

2-minute abs

DAREBEE WORKOUT @ darebee.com

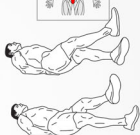
20 seconds each exercise | no rest between exercises



1. knee-to-elbow crunches



2. flutter kicks



3. scissors



4. hundreds



5. reverse crunches



6. sitting twists

ab FINISHER

DAREBEE WORKOUT © darebee.com



30 crunches



30 flutter kicks

30 crunches

30 flutter kicks



30 crunches

30 flutter kicks

30 crunches

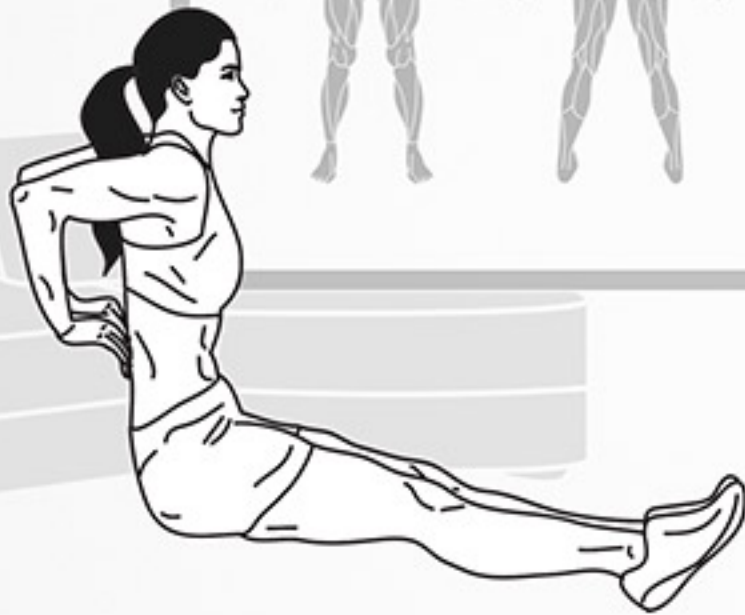
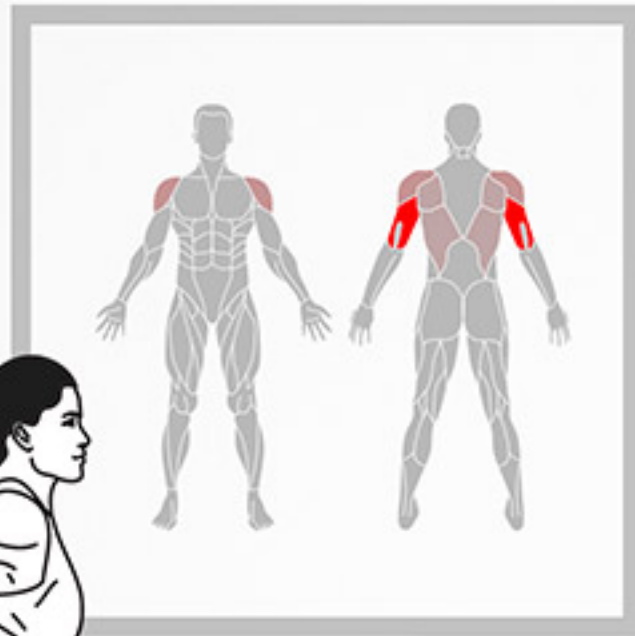


30 flutter kicks

done

arm lift

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5 tricep dips

10-count tricep dip hold

5 tricep dips

10-count tricep dip hold

5 tricep dips

10-count tricep dip hold

5 tricep dips

10-count tricep dip hold

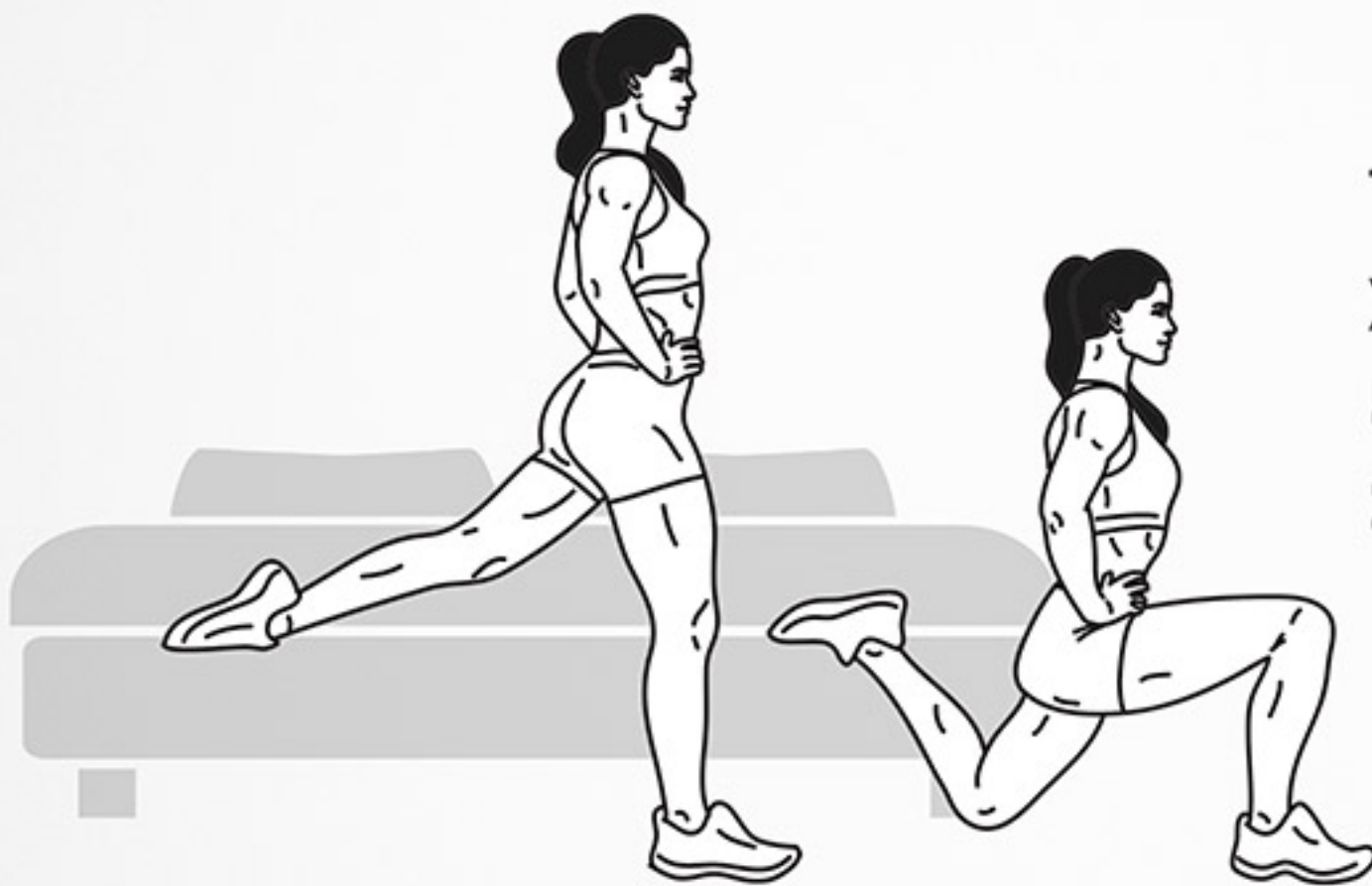
5 tricep dips

10-count tricep dip hold

done

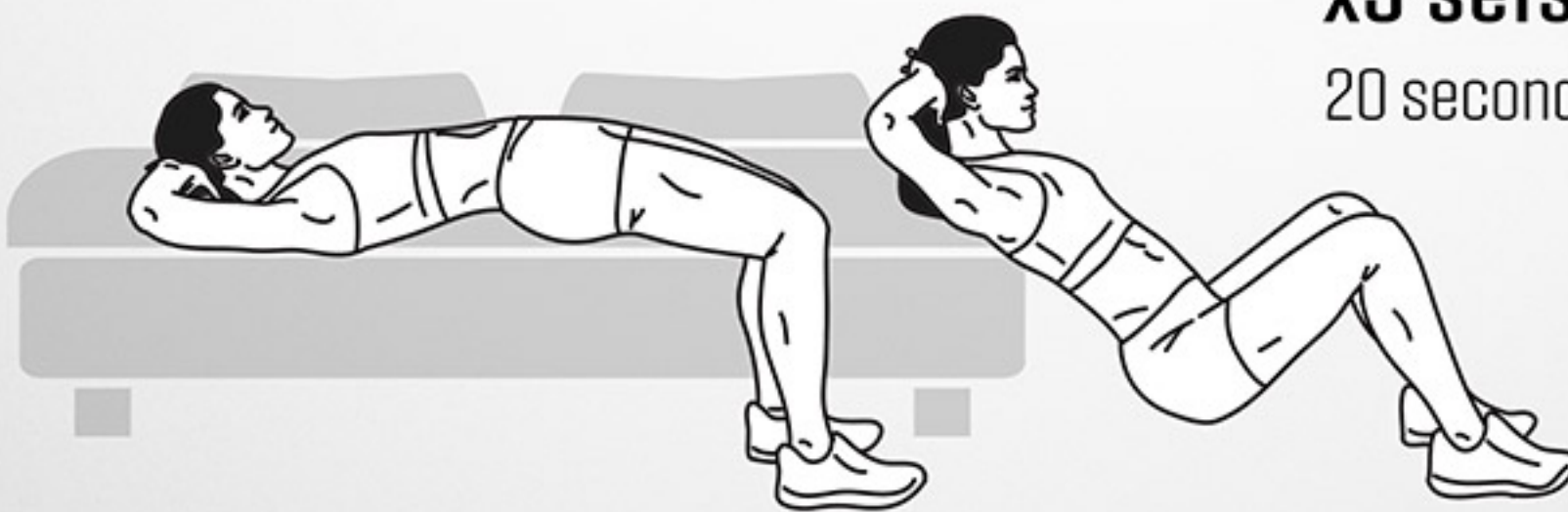
bedtime GLUTES

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10 split squats
x3 sets

5 repetitions per leg
20 seconds between sets

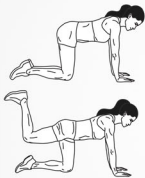


10 raised bridges
x3 sets

20 seconds between sets

before **BED**

WORKOUT
BY DAREBEE
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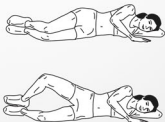
40 leg extensions



20 bridges



40 side leg raises



20 clamshells

before **BED** YOGA

WORKOUT
BY DAREBEE
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30 seconds
wide squat hold



30 seconds
O-pose hold

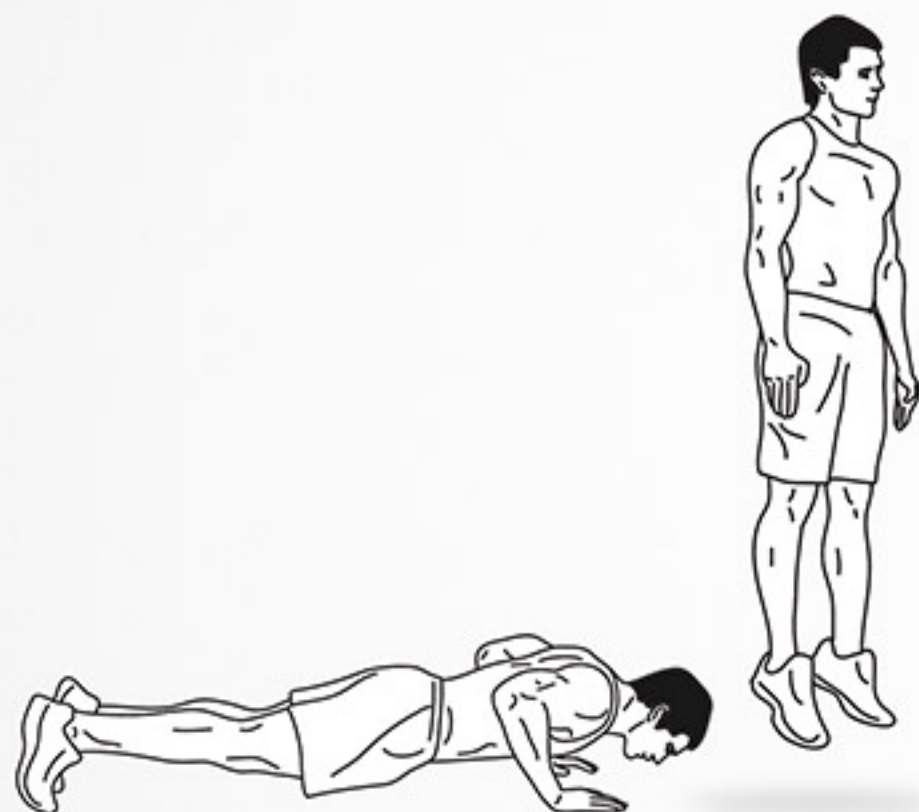


30 seconds
boat pose hold



30 seconds
fold hold

BEFORE BREAKFAST BURPEES



DAREBEE WORKOUT

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Repeat once before breakfast.

10 burpees

10 jumping jacks

10 burpees

10 jumping jacks

10 burpees

10 jumping jacks

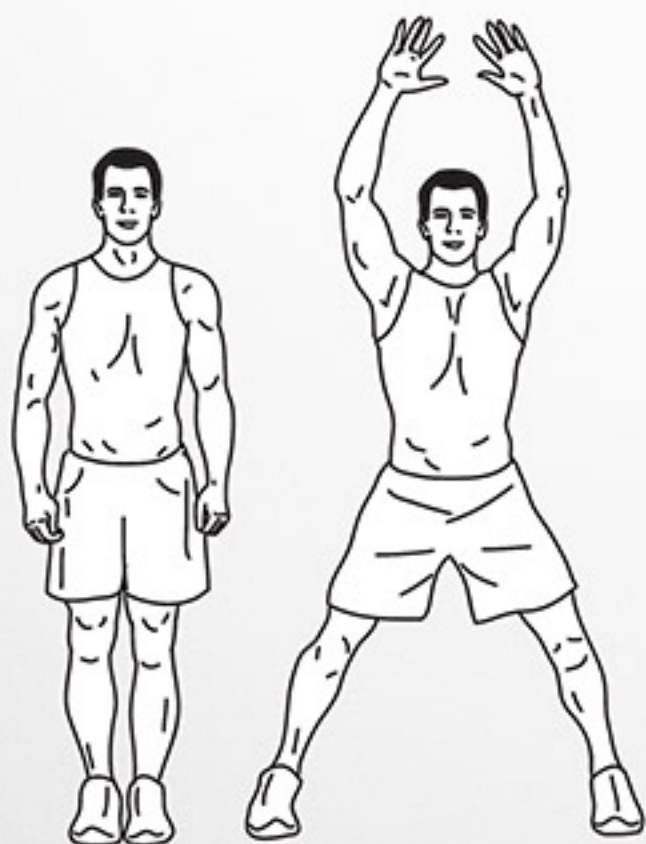
10 burpees

10 jumping jacks

10 burpees

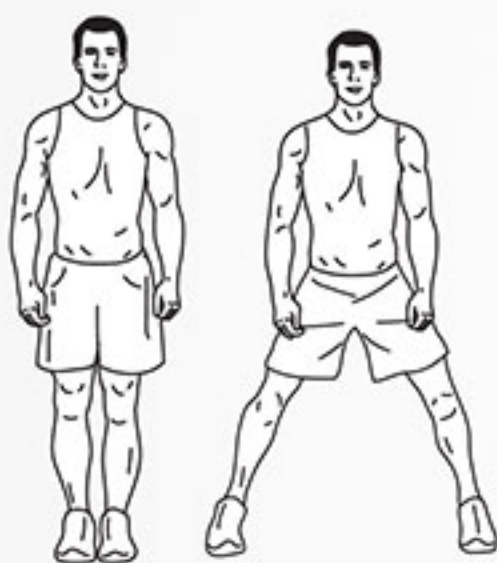
10 jumping jacks

done



BITESIZE CARDIO

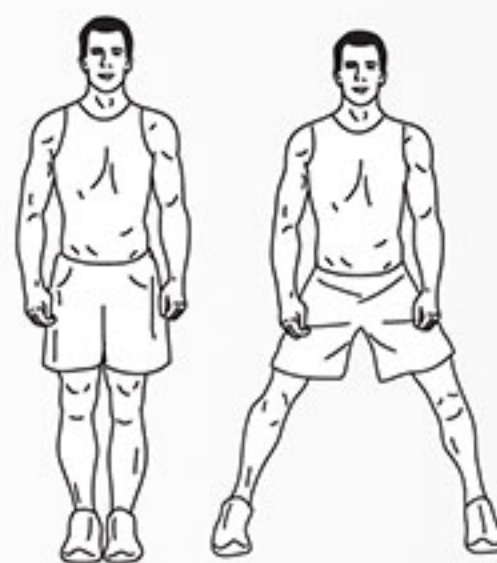
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20 half jacks



2 squats



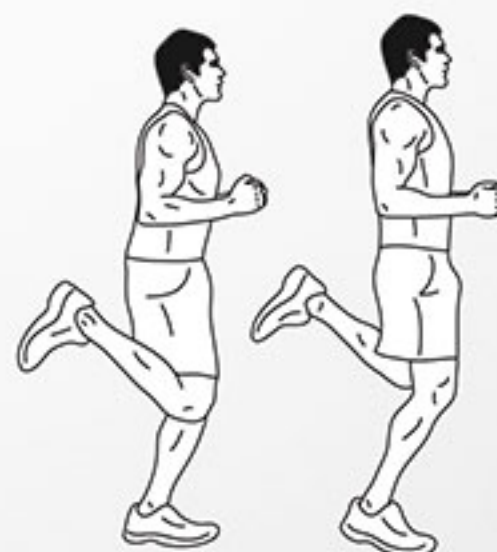
20 half jacks



20 butt kicks



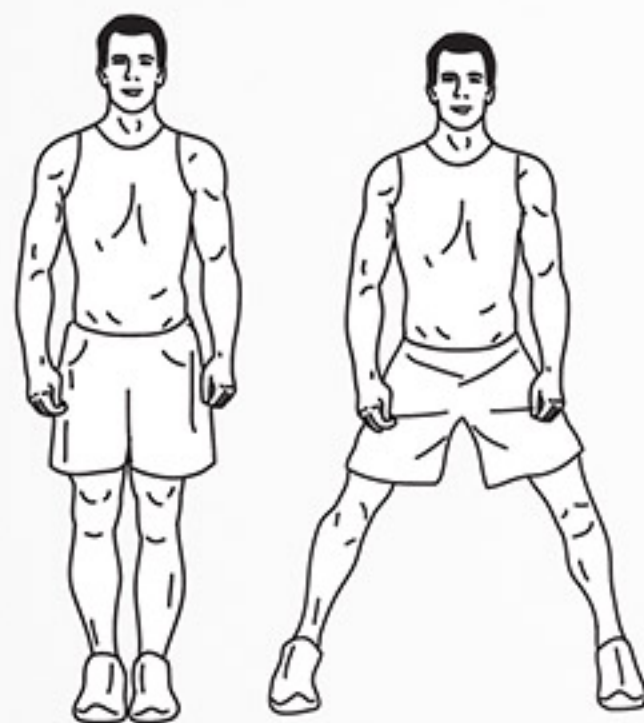
2 squats



20 butt kicks

BRAIN BOOST

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10 half jacks

2 squats

10 half jacks

2 squats

10 half jacks

2 squats



10 half jacks

2 squats

10 half jacks

2 squats

done

DAILY

FIX

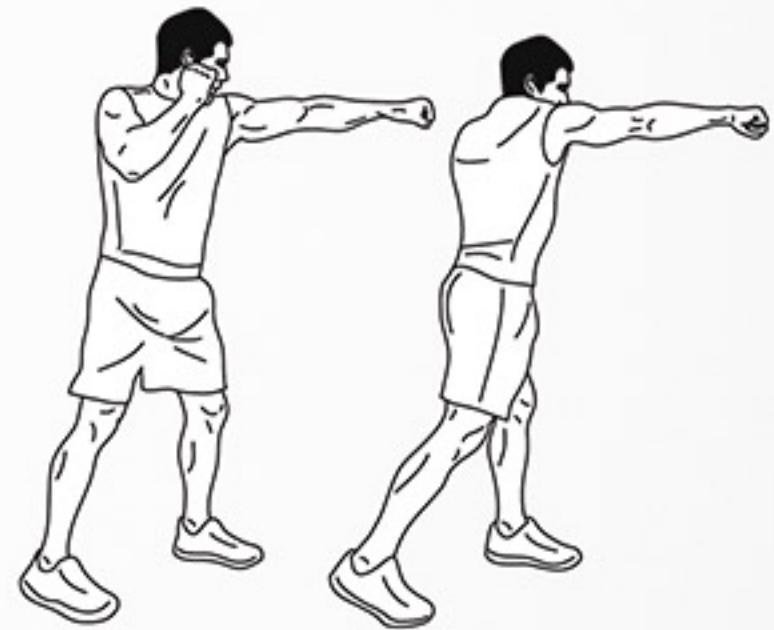
DAREBEE
WORKOUT

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3 sets | 2 minutes rest



20 lunges



20 punches



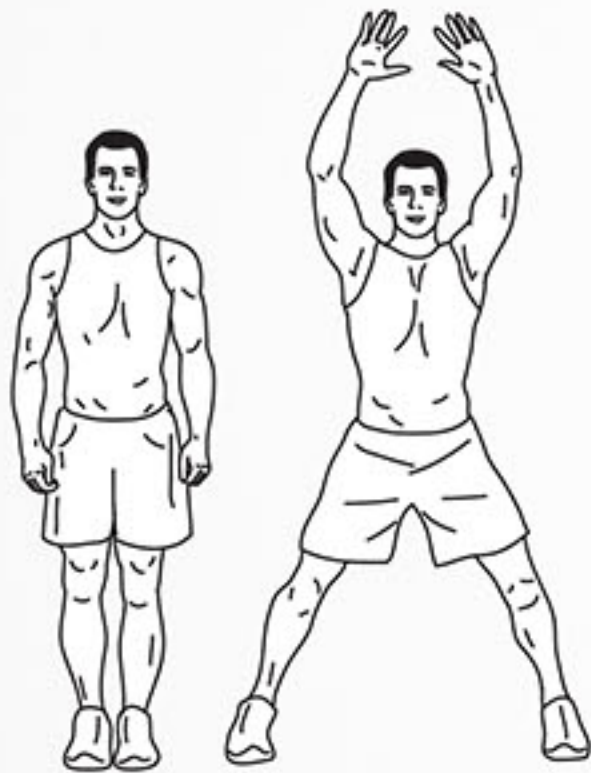
20sec elbow plank



20sec side elbow plank

DOPAMINE BOOST

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10 jumping jacks

10 butt kicks

10 jumping jacks

10 butt kicks

10 jumping jacks

10 butt kicks



10 jumping jacks

10 butt kicks

10 jumping jacks

10 butt kicks

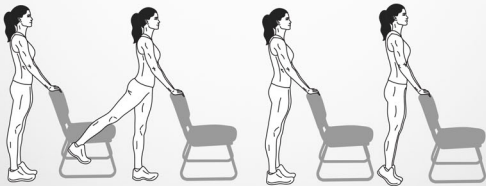
Glutes, Quads, Hamstrings, & Calves

workout by DAREBEE

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40 side leg raises



40 back kicks

40 calf raises

micro **break**



by DAREBEE @ darebee.com

10-count chest squeeze

4 elbow clicks

10-count chest squeeze

4 elbow clicks

10-count chest squeeze

4 elbow clicks

10-count chest squeeze

4 elbow clicks

done



MICRO SHRED

WORKOUT by DAREBEE © darebee.com



20 crunches



10 leg raises



20 crunches

10 leg raises

20 crunches

10 leg raises



20 crunches

10 leg raises

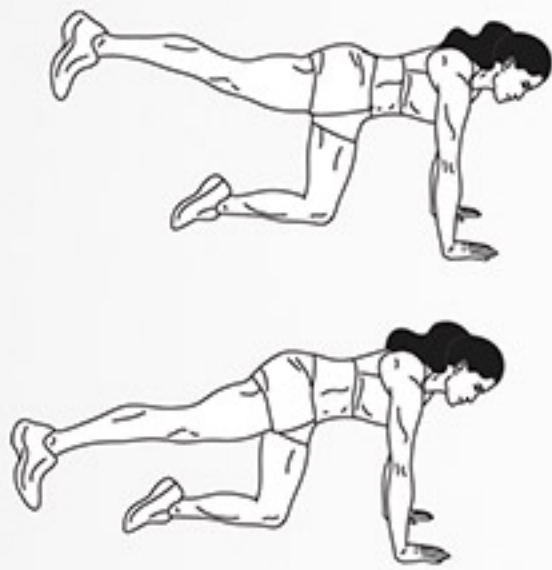
20 crunches

10 leg raises

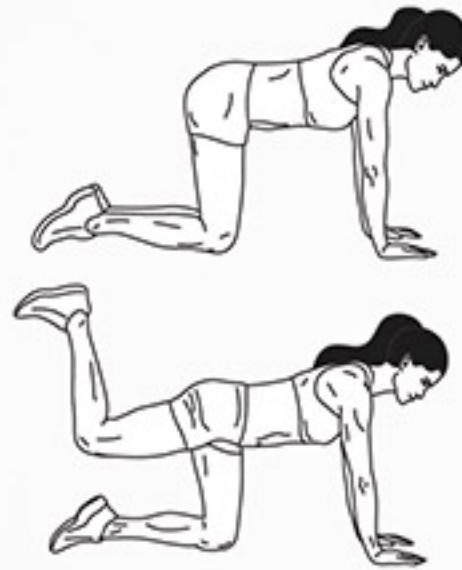
done

PRETTY LITTLE MONSTER

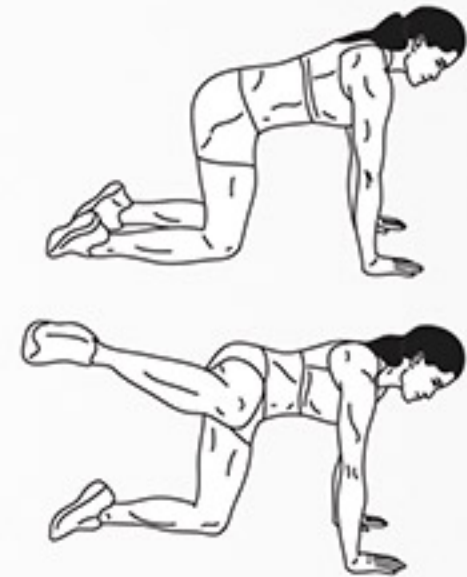
DAREBEE WORKOUT @ darebee.com



40 leg swings



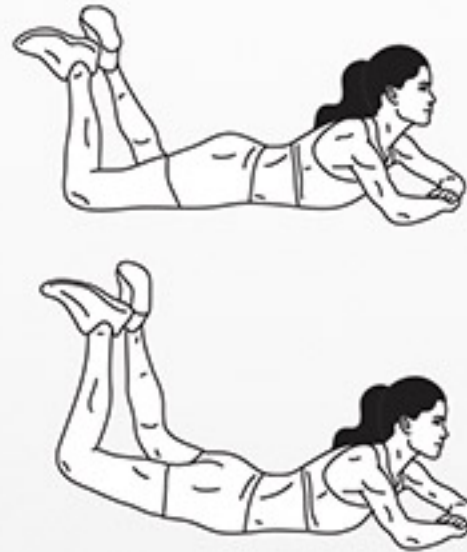
40 leg extensions



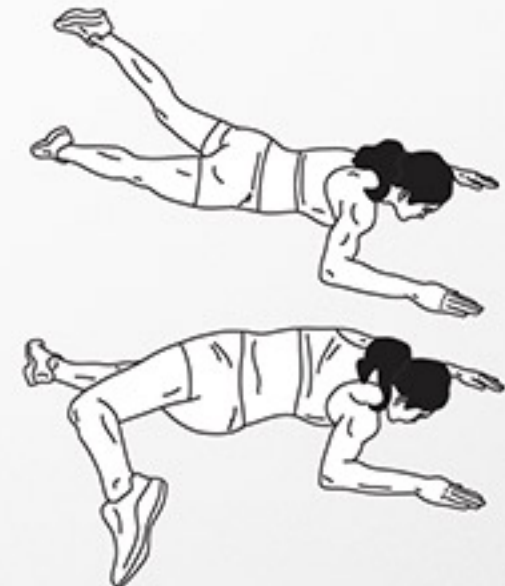
40 side leg extensions



4 downward upward dogs



10 glute flex



4 scorpion twists

& RISE DAREBEE WORKOUT SHINE

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7 | back stretches



1 | jacks



2 | squats

6 | climbers



5 | leg raises



3 | planks w/ arm lifts

20



4 | lunges



sofa bound

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30sec arms to the front hold



30sec arms to sides hold



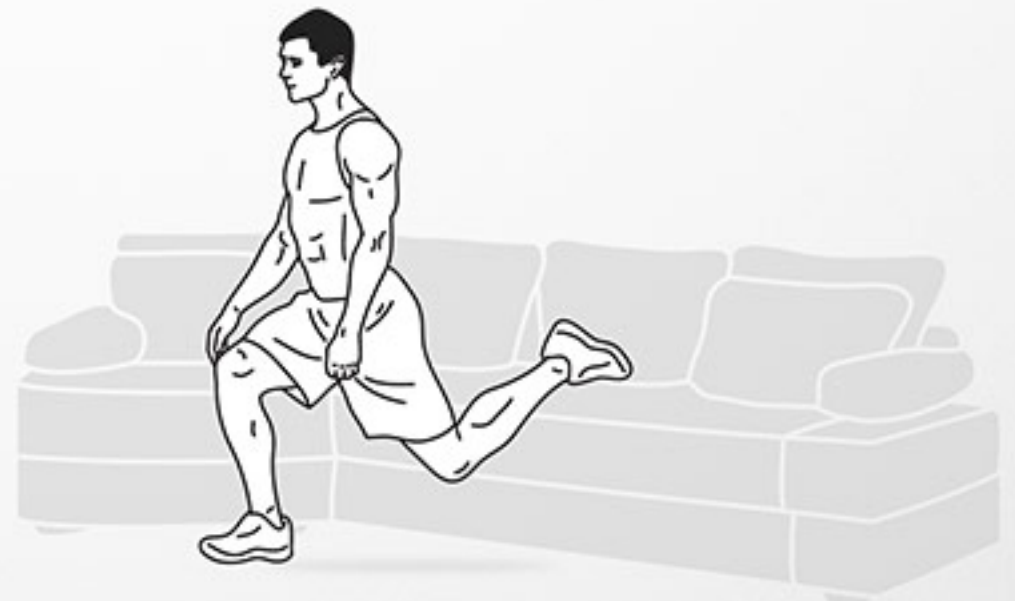
30sec tricep dip hold



30sec raised legs hold



30sec chest squeeze



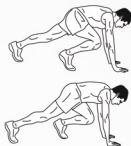
30sec single leg squat hold

WAKE UP! & MAKE IT HAPPEN

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20
jumping
jacks



20
climbers



20
squats



20
lunges



20
push-ups



20sec
elbow plank