

**RECOVERY**

**DAREBEE**

# RECOVERY

Day 1

© [darebee.com](http://darebee.com)

Hold each pose for 60 seconds then move on to the next one.



# RECOVERY

Day 2

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## Box breathing:

Set a timer for 2 minutes and repeat until the time is up:

1. Gently inhale through your nose to a slow count of 4.
2. Hold at the top of the breath for a count of 4.
3. Then gently exhale through your mouth for a count of 4.
4. At the bottom of the breath, pause and hold for the count of 4.



# RECOVERY

Day 3

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3 sets in total | 60 seconds rest between sets



10 step jacks



10 chest expansions



10 march steps



10 calf raises

# RECOVERY

Day 4

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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.



# RECOVERY

Day 5

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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.

1



2



3



4



5



6



# RECOVERY

Day 6

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## Box breathing:

Set a timer for 2 minutes and repeat until the time is up:

1. Gently inhale through your nose to a slow count of 4.
2. Hold at the top of the breath for a count of 4.
3. Then gently exhale through your mouth for a count of 4.
4. At the bottom of the breath, pause and hold for the count of 4.



# RECOVERY

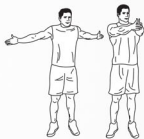
Day 7

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3 sets in total | 60 seconds rest between sets



10 step jacks



10 chest expansions



10 side jacks



10 alt chest expansions



# RECOVERY

Day 8

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Hold each pose for 60 seconds then move on to the next one.

1



2



3



4



5



6



# RECOVERY

Day 9

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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.

1



2



3



4



5



6



# RECOVERY

Day 10

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## Box breathing:

Set a timer for 2 minutes and repeat until the time is up:

1. Gently inhale through your nose to a slow count of 4.
2. Hold at the top of the breath for a count of 4.
3. Then gently exhale through your mouth for a count of 4.
4. At the bottom of the breath, pause and hold for the count of 4.



# RECOVERY

Day 11

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3 sets in total | 60 seconds rest between sets



10 march steps



10 calf raises



10 arm circles



10 side leg raises

# RECOVERY

Day 12

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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.

1



2



3



4



5



6



# RECOVERY

Day 13

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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.

1



2



3



4



5



6



# RECOVERY

Day 14

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## Box breathing:

Set a timer for 2 minutes and repeat until the time is up:

1. Gently inhale through your nose to a slow count of 4.
2. Hold at the top of the breath for a count of 4.
3. Then gently exhale through your mouth for a count of 4.
4. At the bottom of the breath, pause and hold for the count of 4.



# RECOVERY

Day 15

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3 sets in total | 60 seconds rest between sets



10 step jacks



10 side jacks



10 side leg raises



10 march steps