

# active rest

DAREBEE WORKOUT  
@ darebee.com



20 leg extensions



20-count hold



20 leg extensions

change legs and repeat the sequence



20 side leg raises



20-count hold



20 side leg raises

change legs and repeat the sequence



20 leg raises



20-count hold



20 leg raises

change legs and repeat the sequence

# breathe easy

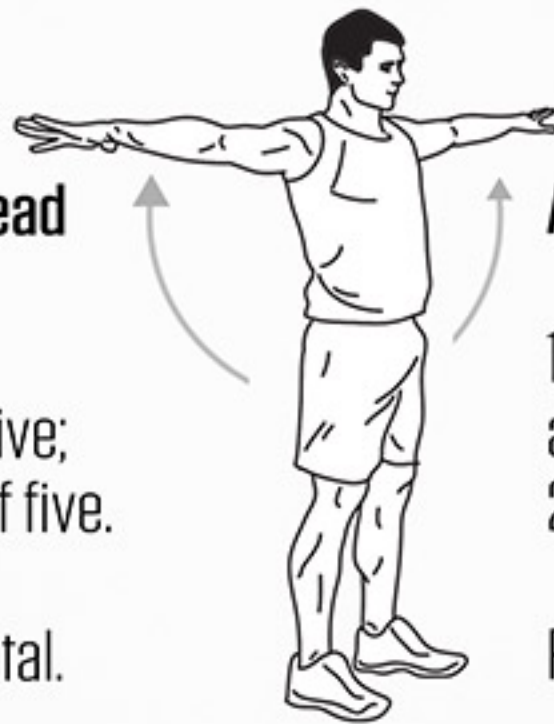
WORKOUT by @darebee.com



## Arms above your head

- 1) Breathe in deep;
- 2) Hold to count of five;
- 3) Exhale to count of five.

Repeat 5 times in total.



## Arm Raises

- 1) Breathe in as you raise your arms;
- 2) Exhale on the way down.

Repeat 5 times in total.



## Calf Raises

- 1) Breathe in as you rise;
- 2) Hold to count of five;
- 3) Exhale as you drop down.

Repeat 5 times in total.



## Shoulder Stretches *arms behind your back*

- 1) Breathe in as you stretch;
- 2) Hold to count of five;
- 3) Exhale as you relax.

Repeat 5 times in total.

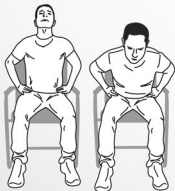
# Breathing Workout

by DAREBEE @ [darebee.com](http://darebee.com)



Breathe in slowly, hold to a slow count of ten then exhale slowly. Repeat 3 times.

Take ten rapid breaths. Hold without breathing to the count of twenty.



Breathe in and lean back, breathe out and lean forward. Repeat 3 times.



Breathe in fast, breathe out fast. Hold for count of three. Repeat 3 times.

# BURRITO MODE

DAREBEE WORKOUT @ [darebee.com](http://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



# THIS IS MY DAY OFF

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

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



40 side leg raises



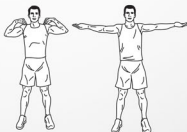
40 back leg raises



40 arm circles



40 bicep extensions



40 side shoulder taps

# gentle yoga

DAREBEE WORKOUT

© [darebee.com](http://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



# my HAPPY PLACE

WORKOUT  
BY DAREBEE  
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**60sec** stretch #1



**60sec** stretch #2



**60sec** stretch #3



**10 minutes** meditation

# HEALTH POTION

**FULL STRENGTH**

DAREBEE  
WORKOUT  
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Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



10 bridges



20 side leg raises



10 flutter kicks



20 alt arm / leg raises



10 superman extensions



10 prone reverse flies



# man down

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

**3 sets** | up to 2 minutes rest between sets



**10** knee rolls



**10** bridges



**10-count** stretch & hold



**10** reverse flutter kicks



**10-count** stretch & hold

# MUSCLE RECOVERY

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

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

Repeat the sequence again on the other side.



# RECOVERY WORKOUT

BY DAREBEE @ [darebee.com](http://darebee.com)



**30** low side leg raises (right)

**6** hip rotations (right)

**30** low side leg raises (left)

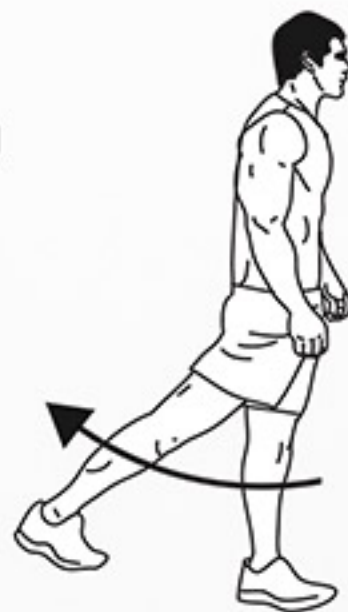
**6** hip rotations (left)

**30** straight leg back swings (right leg)

**6** hip rotations (right)

**30** straight leg back swings (left leg)

**6** hip rotations (left)



**6** back and forth tilts



**6** side-to-side tilts



**6** neck rotations (3/3)

# recovery

YOGA WORKOUT by DAREBEE @ [darebee.com](https://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



10



11



12



# Reset Stretch

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20 seconds each exercise.



chest squeeze



tricep stretch



wrist stretch



back arch



tricep stretch (both arms)



overhead shoulder stretch

# REST & REC

DAREBEE  
RECOVERY  
WORKOUT

© [darebee.com](http://darebee.com)



**20** knee-ins



**10** back stretch #1



**10** back stretch #2



**20** knee rolls



**10** butterfly stretch



**10** forward fold

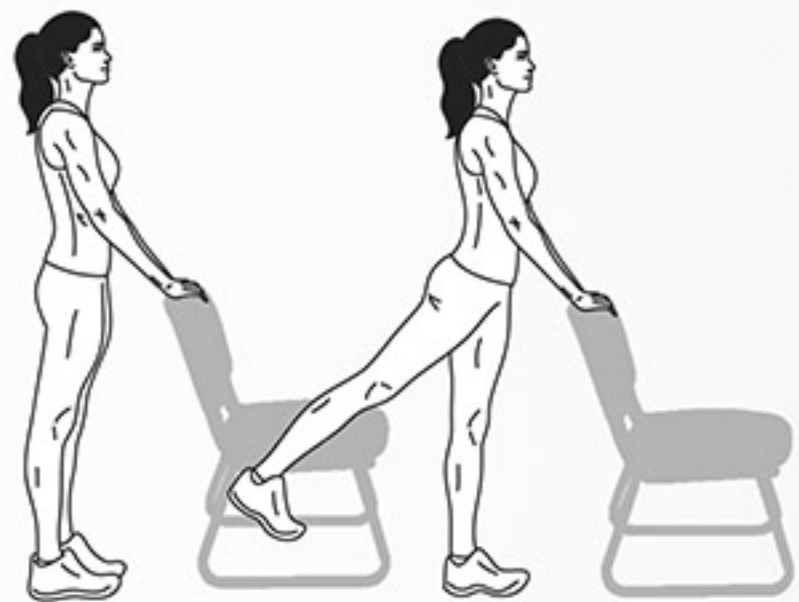
# REST & REPAIR

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

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

# ***sore muscles stretch***

by DAREBEE

@ [darebee.com](https://darebee.com)

30 seconds each exercise

15 seconds per side





# sore neck

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20 seconds each exercise.



side-to-side turns



up & down nods



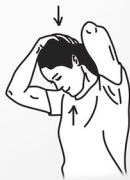
side-to-side tilts



head back



side stretch  
(resistance)



forward stretch  
(resistance)