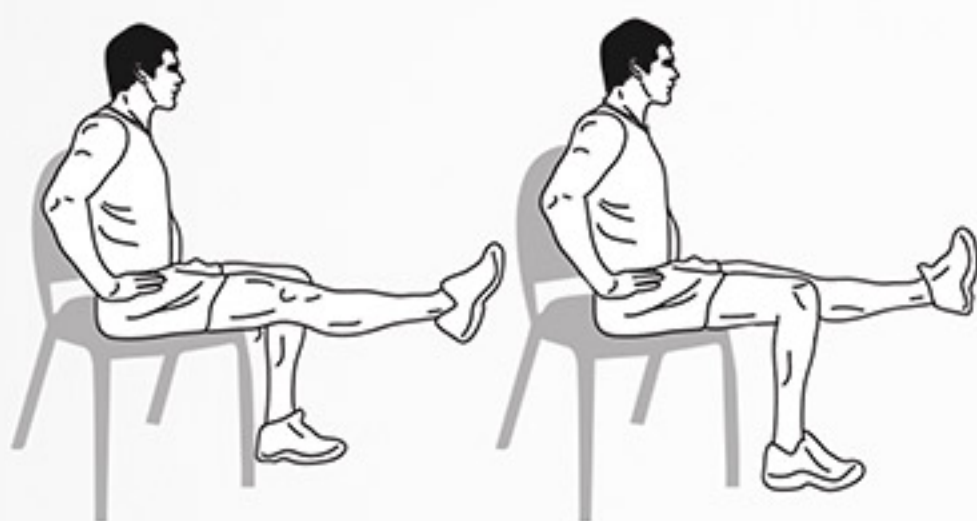
quad stretch



forward bend

# hamstring mobility

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



**10** leg raises  
**4 sets in total**  
30 sec rest in between



**10** leg swings  
**4 sets in total**  
30 sec rest in between



**10** back leg raises  
**4 sets in total**  
30 sec rest in between



**10-count** hamstring stretch  
**2 sets in total**  
30 sec rest in between



**10-count** forward bend  
**2 sets in total**  
30 sec rest in between

# *hamstring*

# *stretch*

by DAREBEE

@ [darebee.com](https://darebee.com)

30 seconds each



step forward stretch



forward bend stretch



lunge stretch



forward stretch



single leg forward stretch



leg raise stretch

# Hip Flexors

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

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



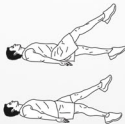
20 hip flexor stretches



20 bridges



10 knee hugs



20 flutter kicks



10-count stretch hold

# HIPS & GLUTES STRETCH

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

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



# Liber8

BALLISTIC STRETCHING BY DAREBEE © [darebee.com](http://darebee.com)

3 sets in total | up to 2 minutes rest between sets



**10** bent over reach



**20-count** hamstring stretch



**10** body fold floor reach



**20** double chest expansions



**20** high front kick



**20** high side leg raises



**20** high turning kicks



# man down

DAREBEE WORKOUT © [darebee.com](http://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

# PART 2

DAREBEE POST-WORKOUT STRETCHING @ [darebee.com](http://darebee.com)

30 seconds = 15 seconds per side / leg



1. lunge stretches



2. side-to-side lunges



3. butterfly stretches



4. back stretches



5. opposite arm / leg raises



6. back extensions



7. stretch



8. stretch



9. stretch



10. stretch

# REST & REC

DAREBEE  
RECOVERY  
WORKOUT

© [darebee.com](http://darebee.com)



**20** knee-ins



**10** back stretch #1



**10** back stretch #2



**20** knee rolls



**10** butterfly stretch



**10** forward fold



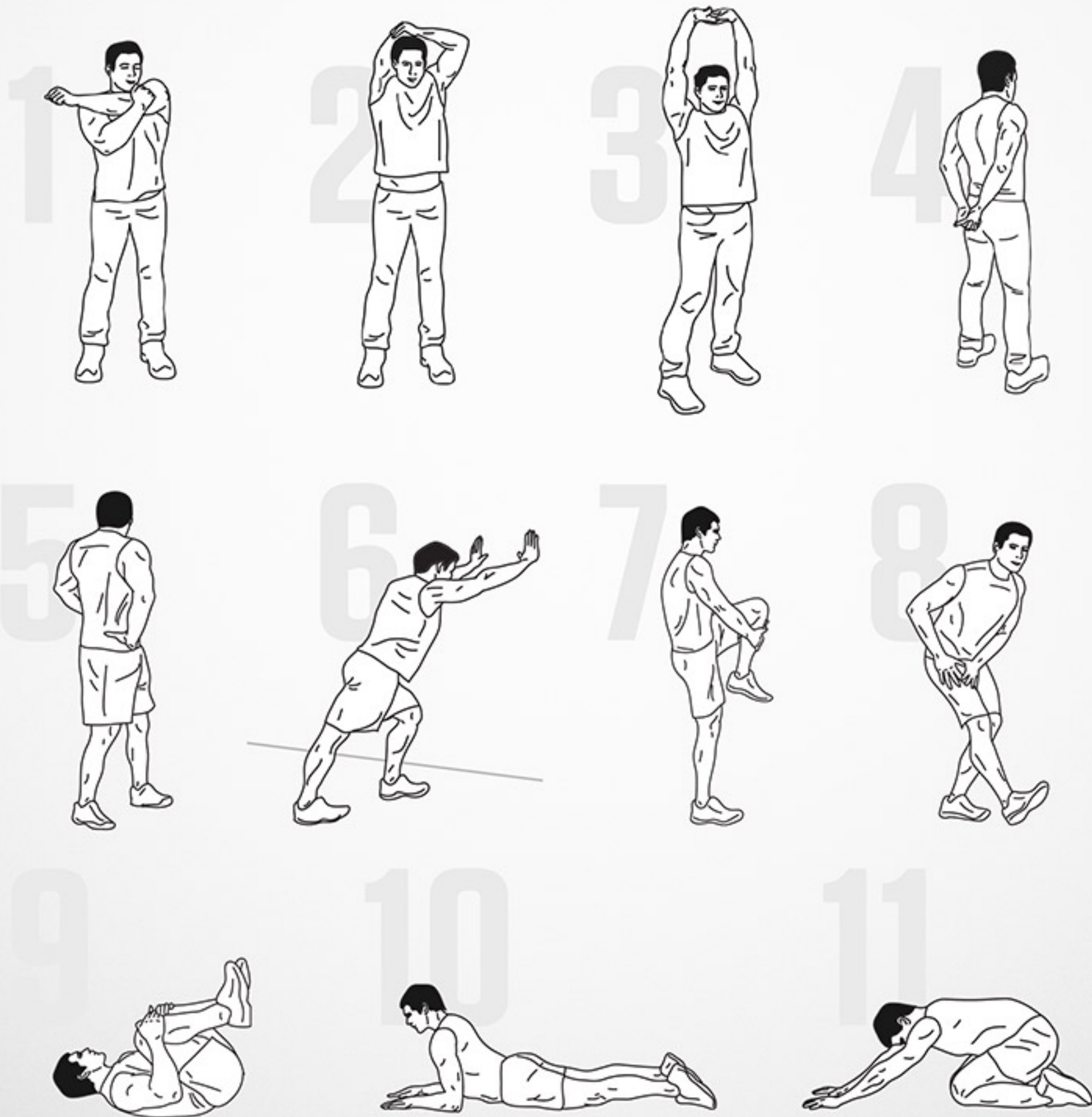
# ***sore*** ***muscles*** *stretch*

by DAREBEE

@ [darebee.com](https://darebee.com)

30 seconds each exercise

15 seconds per side



# SPLITS

DAREBEE WORKOUT © [darebee.com](http://darebee.com)



**40** jumping jacks  
1 minute rest  
**40** jumping jacks  
1 minute rest  
**40** jumping jacks  
1 minute rest



**100** side leg raises

Hold on to something but don't put your active foot down. 50 raises per leg.



**10 seconds** each exercise; change legs and do the exercise again on the other side

**10** deep side-to-side lunges  
**10** deep side-to-side lunges toes up



**2 minutes** side splits - go as low as you can, then sit down & lean forward as illustrated above. Try to go further every time you do this workout.

# STRONGHOLD

STATIC STRETCHING © [darebee.com](http://darebee.com)

60 seconds each 30 seconds each leg / arm

3 sets | up to 2 minutes rest between sets



lunge stretch hold



toes under feet hold



groin stretch hold



body fold hold



hamstring #1 hold



hamstring #2 hold



knee to chest hold



knees to chest hold



bow fold hold

# top to bottom

STRETCHING / COOLDOWN BY DAREBEE @ [darebee.com](http://darebee.com)

Repeat each stretch for 20 seconds / 20 seconds per side.



# TUG OF WAR

ISOMETRIC STRETCHING @ [darebee.com](http://darebee.com)

60 seconds each 30 seconds each leg / arm

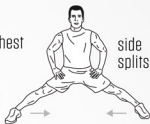
3 sets | up to 2 minutes rest between sets



calf stretch against the wall



leg to chest stretch



side splits



shoulder blades stretch



arm lock stretch



hand lock stretch



hand lock shoulder pull stretch



elbow push back stretch



ceiling reach stretch