

BALANCE & COORDINATION

DAREBEE WORKOUT @ darebee.com

Hold each pose for 20 seconds then move on to the next one.
Repeat the sequence again on the other side.



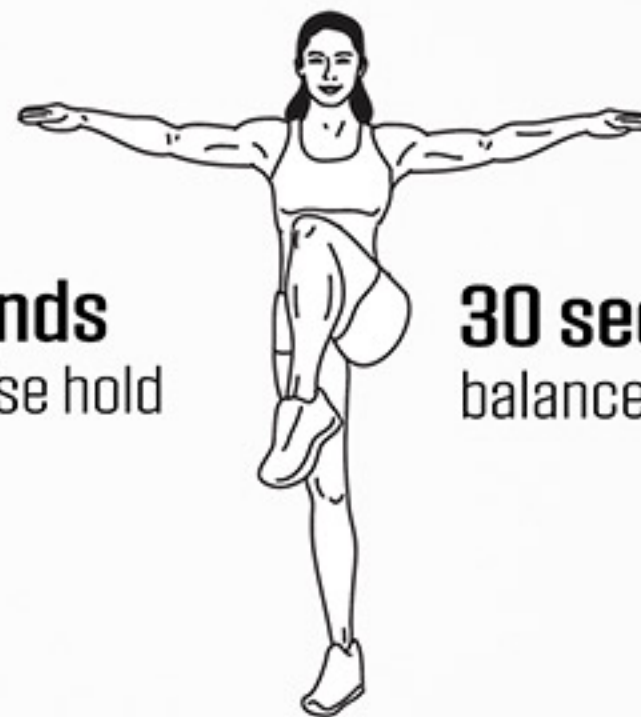
Better Balance

DAREBEE WORKOUT @ darebee.com

Change sides and repeat the sequence.



30 seconds
side leg raise hold



30 seconds
balance hold #1



30 seconds balance hold #2



30 seconds balance hold #3

DE-STRESS YOGA FIX

by DAREBEE © darebee.com

Change sides and repeat.



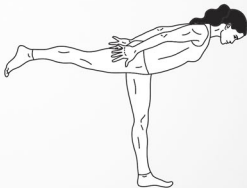
Eagle

30
seconds



Tree Pose

30
seconds



Warrior III

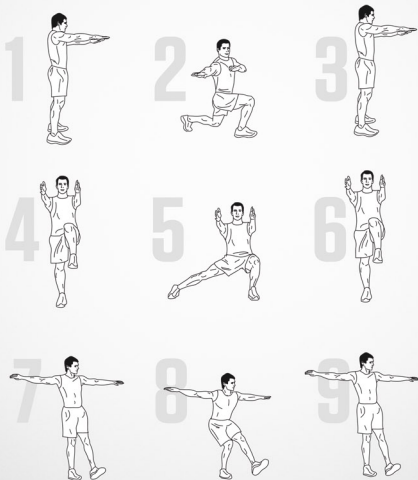
30
seconds

foothold

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.



Gravity Control

DAREBEE ISOMETRIC WORKOUT @ darebee.com

LEVEL I 10 seconds LEVEL II 20 seconds LEVEL III 30 seconds each

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST up to 2 minutes



push-up plank



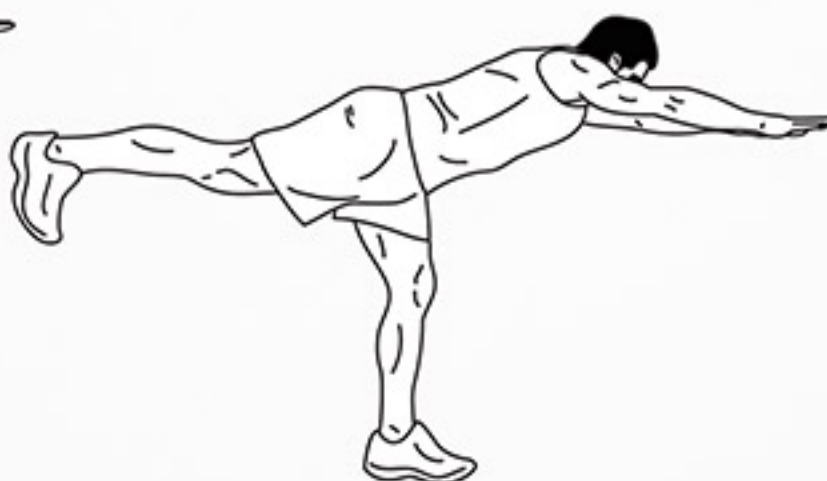
squat hold



calf raise hold



raised arms stand



balance stand



one leg squat hold



half side splits



toe reach



side leg raise hold

gravity *hold II*

DAREBEE WORKOUT

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20 seconds hold each.
Change sides & repeat.



arms raised to the side



arms raised to the front



squat hold with arms raised



leg raised to the side



knee raised up



calf raise hold

gravity *hold*

DAREBEE WORKOUT

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10 seconds hold each.
Change sides & repeat.



arms extended to sides



arms extended to the front



arms extended overhead



leg raised to the side



leg raised forward



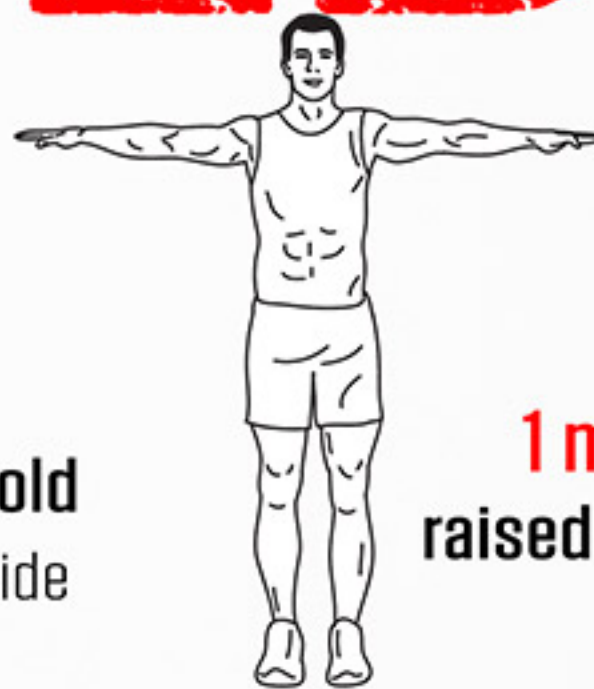
single leg half squat

THE GREAT HOLD

by DAREBEE © darebee.com



1 minute
side leg raise hold
30 seconds per side



1 minute
raised arms hold



1 minute
squat hold



1 minute
hollow hold



1 minute
bridge hold

INNER STRENGTH

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

Repeat the sequence again on the other side.



origami

DAREBEE WORKOUT

@ darebee.com

10-count hold each | Change sides and repeat the sequence

1



2



3



4



5



6



POWER HOLD WORKOUT

by DAREBEE

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hold each one
for 60 seconds

chair edition



arms extended forward



arms extended to sides



arms extended overhead



tricep dip hold



extended raised legs

STRONGHOLD

STATIC STRETCHING © darebee.com

60 seconds each 30 seconds each leg / arm

3 sets | up to 2 minutes rest between sets



lunge stretch hold



toes under feet hold



groin stretch hold



body fold hold



hamstring #1 hold



hamstring #2 hold



knee to chest hold



knees to chest hold



bow fold hold

twist & fold

DAREBEE WORKOUT © darebee.com

Hold each move for 20 seconds.



crescent lunge



extended side angle



revolved side angle



bent downward-facing dog - into - downward-facing dog



seated twist



camel pose



forward fold