

back & core

DAREBEE WORKOUT

@ darebee.com

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



20 sitting twists



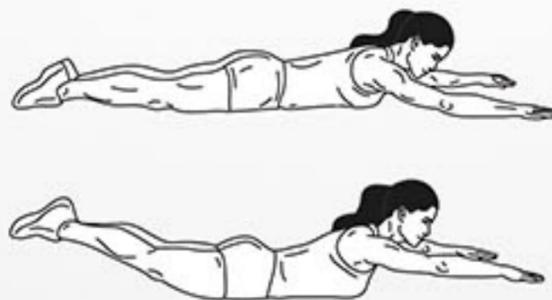
20 half wipers



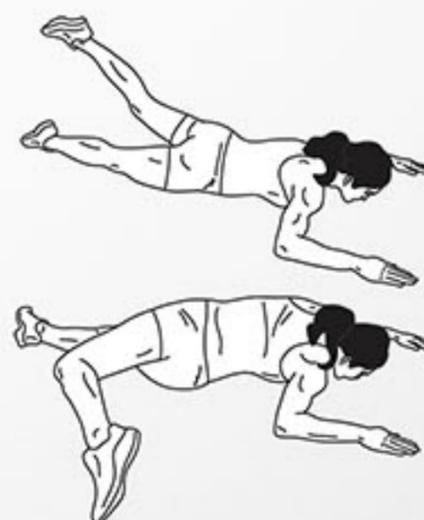
20 bridges



10 cat cow



10 back extensions



10 scorpion twists

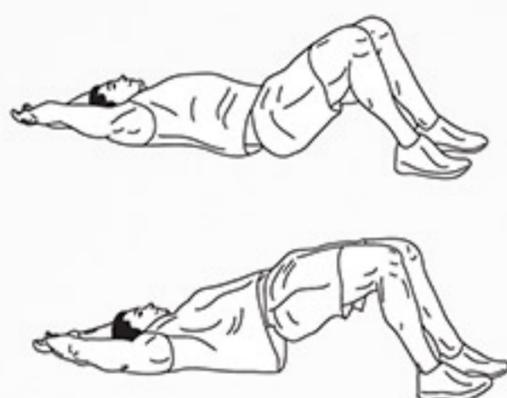
back**up**

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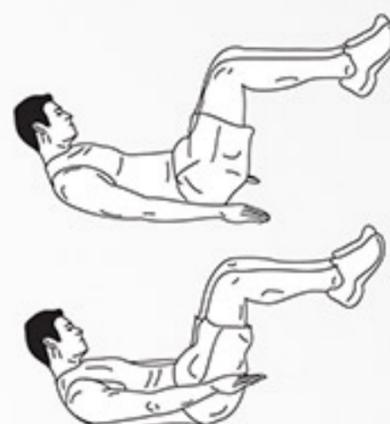
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



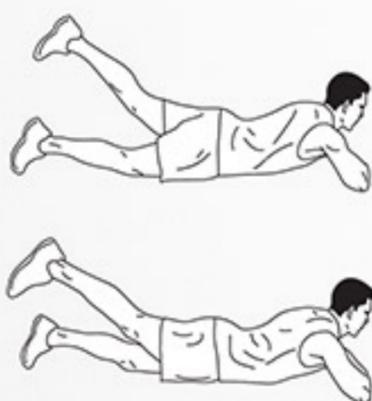
5 groin stretches



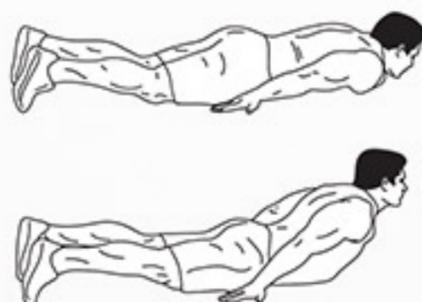
5 bridges



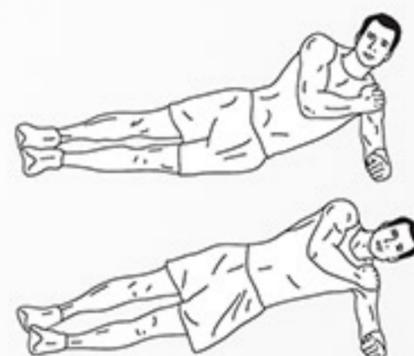
10 hundreds



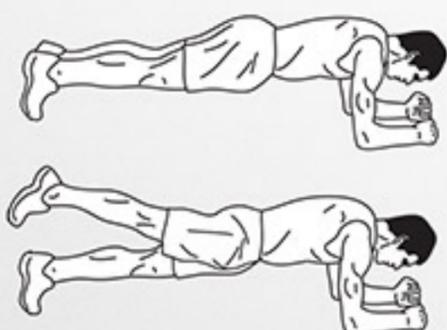
10 reverse flutter kicks



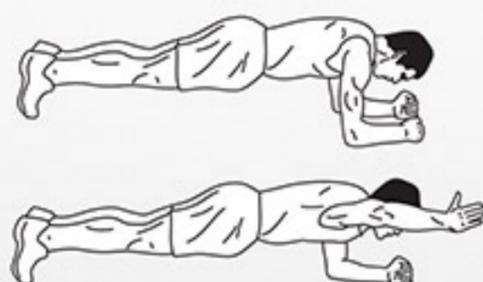
5 lower back curls



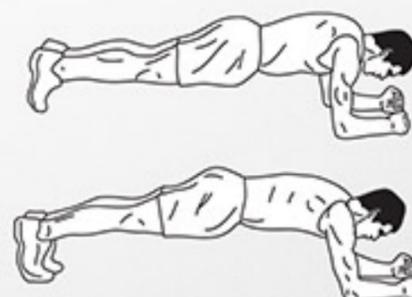
10 side planks



10 plank leg raises



10 plank arm raises

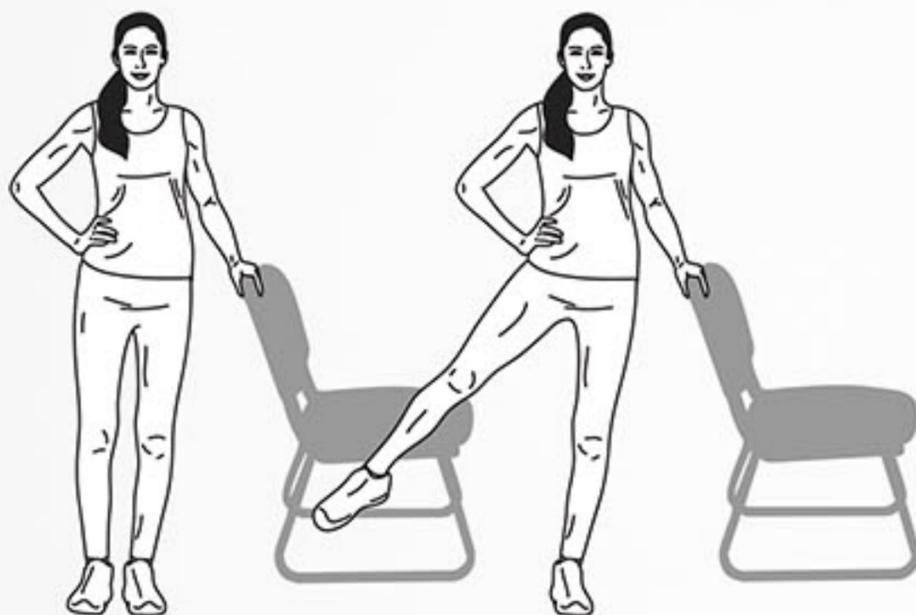


5 body saw

fix it!

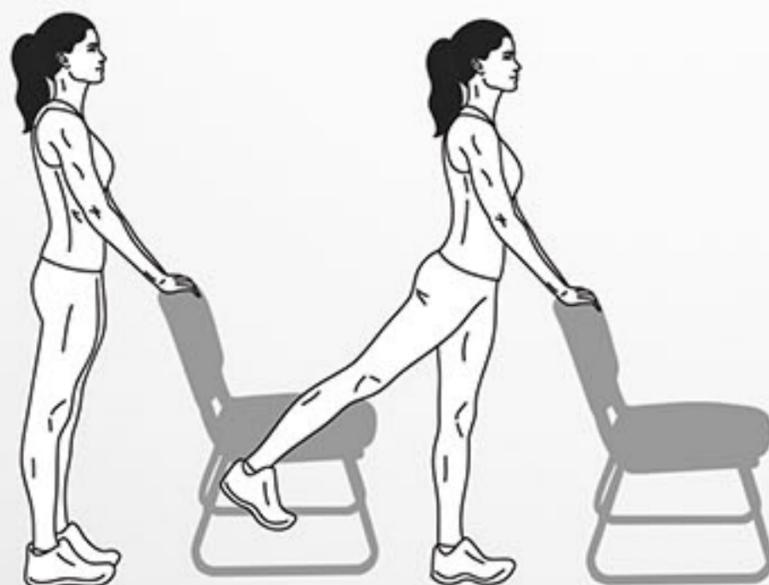
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Repeat twice a day in total
for lower back pain relief



20 side leg raises
right leg

20 side leg raises
left leg



20 back leg raises
right leg

20 back leg raises
left leg

done

man down

DAREBEE WORKOUT © darebee.com

3 sets | up to 2 minutes rest between sets



10 knee rolls



10 bridges



10-count stretch & hold



10 reverse flutter kicks



10-count stretch & hold

REST & REC

DAREBEE
RECOVERY
WORKOUT

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20 knee-ins



10 back stretch #1



10 back stretch #2



20 knee rolls



10 butterfly stretch



10 forward fold

sitting **fix**

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20 seconds each exercise.



scapula stretch



shoulder stretch



corner chest stretch



quad stretch



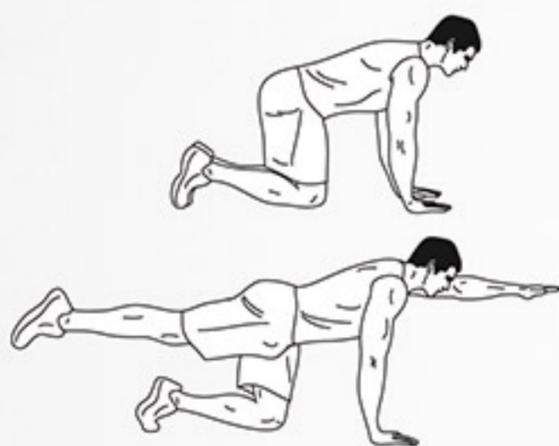
hamstring stretch



hip flexor stretch

spine mobility

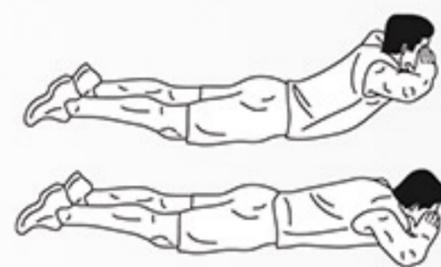
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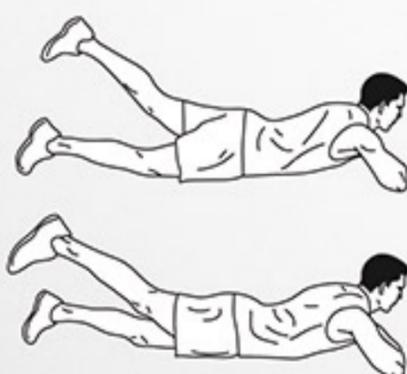
10 alt arm/ leg extensions
3 sets in total
30 sec rest in between



10 back arches
3 sets in total
30 sec rest in between



10 back extensions
3 sets in total
30 sec rest in between



10 reverse flutter kicks
3 sets in total
30 sec rest in between



10-count knee hug stretch
3 sets in total
30 sec rest in between



10 knee rolls
3 sets in total
30 sec rest in between

standing mobility

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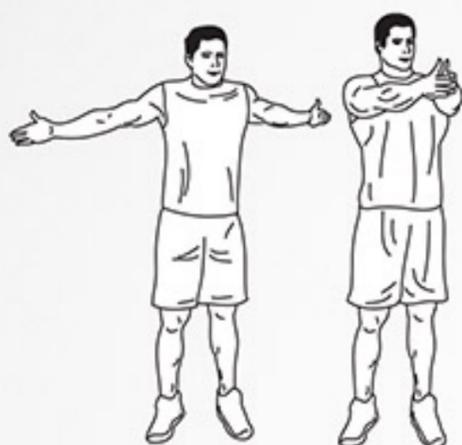
Hold each pose for 30 seconds then move on to the next one.
Change sides and repeat the sequence.



UNPLUGGED

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



20 chest expansions



10 shoulder stretches



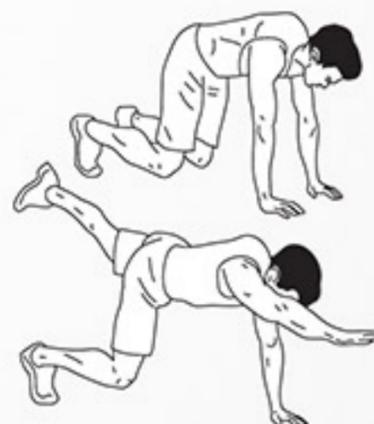
20 side leg raises



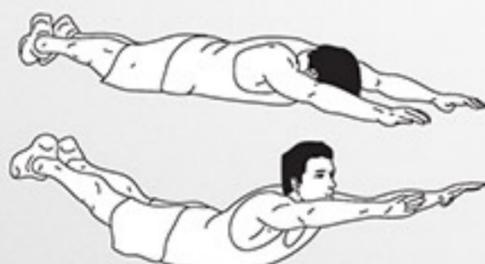
10 back rotations



10 back arches



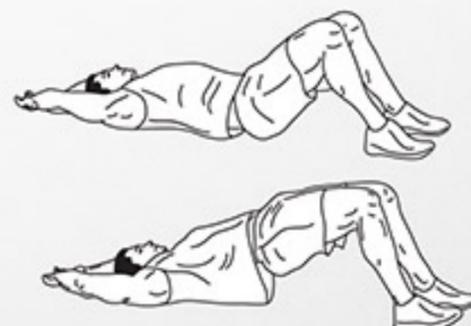
10 cat stretches



10 supermen



10 body folds



10 bridges