



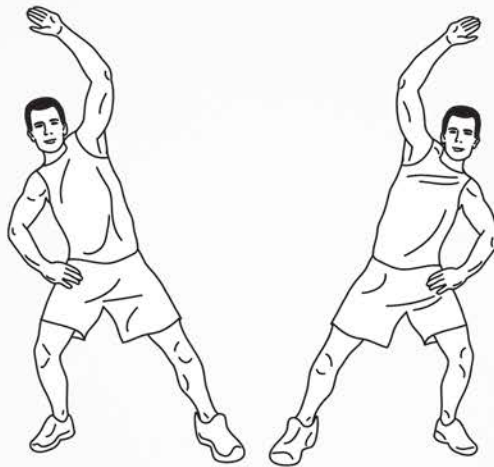
vitality

# vitality

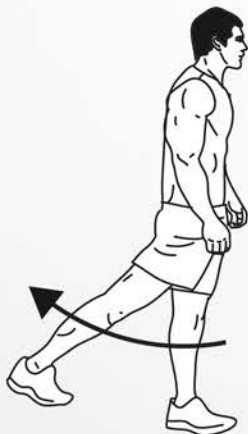
DAY 1

© [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** backwards leg raises  
change legs and repeat



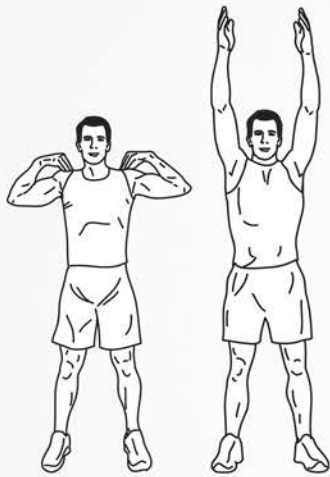
**20** side leg raises  
change sides and repeat

# vitality

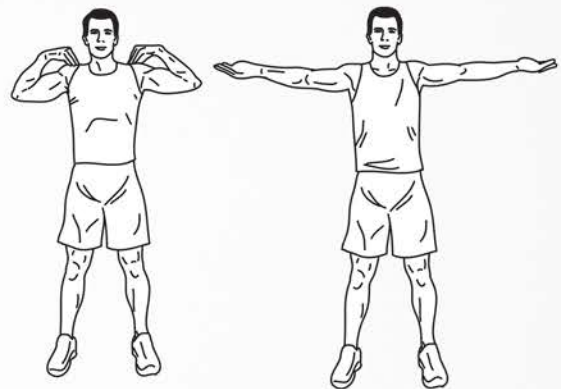
DAY 2

© [darebee.com](http://darebee.com)

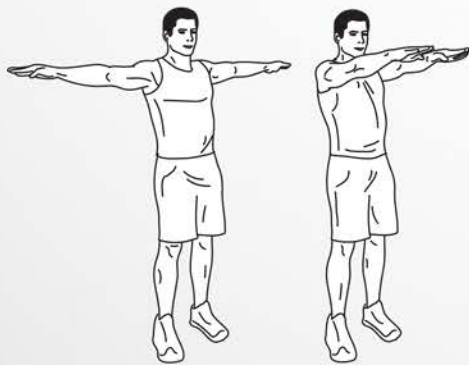
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



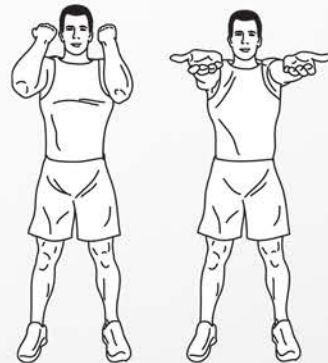
**20** shoulder taps



**20** side shoulder taps



**20** arm extensions



**20** bicep extensions

# vitality

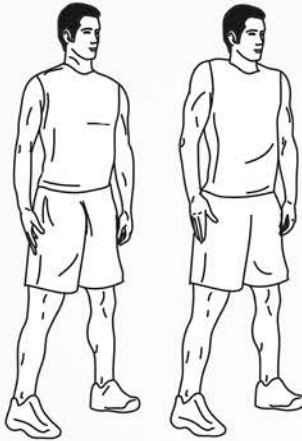
DAY 3

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

**Level I** 3 sets **Level II** 4 sets **Level III** 5 sets  
2 minutes rest between sets



**10** shoulder stretches



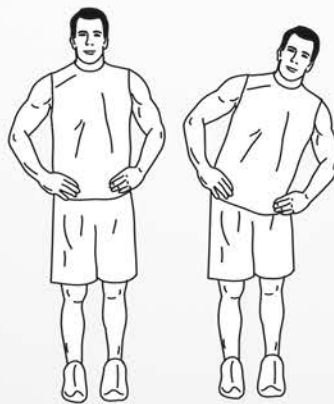
**10** shoulder shrugs



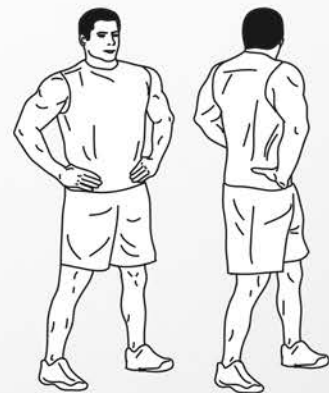
**10** tricep stretches



**10** hip rotations



**10** side bends



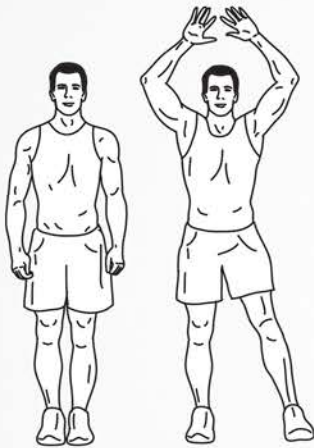
**10** core twists

# vitality

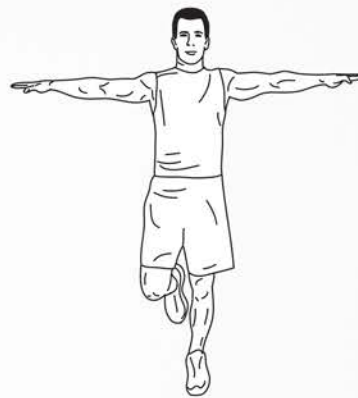
DAY 4

© [darebee.com](http://darebee.com)

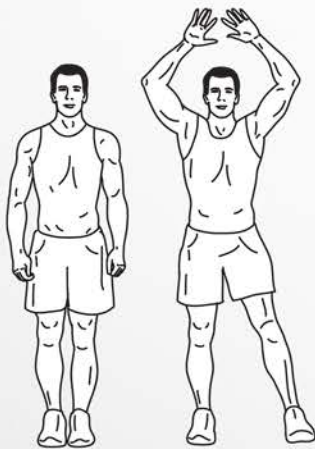
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**10** step jacks



**10-count** single leg stand  
left leg



**10** step jacks



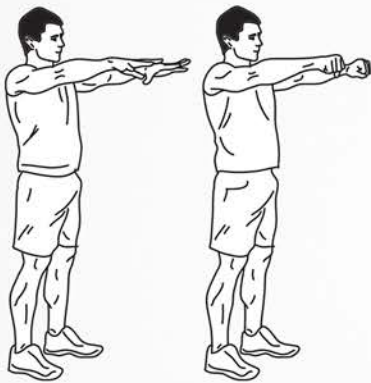
**10-count** single leg stand  
right leg

# vitality

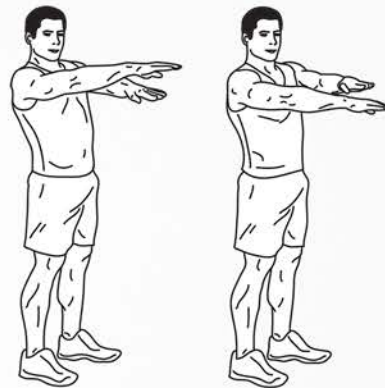
DAY 5

© [darebee.com](http://darebee.com)

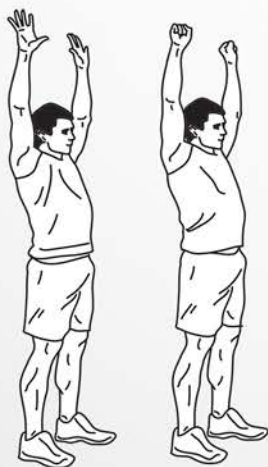
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



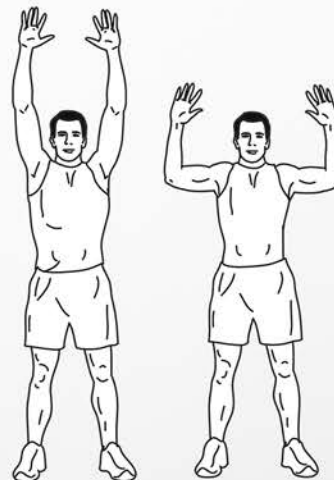
**20** clench / unclench



**20** arm scissors



**20** overhead clench / unclench



**20** W-extensions

# vitality

DAY 6

© [darebee.com](http://darebee.com)

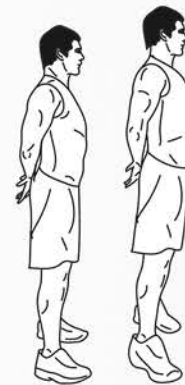
**Level I** 3 sets **Level II** 4 sets **Level III** 5 sets  
2 minutes rest between sets



**10** shoulder stretches



**10** single hip rotations



**10** calf raises



**10-count**  
shoulders back



**10-count**  
hamstring stretch



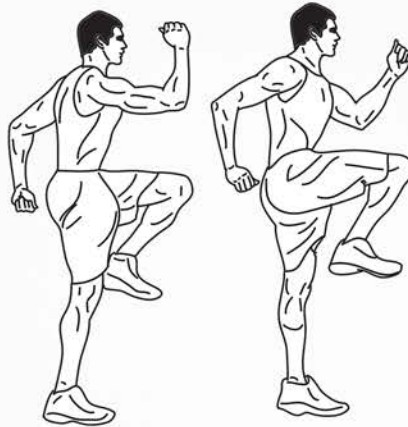
**10-count**  
chest squeeze

# vitality

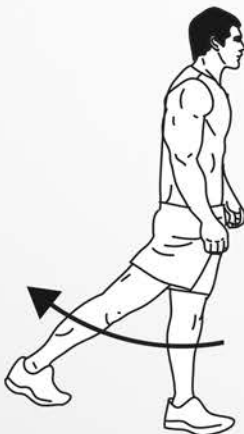
DAY 7

© [darebee.com](http://darebee.com)

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



**20** march steps



**20** backwards leg raises  
change legs and repeat



**20** side leg raises  
change sides and repeat

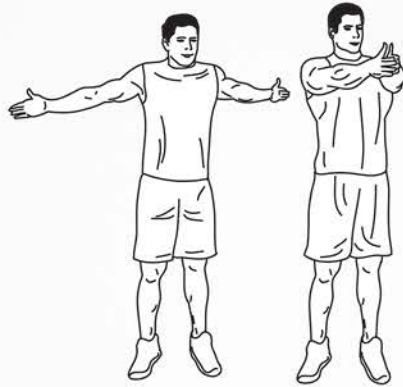


# vitality

DAY 8

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

**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** arm circles  
change direction and repeat

# vitality

DAY 9

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

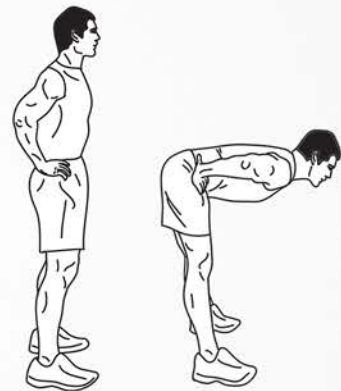
**Level I** 3 sets **Level II** 4 sets **Level III** 5 sets  
2 minutes rest between sets



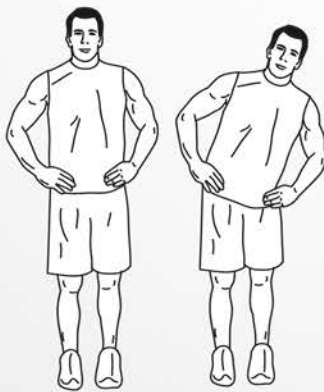
**10** hip rotations



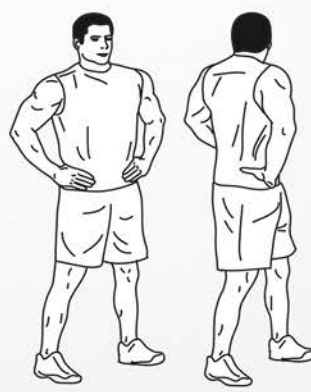
**10** single hip rotations



**5** forward bends



**10** side bends



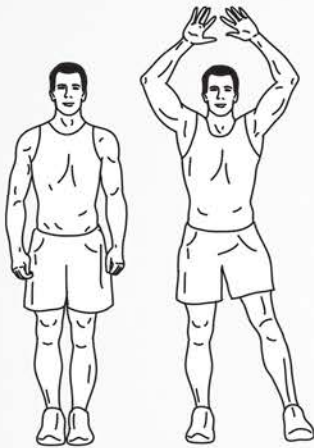
**10** core twists

# vitality

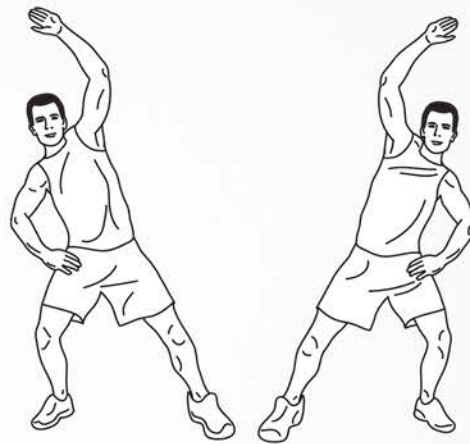
DAY 10

© [darebee.com](http://darebee.com)

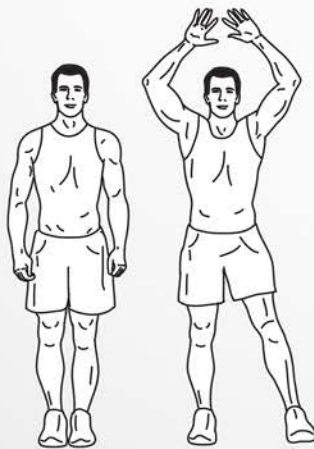
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



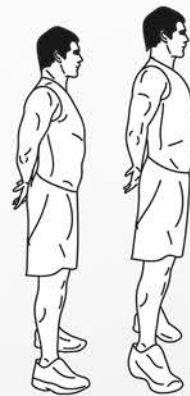
**12** step jacks



**6** side jacks



**12** step jacks



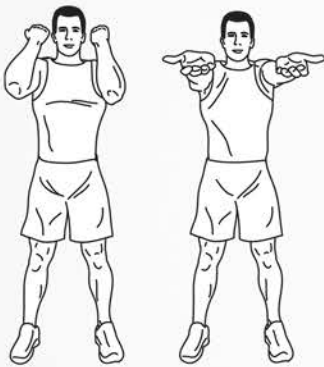
**6** calf raises

# vitality

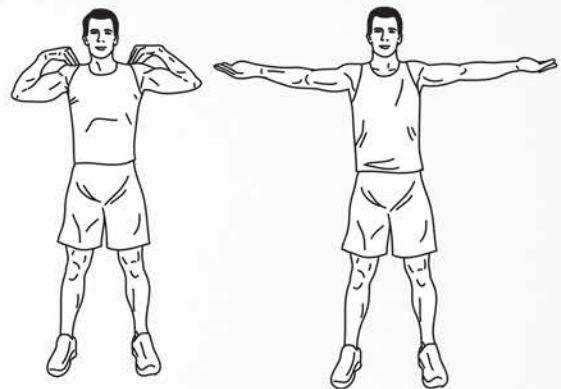
DAY 11

© [darebee.com](http://darebee.com)

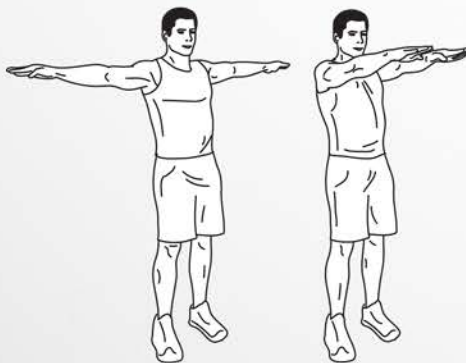
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



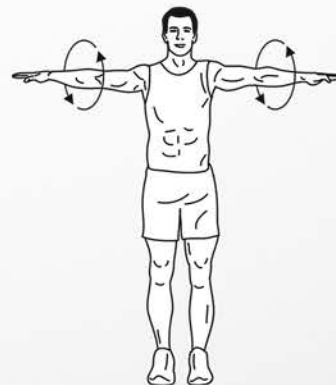
**20** bicep extensions



**20** side shoulder taps



**20** arm extensions



**20** raised arm circles

# vitality

DAY 12

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

**Level I** 3 sets **Level II** 4 sets **Level III** 5 sets  
2 minutes rest between sets



**10** neck stretches



**10** tricep stretches



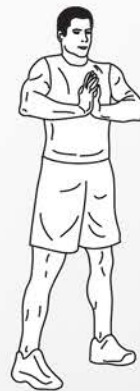
**10** hip rotations



**15-count**  
shoulders back



**15-count**  
hamstring stretch



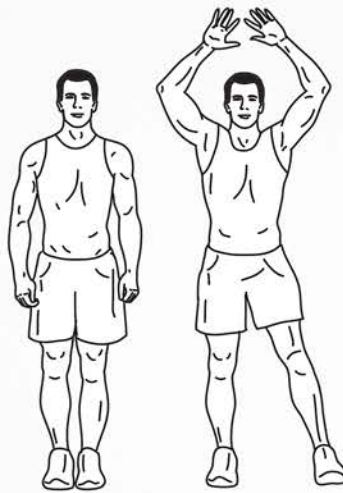
**15-count**  
chest squeeze

# vitality

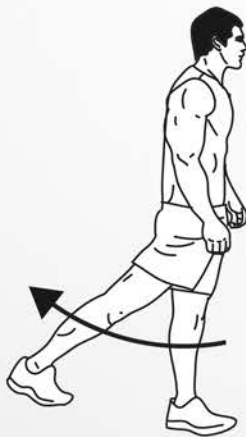
DAY 13

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

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



**20** step jacks



**20** backwards leg raises  
change legs and repeat



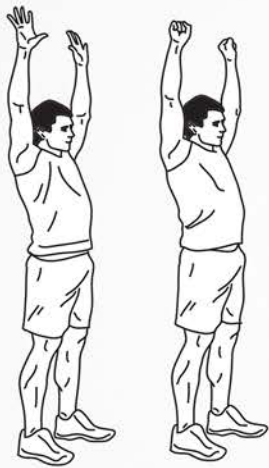
**20** side leg raises  
change sides and repeat

# vitality

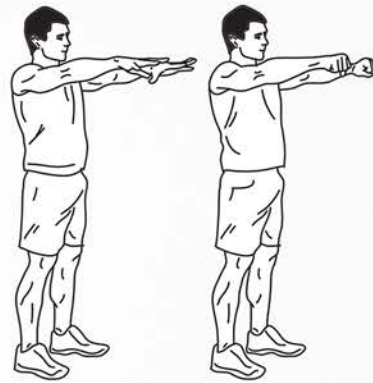
DAY 14

© [darebee.com](http://darebee.com)

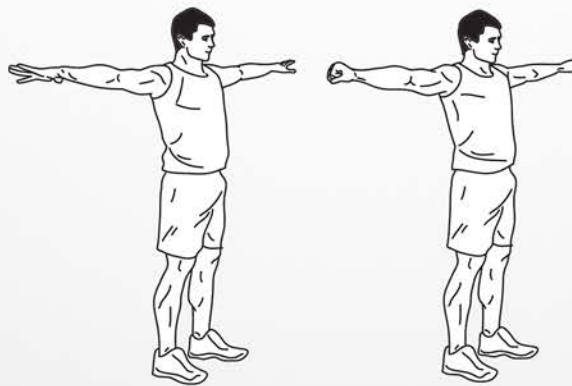
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**20** overhead clench / unclench



**20** clench / unclench



**20** side clench / unclench

# vitality

DAY 15

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

**Level I** 3 sets **Level II** 4 sets **Level III** 5 sets  
2 minutes rest between sets



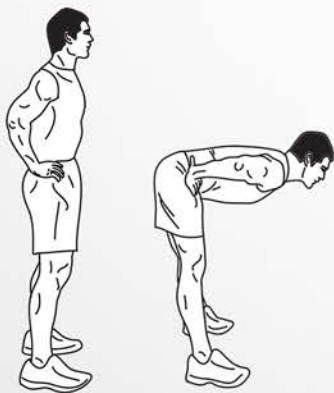
**10** shoulder stretches



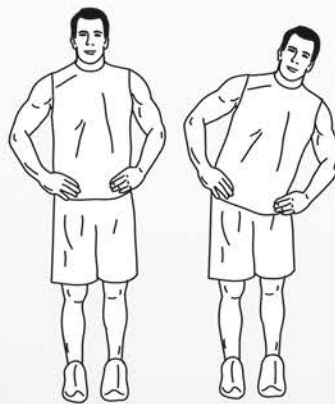
**10** tricep stretches



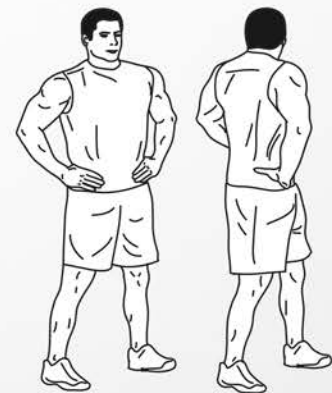
**10** hip rotations



**5** forward bends



**10** side bends



**10** core twists

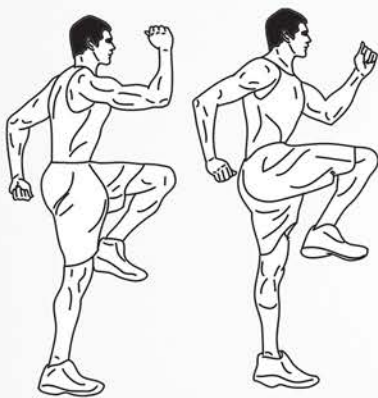


# vitality

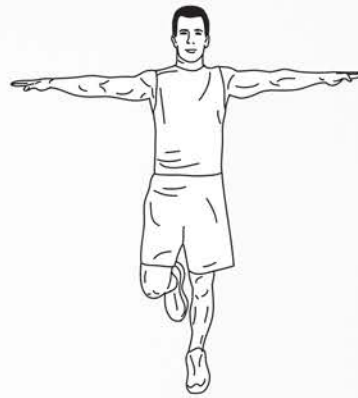
DAY 16

© [darebee.com](http://darebee.com)

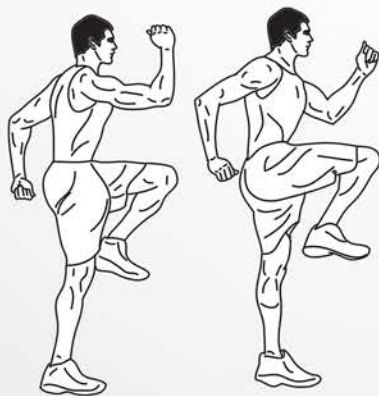
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**20** march steps



**10-count** single leg stand  
left leg



**20** march steps



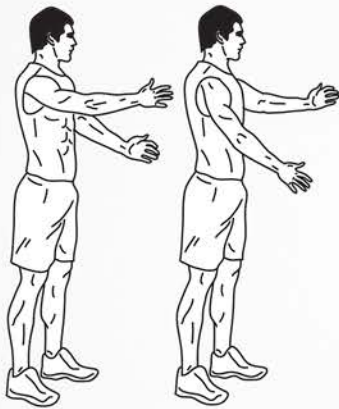
**10-count** single leg stand  
right leg

# vitality

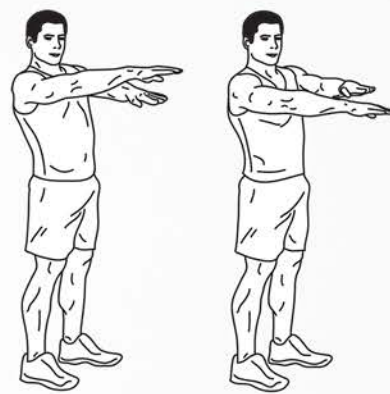
DAY 17

© [darebee.com](http://darebee.com)

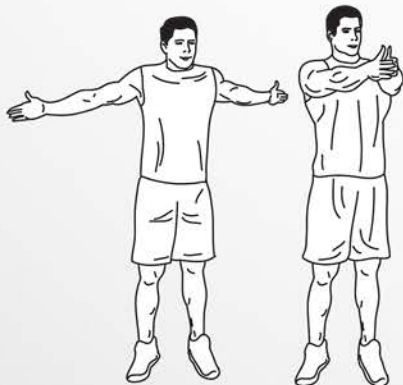
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



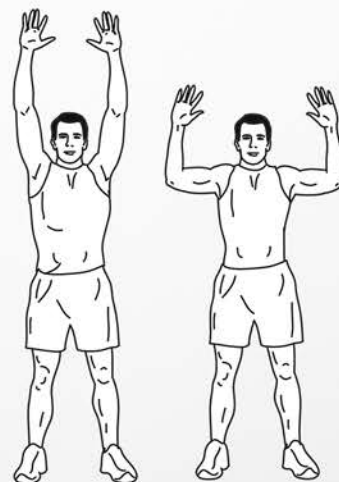
**20** scissor chops



**20** arm scissors



**20** chest expansions



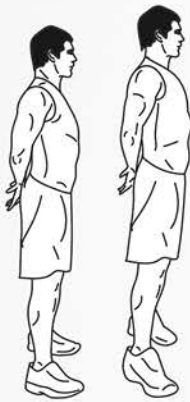
**20** W-extensions

# vitality

DAY 18

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

**Level I** 3 sets **Level II** 4 sets **Level III** 5 sets  
2 minutes rest between sets



**10** calf raises



**10** hip rotations



**10** single hip rotations



**15-count**  
shoulders back



**15-count**  
hamstring stretch



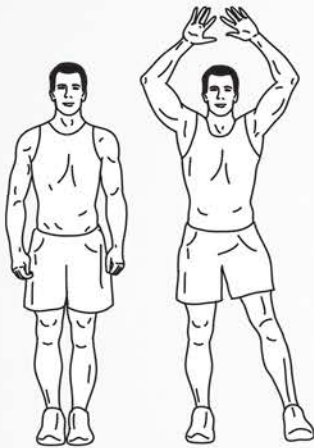
**15-count**  
chest squeeze

# vitality

DAY 19

© [darebee.com](http://darebee.com)

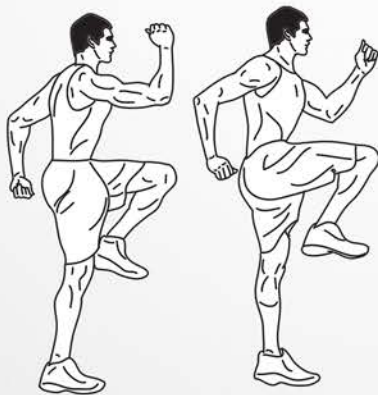
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



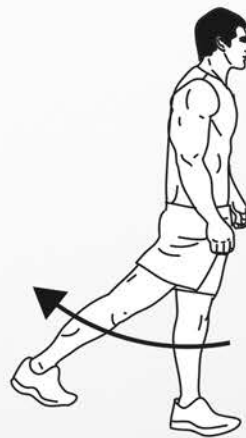
**12** step jacks



**20** side leg raises



**12** march steps

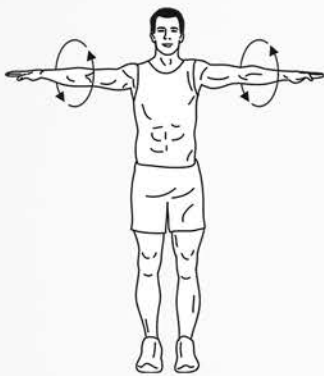


**20** backwards leg raises

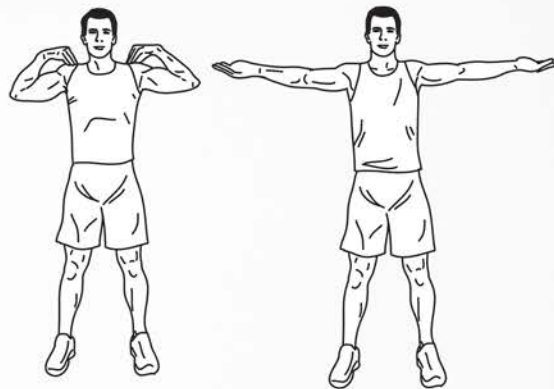
# vitality

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

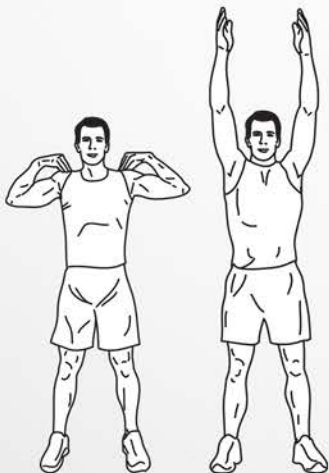
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



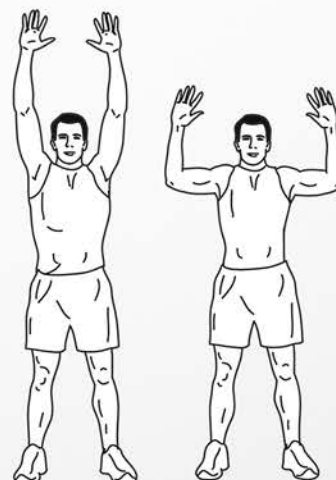
**20** raised arm circles



**20** side shoulder taps



**20** shoulder taps

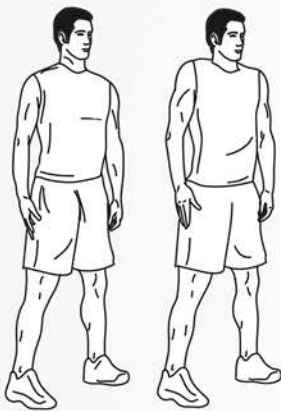


**20** W-extensions

# vitality

DAY 21 @ [darebee.com](http://darebee.com)

**Level I** 3 sets **Level II** 4 sets **Level III** 5 sets  
2 minutes rest between sets



**10** shoulder stretches



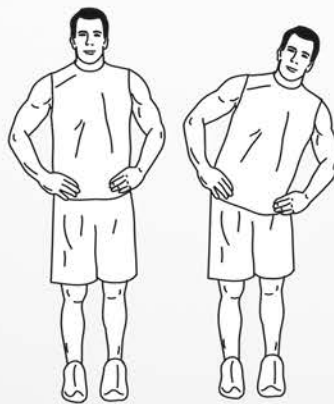
**10** shoulder rotations



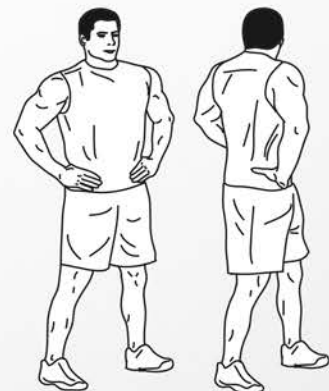
**10** neck stretches



**10** hip rotations



**10** side bends



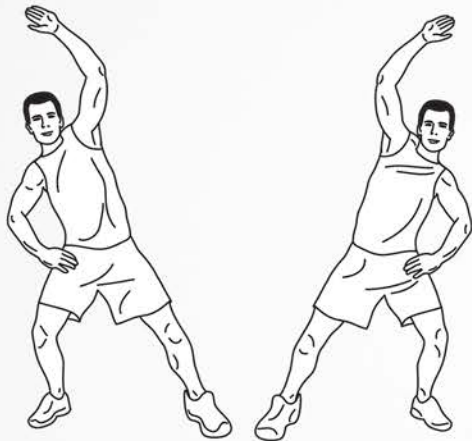
**10** core twists

# vitality

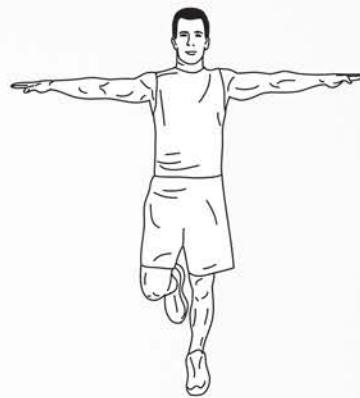
DAY 22

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

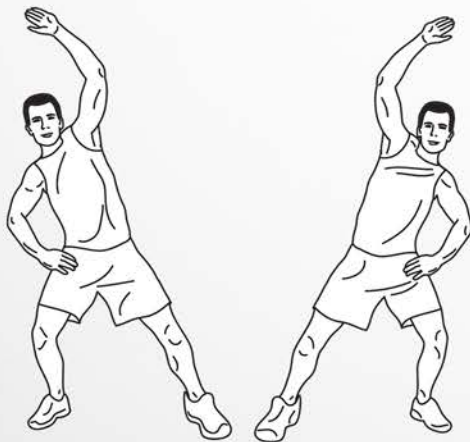
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**20** side jacks



**10-count** single leg stand  
left leg



**20** side jacks



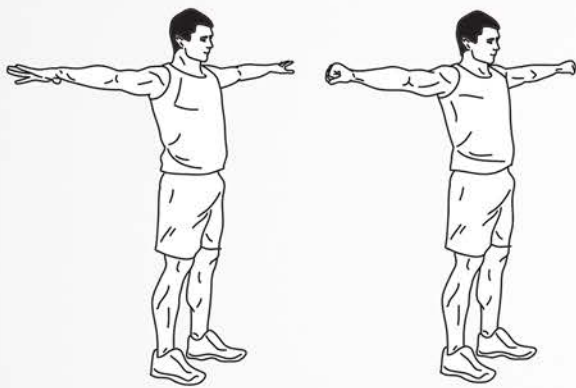
**10-count** single leg stand  
right leg

# vitality

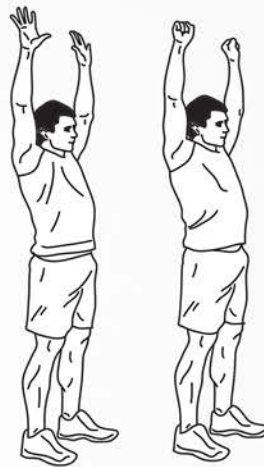
DAY 23

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

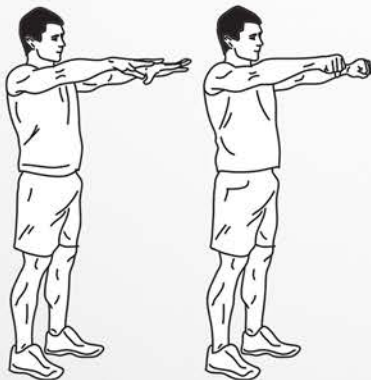
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



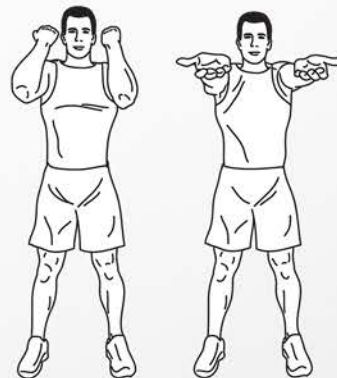
**20** side clench / unclench



**20** overhead clench / unclench



**20** clench / unclench



**20** bicep extensions



# vitality

DAY 24 @ [darebee.com](https://darebee.com)

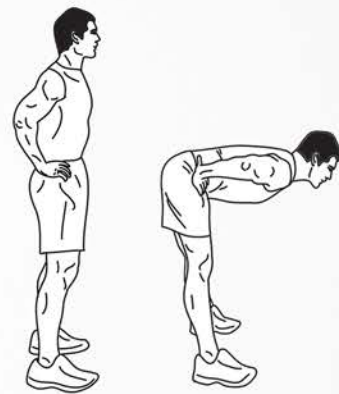
**Level I** 3 sets **Level II** 4 sets **Level III** 5 sets  
2 minutes rest between sets



**10** hip rotations



**10** shoulder stretches



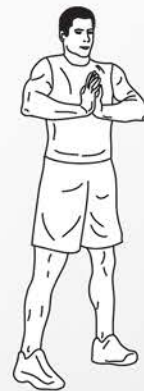
**5** forward bends



**20-count**  
shoulders back



**20-count**  
hamstring stretch



**20-count**  
chest squeeze

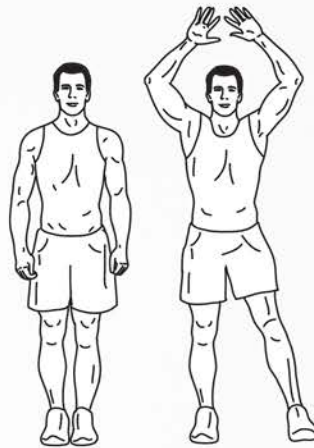
# vitality

DAY 25 @ [darebee.com](https://darebee.com)

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



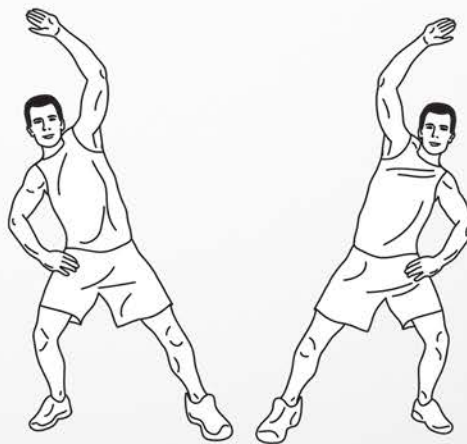
**20** side leg raises



**10** step jacks



**20** side leg raises



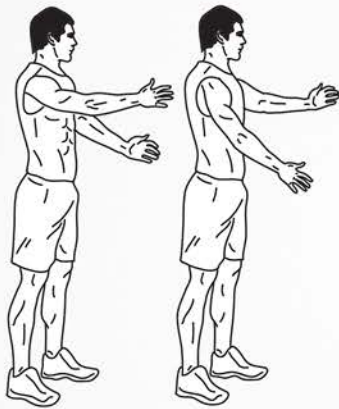
**10** side jacks

# vitality

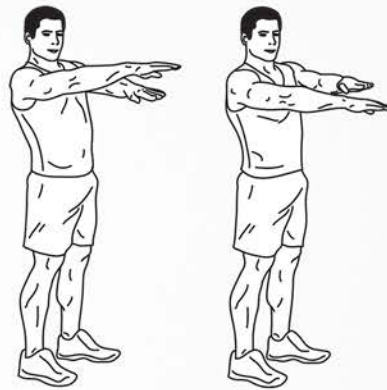
DAY 26

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

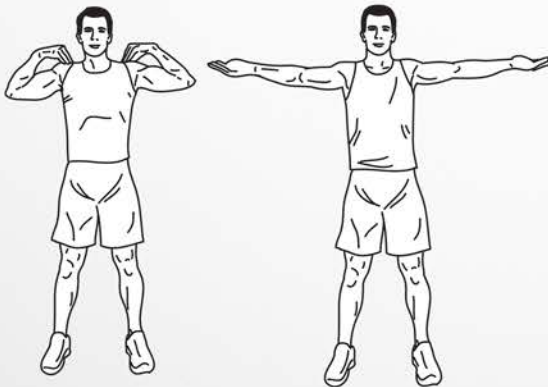
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



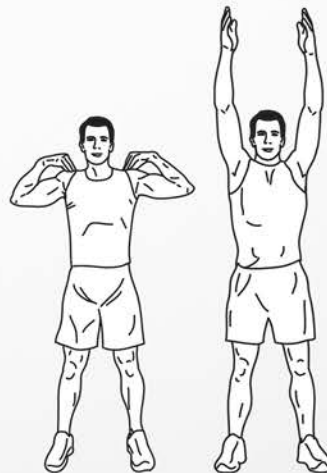
**20** scissor chops



**20** arm scissors



**20** side shoulder taps



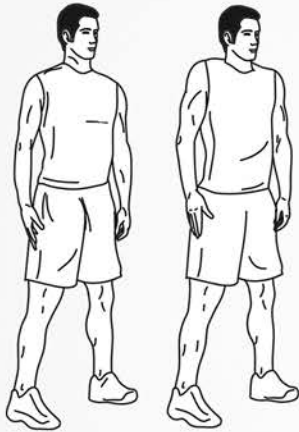
**20** shoulder taps

# vitality

DAY 27

© [darebee.com](http://darebee.com)

**Level I** 3 sets **Level II** 4 sets **Level III** 5 sets  
2 minutes rest between sets



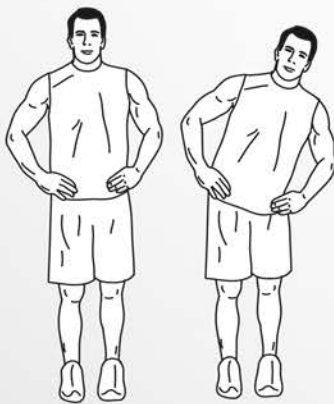
**10** shoulder shrugs



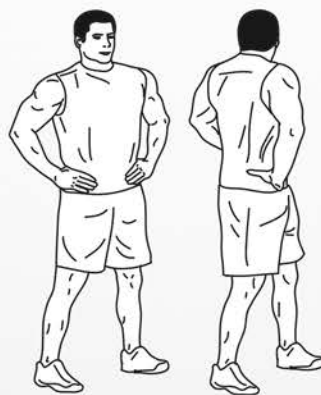
**10** tricep stretches



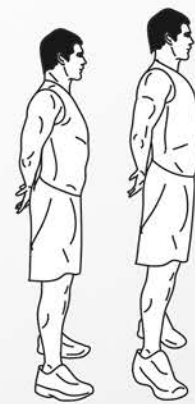
**10** hip rotations



**10** side bends



**10** core twists



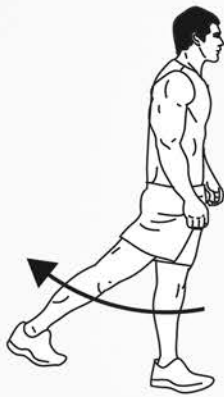
**10** calf raises

# vitality

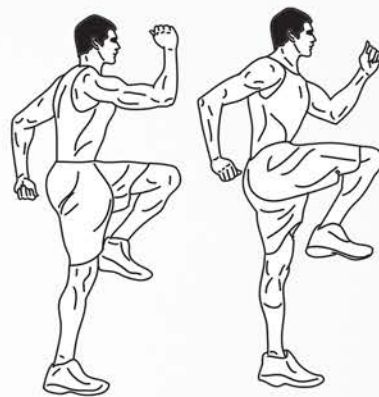
DAY 28

© [darebee.com](http://darebee.com)

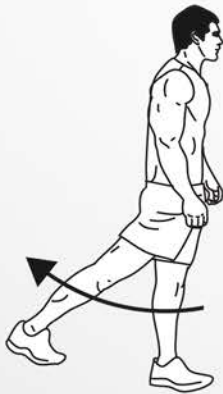
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



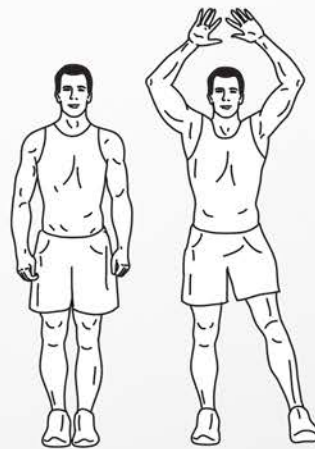
**20** backwards leg raises



**20** march steps



**20** backwards leg raises



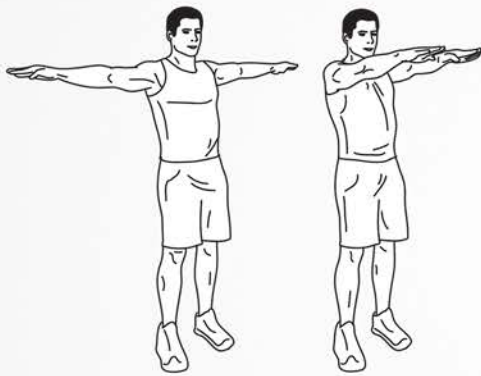
**20** step jacks

# vitality

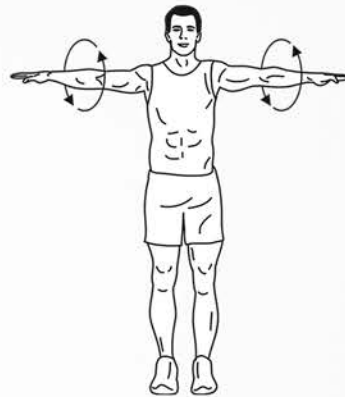
DAY 29

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

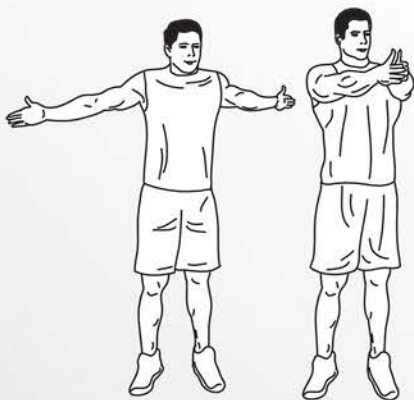
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



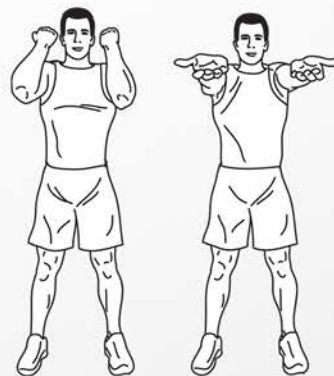
**20** arm extensions



**20** raised arm circles



**20** chest expansions



**20** bicep extensions

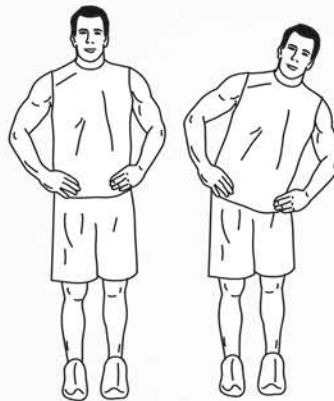
# vitality

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

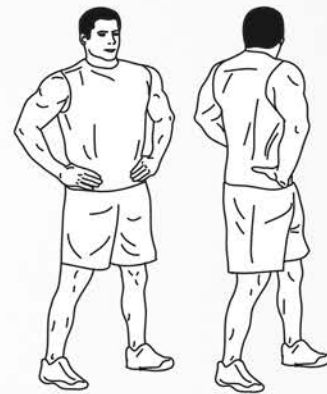
Level I 3 sets Level II 4 sets Level III 5 sets  
2 minutes rest between sets



**10** shoulder stretches



**10** side bends



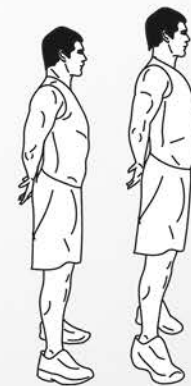
**10** core twists



**10** hip rotations



**10** single hip rotations



**10** calf raises

visual workouts and fitness programs at  
**DAREBEE | darebee.com**

This project is supported exclusively via donations  
and every dollar makes a difference.

Whatever you feel comfortable giving  
it will be greatly appreciated and it will make a difference  
in this project's future.

**donate \$1**  
and help to keep this project up

***PayPal***



+ other options