

Active Stroll

DAREBEE WORKOUT

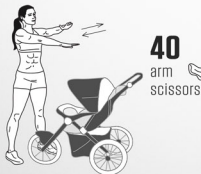
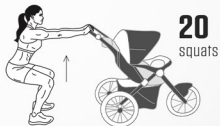
@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



fitmom

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



10 lunges



10 squats



10 sitting twists



10 bridges



10 lifts



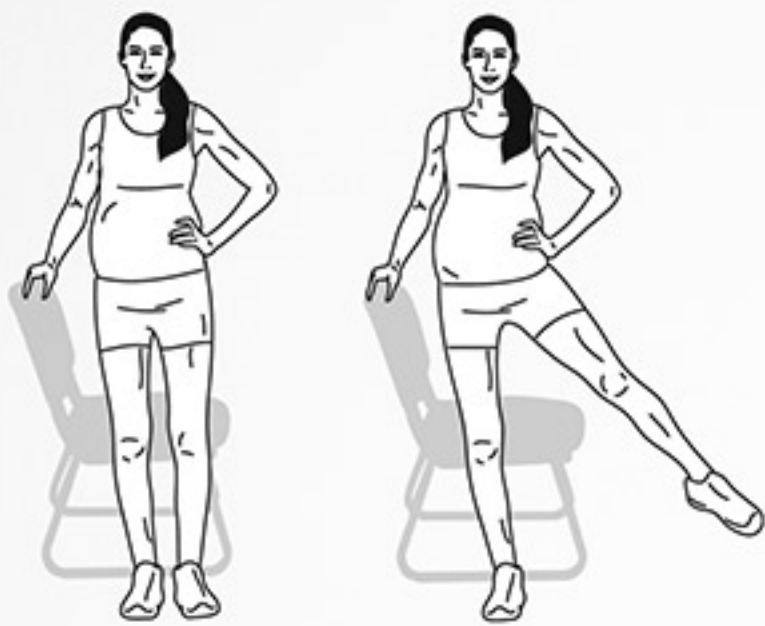
5 push-ups



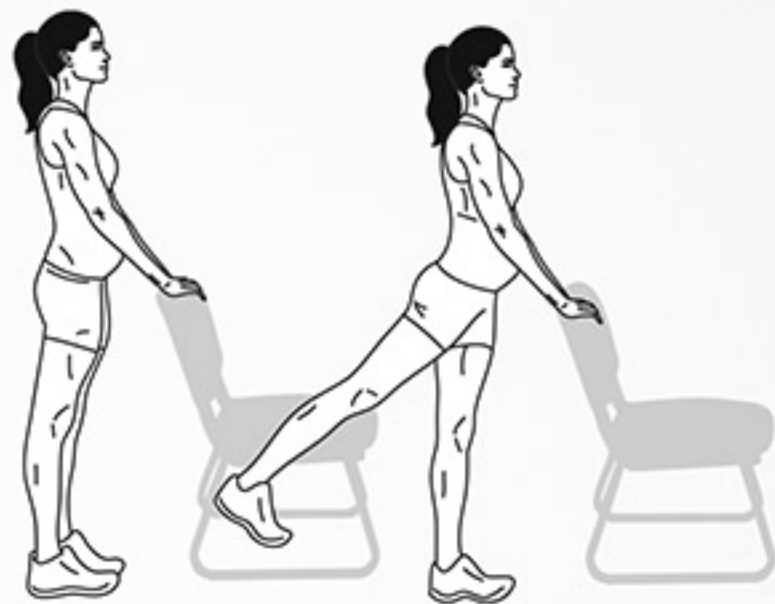
20sec elbow plank

JUNO

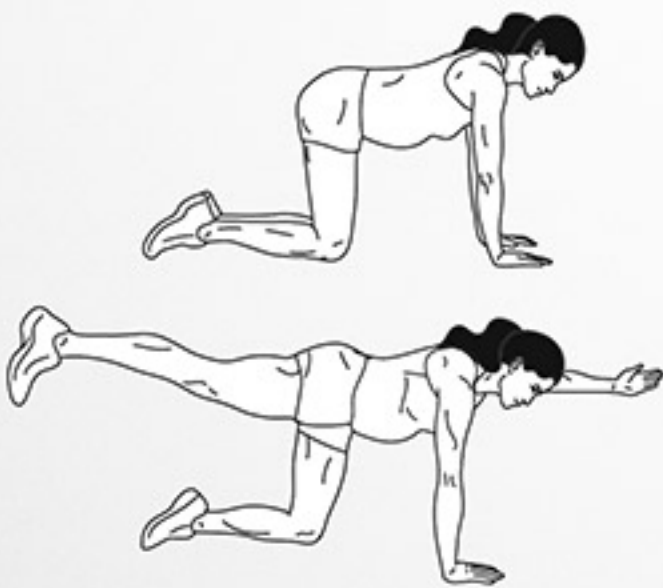
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20 side leg raises
5 sets in total | 30 seconds rest



20 back leg raises
5 sets in total | 30 seconds rest



10 alt arm leg raises
3 sets in total
30 seconds rest



10 bridges
3 sets in total
30 seconds rest



10 tricep dips
3 sets in total
30 seconds rest

Mommy Needs a Break

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



10 reverse lunges



5 calf raises



10 side lunges



5 calf raises



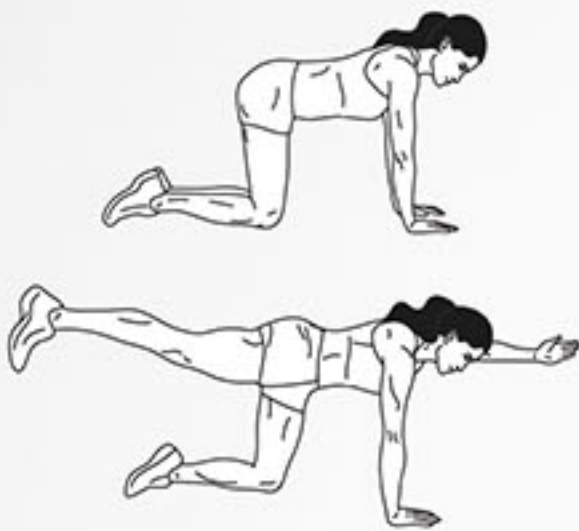
20 side leg raises



5 calf raises

postpartum

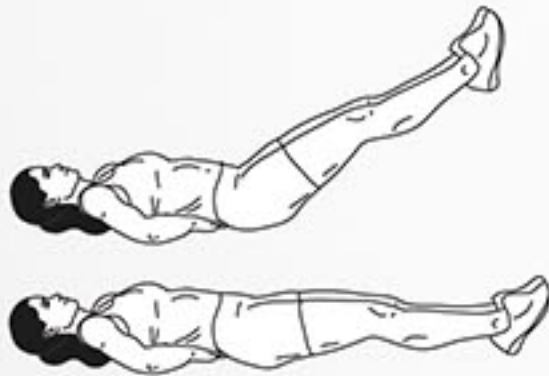
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14 alt arm / leg raises
x **4 sets** in total
20 seconds rest
between sets



7 glute flex
x **4 sets** in total
20 seconds rest
between sets



7 leg raises
x **4 sets** in total
20 seconds rest
between sets



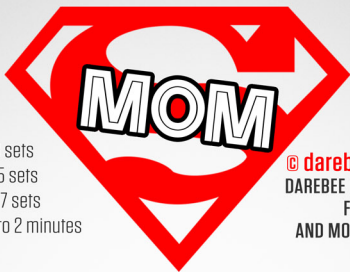
14 bridges
x **4 sets** in total
20 seconds rest
between sets



14 side bridges
x **4 sets** in total
20 seconds rest
between sets



14 clamshells
x **4 sets** in total
20 seconds rest
between sets



LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes

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**DAREBEE WORKOUT
FOR MOMS
AND MOMS-TO-BE**



20 high knees march



10 step & double punch



10 twist hops



10 jumping jacks



20 pivot & reach



10 back kicks