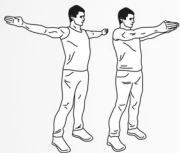


arms & chest stretch

by DAREBEE

© darebee.com

20 seconds each exercise.



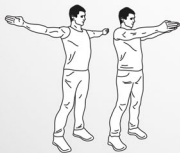
chest expansions



side-to-side torso twists



overhead stretch



chest expansions



side-to-side tilts



tricep stretches

arms & *shoulder* *stretch*

by DAREBEE

© darebee.com

20 seconds each exercise.



bicep extensions



bicep extensions
both arms



elbow clicks



tricep expansions



shoulder stretch



shoulder rotations

chest & lower back stretch

by DAREBEE

© darebee.com

20 seconds each exercise.



side bends



forward bends



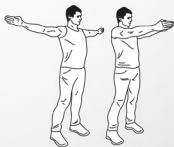
torso twists



side leg raises



alt chest expansions



chest expansions

LIGHT EVERYDAY STRETCHING

DAREBEE WORKOUT @ darebee.com

Repeat (exercises with arrows) or hold (no arrows) each stretch
30 seconds each - 30 seconds per side



EVERYDAY STRETCHING

DAREBEE WORKOUT @ darebee.com

Repeat (exercises with arrows) or hold (no arrows) each stretch
30 seconds each - 30 seconds per side



FIGHTER'S STRETCHING

20 SECONDS EACH @ darebee.com



shoulder stretch #1



shoulder stretch #2



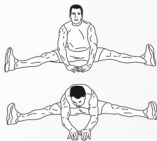
shoulder stretch #3



side-to-side lunges



side splits



forward bends



hamstring stretch #1



hamstring stretch #2



butterfly stretch

full body *stretch*

by DAREBEE
© darebee.com

40 seconds
each exercise.



neck stretch



shoulder stretch



tricep stretch



pelvic stretch



quad stretch



forward bend

hamstring *stretch*

by DAREBEE
@ darebee.com
30 seconds each



step forward stretch



forward bend stretch



lunge stretch



forward stretch



single leg forward stretch



leg raise stretch

Hip Flexors

DAREBEE WORKOUT © darebee.com

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



20 hip flexor stretches



20 bridges



10 knee hugs



20 flutter kicks



10-count stretch hold

HIPS & GLUTES STRETCH

WORKOUT
BY DAREBEE
© darebee.com

Hold each pose
for 60 seconds
30 seconds per side
then move on
to the next one.



neck & shoulders

DAREBEE WORKOUT © darebee.com

20 seconds each exercise.



shoulder rotations



side shoulder stretch



cross shoulder stretch



tricep stretch



overhead shoulder stretch



up and down neck stretch

NECK

DAREBEE WORKOUT

© darebee.com

3 sets | 2 minutes rest

IN COLLABORATION WITH

NHS choices



10 back and forth tilts



10 side-to-side tilts



10 neck rotations



10-count press

10-count press



10-count alternating side press



10-count alternating chin press

shoulders *stretch*

by DAREBEE © darebee.com

20 seconds each exercise.



cross neck
stretch



shoulder
stretch



tricep
stretch



tricep
stretch #2



shoulders up
stretch



shoulder
& back stretch



behind back
lock stretch



lock side pull
stretch

STRETCHED

DAREBEE WORKOUT @ darebee.com

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

Repeat the sequence again on the other side.



stretching

10-20 SECONDS EACH © darebee.com

post run



quad stretch



calf stretch



calf raises



toe touches



kneeling hip flexor



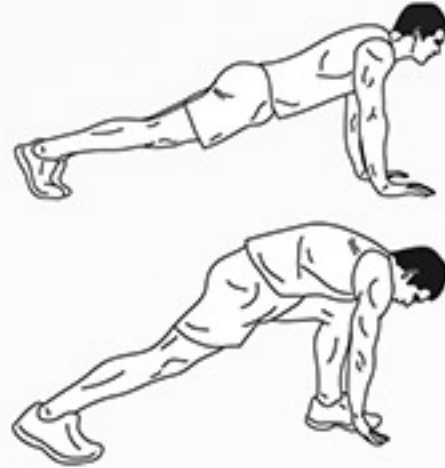
side-to-side lunges

superhero stretch

DAREBEE
WORKOUT
@ darebee.com



30sec side-to-side lunges



30sec plank step-ins



30sec stretch



30sec stretch



30sec stretch



60sec stretch



30sec stretch



30sec stretch



30sec upward dog



30sec downward dog



30sec swimmers

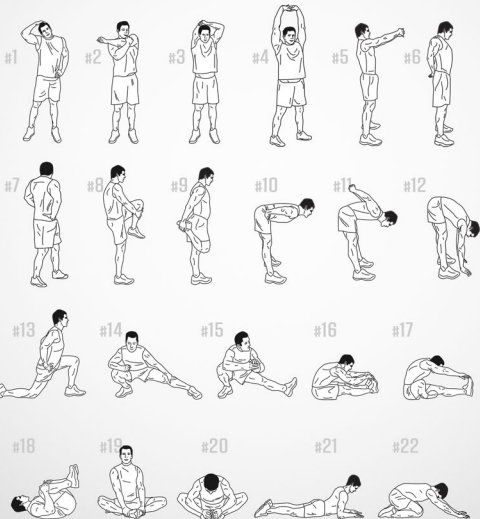


30sec bow hold

top to bottom

STRETCHING / COOLDOWN BY DAREBEE @ darebee.com

Repeat each stretch for 20 seconds / 20 seconds per side.



upperbody *stretch*

by DAREBEE © darebee.com
20 seconds each exercise.



neck stretches



shoulder stretches



tricep stretches



back & shoulders stretches



side bends



torso rotations