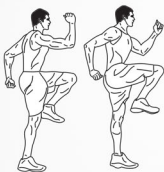


5-MINUTE WALK

WORKOUT by DAREBEE © darebee.com



60sec march steps

15sec step jacks

60sec march steps

15sec step jacks



60sec march steps

15sec step jacks

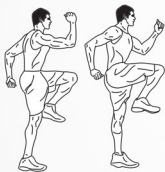
60sec march steps

15sec step jacks

30-MINUTE WALK

WORKOUT by DAREBEE © darebee.com

Repeat 5 times in total



60sec march steps

15sec step jacks

60sec march steps

15sec step jacks

60sec march steps

15sec step jacks

60sec march steps

15sec step jacks

60sec rest



breathe easy

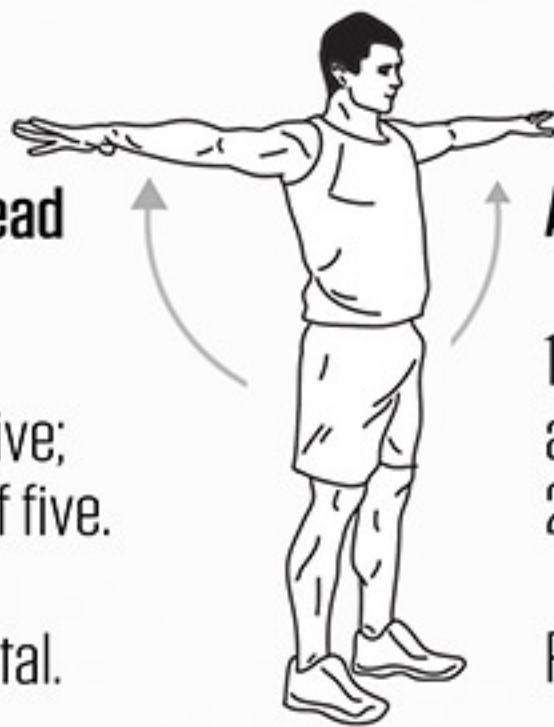
WORKOUT by @darebee.com



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.

EXPLORER

DAREBEE WORKOUT @ darebee.com

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



20 march steps



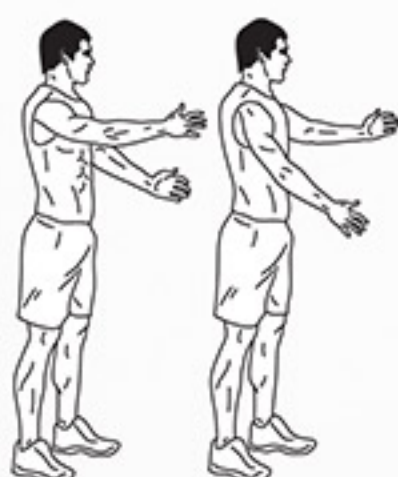
10 shoulder taps



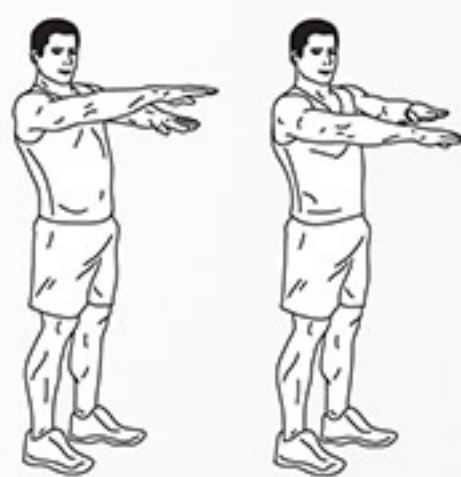
10 bicep extensions



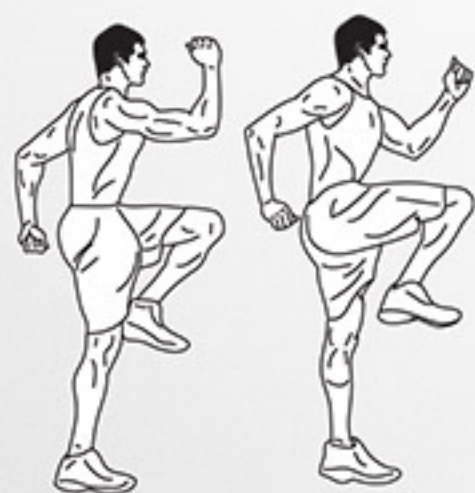
20 march steps



10 scissor chops



10 arm scissors



20 march steps



10 chest expansions



10 raised arm circles

5-MINUTE

FILLER



30 side leg raises (right leg)

30 side leg raises (left leg)

60 seconds rest

30 side leg raises (right leg)

30 side leg raises (left leg)

60 seconds rest

30 side leg raises (right leg)

30 side leg raises (left leg)

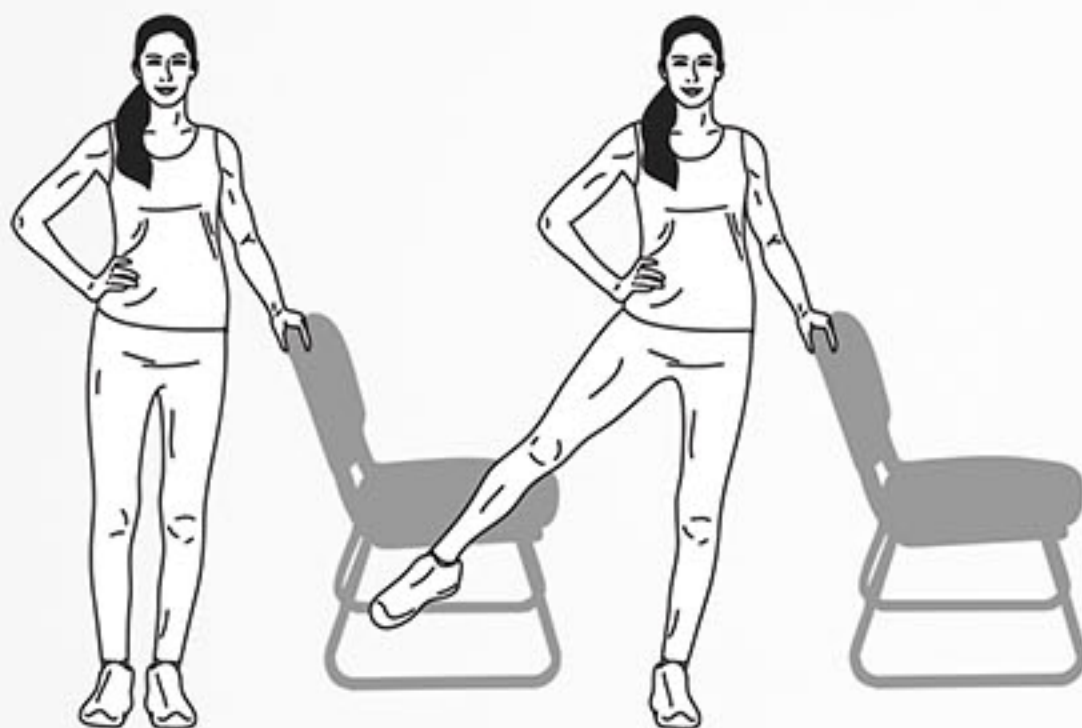
done

DAREBEE WORKOUT @ darebee.com

fix it!

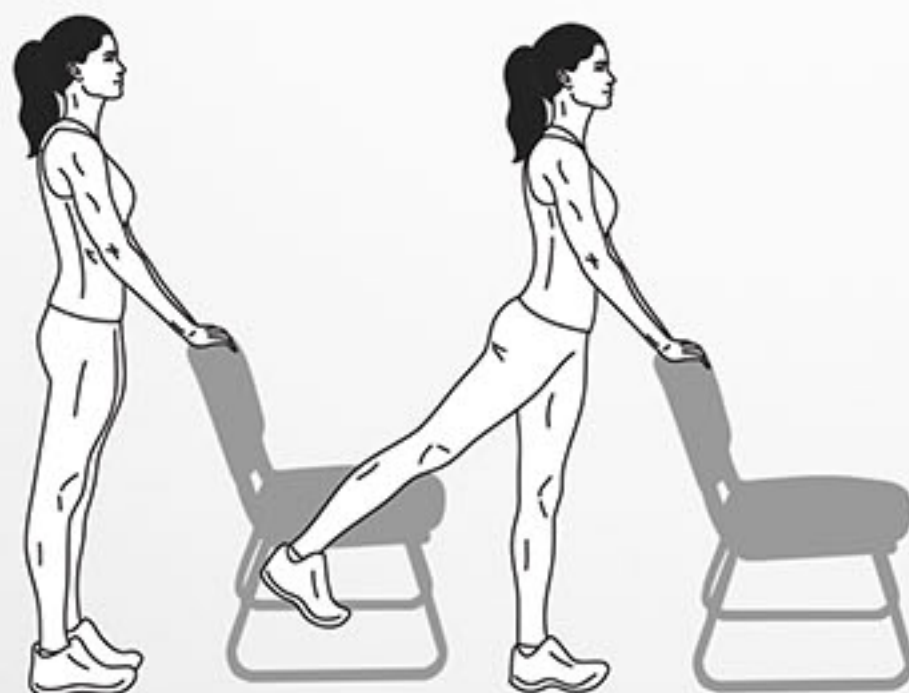
DAREBEE WORKOUT @ darebee.com

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

FOUNTAIN OF YOUTH

DAREBEE WORKOUT @ darebee.com

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



20 march steps



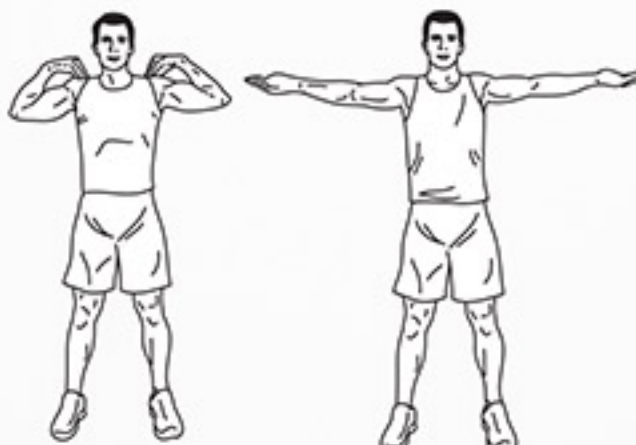
20 torso rotations



20 side jacks



20 bicep extensions



20 side shoulder taps



20 shoulder taps



20 side leg raises

GLOW

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.



HEALTHY GUT

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.



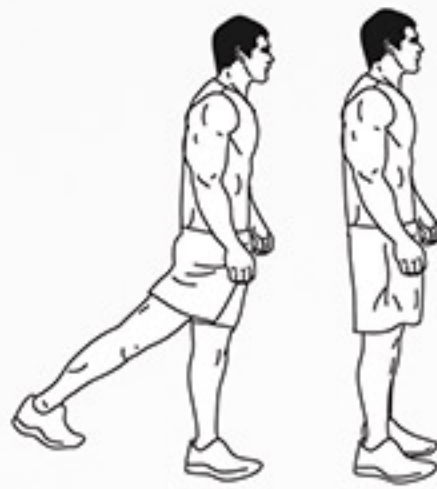
Out & About

DAREBEE WORKOUT © darebee.com

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



12 march steps



12 back leg raises



12 march steps



12 side leg raises



12 march steps



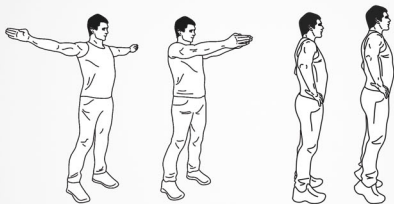
12 calf raises



12 step jacks

Refresh

DAREBEE WORKOUT @ darebee.com



5 chest expansions

5 calf raises

10 chest expansions

10 calf raises

20 chest expansions

20 calf raises

done

ROAMER

DAREBEE WORKOUT © darebee.com

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



10 march steps



4 twists



10 march steps



4 side bends



10 march steps



4 side bends



10 march steps



4 twists



10 march steps

SILVER

DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec step jacks



20sec step side jacks



20sec arm circles

STANDING DESK

DAREBEE WORKOUT @ darebee.com

Repeat every 60 minutes



50 front leg raises



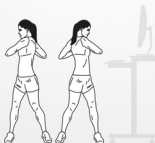
50 back leg raises



50 side leg raises



50 side bends



50 twists

UNWIND

DAREBEE WORKOUT @ darebee.com

#1 Slowly shift from *Cat Pose* to *Cow Pose* continuously for 30 seconds.

#2 Breathe out quickly 5 times then hold the pose.

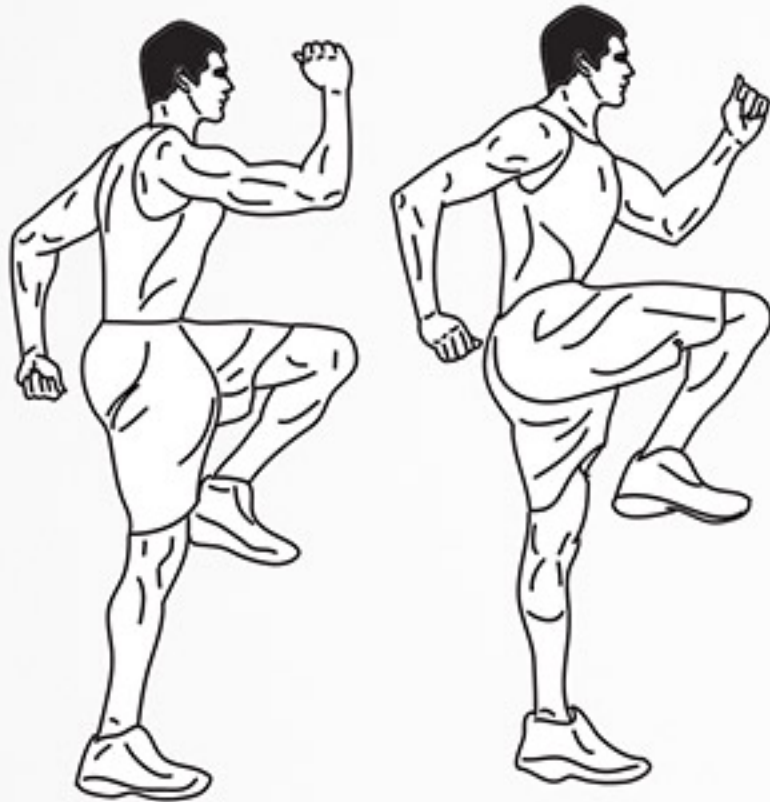
Hold each pose after #2 for 30 seconds.



walker

WORKOUT by DAREBEE © darebee.com

Repeat 3 times in total | 2 minutes rest between sets



20 march steps

5 calf raises

20 march steps

5 calf raises

20 march steps

5 calf raises



20 march steps

5 calf raises

20 march steps

5 calf raises

done

WALK IT OFF

DAREBEE WORKOUT @ darebee.com

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



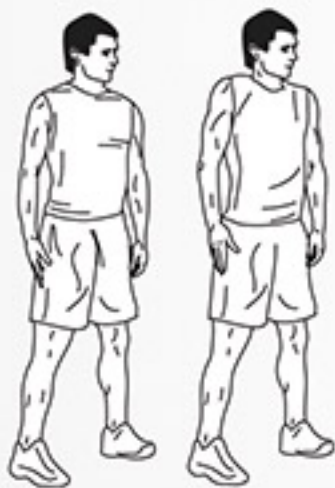
10 march steps



10 hip rotations



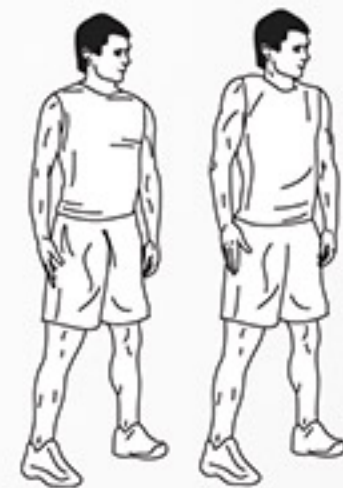
10 march steps



10 shoulder shrugs



10 march steps



10 shoulder shrugs



10 march steps



10 hip rotations



10 march steps

Walk With Me

DAREBEE WORKOUT @ darebee.com

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

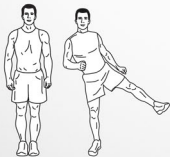


30sec march steps

30sec side leg raises / left leg

30sec march steps

30sec side leg raises / right leg



30sec march steps

30sec side leg raises / left leg

30sec march steps

30sec side leg raises / right leg

ZEN

DAREBEE WORKOUT @ darebee.com

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

