

1-minute **cardio**

DAREBEE WORKOUT @ darebee.com

10 seconds each exercise

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

REST 1 minute rest between sets



jumping jacks



seal jacks



basic burpees



high knees



butt kicks



jump squats

2-MINUTE STRENGTH

DAREBEE WORKOUT © darebee.com

20 seconds each exercise | no rest between exercises



squats



lunges



side-to-side lunges



push-ups



plank hold



shoulder taps

2-MINUTE WORKOUT

by DAREBEE @ darebee.com

20 seconds each exercise | no rest between exercises



jumping jacks



jump squats



high knees



side-to-side lunges



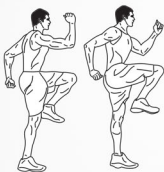
squats



climbers

5-MINUTE WALK

WORKOUT by DAREBEE © darebee.com



60sec march steps

15sec step jacks

60sec march steps

15sec step jacks



60sec march steps

15sec step jacks

60sec march steps

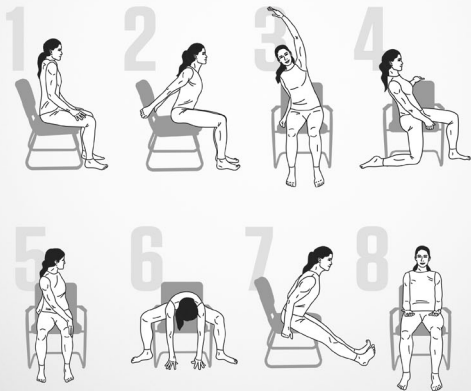
15sec step jacks

back fix

DAREBEE WORKOUT © darebee.com

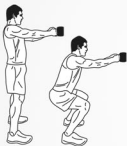
Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.

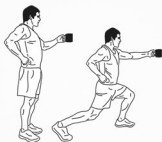


Coffee **BREAK**

DAREBEE WORKOUT @ darebee.com
3 sets | up to 2 minutes rest between sets



4 squats



4 lunges



10 side leg swings



10 mug raises



10 arm extensions



10-count hold

EXPRESS WORKOUT

BY DAREBEE @ darebee.com



10 lunges



20 side leg raises



10 squats



10 slow climbers



10 push-ups

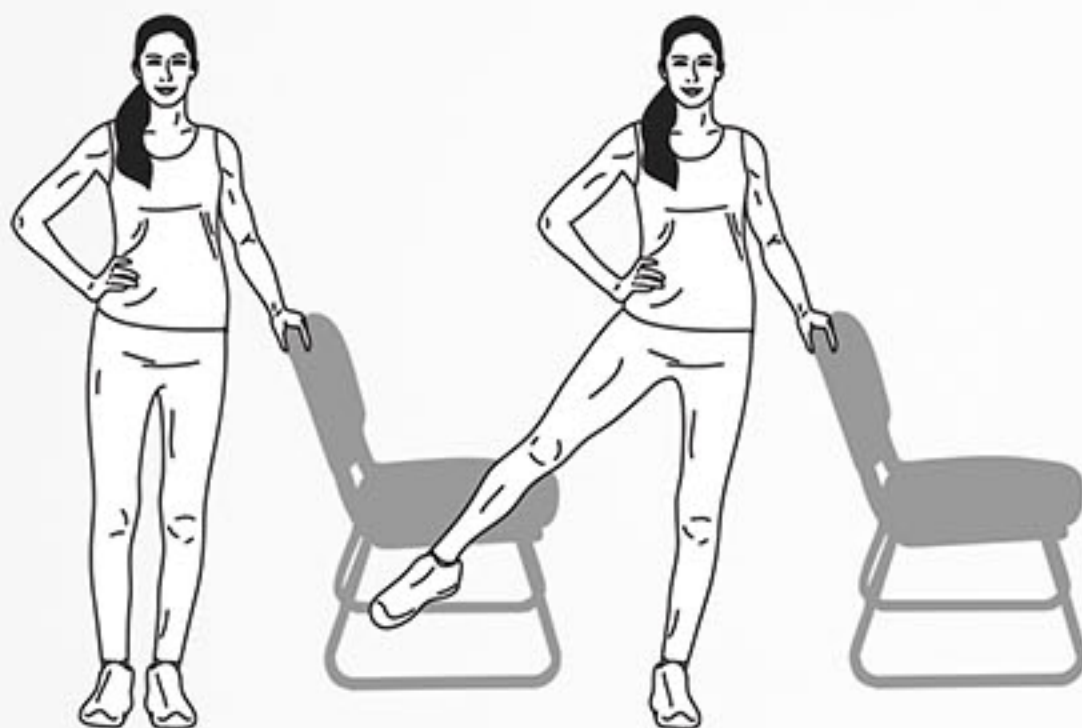


10-count elbow plank

fix it!

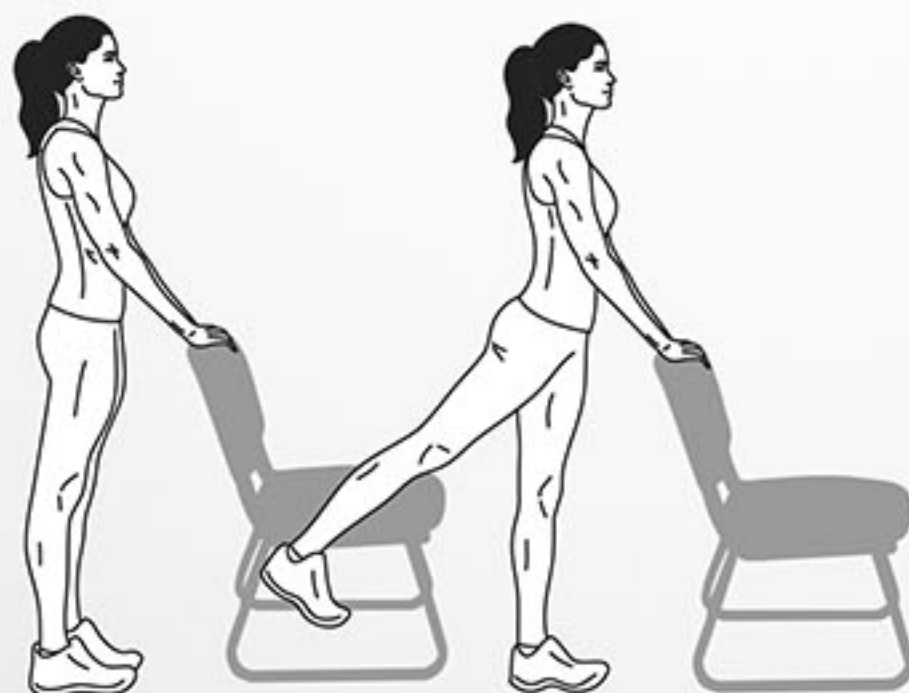
DAREBEE WORKOUT @ darebee.com

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

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



neck & shoulders

DAREBEE WORKOUT © darebee.com

20 seconds each exercise.



shoulder rotations



side shoulder stretch



cross shoulder stretch



tricep stretch



overhead shoulder stretch



up and down neck stretch

ONE-MINUTE WORKOUT

BY DAREBEE @ darebee.com



10sec high knees



10sec burpees



10sec high knees



10sec push-ups



10sec high knees



10sec push-ups

sitting **fix**

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20 seconds each exercise.



scapula stretch



shoulder stretch



corner chest stretch



quad stretch



hamstring stretch



hip flexor stretch

sore neck

DAREBEE WORKOUT © darebee.com

20 seconds each exercise.



side-to-side turns



up & down nods



side-to-side tilts



head back



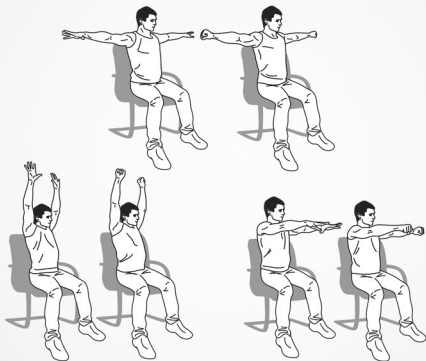
side stretch
(resistance)



forward stretch
(resistance)

STAPLER

DAREBEE **OFFICE** WORKOUT @ darebee.com



20 arms to the side clench / unclench

20 arms overhead clench / unclench

20 arms to the front clench / unclench

rest & repeat