

2-minute abs

DAREBEE WORKOUT @ darebee.com

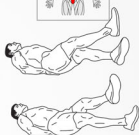
20 seconds each exercise | no rest between exercises



1. knee-to-elbow crunches



2. flutter kicks



3. scissors



4. hundreds



5. reverse crunches



6. sitting twists

2-minute strength

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20 seconds each exercise | no rest between exercises



1. squats



2. lunges



3. side-to-side lunges



4. push-ups



5. plank hold



6. shoulder taps

2-minute WORKOUT

by DAREBEE © darebee.com

20 seconds each exercise | no rest between exercises



jumping jacks



jump squats



high knees



side-to-side lunges



squats



climbers

AIRPLANE WORKOUT

BY DAREBEE @ darebee.com



4 side-to-side turns



2 neck stretch



4 side-to-side tilts



4 shoulder rotations



10sec
straight back hold



10sec
shoulders back hold



5sec
half twist hold (each side)



5sec
overhead stretch hold



10sec knee raise hold



4 calf raises



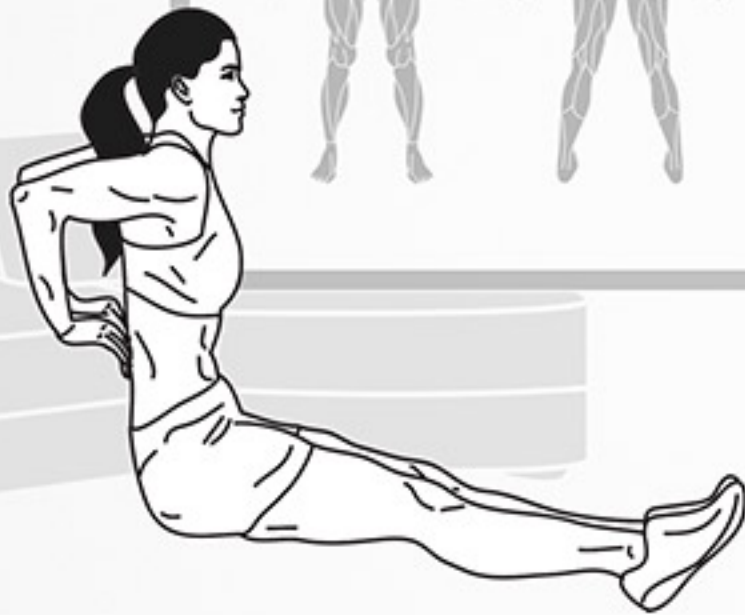
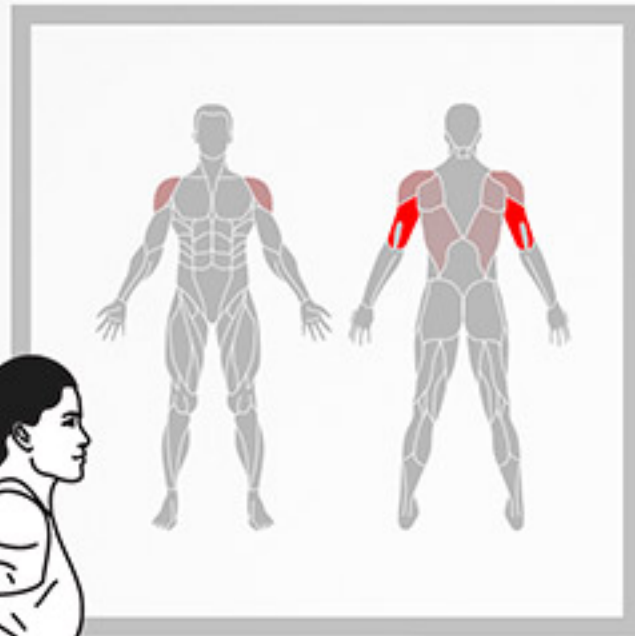
4 toe curls



4 side tilts

arm lift

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5 tricep dips

10-count tricep dip hold

5 tricep dips

10-count tricep dip hold

5 tricep dips

10-count tricep dip hold

5 tricep dips

10-count tricep dip hold

5 tricep dips

10-count tricep dip hold

done

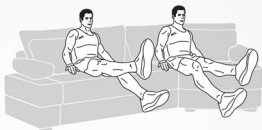
cardio sofa

DAREBEE WORKOUT © darebee.com

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



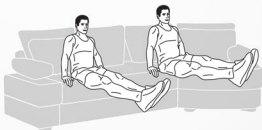
40 high knees



20 flutter kicks



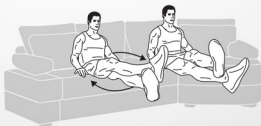
40 high knees



20 leg raises



40 high knees



20 scissors

DAILY

FIX

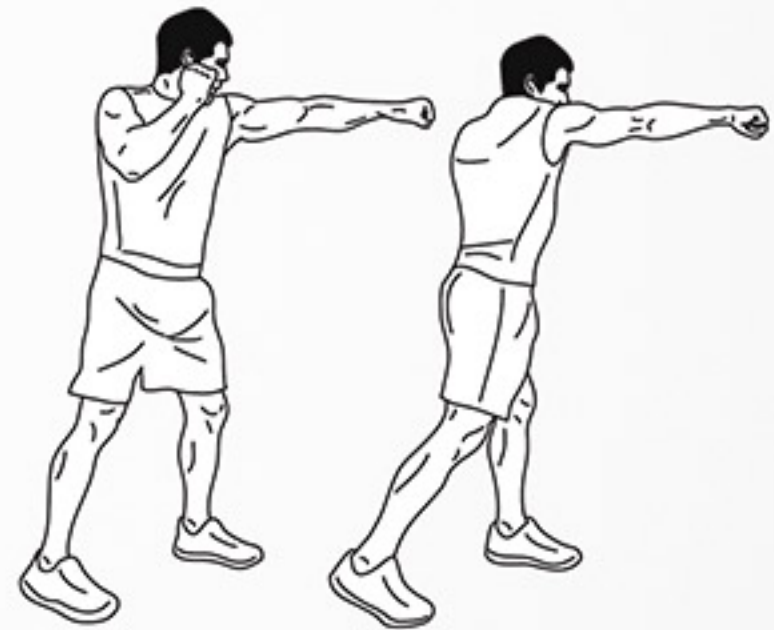
DAREBEE
WORKOUT

@ darebee.com

3 sets | 2 minutes rest



20 lunges



20 punches



20sec elbow plank

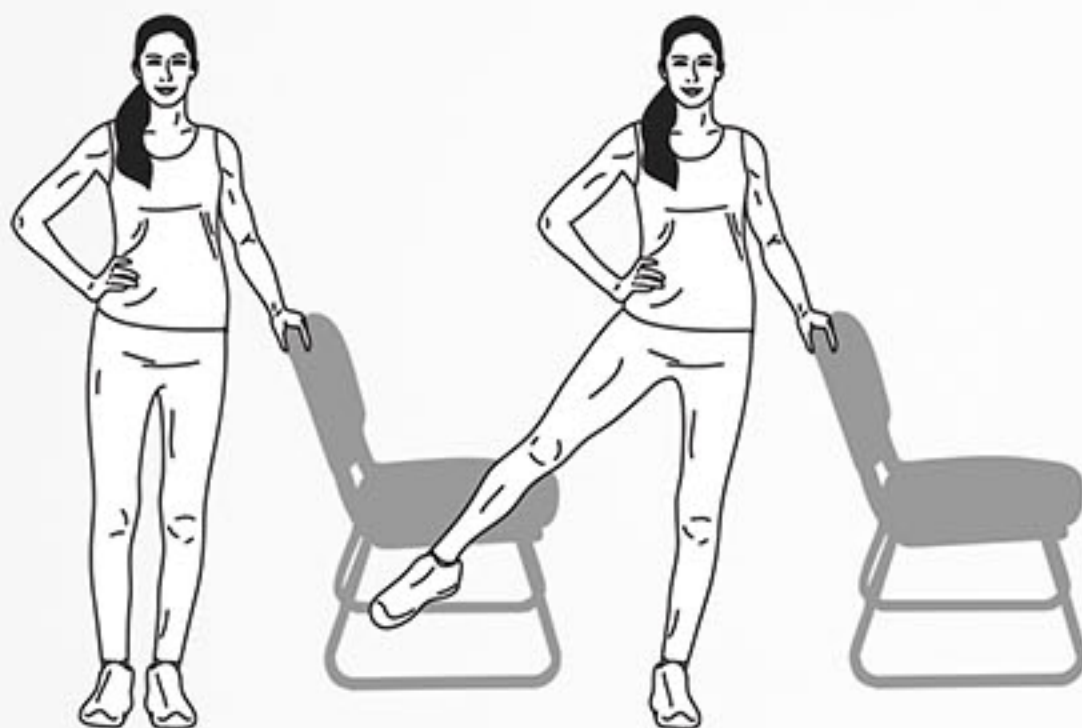


20sec side elbow plank

fix it!

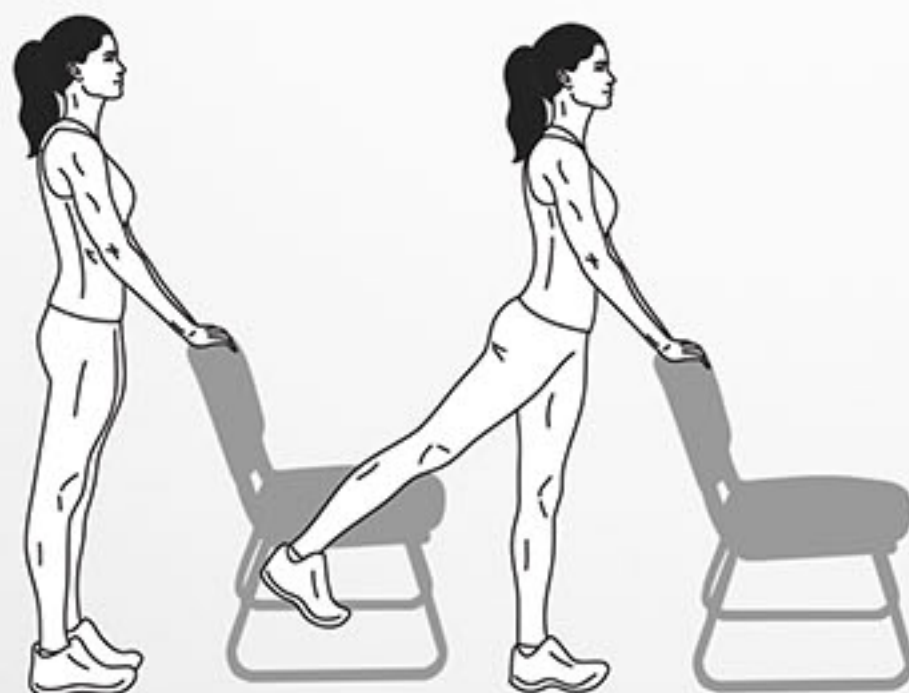
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Repeat twice a day in total
for lower back pain relief



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

f^oetwork

DAREBEE 2-MINUTE WORKOUT @ darebee.com

FOOT SORENESS & TENSION RELIEF;
IMPROVED CIRCULATION & POSTURE

- 20 seconds each -



1. forward bends



2. rotations



3. forward & backward bends



4. clench & unclench



5. side-to-side



6. toes back bends

HOTEL

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2 minutes rest between exercises

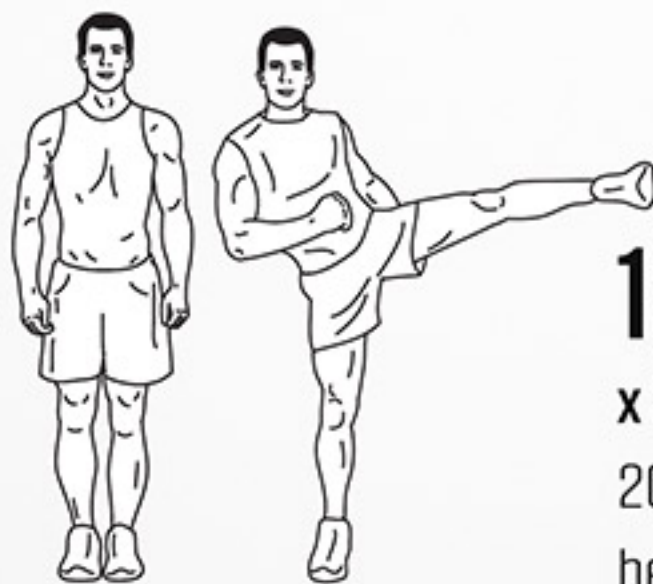
12 lunges
x **3 sets** in total
20 seconds rest
between sets



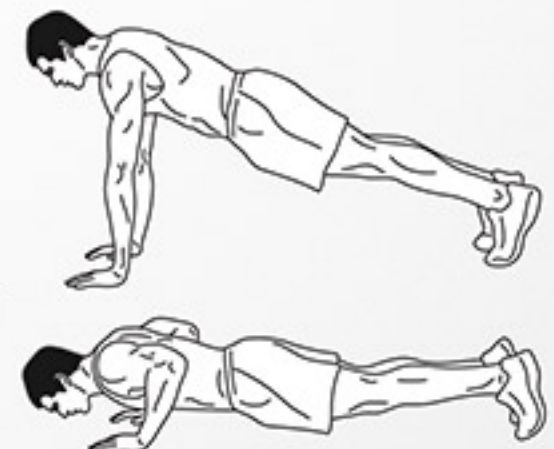
12 calf raises
x **3 sets** in total
20 seconds rest
between sets



24 side leg raises
x **3 sets** in total
20 seconds rest
between sets



12 push-ups
x **3 sets** in total
20 seconds rest
between sets

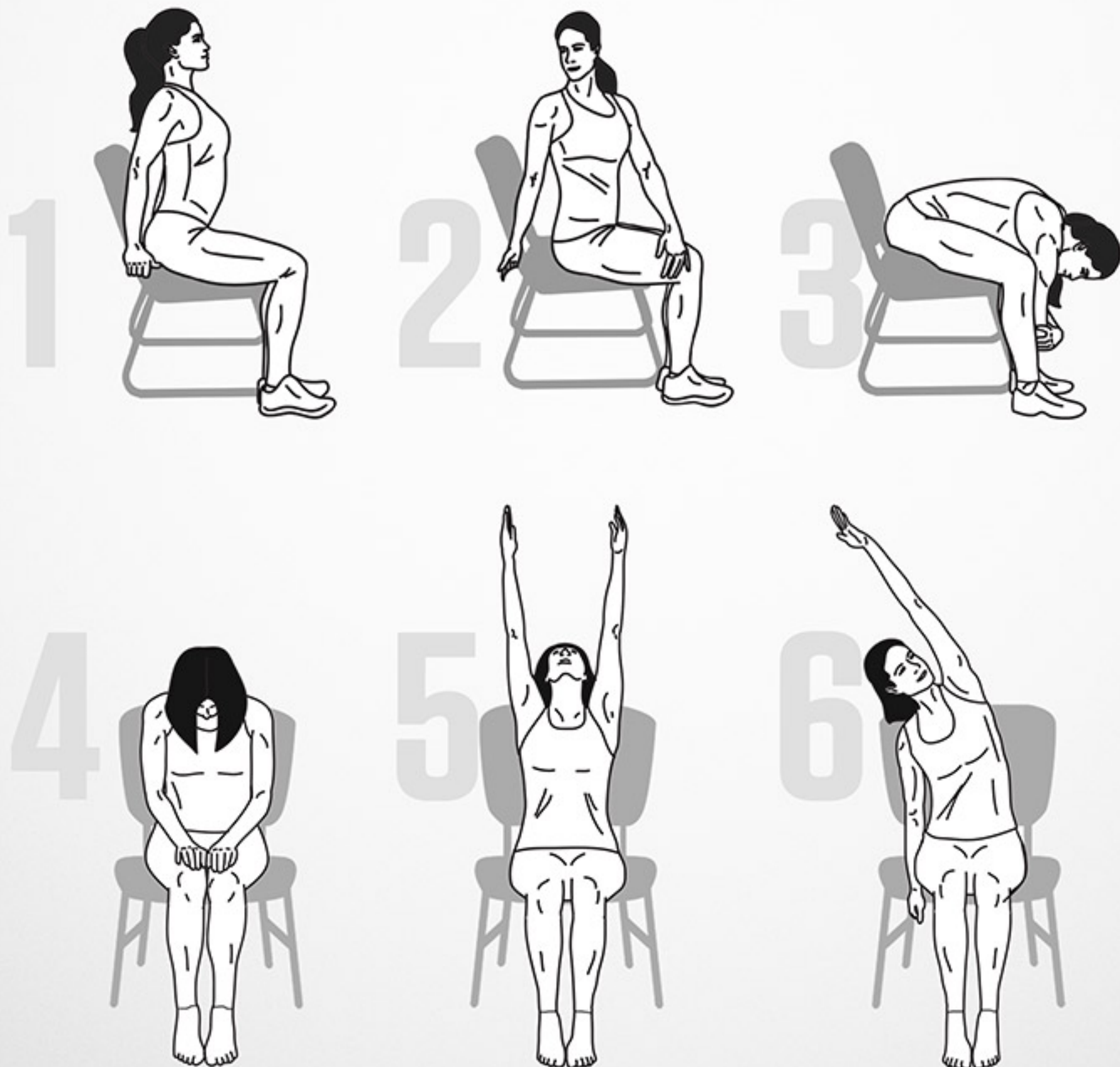


60sec elbow plank hold

seated mobility

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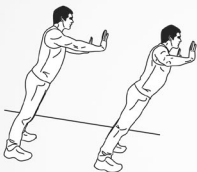
Hold each pose for 30 seconds then move on to the next one.
Change sides and repeat the sequence.



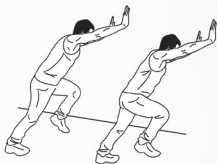
theWall

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repeat 3 times with 1 minute rest in between



20 wall push-ups



20 wall climbers



20 wall slides



20sec wall-sit