

BURRITO MODE

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.

1



2



3



4



5



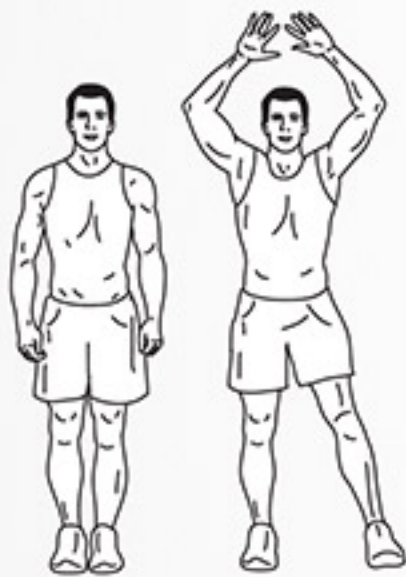
6



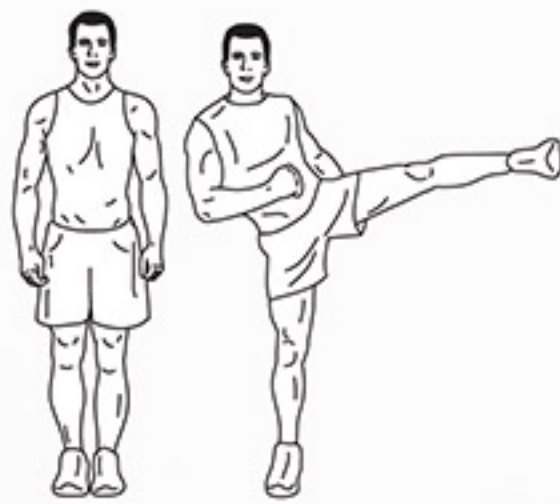
EASY DOES IT

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



10 step jacks



20 side leg raises



10 step jacks



20 raised arm circles



10 step jacks



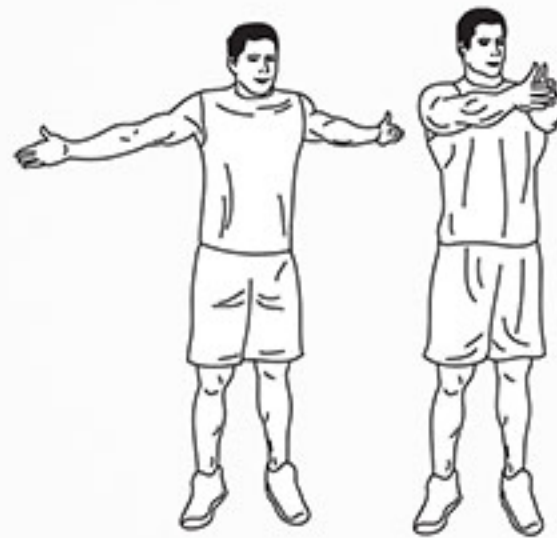
20 raised arm circles

ENERGY BOOST

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10 alt chest expansions



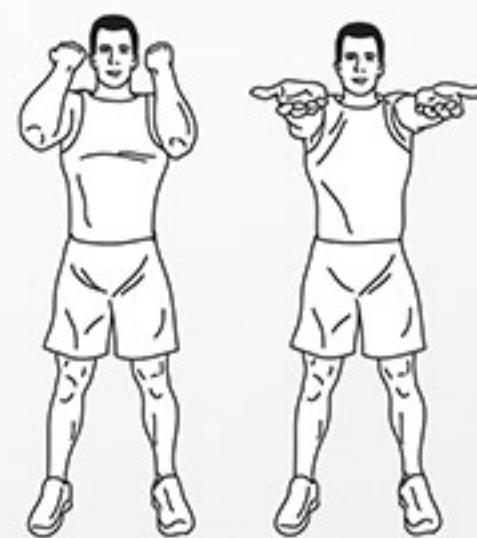
10 chest expansions



10 step jacks



10 side jacks



10 bicep extensions

FEEL GOOD NOW

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

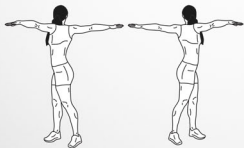
REST up to 2 minutes



20 march steps with arm circles



20 windmills



20 raised arms twists



20 side jacks

Five Rites

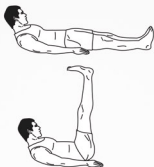
BY DAREBEE © darebee.com

21 repetitions each exercise



First Rite

360° turns clockwise



Second Rite

90° leg raises



Third Rite

back stretches



Fourth Rite

table stretch



Fifth Rite

upward dog stretch



my HAPPY PLACE

WORKOUT
BY DAREBEE
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60sec stretch #1



60sec stretch #2



60sec stretch #3



10 minutes meditation

KINDER

DAREBEE WORKOUT @ darebee.com

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



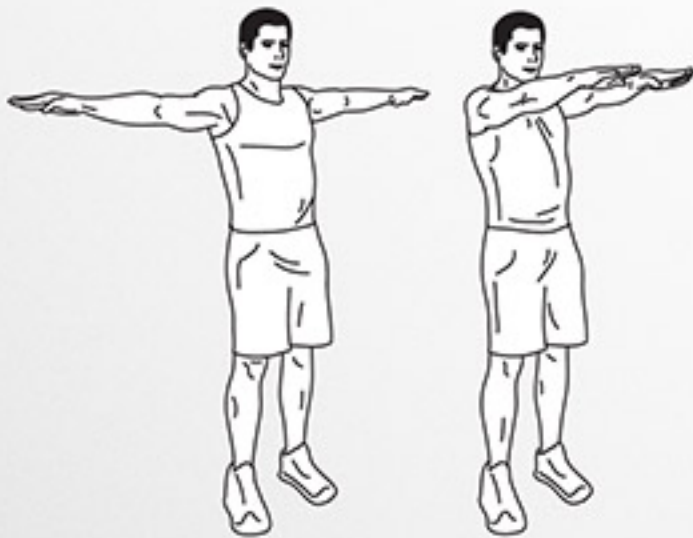
10 march steps



10 raised arm circles



10 march steps



10 arm extensions



10 march steps



10 bicep extensions

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

possum

DAREBEE WORKOUT © darebee.com

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

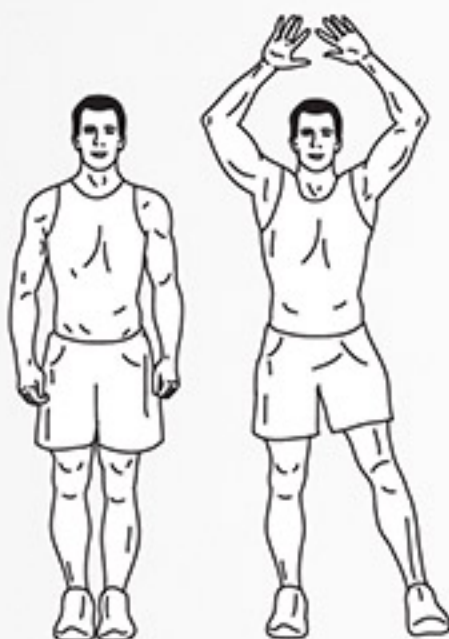
Repeat the sequence again on the other side.



KEEPING IT **REAL**

WORKOUT by DAREBEE @ darebee.com

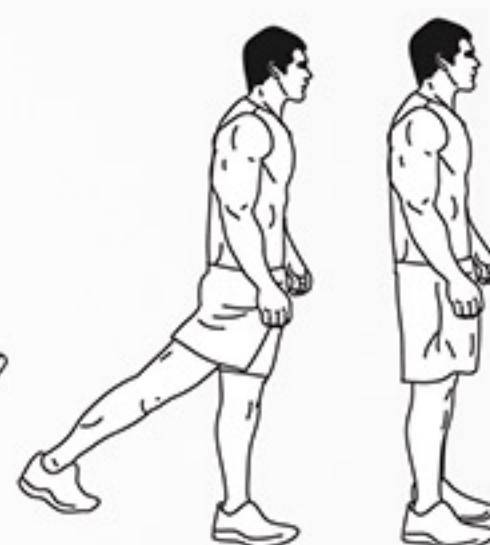
30 seconds rest between sets | No rest between exercises



10 step jacks
x 3 sets in total



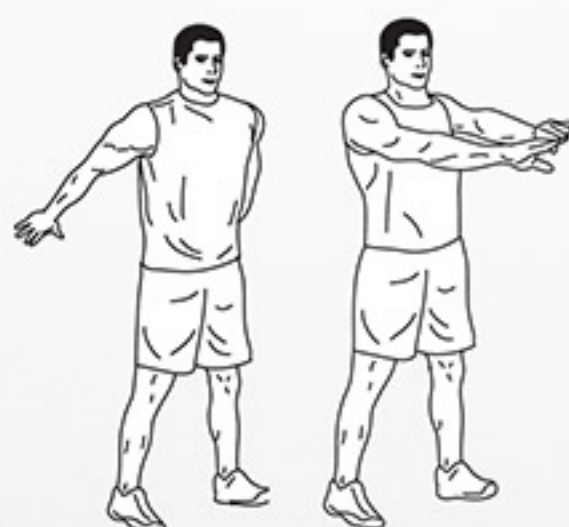
20 side leg raises
x 3 sets in total



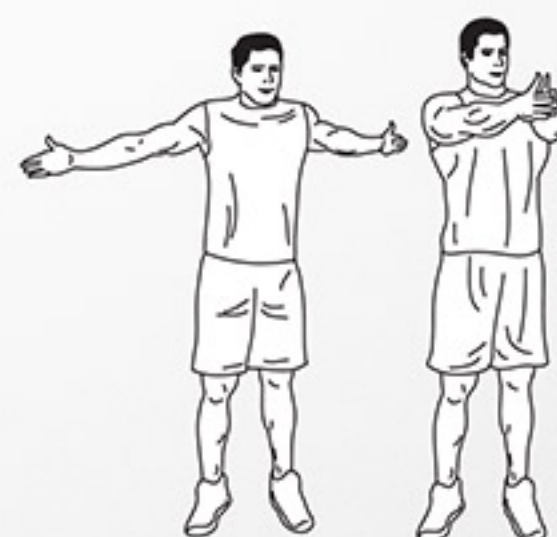
20 back leg raises
x 3 sets in total



10 calf raises
x 3 sets in total



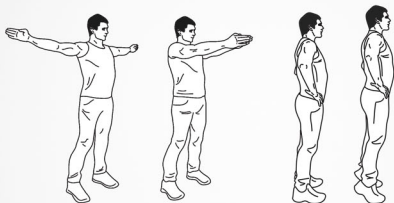
20 arm raises
x 3 sets in total



20 chest expansions
x 3 sets in total

Refresh

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5 chest expansions

5 calf raises

10 chest expansions

10 calf raises

20 chest expansions

20 calf raises

done

REST & REC

DAREBEE
RECOVERY
WORKOUT

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20 knee-ins



10 back stretch #1



10 back stretch #2



20 knee rolls



10 butterfly stretch



10 forward fold

I SHOWED UP

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



20 march steps



10 step jacks



20 march steps



10 calf raises



10 step jacks



10 calf raises



10 step jacks

Staying In

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.

1



2



3



4



5



6



7



8



9

