

# Backup & Restore

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

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

Repeat the sequence again on the other side.

1



2



3



4



5



6



7



8

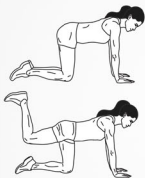


9



# before **BED**

WORKOUT  
BY DAREBEE  
© [darebee.com](http://darebee.com)



**40** leg extensions



**20** bridges



**40** side leg raises



**20** clamshells

# 60-second de-stress

by DAREBEE @ [darebee.com](http://darebee.com) stretching  
Repeat each one for 10 seconds.

back stretch



shoulder rotations



arm stretch



chest expansion



overhead reach



forward bend



# eye workout

RELAX AND REFRESH YOUR EYES

WORKOUT BY DAREBEE © [darebee.com](http://darebee.com)



**1.** Look up and hold for 3 seconds then look down and hold for another 3 seconds. Repeat 3 times in total.



**2.** Look right and hold for 3 seconds then look left and hold for another 3 seconds. Repeat 3 times in total.



**3.** Look to the top left corner of your eye and hold for 3 seconds. Look to the top right and hold for another 3 seconds. Repeat 3 times.



**4.** Rotate your eyeballs 3 times to the right and then 3 times to the left. Blink several times to relax.



**5.** Close your eyes tight and hold for 10 seconds. Relax.



**6.** Open your eyes wide and hold for 10 seconds. Blink repeatedly to relax and complete the workout.



# Five Rites

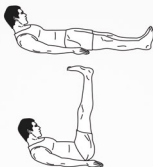
BY DAREBEE © [darebee.com](http://darebee.com)

21 repetitions each exercise



## First Rite

360° turns clockwise



## Second Rite

90° leg raises



## Third Rite

back stretches



## Fourth Rite

table stretch



## Fifth Rite

upward dog stretch



# f<sup>oot</sup>network

DAREBEE 2-MINUTE WORKOUT @ [darebee.com](https://darebee.com)

FOOT SORENESS & TENSION RELIEF;  
IMPROVED CIRCULATION & POSTURE

- 20 seconds each -



1. forward bends



2. rotations



3. forward & backward bends



4. clench & unclench



5. side-to-side



6. toes back bends

# my HAPPY PLACE

WORKOUT  
BY DAREBEE  
© [darebee.com](http://darebee.com)



**60sec** stretch #1



**60sec** stretch #2



**60sec** stretch #3



**10 minutes** meditation

# man down

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

**3 sets** | up to 2 minutes rest between sets



**10** knee rolls



**10** bridges



**10-count** stretch & hold



**10** reverse flutter kicks



**10-count** stretch & hold



# *micro* **break**



by DAREBEE @ [darebee.com](http://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



# pressure points

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

Repeat each one for 10 seconds.



thenar press



palm rub



thumb root press



bottom  
index finger press



top  
little finger press



top  
thumb press

# RECOVERY WORKOUT

BY DAREBEE @ [darebee.com](http://darebee.com)



**30** low side leg raises (right)

**6** hip rotations (right)

**30** low side leg raises (left)

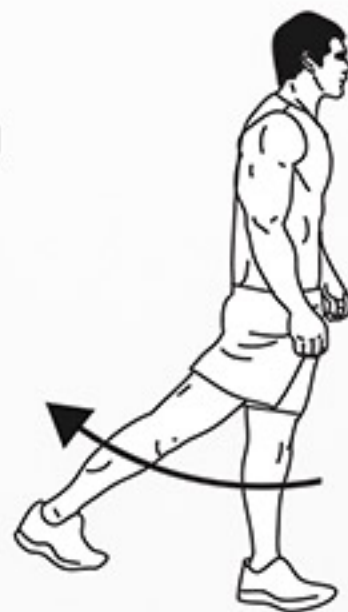
**6** hip rotations (left)

**30** straight leg back swings (right leg)

**6** hip rotations (right)

**30** straight leg back swings (left leg)

**6** hip rotations (left)



**6** back and forth tilts



**6** side-to-side tilts



**6** neck rotations (3/3)

# recovery

YOGA WORKOUT by DAREBEE @ [darebee.com](https://darebee.com)

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

Repeat the sequence again on the other side.

1



2



3



4



5



6



7



8



9



10



11

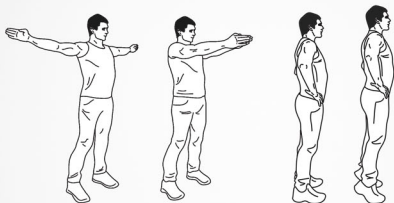


12



# Refresh

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)



**5** chest expansions

**5** calf raises

**10** chest expansions

**10** calf raises

**20** chest expansions

**20** calf raises

done

# Reset Stretch

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

20 seconds each exercise.



chest squeeze



tricep stretch



wrist stretch



back arch



tricep stretch (both arms)



overhead shoulder stretch

# self-care

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

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

Repeat the sequence again on the other side.

1



2



3



4



5



6



7



8



9



# sitting **fix**

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

20 seconds each exercise.



scapula stretch



shoulder stretch



corner chest stretch



quad stretch



hamstring stretch



hip flexor stretch



# sore neck

DAREBEE WORKOUT © [darebee.com](http://darebee.com)  
20 seconds each exercise.



side-to-side turns



up & down nods



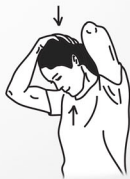
side-to-side tilts



head back



side stretch  
(resistance)



forward stretch  
(resistance)

# UNPLUGGED

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** chest expansions



**10** shoulder stretches



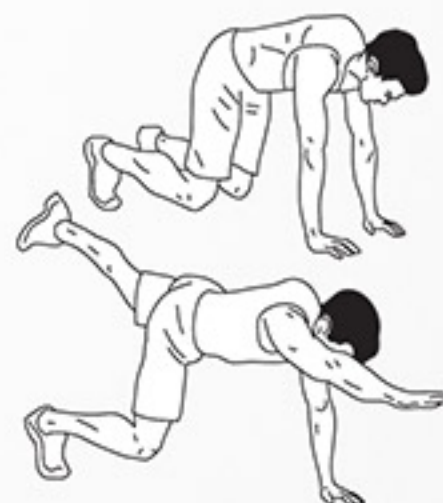
**20** side leg raises



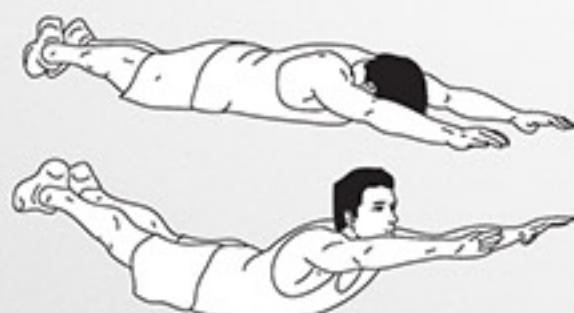
**10** back rotations



**10** back arches



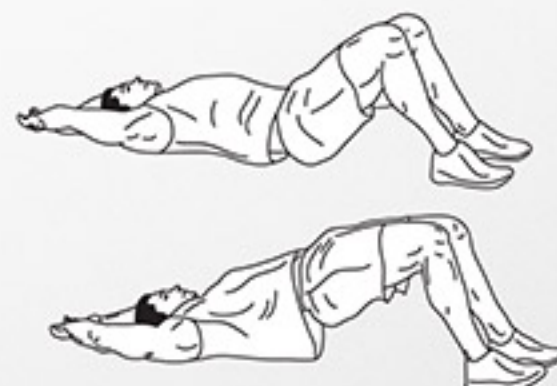
**10** cat stretches



**10** supermen



**10** body folds



**10** bridges