

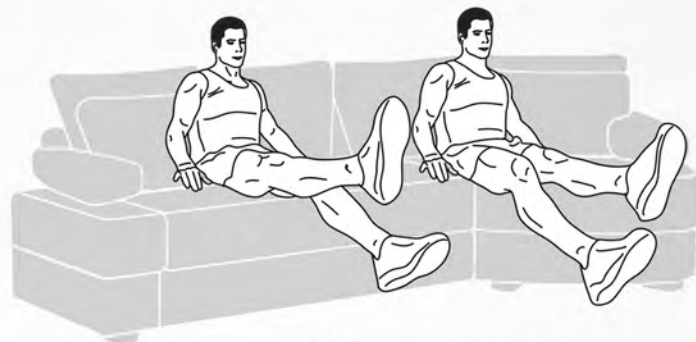
cardio sofa

DAREBEE WORKOUT @ darebee.com

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



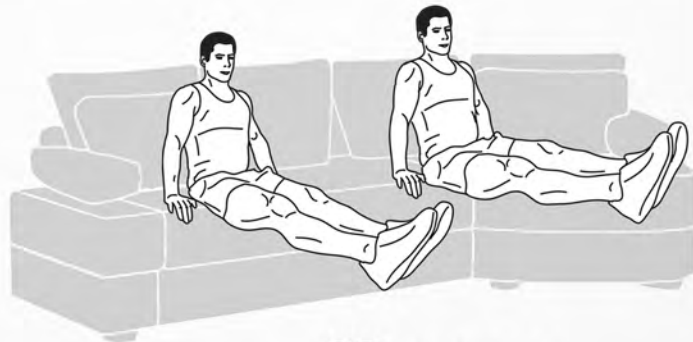
40 high knees



20 flutter kicks



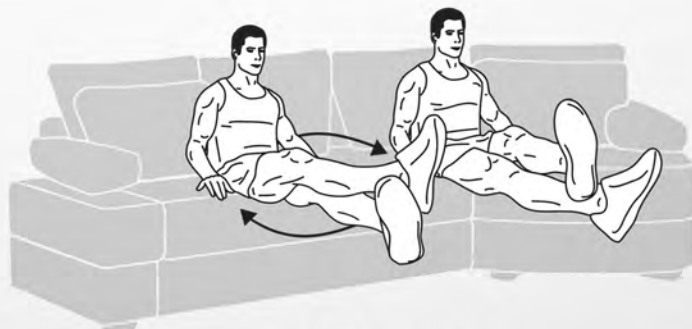
40 high knees



20 leg raises



40 high knees

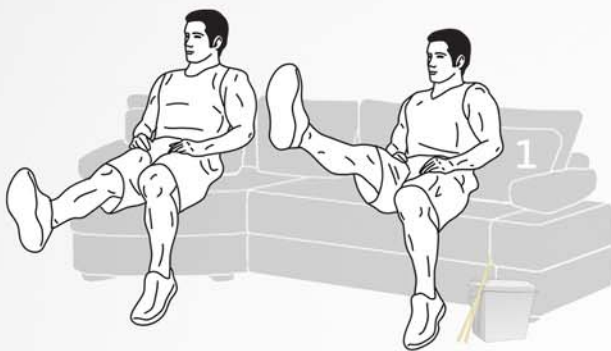


20 scissors

movie night

DAREBEE WORKOUT @ darebee.com

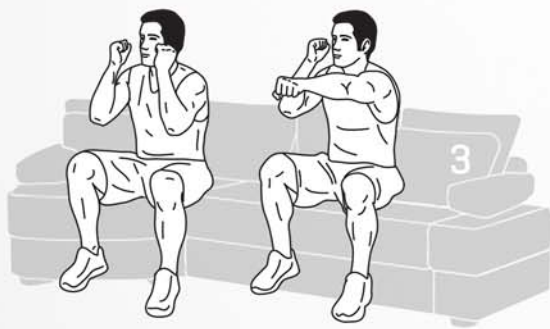
Repeat 3 times | up to 2 minutes rest between sets
or every 20 minutes during a movie



10 leg swings



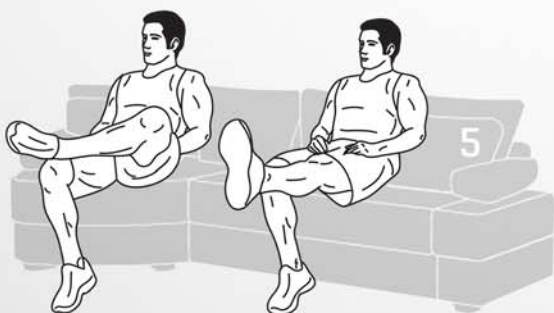
10 front snap kicks



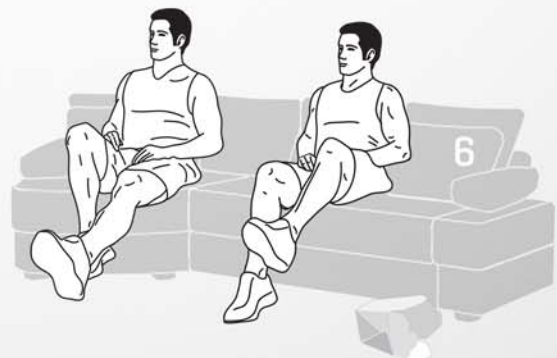
20 punches



20 overhead punches



10 knee taps

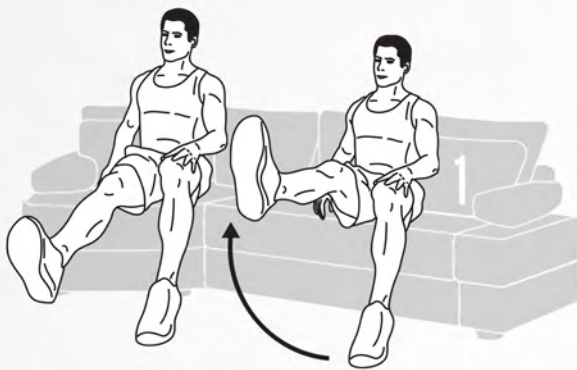


10 air bike crunches

sofa abs

DAREBEE WORKOUT @ darebee.com

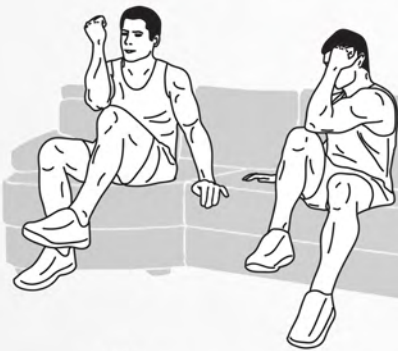
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



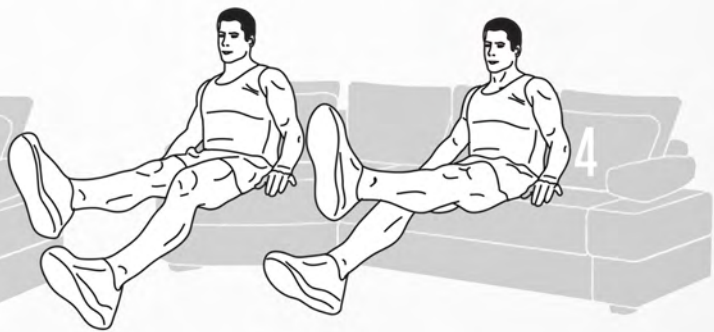
10 leg swings



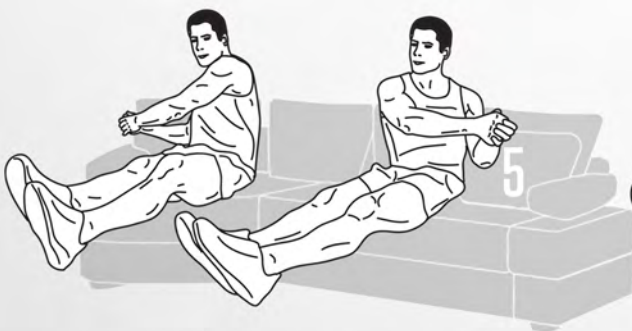
10-count raised knees hold



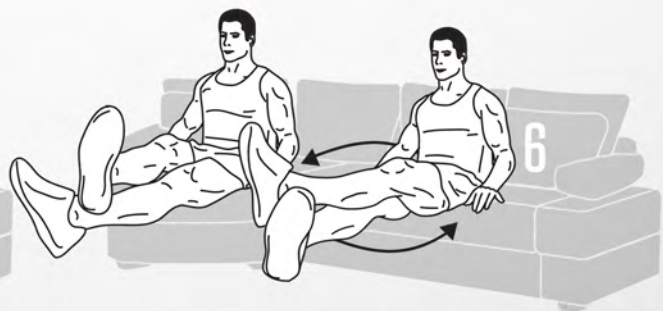
10 knee to elbows



10 flutter kicks



10 raised legs twists



10 scissors

sofa bound

DAREBEE WORKOUT @ darebee.com



30sec arms to the front hold



30sec arms to sides hold



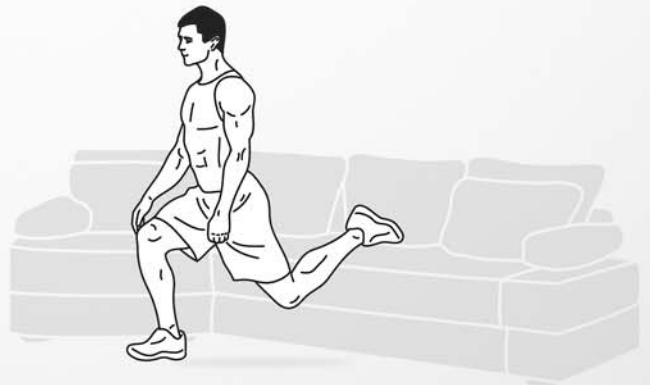
30sec tricep dip hold



30sec raised legs hold



30sec chest squeeze



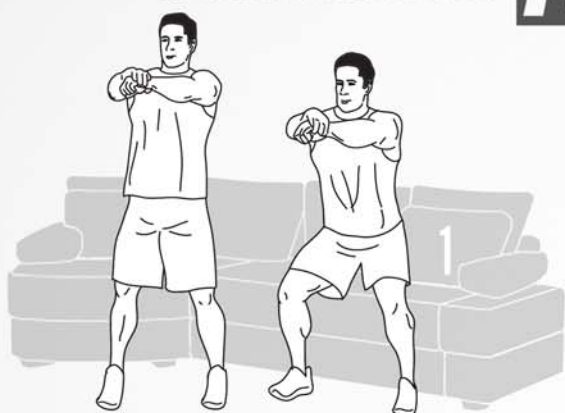
30sec single leg squat hold

Sofa Workout

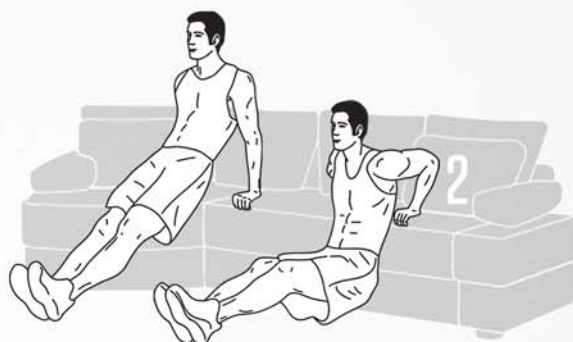
DAREBEE WORKOUT @ darebee.com

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

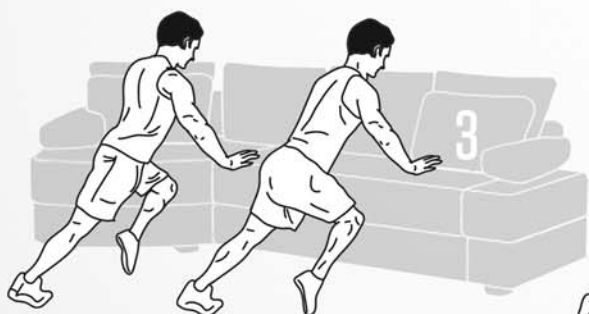
IN COLLABORATION WITH **NHS** choices



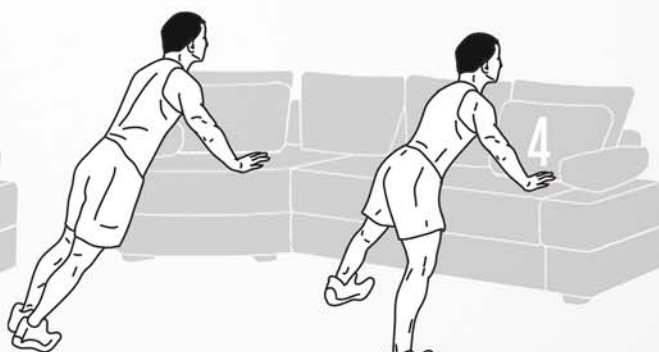
20 half squats



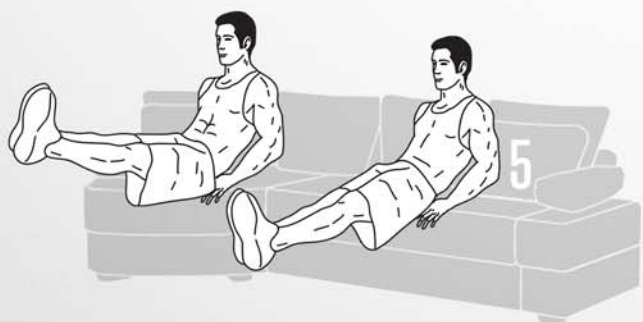
10 sofa dips



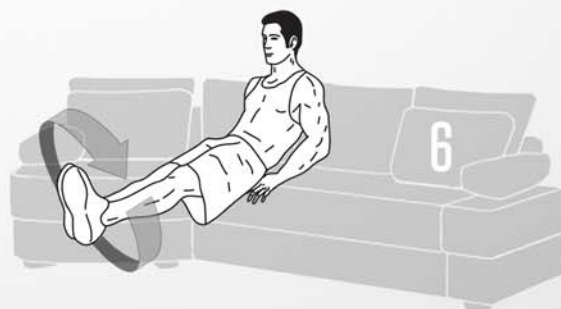
20 climbers



10 side-to-side sofa walks



10 leg raises

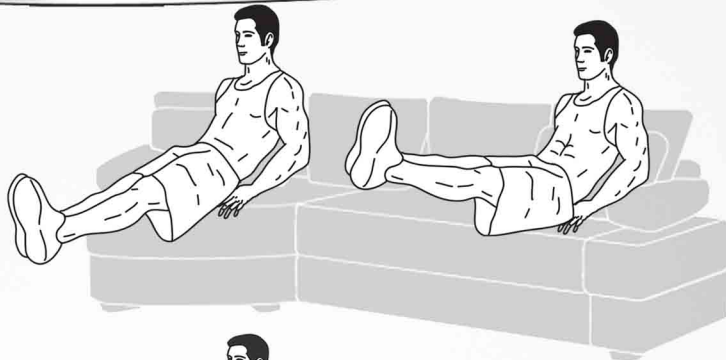


10 raised leg circles

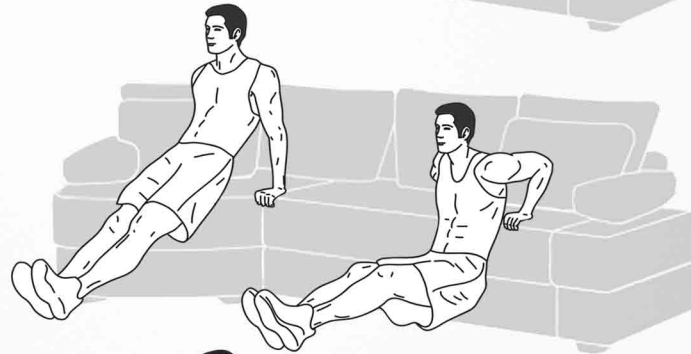
TV WORKOUT

**10 REPS
EACH**
during
commercial
breaks or every
20 minutes

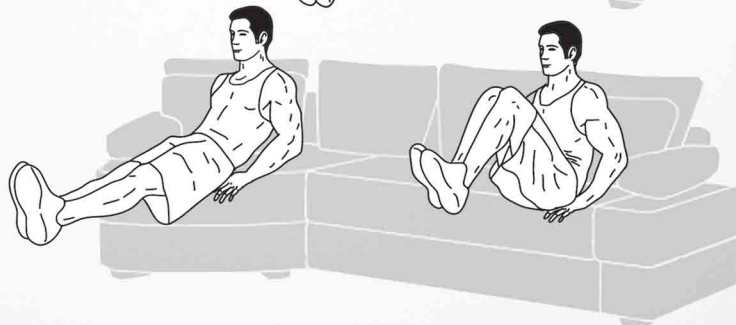
1 leg raises



2 tricep dips



3 leg pull-ins



4 scissors

