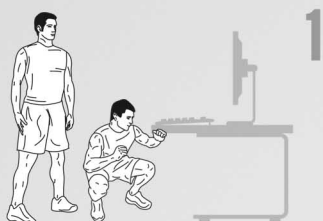


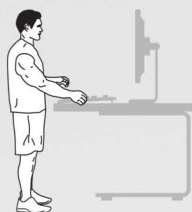
12 Daily **Microworkouts**

BY DAREBEE @ darebee.com



1

Set an alert, get up and do 10 squats every hour



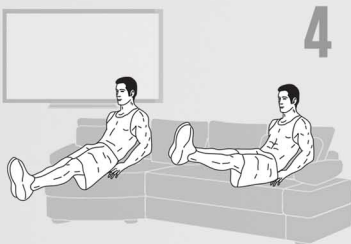
2

Stand up while reading the news browsing imgur or answering emails



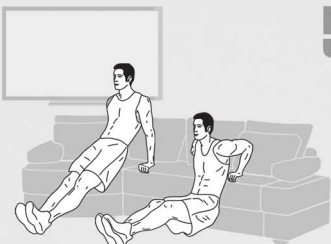
3

Do 10 side leg raises every time you come back to your desk



4

Do leg raises or flutter kicks while watching TV



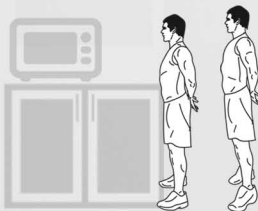
5

Do tricep dips during game re-spawn and trailers



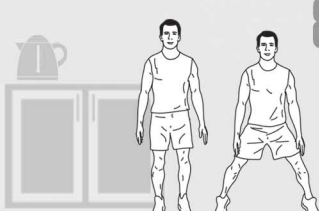
6

Do overhead punches during TV or YouTube commercials



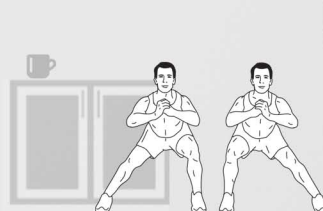
7

Do calf raises while making food or waiting for it to be microwaved



8

Do half-jacks while the kettle boils water



9

Do 4-8 side-to-side lunges every time you make a cup of coffee



10

Stand on one leg while waiting for someone or something



11

Stretch up & reach for the door frame every time you pass through one



12

Hold an elbow plank while browsing the web on smartphone or tablet