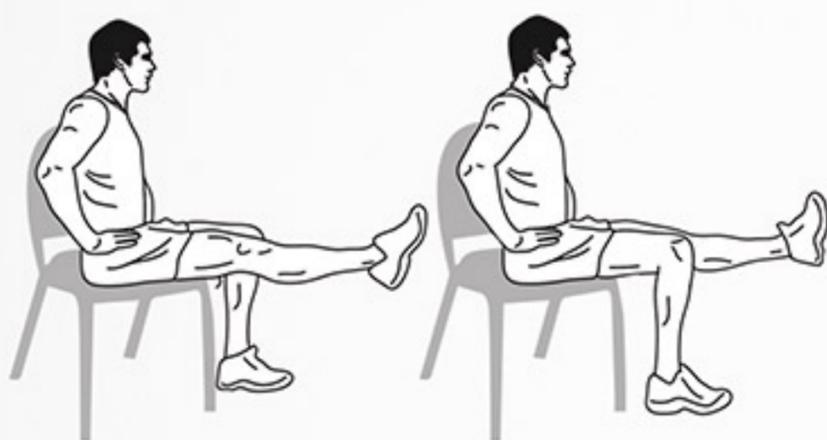


hamstring mobility

DAREBEE WORKOUT @ darebee.com



10 leg raises
4 sets in total
30 sec rest in between



10 leg swings
4 sets in total
30 sec rest in between



10 back leg raises
4 sets in total
30 sec rest in between



10-count hamstring stretch
2 sets in total
30 sec rest in between



10-count forward bend
2 sets in total
30 sec rest in between

Mobility Flow

DAREBEE WORKOUT

@ darebee.com

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

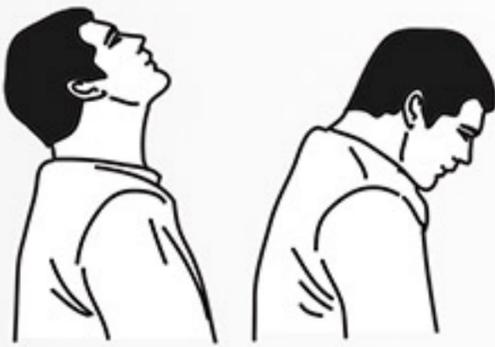
Repeat the sequence again on the other side.



neck mobility

DAREBEE WORKOUT @ darebee.com

10 repetitions each exercise.



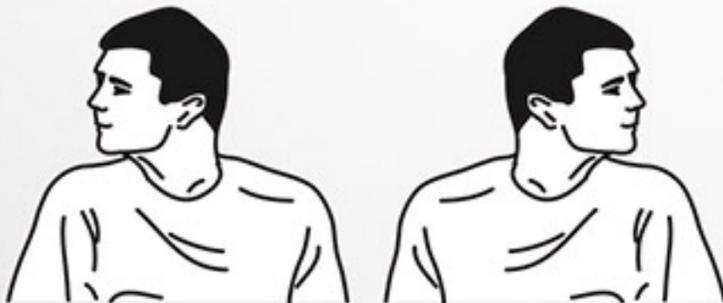
back and forth tilts



side-to-side tilts



neck rotations



side-to-side head turns

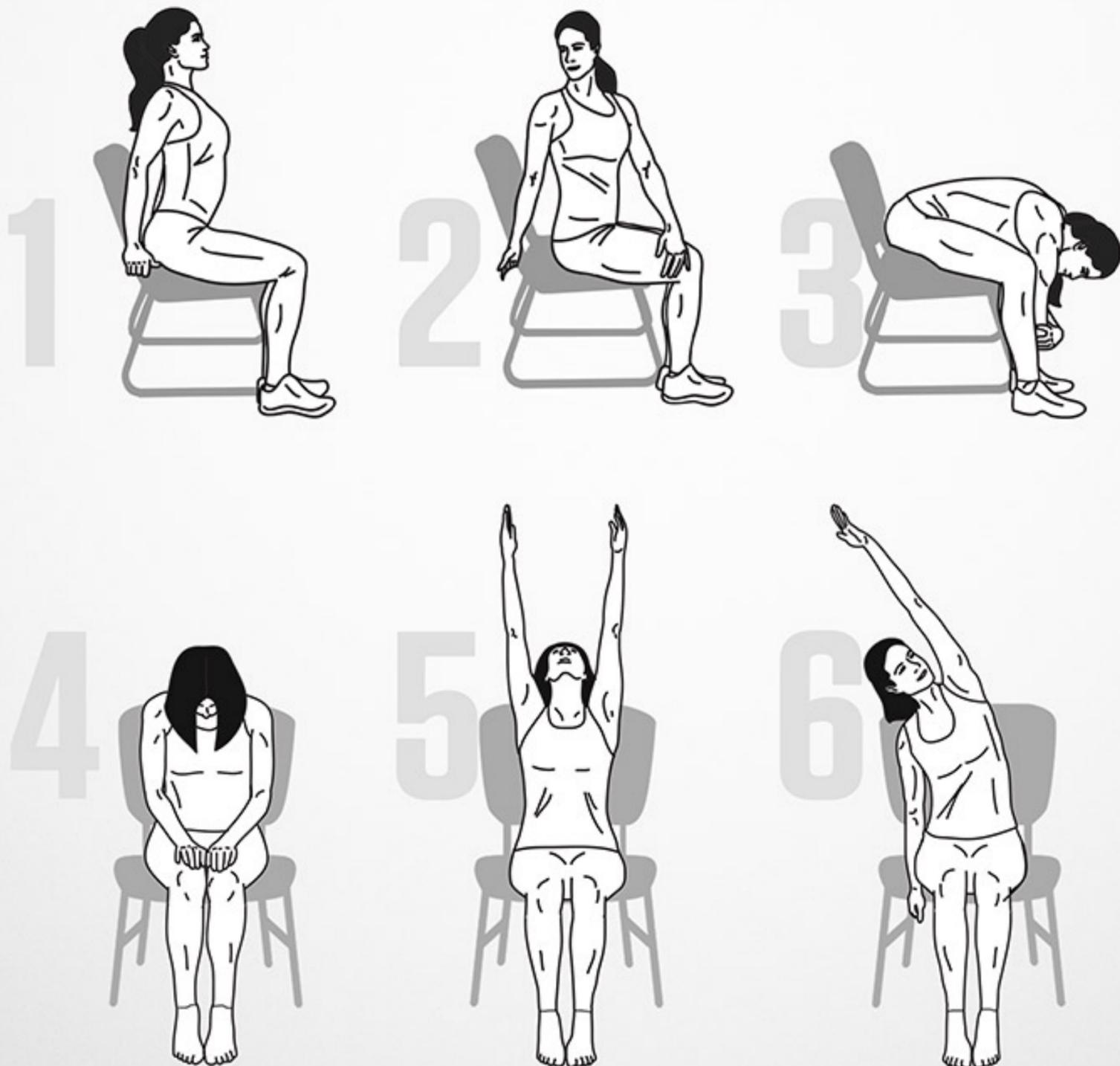


shrugs

seated mobility

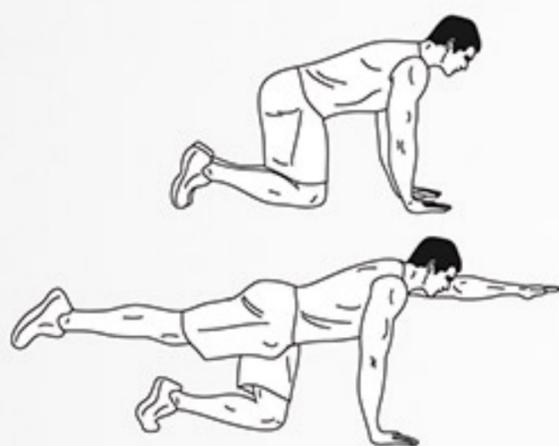
DAREBEE WORKOUT @ darebee.com

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



spine mobility

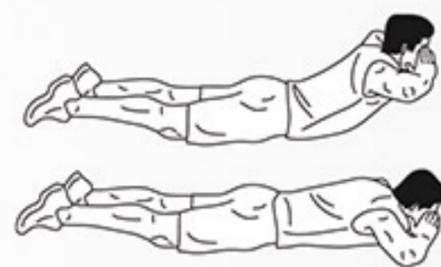
DAREBEE WORKOUT @ darebee.com



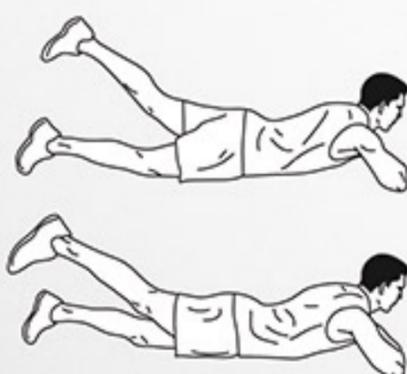
10 alt arm/ leg extensions
3 sets in total
30 sec rest in between



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

DAREBEE WORKOUT @ darebee.com

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



upperbody mobility

DAREBEE WORKOUT

© darebee.com

repeat 3 times

1 minute rest



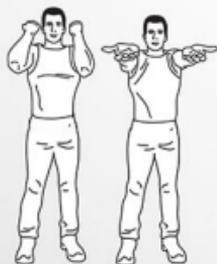
20 W-extensions



20 elbow clicks



20 elbows together rotations



20 bicep extensions



20 shoulder taps



20 elbow rotations

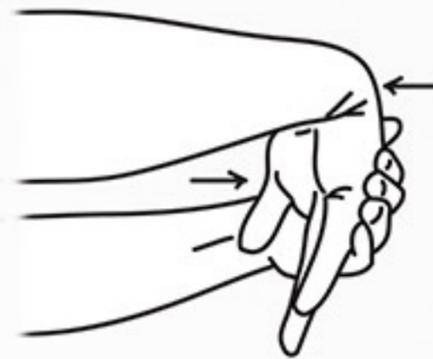
wrist mobility

DAREBEE WORKOUT @ darebee.com

20 seconds each exercise



resistance stretch



resistance press



up & down stretch



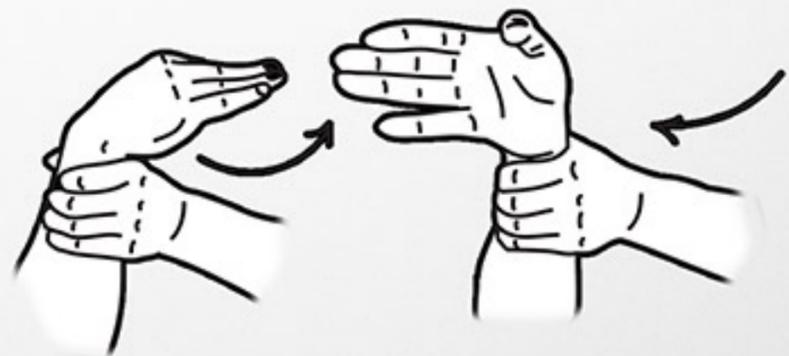
up & down side stretch



fist rotations



rotations



side flickers

visual workouts and fitness programs at

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