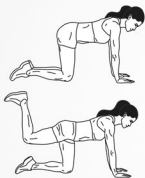


before **BED**

WORKOUT
BY DAREBEE
© darebee.com



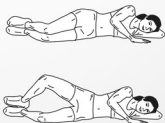
40 leg extensions



20 bridges



40 side leg raises



20 clamshells

before **BED** **YOGA**

WORKOUT
BY DAREBEE
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30 seconds
wide squat hold



30 seconds
O-pose hold



30 seconds
boat pose hold



30 seconds
fold hold

better sleep

DAREBEE YOGA WORKOUT

@ darebee.com



20sec hero pose



20sec child's pose



20sec upward dog



20sec camel pose



20sec butterfly fold



20sec supine twist



20sec bridge



20sec knee-to-chest



20sec corpse pose

breathe easy

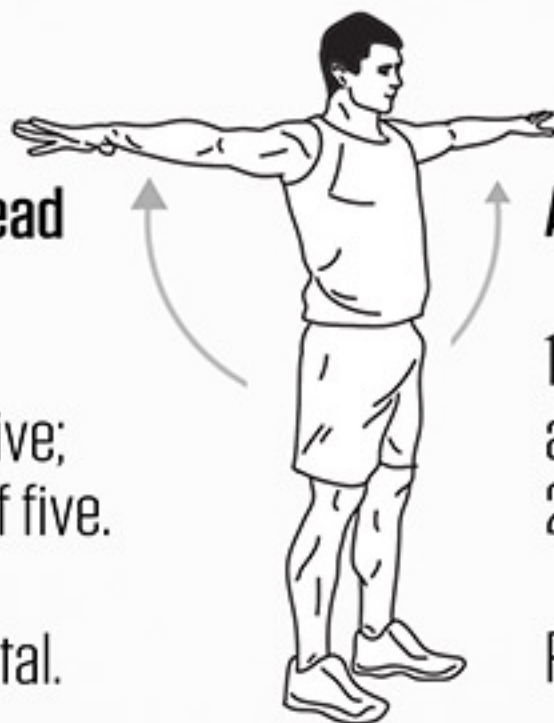
WORKOUT by @darebee.com



Arms above your head

- 1) Breathe in deep;
- 2) Hold to count of five;
- 3) Exhale to count of five.

Repeat 5 times in total.



Arm Raises

- 1) Breathe in as you raise your arms;
- 2) Exhale on the way down.

Repeat 5 times in total.



Calf Raises

- 1) Breathe in as you rise;
- 2) Hold to count of five;
- 3) Exhale as you drop down.

Repeat 5 times in total.



Shoulder Stretches *arms behind your back*

- 1) Breathe in as you stretch;
- 2) Hold to count of five;
- 3) Exhale as you relax.

Repeat 5 times in total.

Breathing Workout

by DAREBEE @ darebee.com



Breathe in slowly, hold to a slow count of ten then exhale slowly. Repeat 3 times.

Take ten rapid breaths. Hold without breathing to the count of twenty.



Breathe in and lean back, breathe out and lean forward. Repeat 3 times.

Breathe in fast, breathe out fast. Hold for count of three. Repeat 3 times.

60-second de-stress

by DAREBEE @ darebee.com stretching
Repeat each one for 10 seconds.

back stretch



shoulder rotations



arm stretch



chest expansion



overhead reach



forward bend



my HAPPY PLACE

WORKOUT
BY DAREBEE
© darebee.com



60sec stretch #1



60sec stretch #2



60sec stretch #3



10 minutes meditation

MEDITATION

DAREBEE WORKOUT @ darebee.com



2 minutes
forward stretch



1 minute
back stretch



30 seconds / per side
neck stretch

4



15 minutes
meditation

neck & shoulders

DAREBEE WORKOUT © darebee.com

20 seconds each exercise.



shoulder rotations



side shoulder stretch



cross shoulder stretch



tricep stretch



overhead shoulder stretch



up and down neck stretch

NECK

DAREBEE WORKOUT

© darebee.com

3 sets | 2 minutes rest

IN COLLABORATION WITH

NHS choices



10 back and forth tilts



10 side-to-side tilts



10 neck rotations



10-count press

10-count press



10-count alternating side press



10-count alternating chin press

pressure points

DAREBEE WORKOUT © darebee.com

Repeat each one for 10 seconds.



thenar press



palm rub



thumb root press



bottom
index finger press



top
little finger press



top
thumb press

Reset Stretch

DAREBEE WORKOUT @ darebee.com

20 seconds each exercise.



chest squeeze



tricep stretch



wrist stretch



back arch



tricep stretch (both arms)



overhead shoulder stretch

3-minute seated

IN COLLABORATION WITH

NHS
choices

DAREBEE WORKOUT

© darebee.com

30 seconds each

Yoga



body fold



stretch up



side stretch



lotus twist



lift & reach



half lotus

ZEN

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

