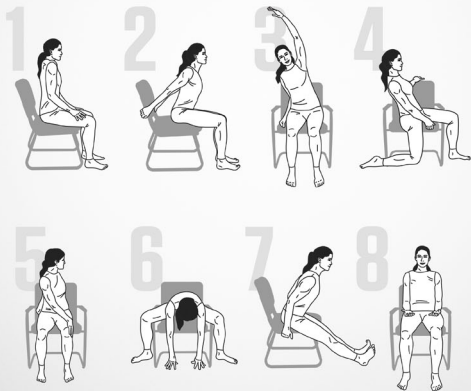


back fix

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.



BACK PAIN relief

chair edition

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.



cat pose



cow pose



seated eagle pose



figure 4



seated twist



forward bend

binary workout

by DAREBEE @ darebee.com



Draw a square
with the extended finger
of one hand.



Now draw a circle
with the other.



Now do both.



Sitting down raise
dominant knee up
& down.



Kick the other leg
back & forth.



Now do both.

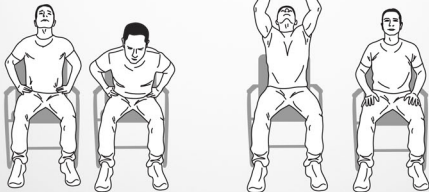
Breathing Workout

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.

Catch & Release

DAREBEE WORKOUT

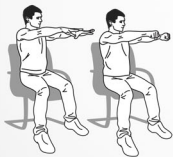
© darebee.com



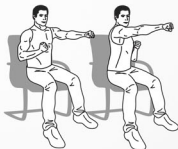
overhead clench
20



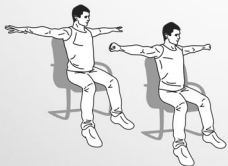
overhead punches
20



extended clench
20



punches
20



side extended clench
20



torso twists
20

eye rest

DAREBEE WORKOUT © darebee.com

20 seconds each exercise.



mini circles under brow



mini circles under eyes



half circles under eyes



half circles under brow



up and down rows
from eyes to brow

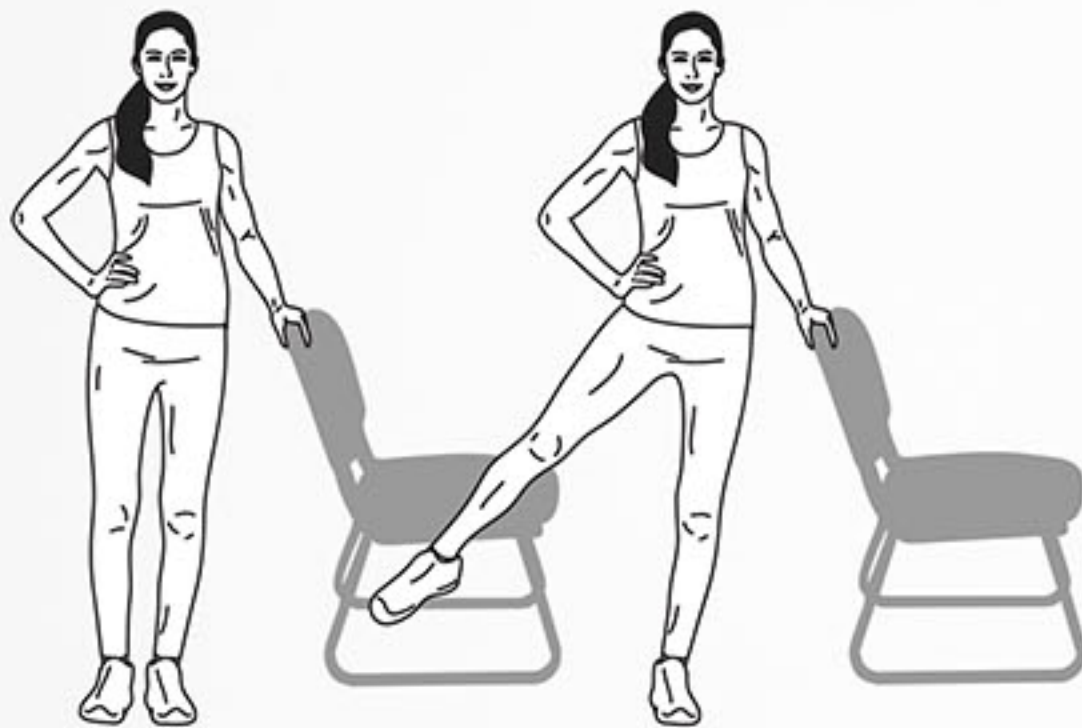


blackout

fix it!

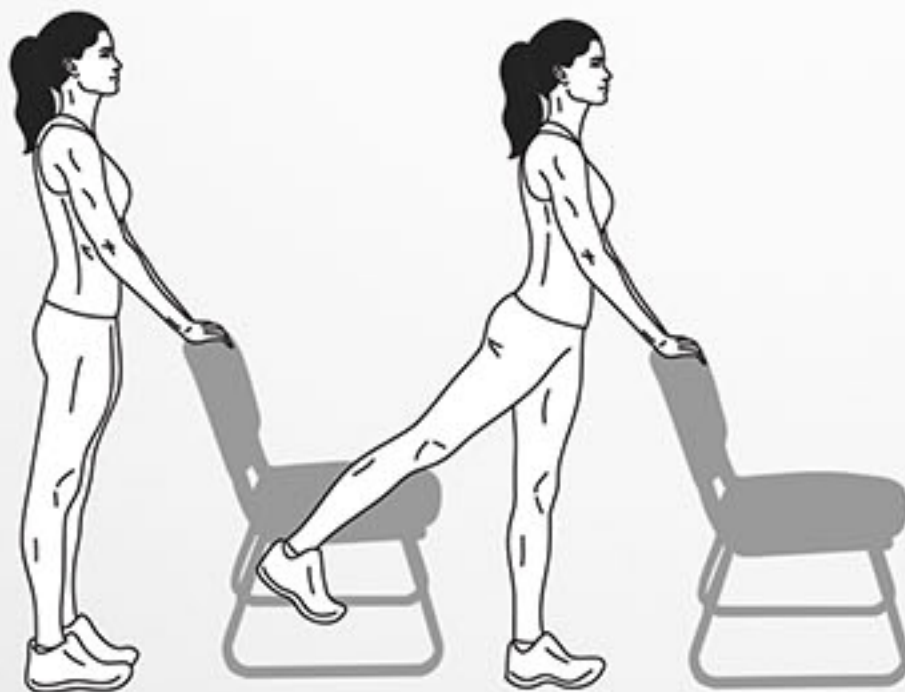
DAREBEE WORKOUT @ darebee.com

Repeat twice a day in total
for lower back pain relief



20 side leg raises
right leg

20 side leg raises
left leg



20 back leg raises
right leg

20 back leg raises
left leg

done

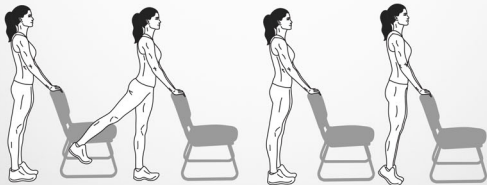
Glutes, Quads, Hamstrings, & Calves

workout by DAREBEE

© darebee.com



40 side leg raises



40 back kicks

40 calf raises

KEYBOARD WARRIOR

DAREBEE WORKOUT © darebee.com

10 reps each exercise.

Repeat every couple of hours.



arrow - into - table top - into - straight fist - into - claw - into - fist



fist rotations



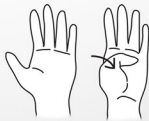
resistance stretch



resistance press



clench / unclench



thumb folds

LIBRARIAN

DAREBEE WORKOUT © darebee.com

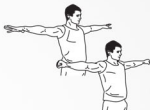
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 clench / unclench



20 shoulder taps



20 clench / unclench



20 shoulder taps



20 clench / unclench



20 shoulder taps



20 arm scissors

lower **back**

DAREBEE WORKOUT © darebee.com

20 seconds each exercise.

chair edition



knee in stretch



side stretch



knee fold forward stretch



knee-to-elbow stretch



side twist

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 mobility

DAREBEE WORKOUT @ darebee.com

10 repetitions each exercise.



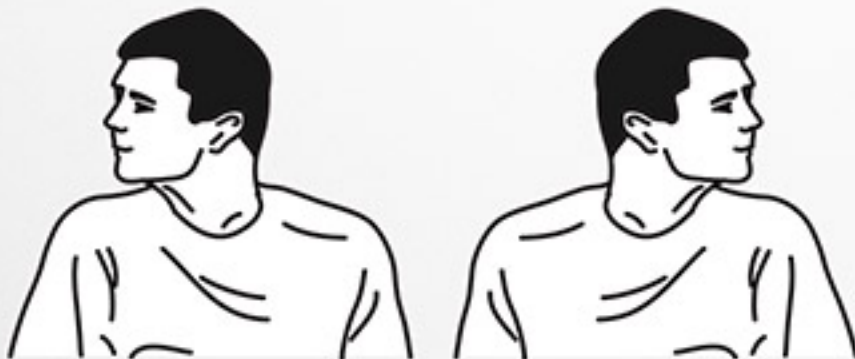
back and forth tilts



side-to-side tilts



neck rotations



side-to-side head turns



shrugs

office WARRIOR

DAREBEE WORKOUT @ darebee.com

Hold each pose for 20 seconds.



raised arms pose



forward bend



extended side angle



chair pigeon



chair warrior I



chair warrior II

office yoga

DAREBEE WORKOUT

© darebee.com

Hold each pose
for 20 seconds



cat stretch



lower back stretch



crescent pose



chair twist



upward salute



forward bend

origami

yoga

DAREBEE WORKOUT

© darebee.com

Hold each pose
for 20 seconds.



chest expansion



knee-over-knee reach



seated torso twist



foot over knee reach



foot over knee fold



quad stretch

rainmaker

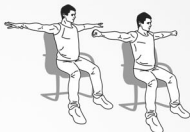
DAREBEE OFFICE WORKOUT © darebee.com



20 side circles



10-count hold



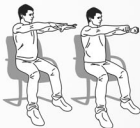
20 side clenches



20 forward circles



10-count hold



20 forward clenches



20 overhead circles



10-count hold



20 overhead clenches

Reset Stretch

DAREBEE WORKOUT @ darebee.com

20 seconds each exercise.



chest squeeze



tricep stretch



wrist stretch



back arch



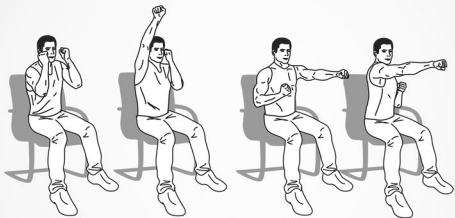
tricep stretch (both arms)



overhead shoulder stretch

seated **boxer**

DAREBEE **OFFICE** WORKOUT @ darebee.com



10 overhead punches

10 punches

10 overhead punches

10 punches

10 overhead punches

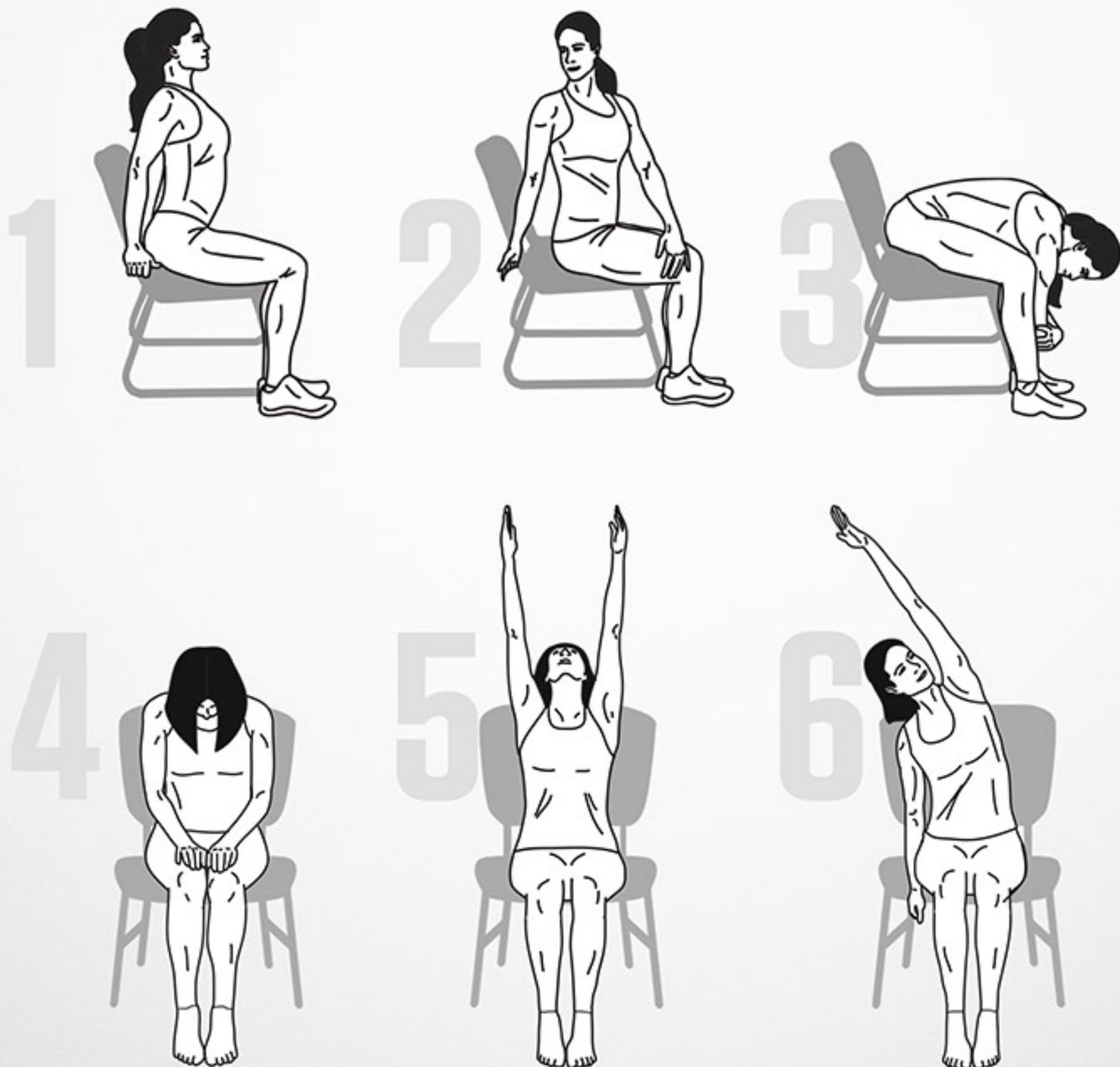
10 punches

done

seated mobility

DAREBEE WORKOUT @ darebee.com

Hold each pose for 30 seconds then move on to the next one.
Change sides and repeat the sequence.



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

STANDING DESK

DAREBEE WORKOUT @ darebee.com

Repeat every 60 minutes



50 front leg raises



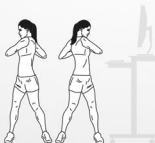
50 back leg raises



50 side leg raises



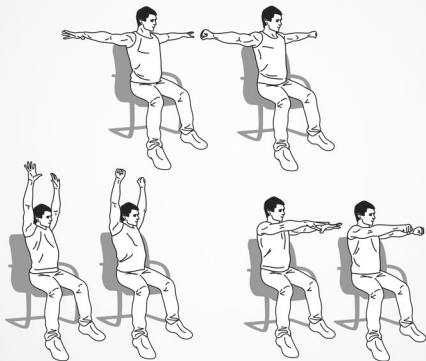
50 side bends



50 twists

STAPLER

DAREBEE **OFFICE** WORKOUT @ darebee.com



20 arms to the side clench / unclench

20 arms overhead clench / unclench

20 arms to the front clench / unclench

rest & repeat

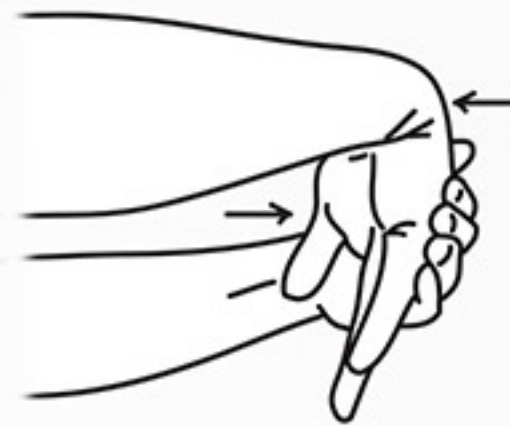
wrist mobility

DAREBEE WORKOUT @ darebee.com

20 seconds each exercise



resistance stretch



resistance press



up & down stretch



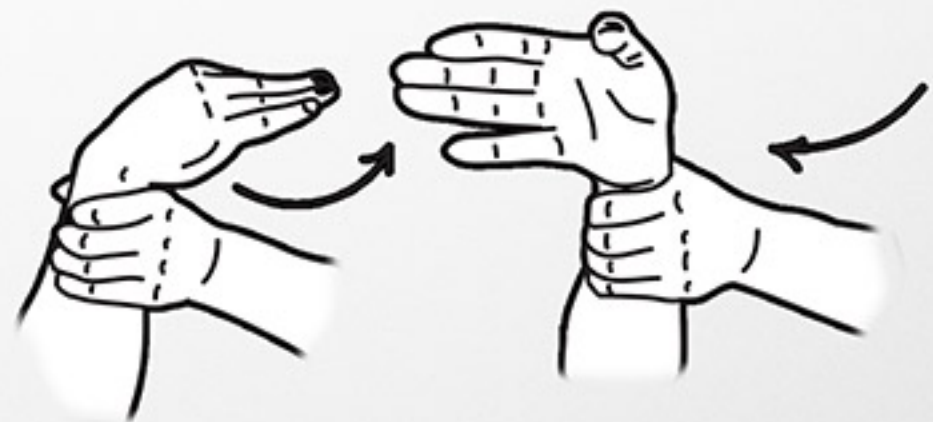
up & down side stretch



fist rotations



rotations



side flickers

yoga **flow**

DAREBEE WORKOUT

@ darebee.com

Hold each pose
for 20 seconds.



reach



shoulders back



knee bend to cobra



twist



forward bend



straight back