

FACE the DAY

DAREBEE
WORKOUT
@ darebee.com



hold each pose for 20 seconds
change sides and repeat the sequence again



hold each for 5 seconds
repeat the sequence 5 times

5 quick exhalations



**hold the pose
for 20 seconds**

**hold the pose
for 20 seconds**

**hold the pose
for 60 seconds**

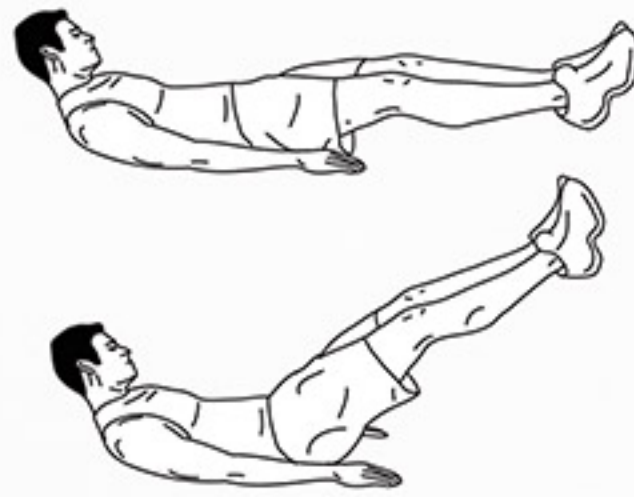
Good morning, **abs**

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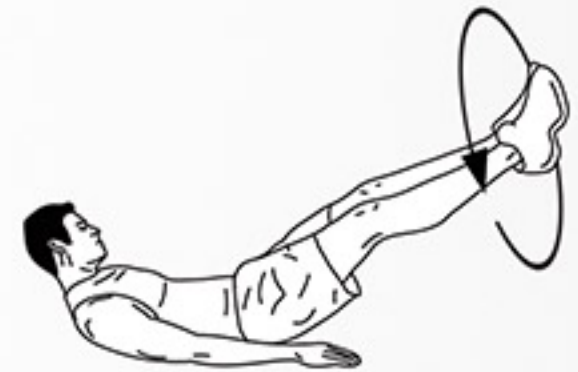
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 high crunches



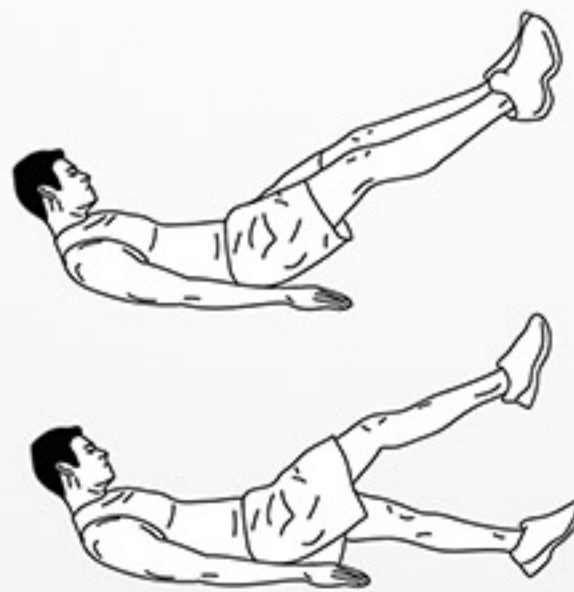
10 leg raises



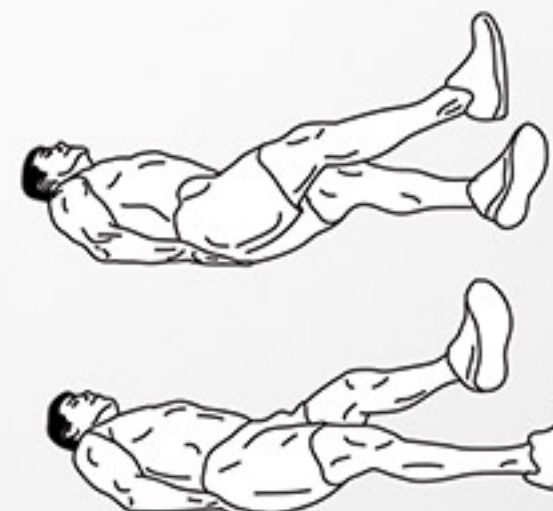
10 raised leg circles



10-count raised leg hold



10 flutter kicks



10 scissors

Good Morning!

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



10 jumping jacks



4 knee-to-elbows



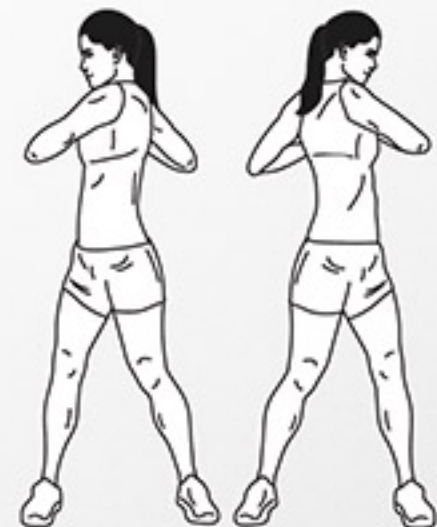
10 jumping jacks



4 side bends



10 jumping jacks



4 twists

GOOD MORNING YOGA

BY DAREBEE

© darebee.com

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



15-minute MORNING WORKOUT

by DAREBEE © darebee.com

repeat 3 times in total with 2 minutes rest between sets



20 jumping jacks



20 squats



20 lunges



10 push-ups



40 punches



60sec elbow plank

Morning Ritual

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



morning

stretch

by DAREBEE

@ darebee.com

30 seconds each



shoulder stretch #1



shoulder stretch #2



upper back stretch



core stretch



hamstring stretch



glute stretch



quad stretch



calf raise hold

NOT AWAKE YET

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



20 jumping jacks



10 squats



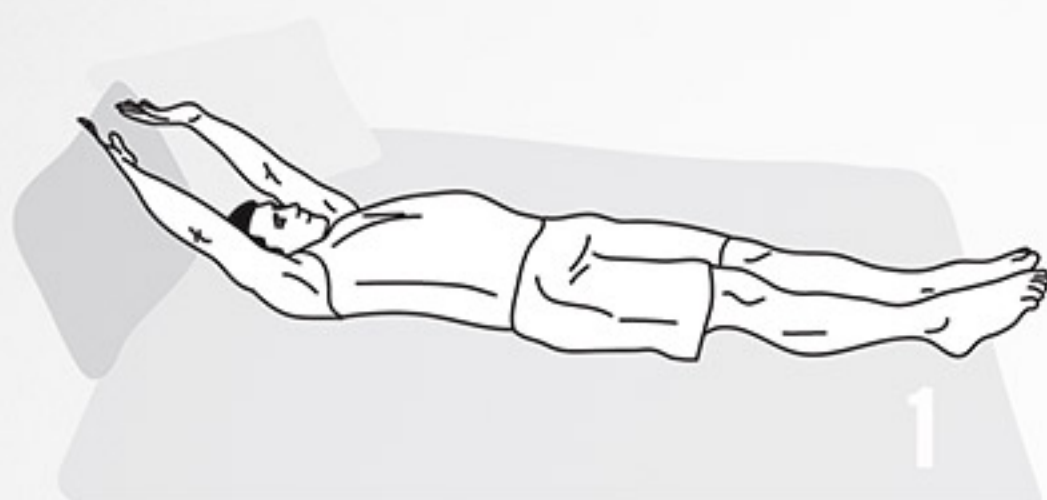
20 chest expansions



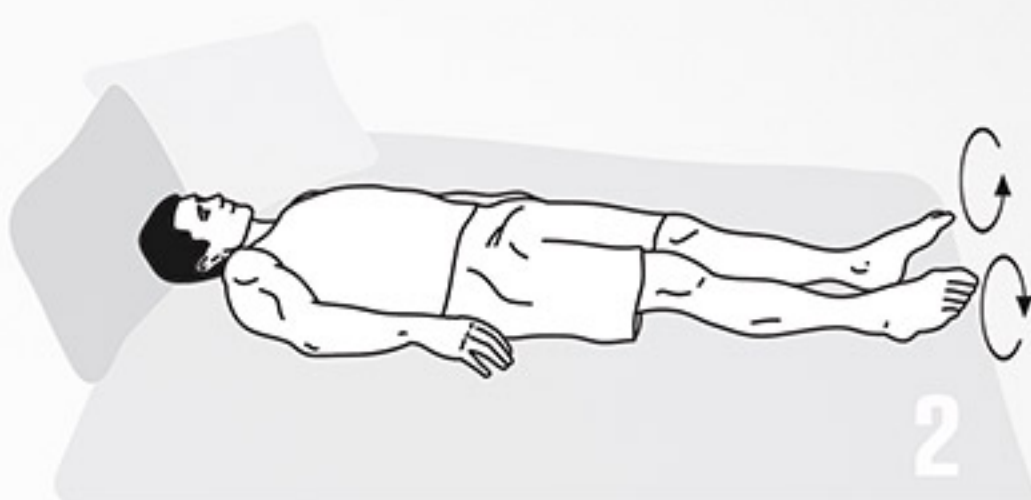
10 downward upward dog

the **right** side

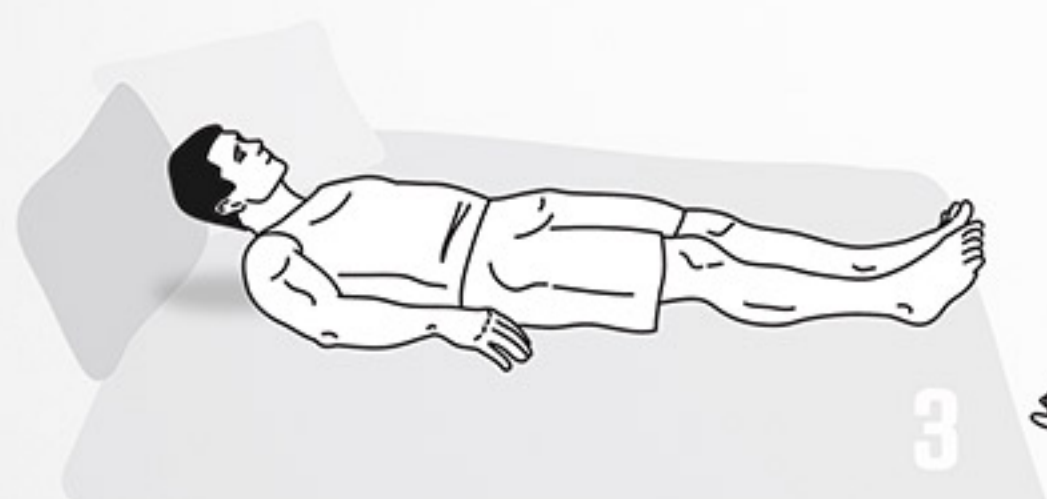
DAREBEE **2-MINUTE BED WORKOUT** @ darebee.com



20sec "good morning" stretch



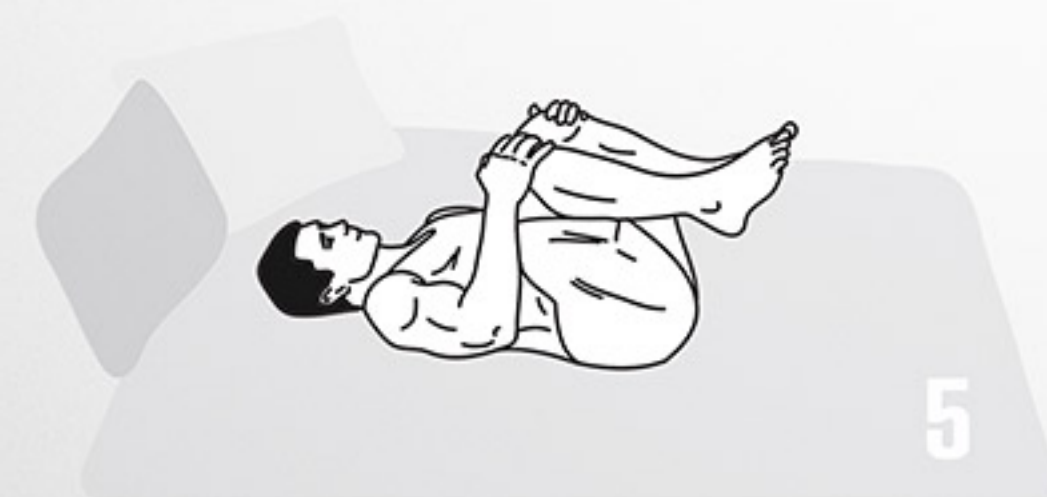
20sec in & out feet rotations



20sec slow head raises



20sec slow side-to-side twists



20sec knee-in pulse stretch



20sec bridge stretches

RISE AND GRIND

DAREBEE WORKOUT © darebee.com



30 jumping jacks
4 sets in total
30 sec rest in between



to fatigue push-ups
4 sets in total
30 sec rest in between



to fatigue squat hold
2 sets in total
30 sec rest in between



12 bicep curls
4 sets in total
30 sec rest in between



8 bent over rows
4 sets in total
30 sec rest in between

& RISE SHINE

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7 | back stretches



1 | jacks



2 | squats

6 | climbers



5 | leg raises



3 | planks w/ arm lifts



4 | lunges



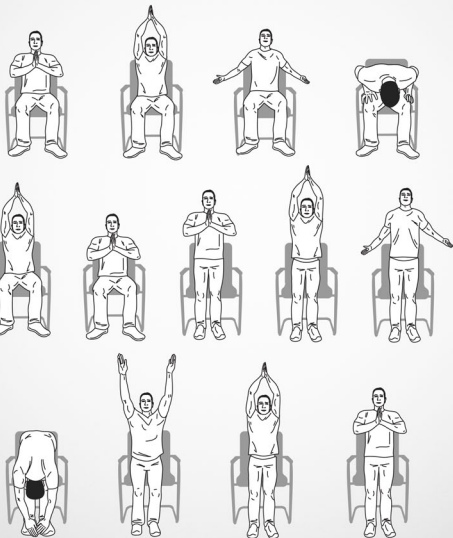
20

Sun Salutation

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chair edition

Hold each pose for 10 seconds and move to the next one.



wake up & **connect**

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Hold each pose for 20 seconds then move on to the next one.
Repeat the sequence again on the other side.



chest to thighs



sundial salutation



deep lunge



deep lunge with twist



triangle pose



yogi squat



forearm plank



upward dog



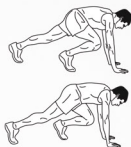
pigeon pose

WAKE UP! & MAKE IT HAPPEN

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20
jumping
jacks



20
climbers



20
squats



20
lunges



20
push-ups



20sec
elbow plank