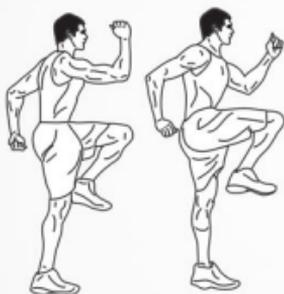


# 5-MINUTE WALK

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

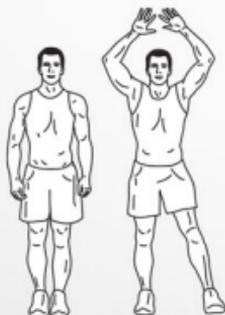


**60sec** march steps

**15sec** step jacks

**60sec** march steps

**15sec** step jacks



**60sec** march steps

**15sec** step jacks

**60sec** march steps

**15sec** step jacks

# breathe easy

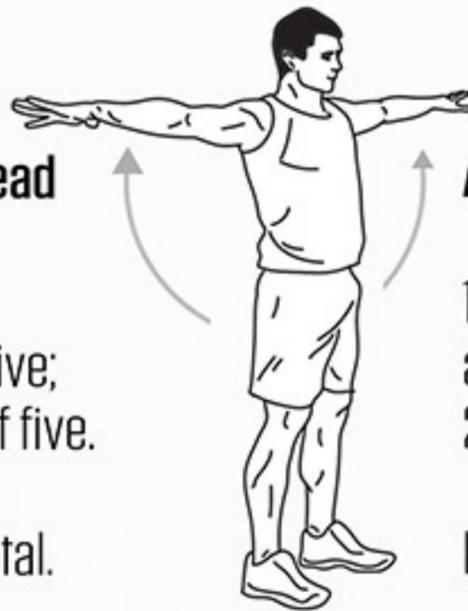
WORKOUT by @darebee.com



## 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.

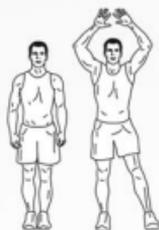
# cardio **light**

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

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



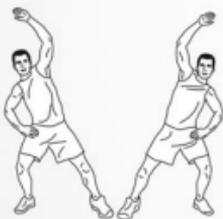
10 march steps



10 step jacks



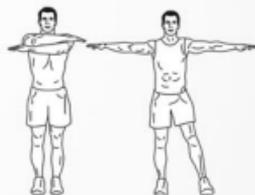
10 march steps



10 side jacks



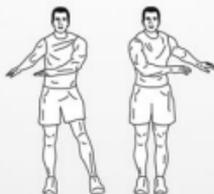
10 march steps



10 scissor steps



10 march steps



10 side-to-side steps



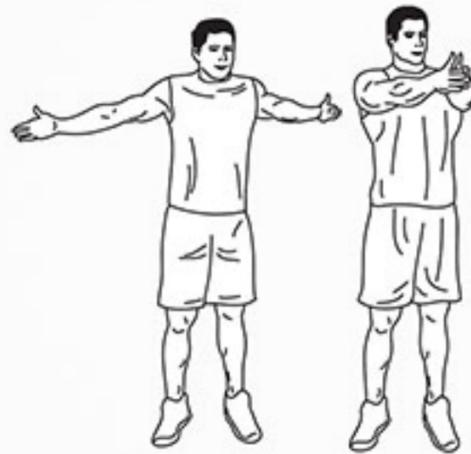
10 march steps

# ENERGY BOOST

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



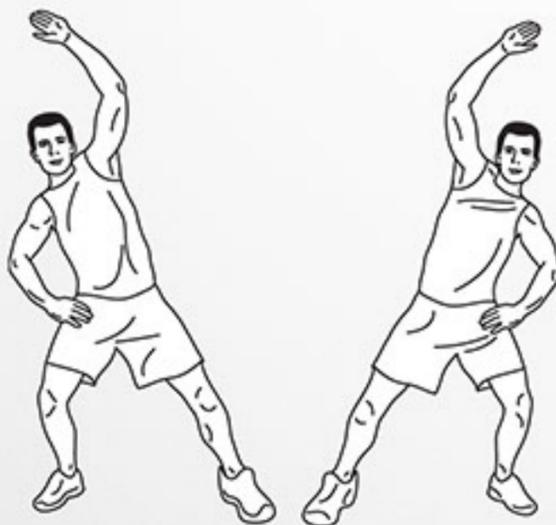
**10** alt chest expansions



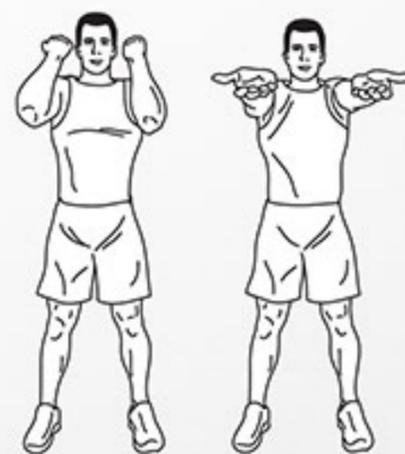
**10** chest expansions



**10** step jacks



**10** side jacks



**10** bicep extensions

# EXPLORER

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

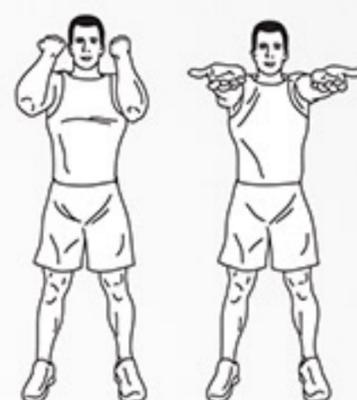
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** march steps



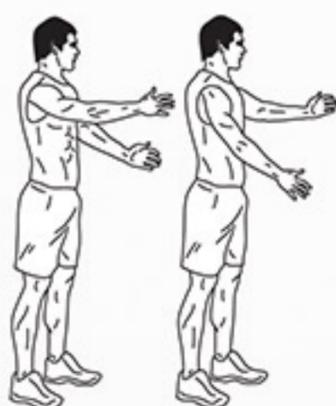
**10** shoulder taps



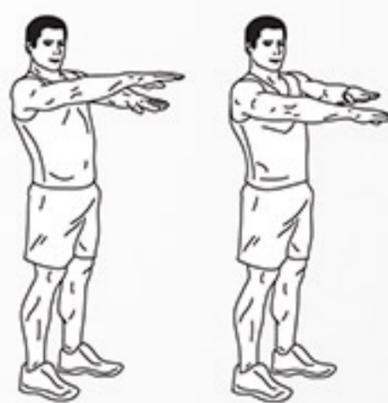
**10** bicep extensions



**20** march steps



**10** scissor chops



**10** arm scissors



**20** march steps



**10** chest expansions



**10** raised arm circles

# 5-MINUTE

# FILLER



**30** side leg raises (right leg)

**30** side leg raises (left leg)

**60 seconds** rest

**30** side leg raises (right leg)

**30** side leg raises (left leg)

**60 seconds** rest

**30** side leg raises (right leg)

**30** side leg raises (left leg)

done

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

# GOBLIN MODE

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 bridges



10-count hold



10 dead bug



10 knee rolls



10-count stretch hold



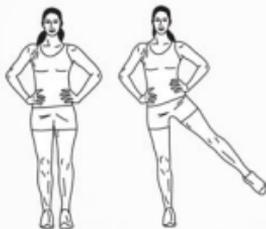
# GREEK GODDESS

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 back leg raises



20 side leg raises



20 front leg raises



20 twists



20 knee-to-elbows



20 side bends

# HOT WEATHER

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

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



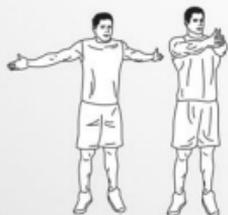
**10** reverse lunges



**20-count** squat hold



**10** calf raises



**20** chest expansions



**20-count** arm hold



**20** arm circles

# KINDER

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

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



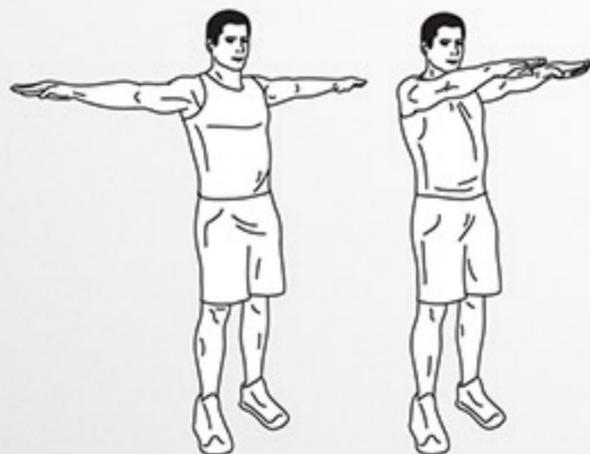
**10** march steps



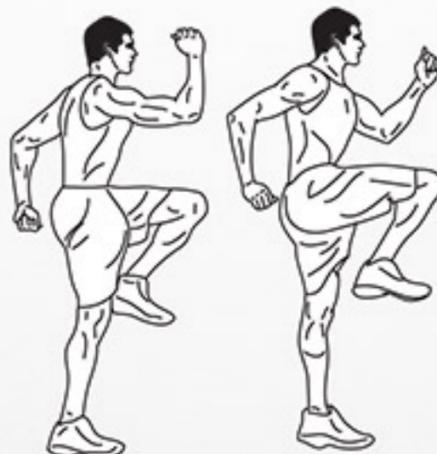
**10** raised arm circles



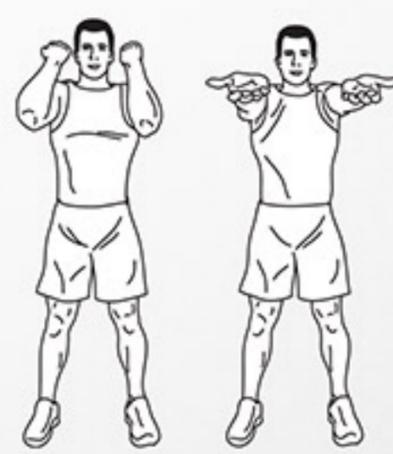
**10** march steps



**10** arm extensions



**10** march steps

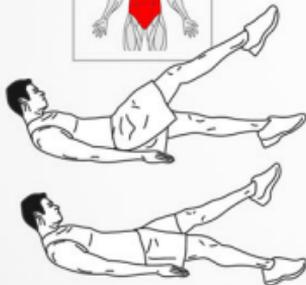
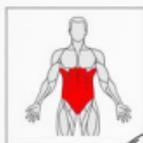


**10** bicep extensions

# LAZY ABS

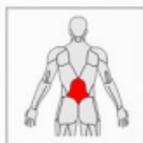
DAREBEE WORKOUT © [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 30 seconds



**50 flutter kicks**

*chin tucked in  
and off the floor  
go slow*



**10 back extensions**

*go slow -  
count to 3  
as you come up*

# MERMAID

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

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



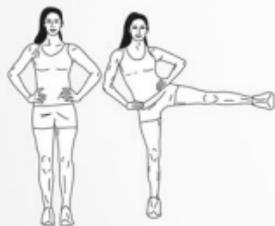
20 march steps



20 side steps



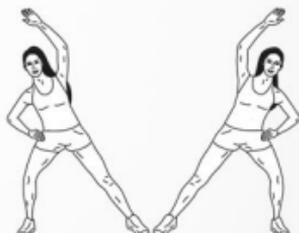
20 step back



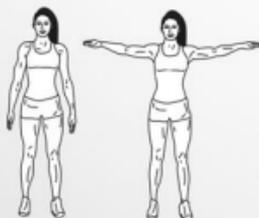
20 side leg raises



20 step jacks



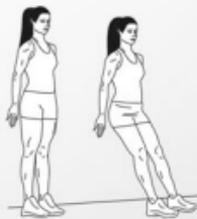
20 side jacks



10 arm raises



10 arm circles



10 wall squats

# possum

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

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

Repeat the sequence again on the other side.



# REGENERATOR

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 leg raises



**10** backward leg raises



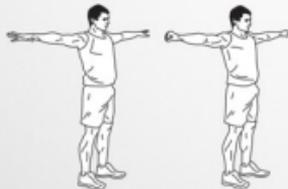
**10** alt chest expansions



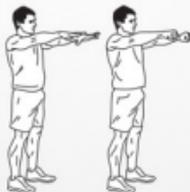
**10** chest expansions



**10** arm circles



**10** clench / unclench  
arms to sides



**10** clench / unclench  
arms forward



**10** clench / unclench  
arms overhead

# SLOWPOKE

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 scissors



10-count hold



20 scissors



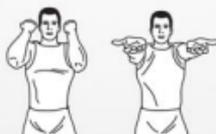
20 W-extensions



10 elbow clicks



20 W-extensions



20 bicep extensions

# Spring Chicken

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-count hold



20 arm circles



10-count hold



20 wide circles



20 arm circles



20 wide circles



10-count hold