

B **SELINE**

BY DAREBEE

B SELINE



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Day 1

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



10 chest expansions



10-count raised arms hold



10 wide arm circles



10 arm circles

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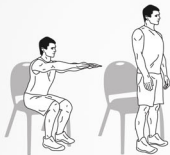
Day 2

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



10 sit to stand

Hold on
for support
if needed



10 side leg raises



10 calf raises



10 side bends

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Day 3

Level I 3 sets

Level II 5 sets

Level III 7 sets

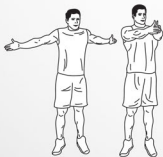
2 minutes rest
between sets



10 hip rotations



10-count balance hold



20 chest expansions



20 alt chest expansions

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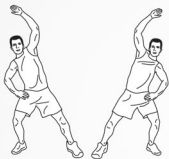
Day 4

Level I 3 sets

Level II 5 sets

Level III 7 sets

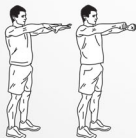
2 minutes rest
between sets



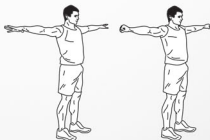
10 side jacks



10 step jacks



20 raised arms
clench/unclench



20 raised arms
clench/unclench

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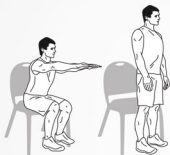
Day 5

Level I 3 sets

Level II 5 sets

Level III 7 sets

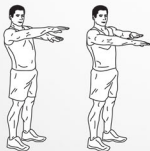
2 minutes rest
between sets



10 sit to stand



10 calf raises



20 arm scissors



20 scissor chops

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Day 6

Level I 3 sets

Level II 5 sets

Level III 7 sets

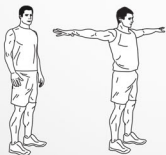
2 minutes rest
between sets



20 march steps



10 hip rotations



20 arm raises



20 arm circles

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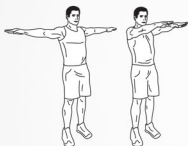
Day 7

Level I 3 sets

Level II 5 sets

Level III 7 sets

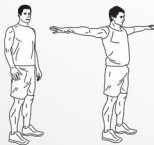
2 minutes rest
between sets



20 arm extensions



10-count raised arms hold



20 arm raises



10-count raised arms hold

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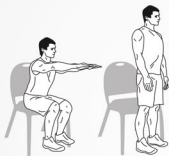
Day 8

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



10 sit to stand



10 calf raises



10 side bends



10 hip rotations

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Day 9

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



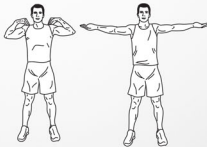
10-count raised arms hold



20 arm circles



20 bicep extensions



20 side bicep extensions

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Day 10

Level I 3 sets

Level II 5 sets

Level III 7 sets

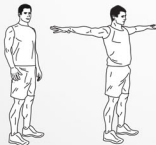
2 minutes rest
between sets



20 wide arm circles



20 arm circles



20 arm raises



20 forward arm raises

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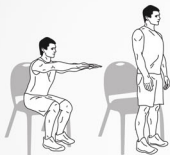
Day 11

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



10 sit-to-stand



10 calf raises



20 shoulder taps



20 bicep extensions

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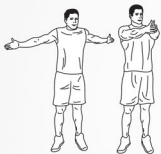
Day 12

Level I 3 sets

Level II 5 sets

Level III 7 sets

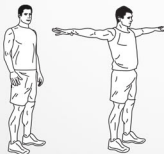
2 minutes rest
between sets



20 chest expansions



20 alt chest expansions



20 arm raises



20 arm circles

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Day 13

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets

Hold on
for support
if needed



20 side leg raises

Hold on
for support
if needed



20 front leg raises



20 side jacks



20 step jacks

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Day 14

Level I 3 sets

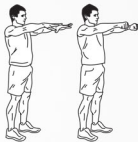
Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



20 overhead
clench/unclench



20 raised arms
clench/unclench



10 hip rotations



10 torso twists

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Day 15

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



20 step jacks



10 knee to elbow



20 step Ts



10 hip rotations

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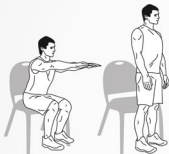
Day 16

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets

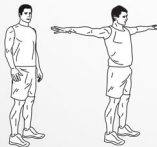


10 sit to stand

Hold on
for support
if needed



20 side leg raises



20 arm raises



20 arm circles

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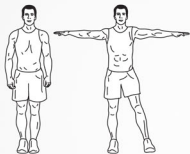
Day 17

Level I 3 sets

Level II 5 sets

Level III 7 sets

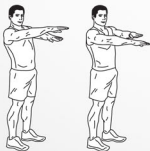
2 minutes rest
between sets



20 step Ts



10-count balance hold



20 arm scissors



20 scissor chops

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Day 18

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets

Hold on
for support
if needed



20 side leg raises



10 calf raises



10 side bends



10 hip rotations

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Day 19

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



20 side jacks



20 step jacks



20 W-extensions



20 elbow clicks

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Day 20

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



10 hip rotations



10 knee to elbows



10 calf raises



10-count calf raise hold

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Day 21

Level I 3 sets

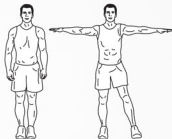
Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



20 step jacks



20 step Ts



10 hip rotations



20 single hip rotation

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Day 22

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



20 side jacks



20 step jacks



20 bicep extensions



20 shoulder taps

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Day 23

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



10 sit to stand

Hold on
for support
if needed



20 side leg raises



10-count raised arms hold



10-count raised arms hold

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Day 24

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



20 march steps



20 single hip rotation



20 step jacks



20 hip rotations

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Day 25

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



10 calf raises



10-count calf raise hold

Hold on
for support
if needed



20 side leg raises



10-count balance hold

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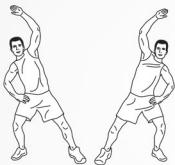
Day 26

Level I 3 sets

Level II 5 sets

Level III 7 sets

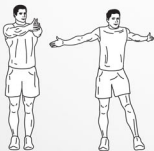
2 minutes rest
between sets



20 side jacks



20 step jacks



10 step seal jacks



10 knee to elbows

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Day 27

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



10-count raised arms hold



20 chest expansions



20 arm circles



20 wide arm circles

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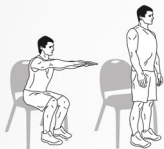
Day 28

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



10 sit to stand

Hold on
for support
if needed



20 front leg raises



20 shoulder taps



20 bicep extensions

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Day 29

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets

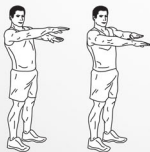
Hold on
for support
if needed



20 side leg raises



10 calf raises



20 arm scissors



20 arm circles

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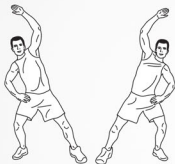
Day 30

Level I 3 sets

Level II 5 sets

Level III 7 sets

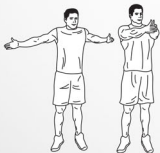
2 minutes rest
between sets



20 side jacks



20 step jacks



20 chest expansions



20 arm circles