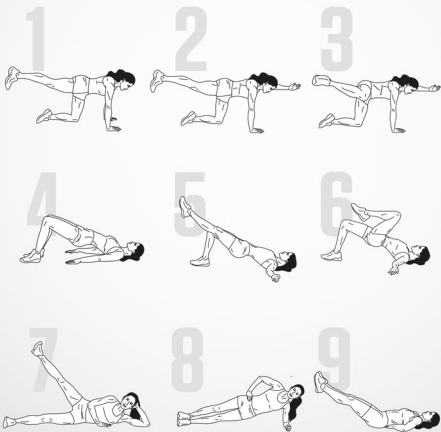


AFTERPARTY

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.

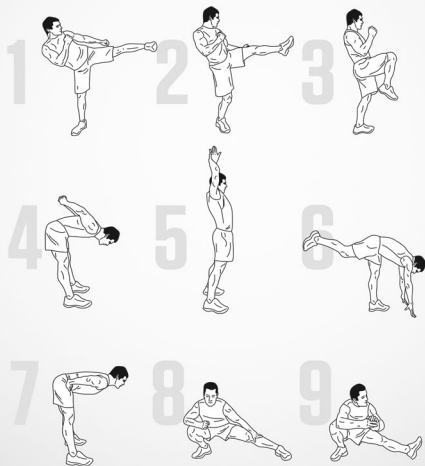


ANCHOR'D

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.



back & core

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 sitting twists



20 half wipers



20 bridges



10 cat cow



10 back extensions



10 scorpion twists

BALANCE

DAREBEE WORKOUT © darebee.com

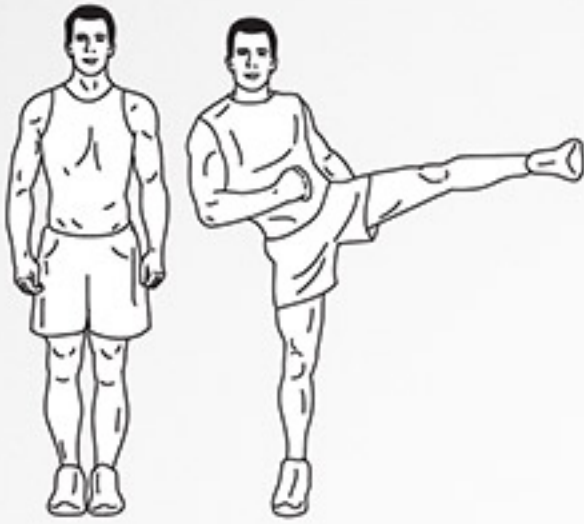
Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.



EASE-OUT

DAREBEE WORKOUT @ darebee.com



60sec side leg raises



30sec lunge stretches



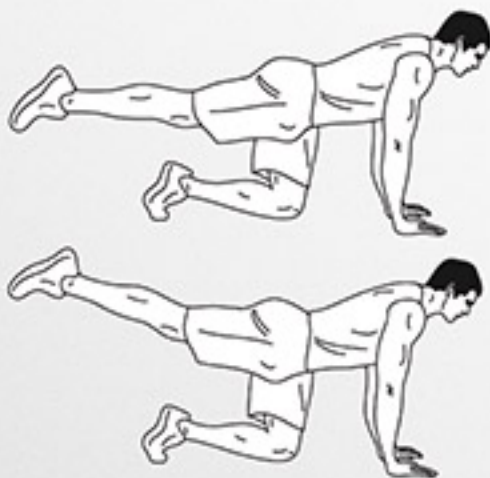
10sec side-to-side lunges



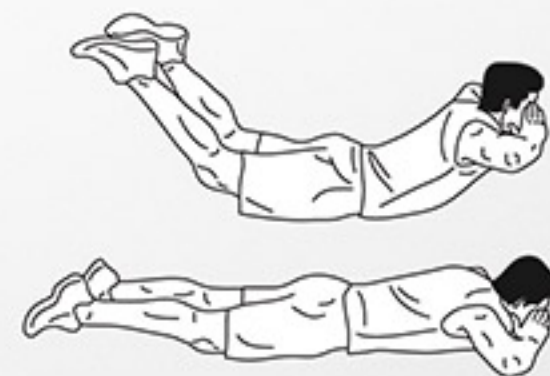
60sec leg raises + **30sec** hold
change sides and repeat



10sec downward upward dog



60sec raised leg swings + **30sec** hold
change sides and repeat



10sec back extensions

THE FINISHER

STRETCHING BY DAREBEE © darebee.com



20sec stretch



20sec stretch



20sec stretch



20sec stretch



20 calf raises



40 side leg raises



40 side leg swings



combo: 10sec each, then change legs



20 side-to-side lunges, toes up

FINISH LINE

UNIVERSAL COOLDOWN
BY DAREBEE
© darebee.com



20sec stretch



20sec stretch



20sec stretch



20sec stretch



20sec stretch



30sec side leg raises + 30sec hold
change sides and repeat



30sec leg raises + 30sec hold
change sides and repeat



20sec reach



20sec stretch



20sec stretch



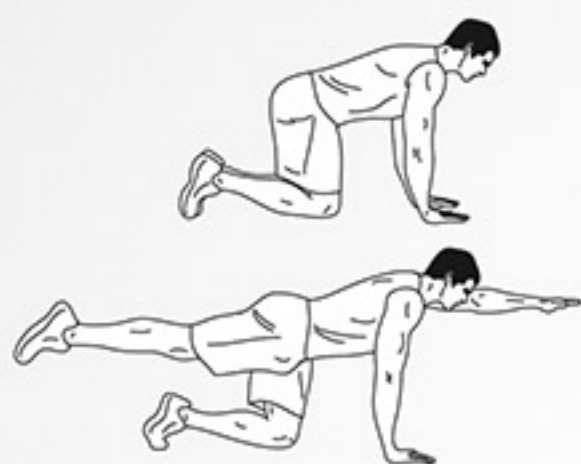
20sec stretch



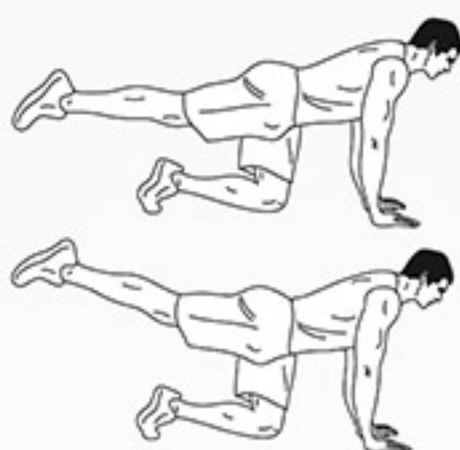
20sec stretch

Follow Up

DAREBEE WORKOUT @ darebee.com



20 alt arm / leg raises

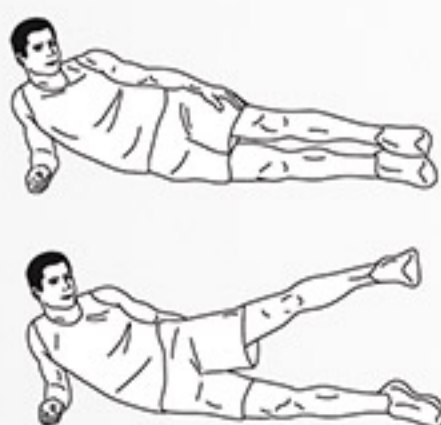


20 leg swings



20 leg extensions

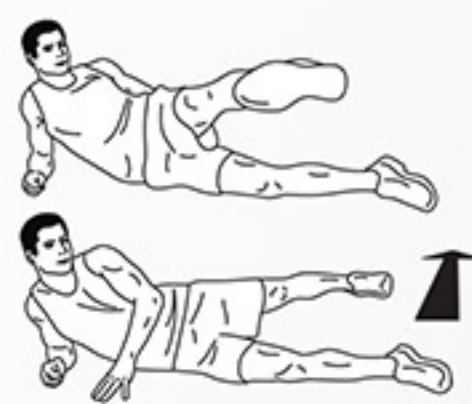
change sides and repeat the sequence



20 side leg raises



20 raised leg kicks



20 straight leg swings

change sides and repeat the sequence



20 leg raises



20 raised leg circles



20 move side-to-side

change sides and repeat the sequence

Hip Flexors

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 hip flexor stretches



20 bridges



10 knee hugs



20 flutter kicks

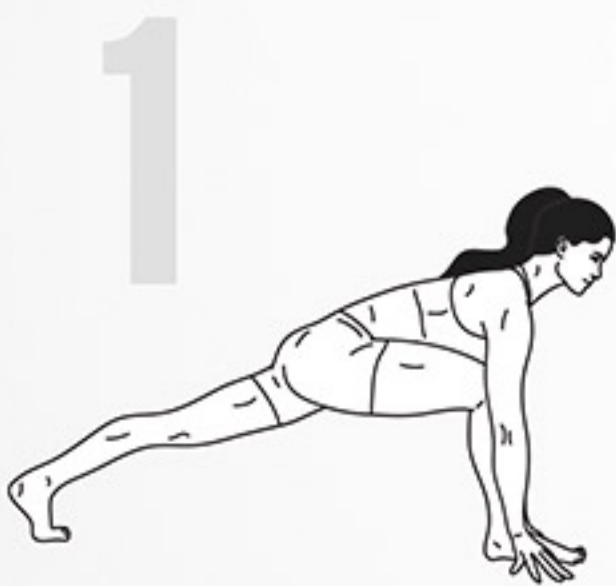


10-count stretch hold

HIPS & GLUTES STRETCH

WORKOUT
BY DAREBEE
© darebee.com

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



ADVANCED iron bar

TENDON STRENGTH
DAREBEE WORKOUT @ darebee.com

Change legs after each sequence and repeat it again. Keep your leg off the floor throughout the sequence. Perfect post workout.

SEQUENCE 1



20-count hold



20 leg raises



20 high leg raises



20 move from side-to-side



20 circles

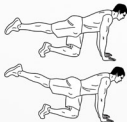


20-count hold

SEQUENCE 2



20-count hold



20 leg swings



20 bent leg pulses (up & down)



20-count side lifts



20 knee-in extensions



20-count hold

iron bar

TENDON STRENGTH DAREBEE WORKOUT @ darebee.com

Change legs after each sequence and repeat it again. Keep your leg off the floor throughout the sequence. Perfect post workout.

SEQUENCE 1



15-count hold



15 side leg raises



15 straight leg swings



15 fast kicks



15 slow kicks



15-count hold



SEQUENCE 2



15-count hold



15 leg raises



15 high leg raises



15 move from side-to-side



15 circles



15-count hold

IRON TENDONS

LOWERBODY

WORKOUT by DAREBEE @ darebee.com



10-count hold



30 side leg raises



10-count hold

change legs and repeat the sequence



10-count hold



30 leg raises



10-count hold

change legs and repeat the sequence



10-count hold



30 side leg raises



10-count hold

change legs and repeat the sequence

LIMITLESS

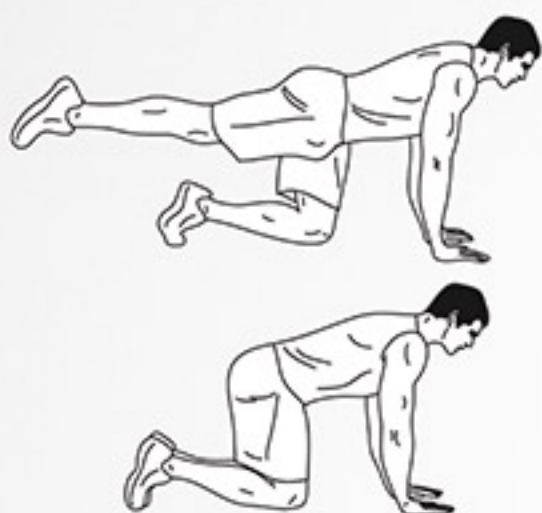
DAREBEE WORKOUT @ darebee.com

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

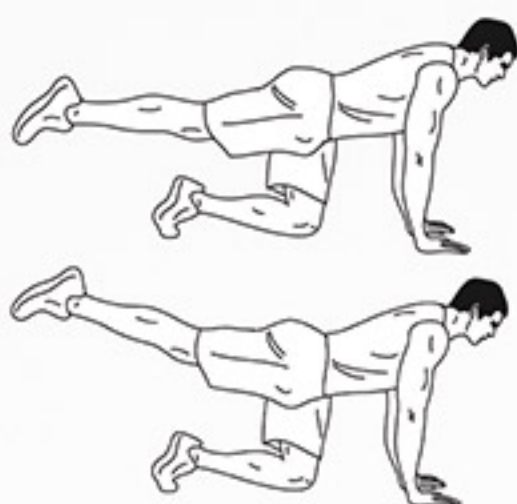


LOWERBODY TENDON STRENGTH

DAREBEE WORKOUT @ darebee.com



20sec leg extensions



20sec raised leg swings



20sec hold

+ change sides and repeat the sequence



20sec leg raises

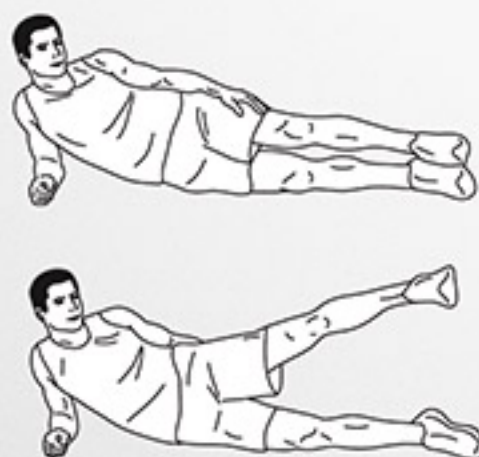


20sec raised leg circles



20sec hold

+ change sides and repeat the sequence



20sec side leg raises



20sec raised leg kicks



20sec hold

+ change sides and repeat the sequence

PART 2

DAREBEE POST-WORKOUT STRETCHING @ darebee.com

30 seconds = 15 seconds per side / leg



1. lunge stretches



2. side-to-side lunges



3. butterfly stretches



4. back stretches



5. opposite arm / leg raises



6. back extensions



7. stretch



8. stretch



9. stretch



10. stretch

POST-CARDIO COOLDOWN

TENDON STRENGTH AND ABS | by DAREBEE © darebee.com

1min leg raises
go as fast as you can

30sec raised leg hold

change legs
and repeat again

1min side leg raises
go as fast as you can

30sec side raised leg hold

change legs
and repeat again

30sec flutter kicks

30sec raised legs hold

done!



POST-WORKOUT MOBILITY

DAREBEE WORKOUT @ darebee.com



20 cat cow

10 upward downward dog

20 plank into lunge



10 spine rotations

20 side-to-side lunges

10 knee rolls

P.S.

DAREBEE
POST-WORKOUT
© darebee.com



40 leg extensions



40 side leg extensions



40 straight leg extensions



40 knee in extensions



40 extended swings



40 alt arm / leg raises



10 bridges



10 half wipers



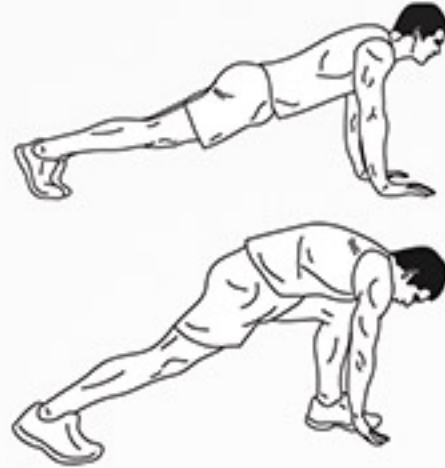
10 knee hugs

superhero stretch

DAREBEE
WORKOUT
@ darebee.com



30sec side-to-side lunges



30sec plank step-ins



30sec stretch



30sec stretch



30sec stretch



60sec stretch



30sec stretch



30sec stretch



30sec upward dog



30sec downward dog



30sec swimmers



30sec bow hold