

back & neck pain relief

DAREBEE WORKOUT © darebee.com



20sec shoulder stretch



6 back and forth tilts



6 side-to-side tilts



20sec back stretch #1



20sec back stretch #2



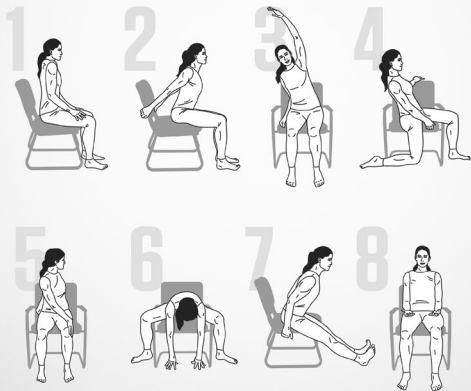
20sec glute stretch

back fix

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.

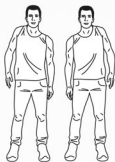


BACK PAIN relief

WORKOUT by DAREBEE @ darebee.com



10 back and forth arches



10 alternate shoulder raises



10 shoulder rotations



10 torso twists



10 side-to-side bends



10 torso rotations

BACK PAIN relief

chair edition

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Hold each pose for 30 seconds then move on to the next one.
Repeat the sequence again on the other side.



cat pose



cow pose



seated eagle pose



figure 4



seated twist



forward bend

BACK PAIN relief

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.

1



2



3



4



5



6



7



8



9



Backup & Restore

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.

1



2



3



4



5



6



7



8



9



BACK WORK

WORKOUT BY DAREBEE @ darebee.com
5 sets in total | 2 minutes rest between sets



14 reverse angels



14 swimmers



14 W-extensions



14 back arches



lower **back**

DAREBEE WORKOUT © darebee.com

20 seconds each exercise.

chair edition



knee in stretch



side stretch



knee fold forward stretch



knee-to-elbow stretch



side twist

LOWER BACK

REHAB WORKOUT

© darebee.com

3 sets | 2 minutes rest

IN COLLABORATION WITH

NHS choices



5 bottom to heels stretch

10 opposite arm / leg raises

5 back extensions



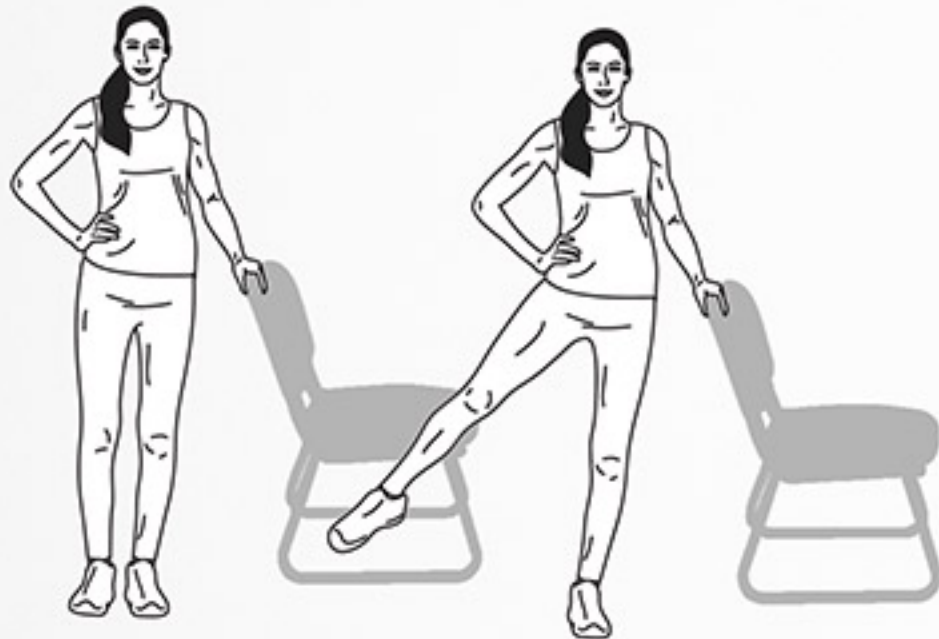
10 bridges

10 knee rolls

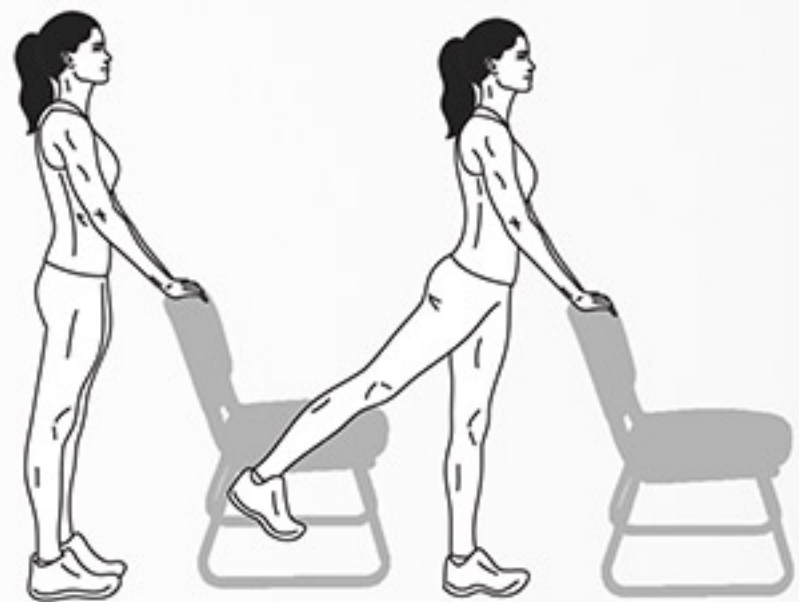
REST & REPAIR

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



20 side leg raises



20 backward leg raises



10 glute flex



10 half wipers



10 clamshells

Sandman

DAREBEE WORKOUT @ darebee.com

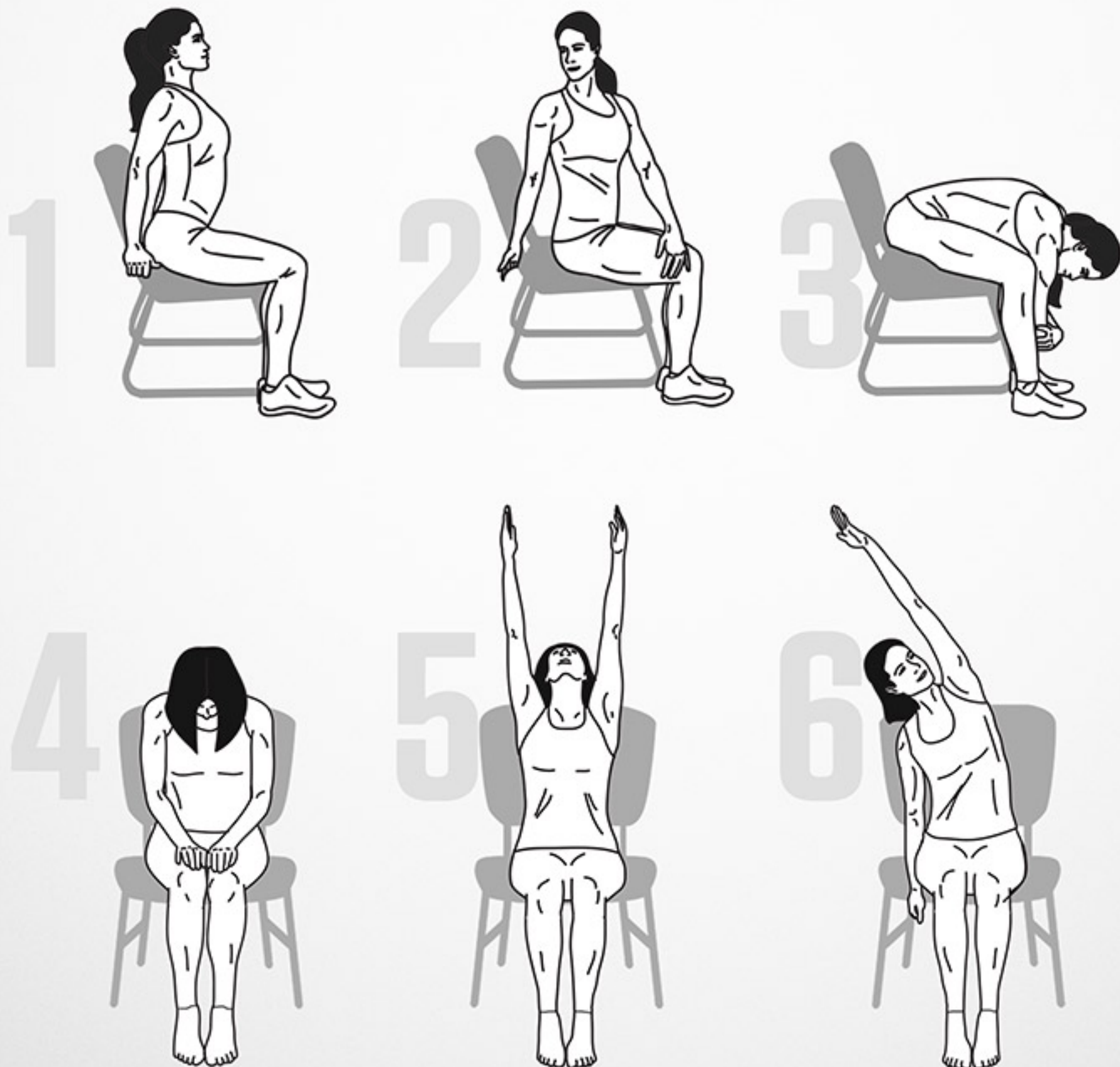
Hold each stretch for 30 seconds then move on to the next one.



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.



sitting **fix**

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20 seconds each exercise.



scapula stretch



shoulder stretch



corner chest stretch



quad stretch



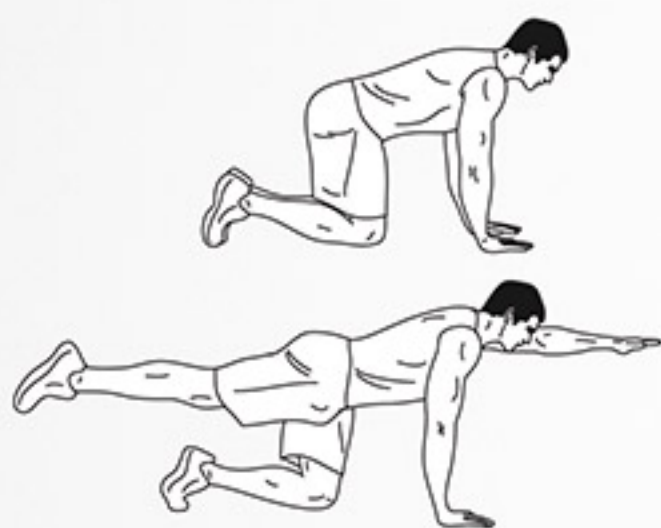
hamstring stretch



hip flexor stretch

spine mobility

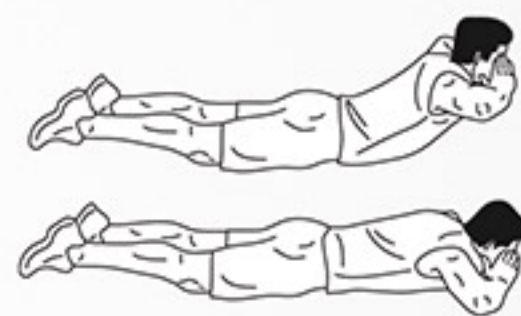
DAREBEE WORKOUT @ darebee.com



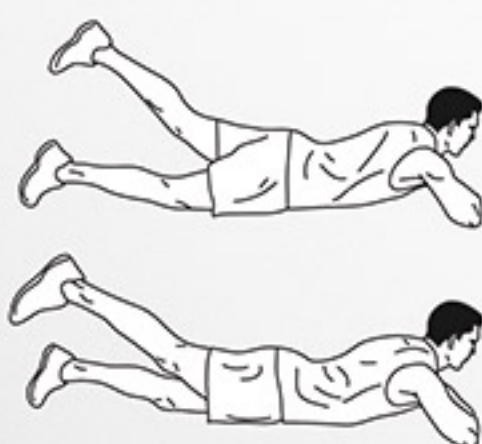
10 alt arm/ leg extensions
3 sets in total
30 sec rest in between



10 back arches
3 sets in total
30 sec rest in between



10 back extensions
3 sets in total
30 sec rest in between



10 reverse flutter kicks
3 sets in total
30 sec rest in between



10-count knee hug stretch
3 sets in total
30 sec rest in between

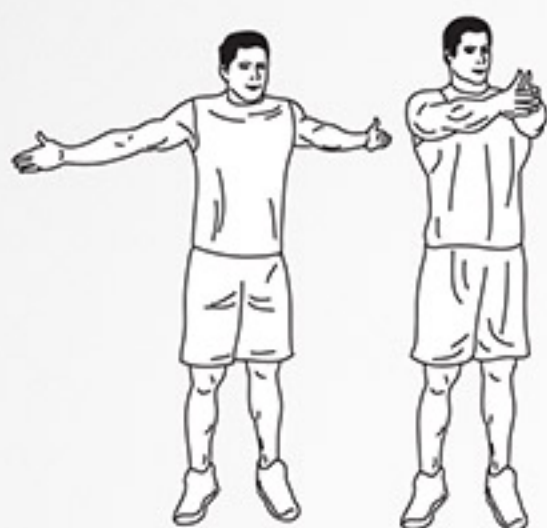


10 knee rolls
3 sets in total
30 sec rest in between

UNPLUGGED

DAREBEE WORKOUT @ darebee.com

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



20 chest expansions



10 shoulder stretches



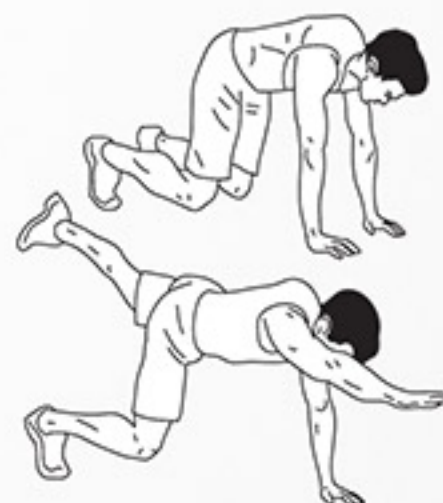
20 side leg raises



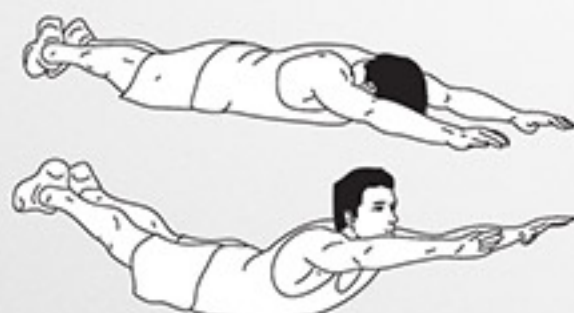
10 back rotations



10 back arches



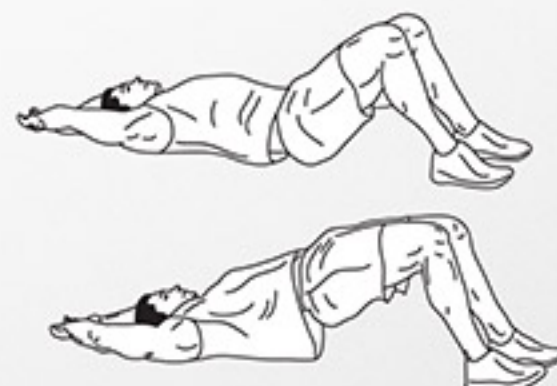
10 cat stretches



10 supermen



10 body folds



10 bridges