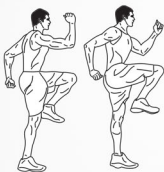


# 5-MINUTE WALK

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



**60sec** march steps

**15sec** step jacks

**60sec** march steps

**15sec** step jacks



**60sec** march steps

**15sec** step jacks

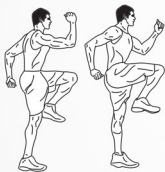
**60sec** march steps

**15sec** step jacks

# 30-MINUTE WALK

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

Repeat 5 times in total



**60sec** march steps

**15sec** step jacks

**60sec** march steps

**15sec** step jacks

**60sec** march steps

**15sec** step jacks

**60sec** march steps

**15sec** step jacks

**60sec** rest



# BABY STEPS

DAREBEE WORKOUT

© [darebee.com](http://darebee.com)

LEVEL I 3 sets

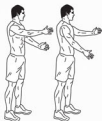
LEVEL II 5 sets

LEVEL III 7 sets

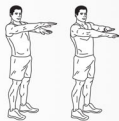
REST up to 2 minutes



**10** march steps



**10** scissor chops



**10** arm scissors



**10** march steps



**10** chest expansions



**10** arm circles

# Back to Basics

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

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



20 step jacks



20 arm circles



20 step jacks



20 chest expansions



20 step jacks



20 alt chest expansions

# BAD KNEES

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

**CARDIO**

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



20 step jacks



10 side jacks



20 step jacks



20 march steps



10 side leg raises



20 march steps

# Below Zero

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

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



4 sit to stand

Hold on  
for support  
if needed



10 side leg raises

Hold on  
for support  
if needed



10 back leg raises



10 step jacks



4 side bends



4 hip rotations



10 bicep extensions



10 chest expansions



10 arm circles

# EXPLORER

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

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



**20** march steps



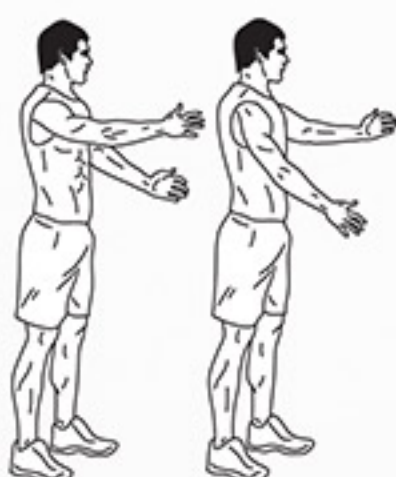
**10** shoulder taps



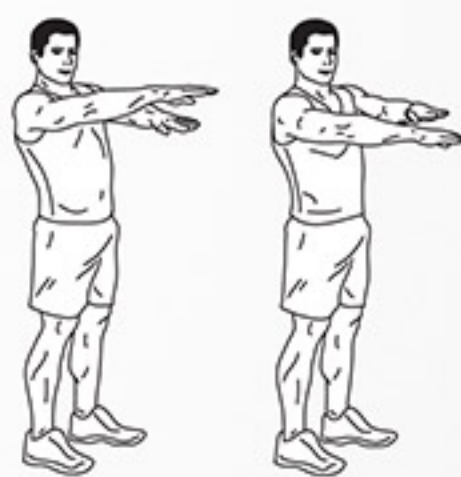
**10** bicep extensions



**20** march steps



**10** scissor chops



**10** arm scissors



**20** march steps



**10** chest expansions



**10** raised arm circles

# FOUNTAIN OF YOUTH

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

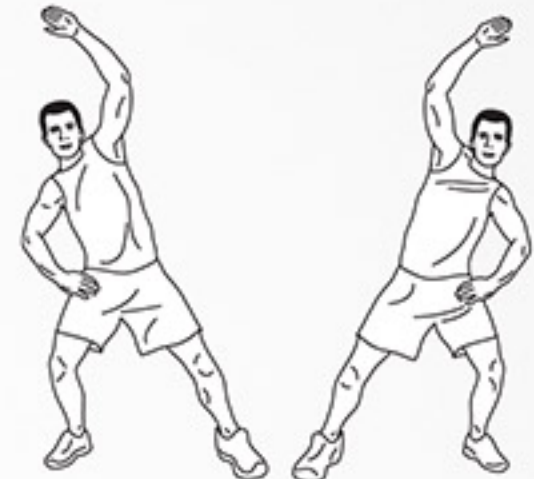
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** march steps



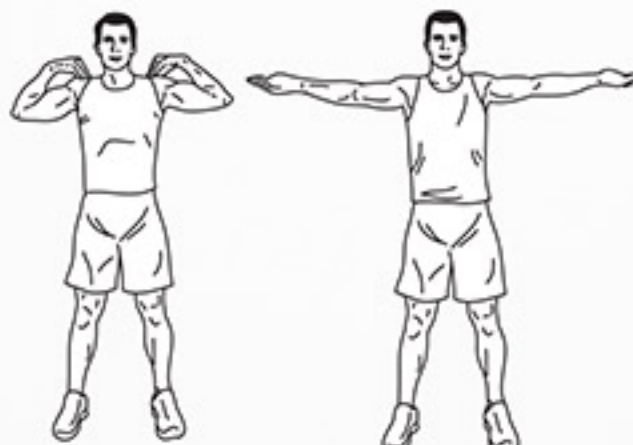
**20** torso rotations



**20** side jacks



**20** bicep extensions



**20** side shoulder taps



**20** shoulder taps



**20** side leg raises



# GROUNDWORK

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

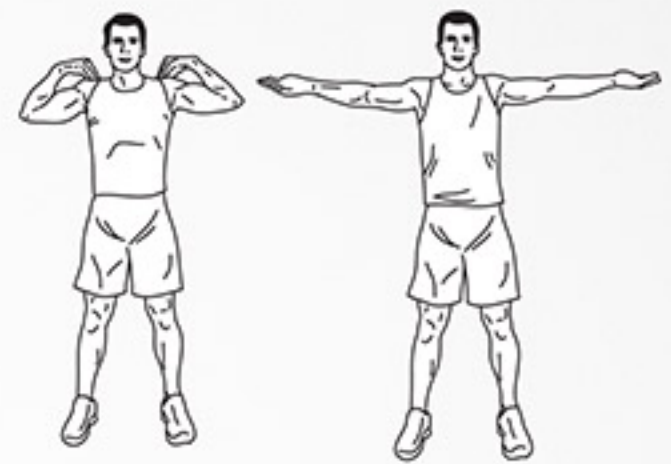
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** step jacks



**10** shoulder taps



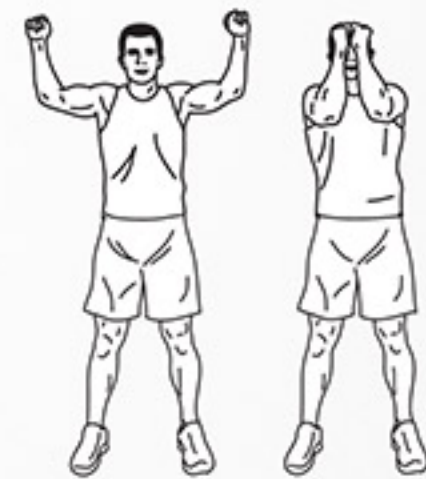
**10** side shoulder taps



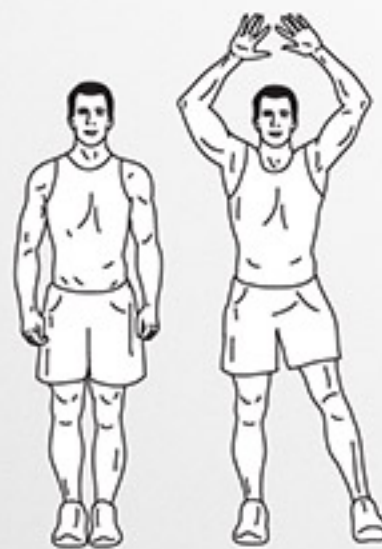
**20** step jacks



**10** W-extensions



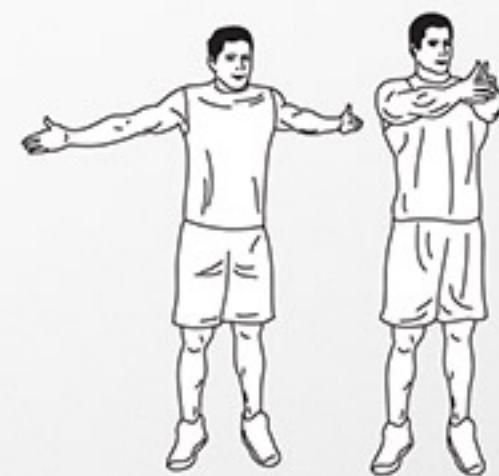
**10** elbow clicks



**20** step jacks



**10** bicep extensions



**10** chest expansions

# GUARD DUTY

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

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



**20** march steps



**20-count** hold



**20** march steps



**20-count** hold



**20** march steps



**20-count** hold

# I AM ENOUGH

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

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



10 side bends



20 arm circles



20 step jacks



10 twists



20 side leg raises



20 back leg raises

# KINDER

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

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



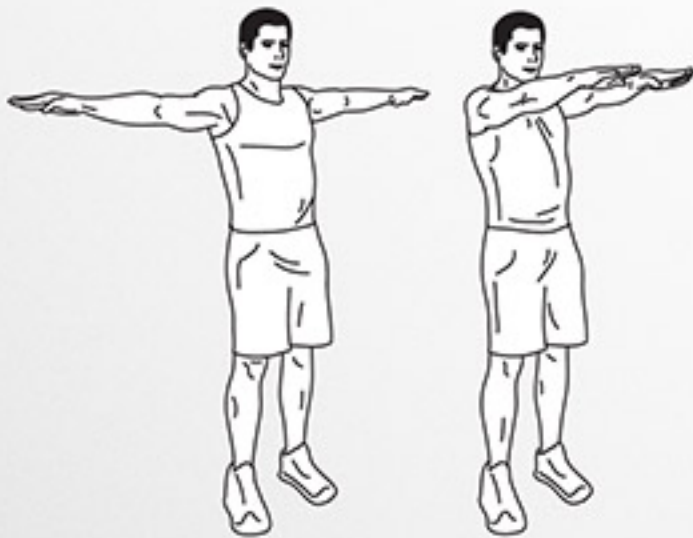
**10** march steps



**10** raised arm circles



**10** march steps



**10** arm extensions



**10** march steps



**10** bicep extensions

# mobius

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

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



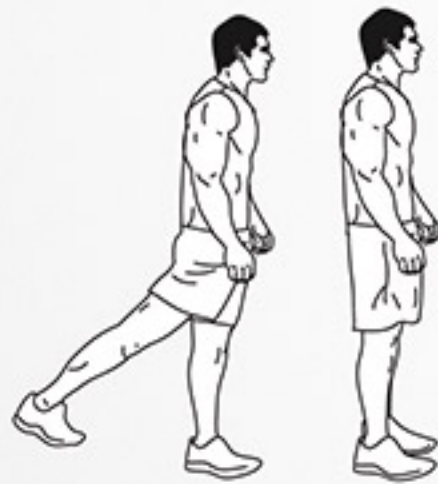
**10** step jacks



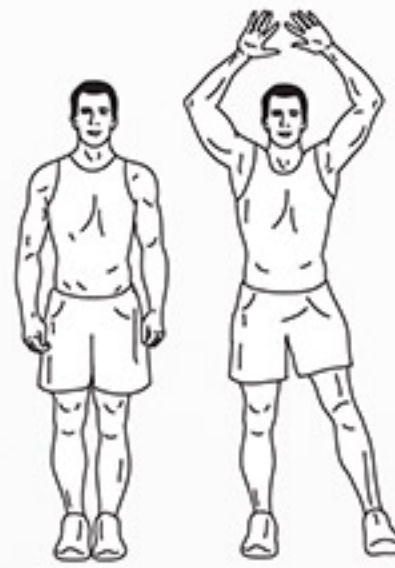
**10** side-to-side leg raises



**10** step jacks



**10** back leg raises



**10** step jacks



**10** front leg raises



**10** side jacks

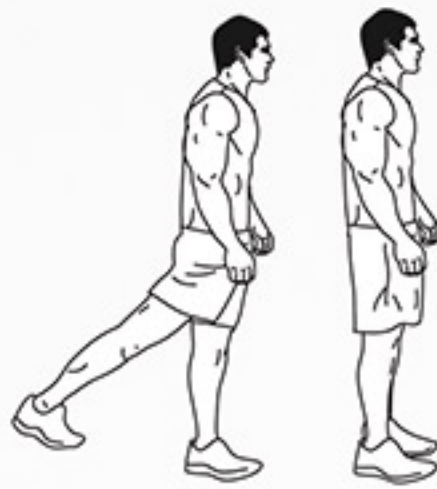
# Out & About

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

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



**12** march steps



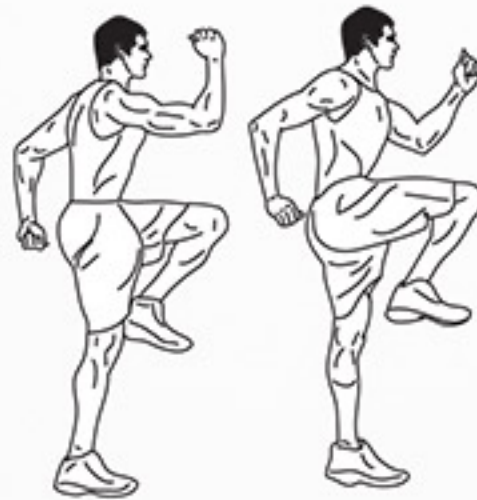
**12** back leg raises



**12** march steps



**12** side leg raises



**12** march steps



**12** calf raises



**12** step jacks

# PERSEVERANCE

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

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



**20** march steps



**10-count** calf raise hold



**20** march steps



**10-count** warrior pose hold / right side



**20** march steps



**10-count** warrior pose hold / left side



**20** march steps



**10-count** calf raise hold



**20** march steps

# PORTER

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

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



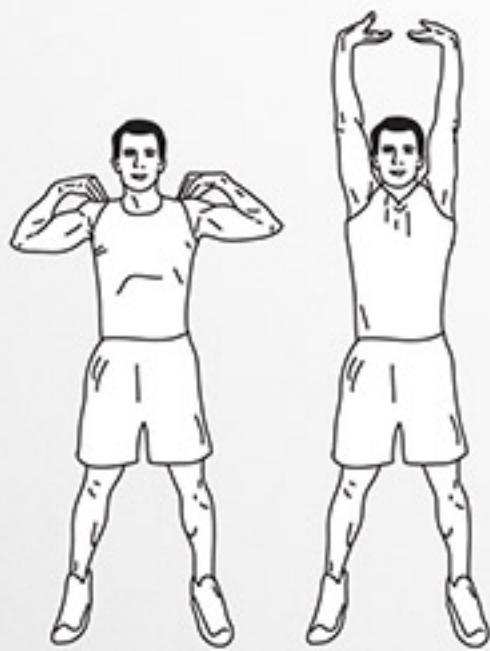
**20** march steps



**10** calf raises



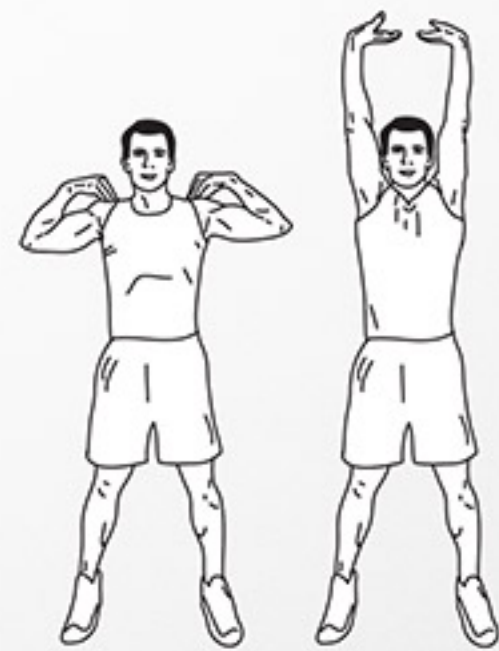
**20** march steps



**20** standing shoulder taps



**10** step jacks



**20** standing shoulder taps



# ROAMER

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

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



10 march steps



4 twists



10 march steps



4 side bends



10 march steps



4 side bends



10 march steps



4 twists



10 march steps

# I SHOWED UP

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

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



20 march steps



10 step jacks



20 march steps



10 calf raises



10 step jacks



10 calf raises



10 step jacks

# START HERE

DAREBEE WORKOUT

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

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



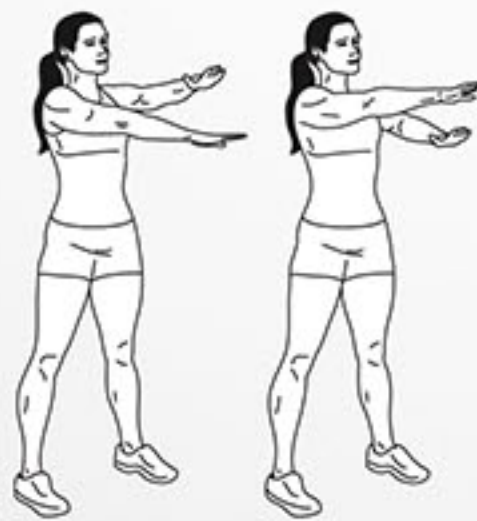
**20** side leg raises



**20** knee to elbows



**20** step jacks



**20** arm scissors



**20** arm circles

# STARTING POINT

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

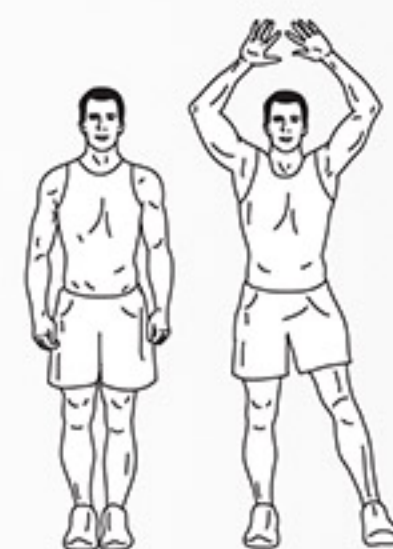
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**10** step jacks



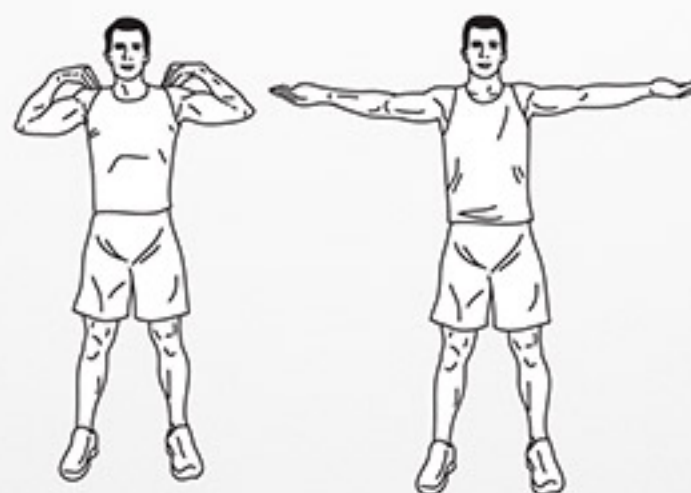
**10** side jacks



**10** step jacks



**10** shoulder taps



**10** side shoulder taps



**10** shoulder taps

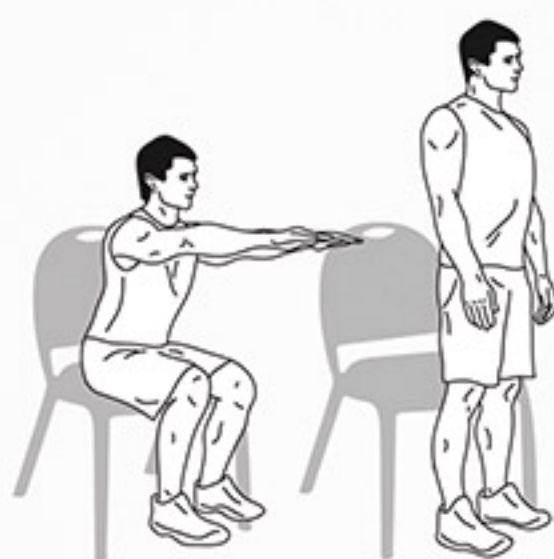
# STEP ONE

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

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



**10** step jacks



**5** sit to stand



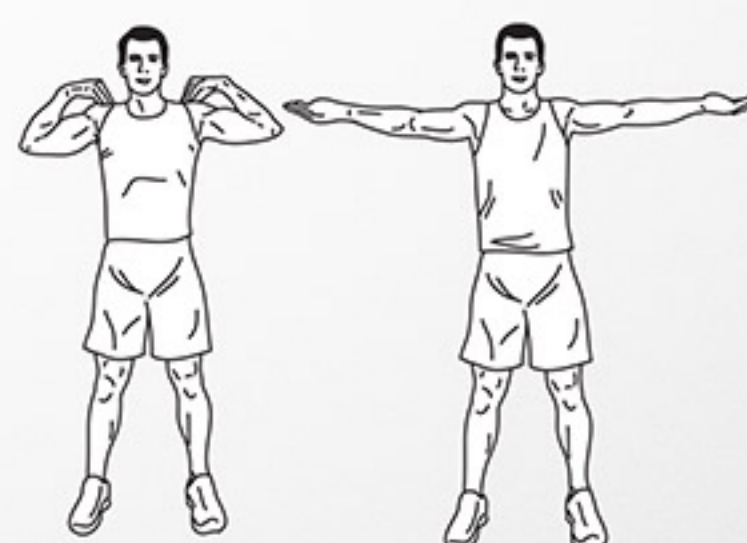
**10** step jacks



**20** standing shoulder taps



**10** step jacks



**20** side bicep extensions

# STORM PRINCESS

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

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



20 arm circles



20 arm scissors



20 arm circles



20 step jacks



20 arm circles



20 step jacks



20 arm circles

# STRIVE

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

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



20 march steps



10 side jacks



20 march steps



10 step jacks



20 march steps

# WALK IT OFF

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

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



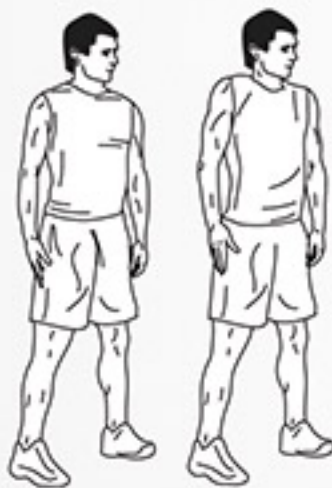
**10** march steps



**10** hip rotations



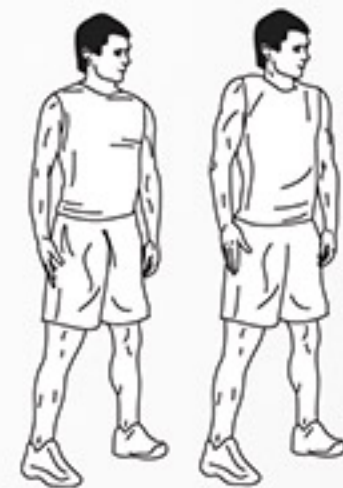
**10** march steps



**10** shoulder shrugs



**10** march steps



**10** shoulder shrugs



**10** march steps



**10** hip rotations



**10** march steps