

PERFECT START

DAREBEE WORKOUT © darebee.com

1



Crouch, chin up.
Take a long, deep breath
then slowly breathe out.
4 times in total.

2



Raise & stretch
opposite
arm & leg
10 times.

3



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

4



Take a deep breath.
Breathe out quickly 4 times.
4 times in total.

5



Hold the pose
for **2 minutes.**

6



Hold the pose
for **30 seconds.**