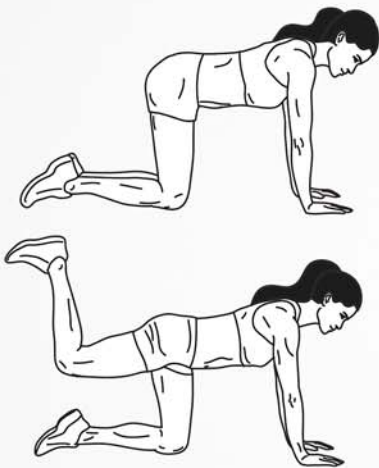
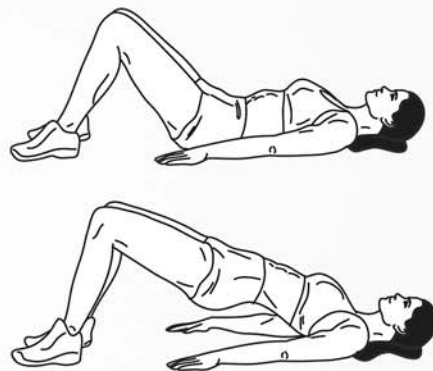


# before **BED**

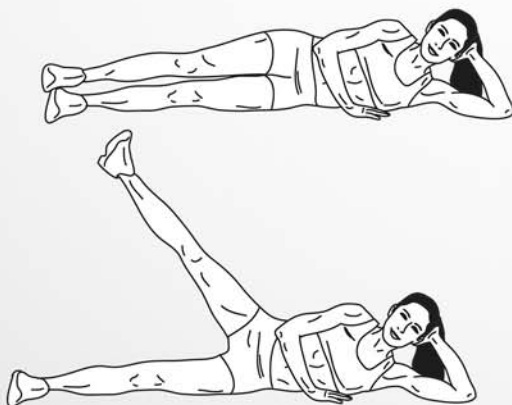
WORKOUT  
BY DAREBEE  
© [darebee.com](https://darebee.com)



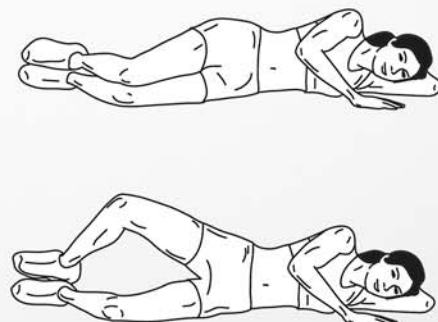
**40** leg extensions



**20** bridges



**40** side leg raises



**20** clamshells

# breathe easy

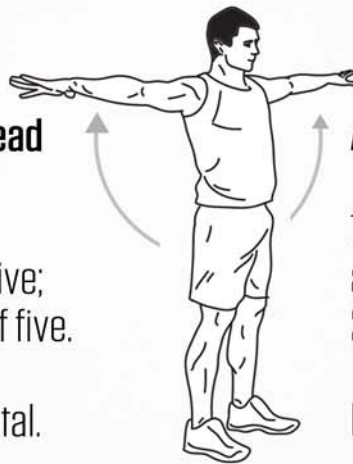
WORKOUT by © [darebee.com](http://darebee.com)



## 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.



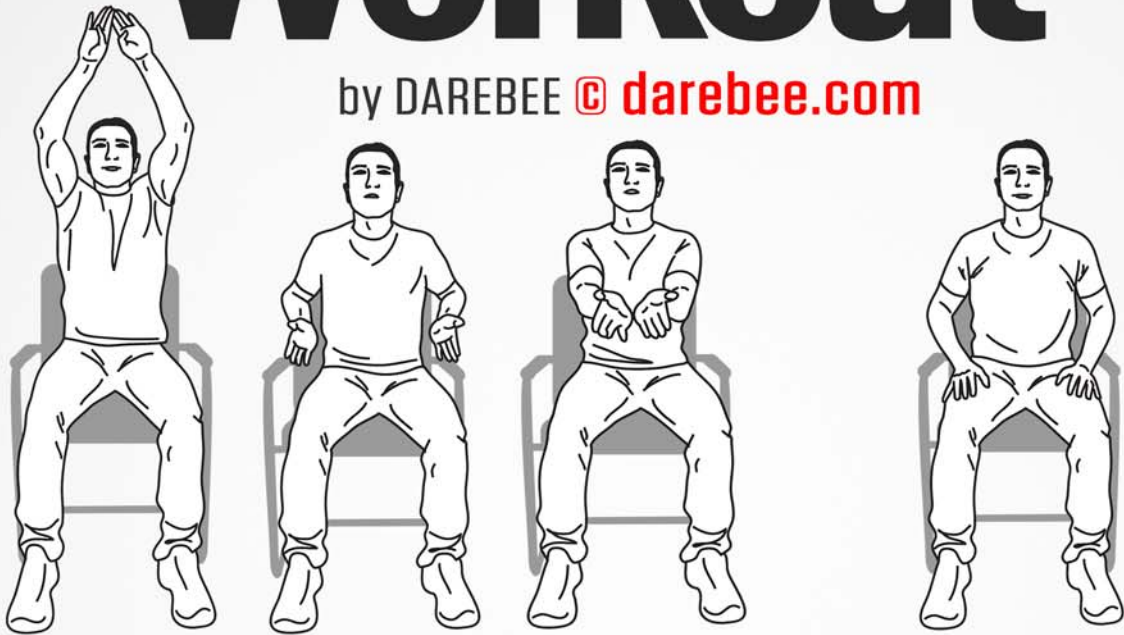
## Shoulder Stretches *arms behind your back*

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

Repeat 5 times in total.

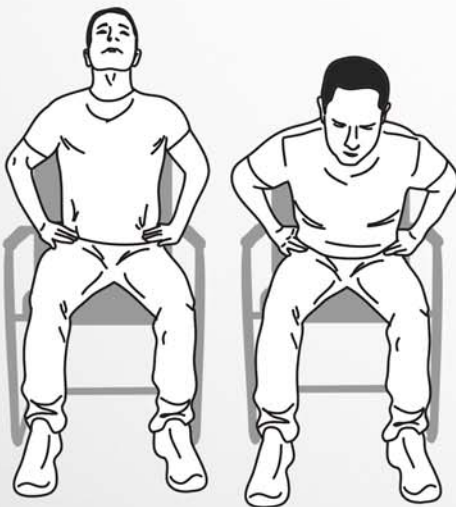
# Breathing Workout

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

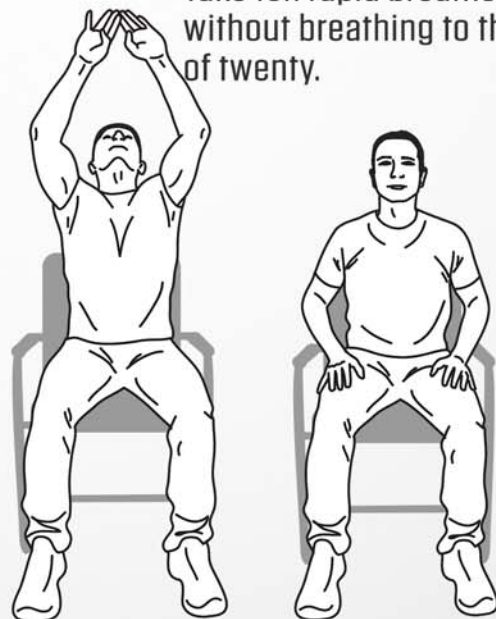


Breathe in slowly, hold to a slow count of ten then exhale slowly. Repeat 3 times.

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.

# 60-second de-stress stretching

by DAREBEE @ [darebee.com](https://darebee.com)  
Repeat each one for 10 seconds.

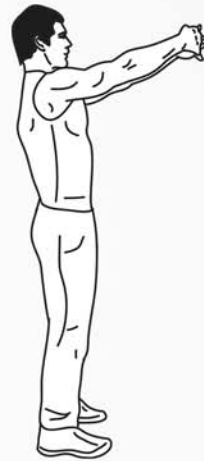
back stretch



shoulder rotations



arm stretch



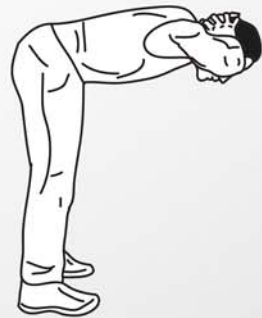
chest expansion



overhead reach



forward bend



# FACE the DAY

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

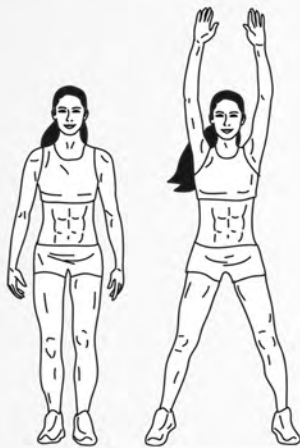
**hold the pose  
for 20 seconds**

**hold the pose  
for 60 seconds**

# feelgood

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

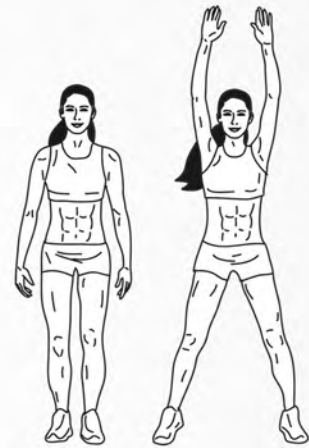
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



**10** jumping jacks



**2** hop heel clicks



**10** jumping jacks



**2** hop heel clicks



**10** side jacks



**2** hop heel clicks

# rawr

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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.



# 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



# sitting **fix**

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20 seconds each exercise.



scapula stretch



shoulder stretch



corner chest stretch



quad stretch



hamstring stretch



hip flexor stretch

# stiff neck

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

20 seconds each exercise.



neck massage



up and down rows



opposite rows



shoulder massage



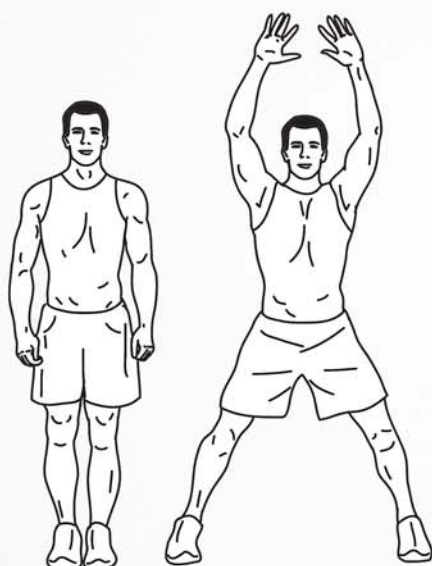
grip slides



side-to-side tilts

# STRESS BUSTER

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

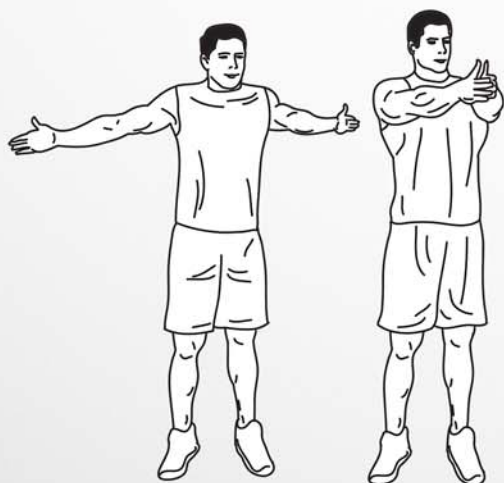


5 jumping jacks

5 chest expansions

5 jumping jacks

5 chest expansions



5 jumping jacks

5 chest expansions

done

# ZEN

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

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

