

100 OFFICE WORKOUTS

No-Equipment
Visual Guides for
Workplace Fitness



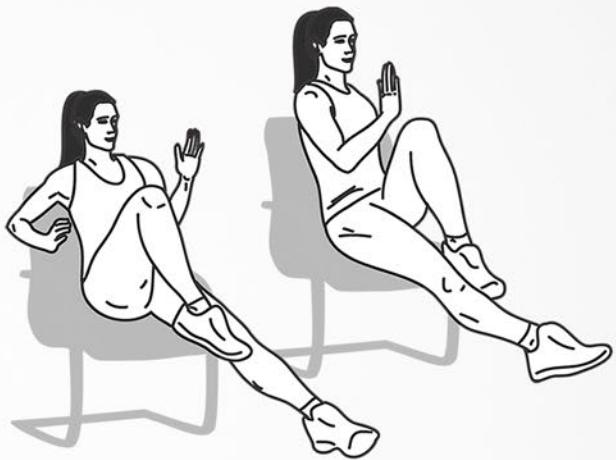
N. Rey

cardio chair

DAREBEE
WORKOUT
© darebee.com



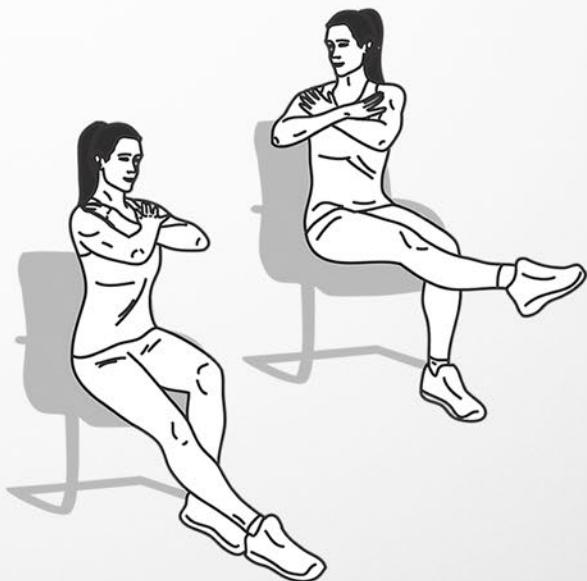
10 chair jacks



10 cycling crunches



10 knee-to-elbow twists



10 leg raises with a twist

Catch & Release

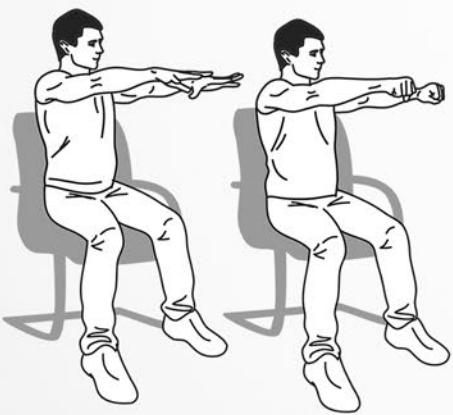
DAREBEE WORKOUT
© darebee.com



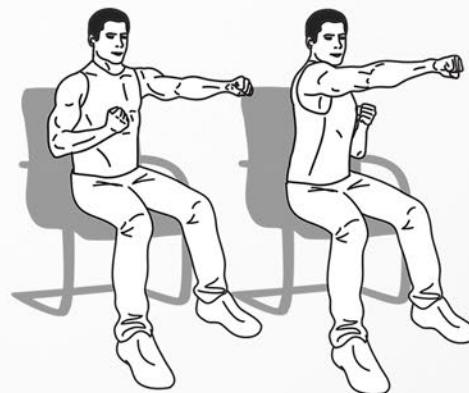
20 overhead clench



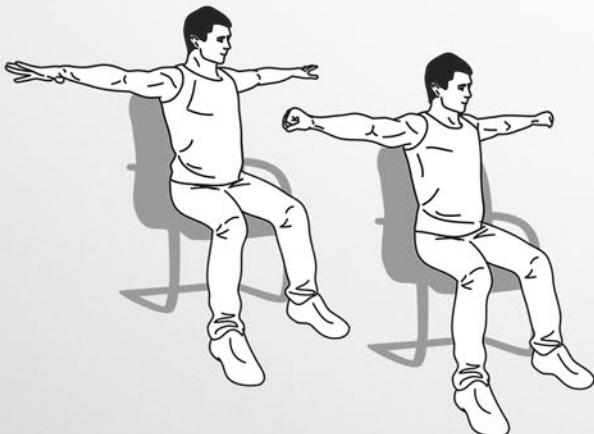
20 overhead punches



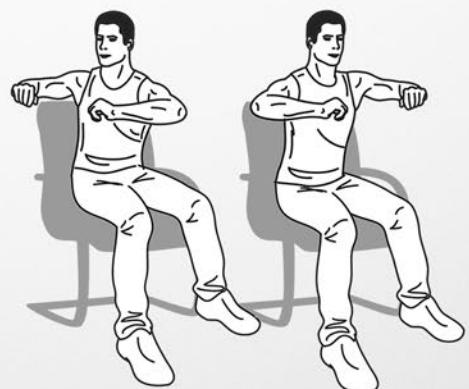
20 extended clench



20 punches



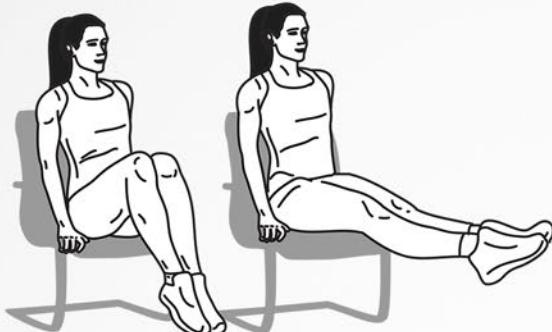
20 side extended clench



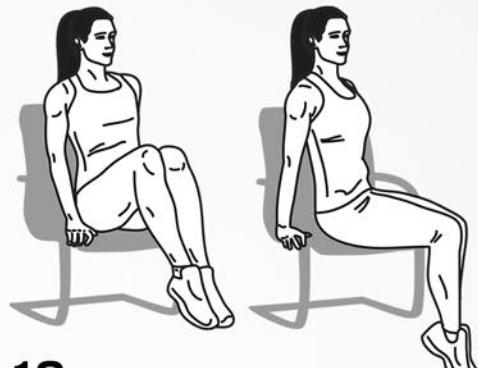
20 torso twists

chair abs

DAREBEE WORKOUT © darebee.com



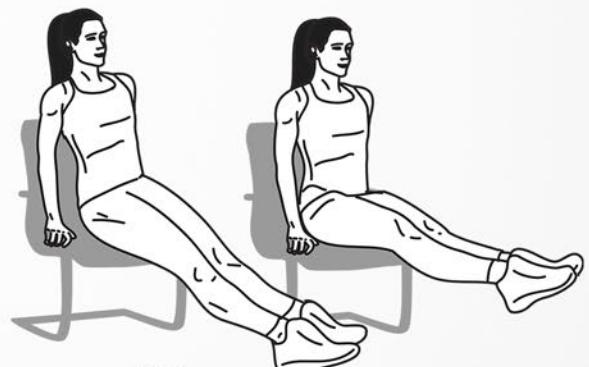
10 crunch kicks



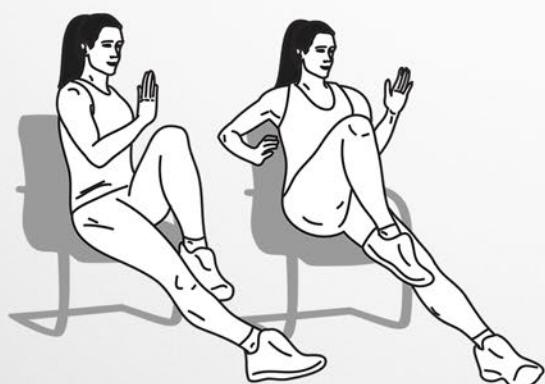
10 side-to-side knee sweeps



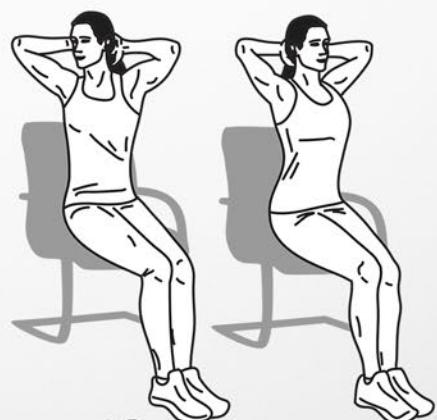
10 knee-to-elbows



10 leg raises



10 cycling crunches



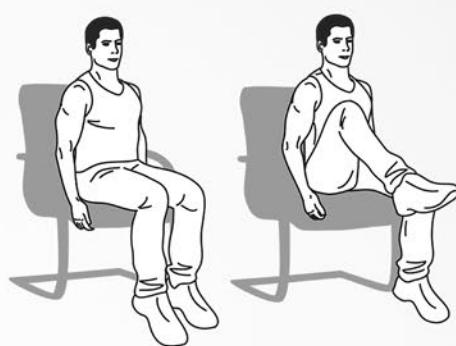
10 sitting twists

chair **CYCLE**

DAREBEE WORKOUT © darebee.com



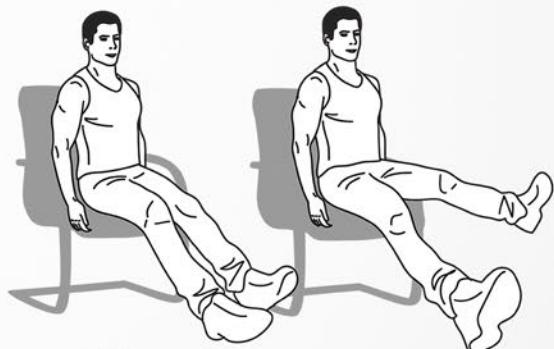
20 cycling



10 knee-ins



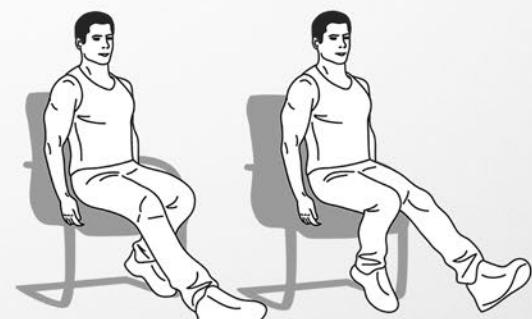
20 cycling



10 leg extensions



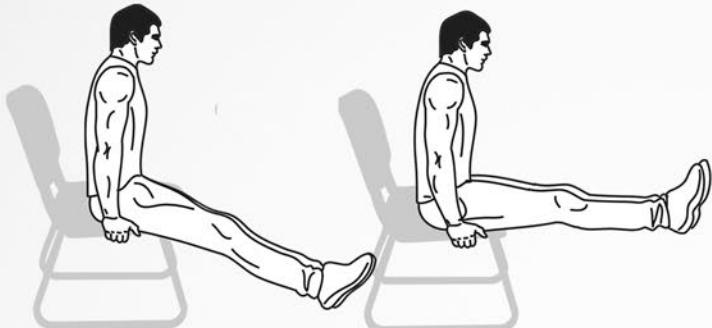
20 cycling



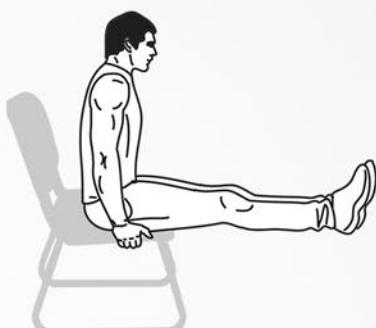
10 slow kicks

Ctrl+Alt+Shift

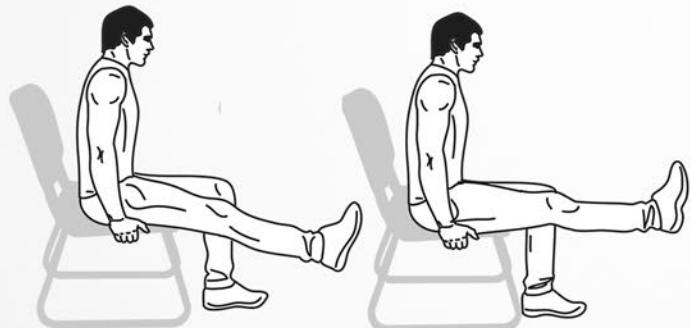
DAREBEE OFFICE WORKOUT © darebee.com



20 leg raises



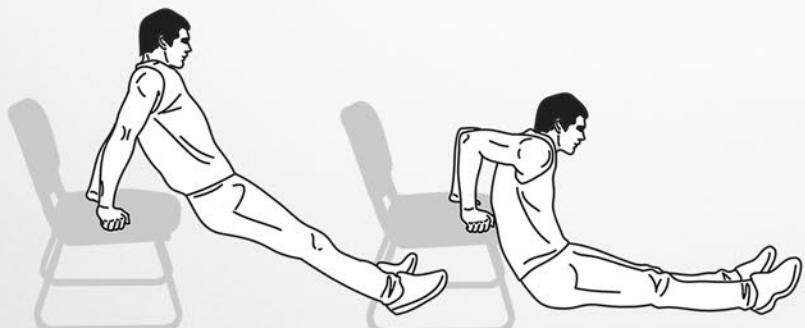
20-count raised leg hold



40 leg swings



20-count knee raise hold



20 tricep dips



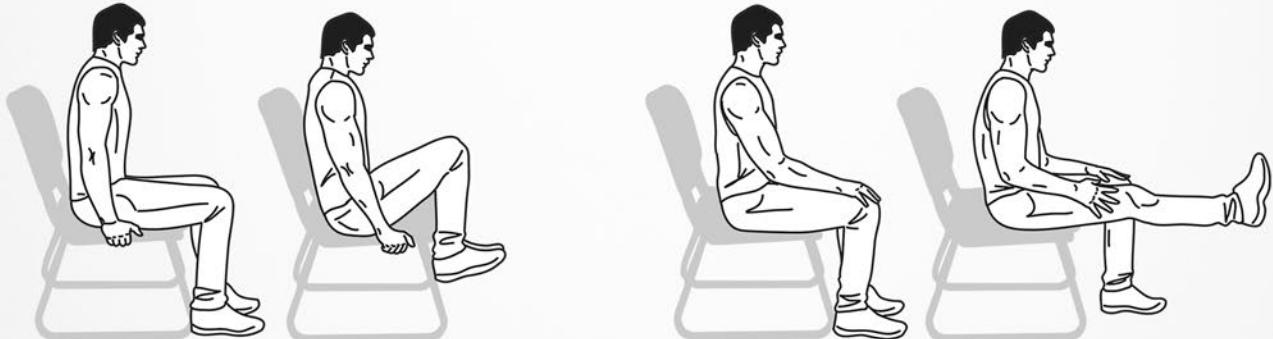
20-count tricep dip hold

DOCKED

DAREFREE OFFICE WORKOUT © darebee.com

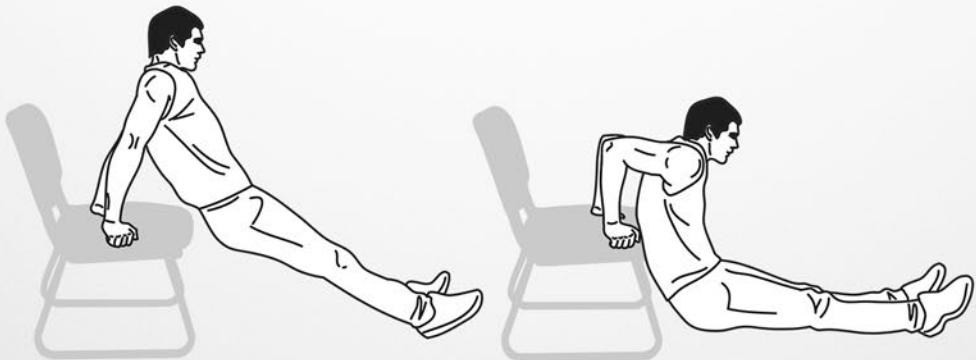


20 chair pistol squats



20 knee crunches

20 leg extensions



20 chair tricep dips

POWER **HOLD** WORKOUT

chair edition

by DAREBEE
© darebee.com

hold each one
for 60 seconds



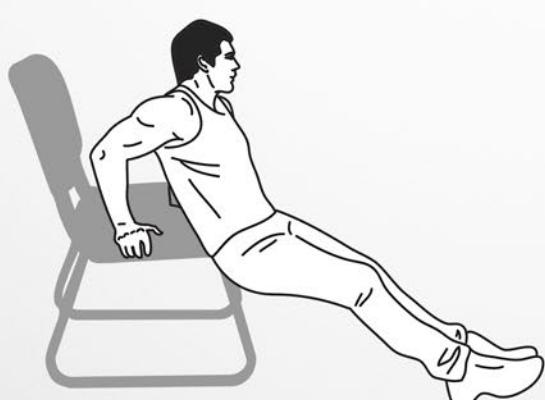
arms extended forward



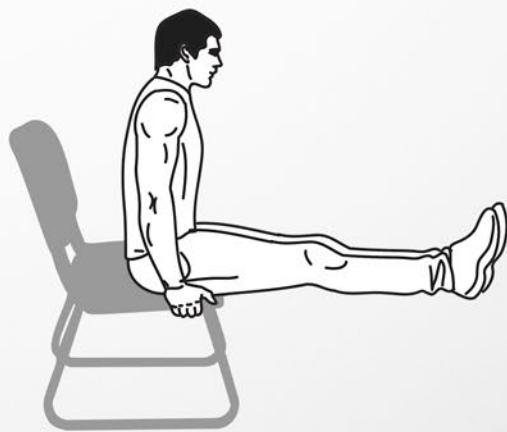
arms extended to sides



arms extended overhead



tricep dip hold



extended raised legs

rainmaker

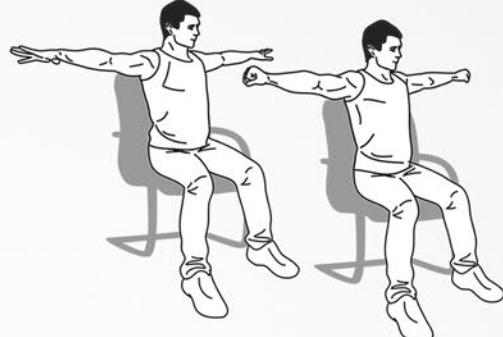
DAREBEE **OFFICE** WORKOUT © darebee.com



20 side circles



10-count hold



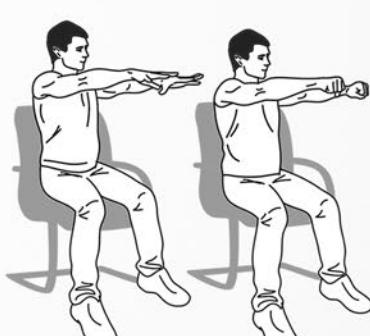
20 side clutches



20 forward circles



10-count hold



20 forward clutches



20 overhead circles



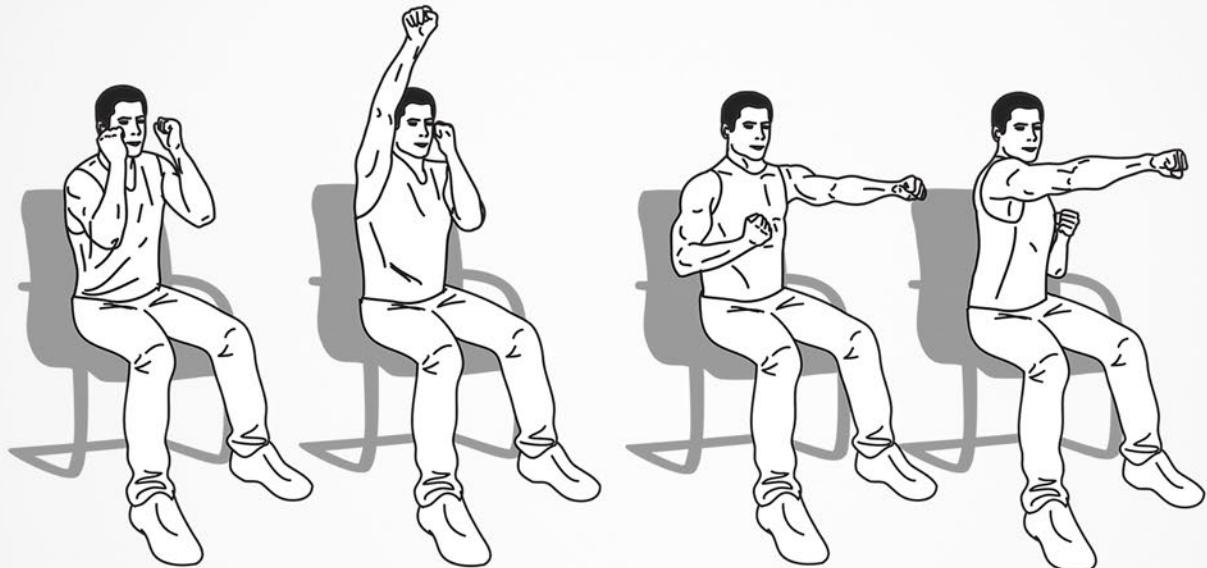
10-count hold



20 overhead clutches

seated **boxer**

DAREBEE **OFFICE** WORKOUT © darebee.com



10 overhead punches

10 punches

10 overhead punches

10 punches

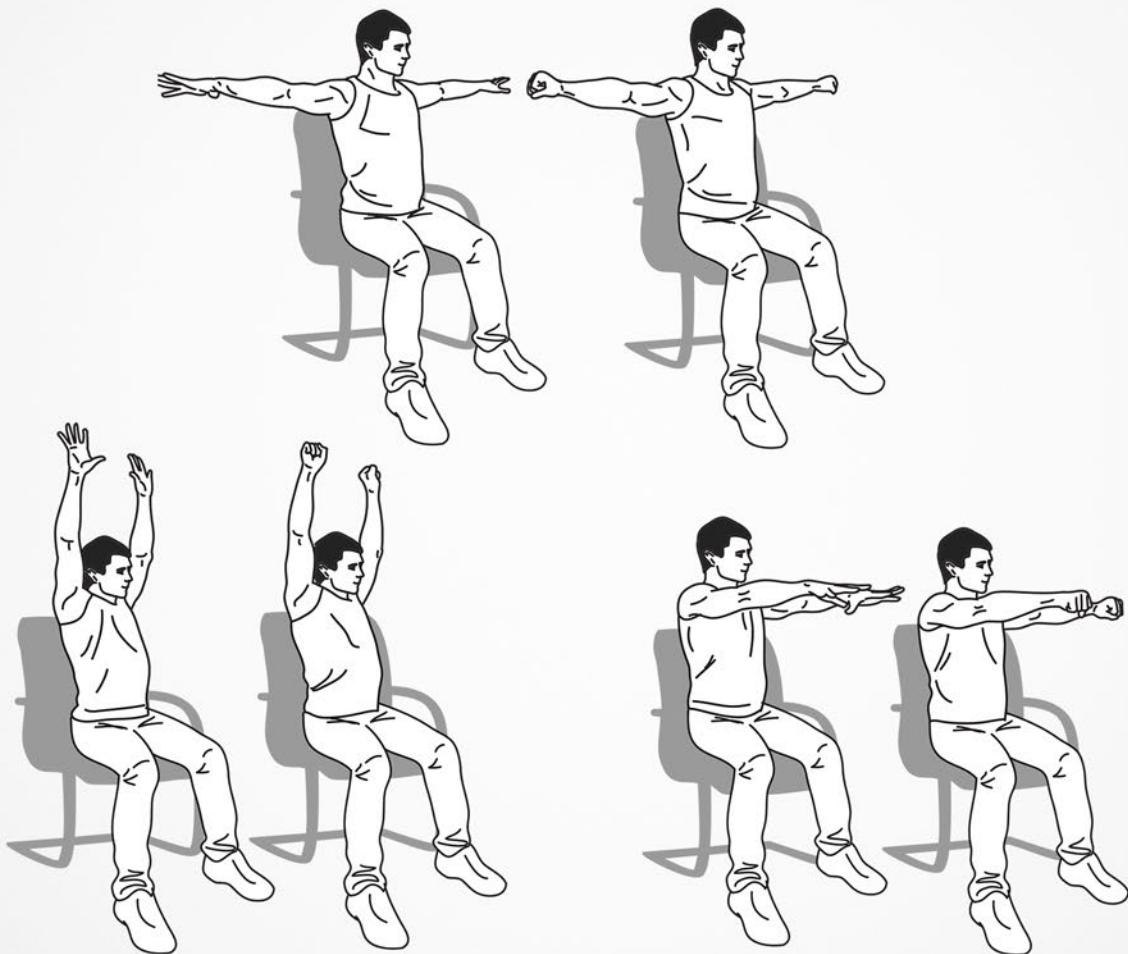
10 overhead punches

10 punches

done

STAPLER

DAREBEE **OFFICE** WORKOUT © darebee.com



20 arms to the side clench / unclench

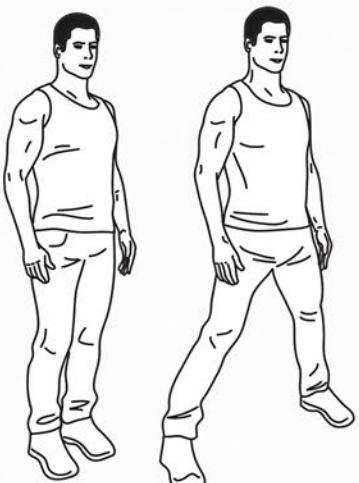
20 arms overhead clench / unclench

20 arms to the front clench / unclench

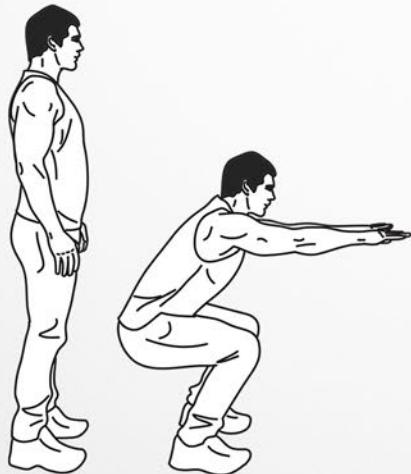
rest & repeat

Cardio Mixer

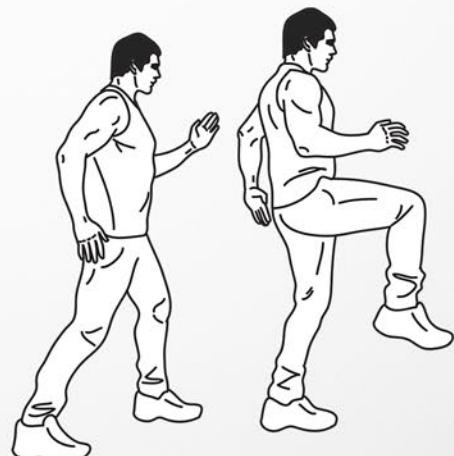
DAREBEE **HIIT** WORKOUT © darebee.com



20sec half jacks



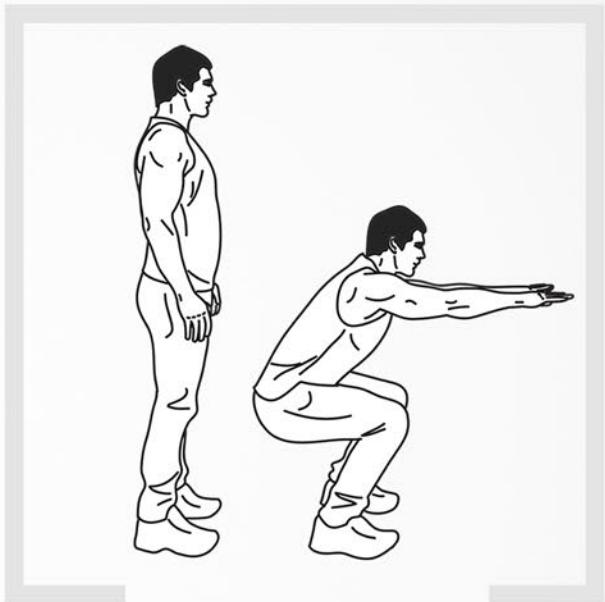
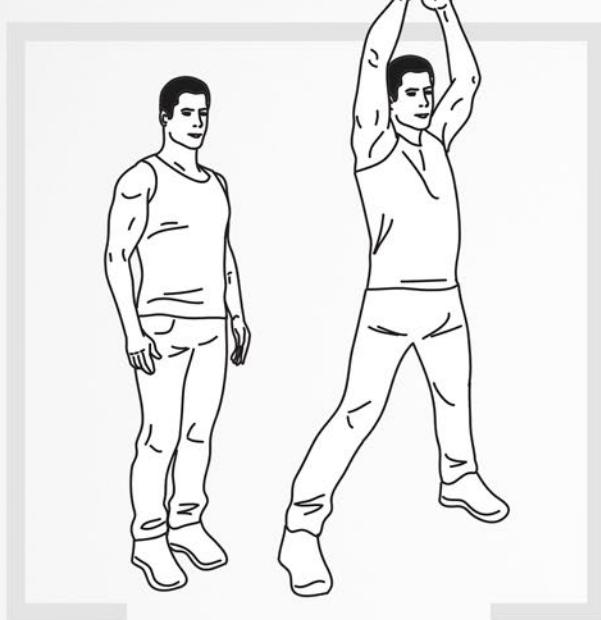
20sec squats



20sec step back + knee ups

Cardio Prime

DAREBEE **HIIT** WORKOUT © darebee.com **advanced**



10sec jumping jacks

10sec squats

10sec jumping jacks

10sec squats

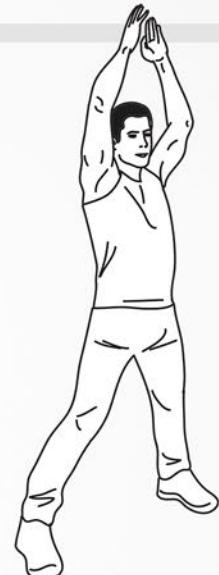
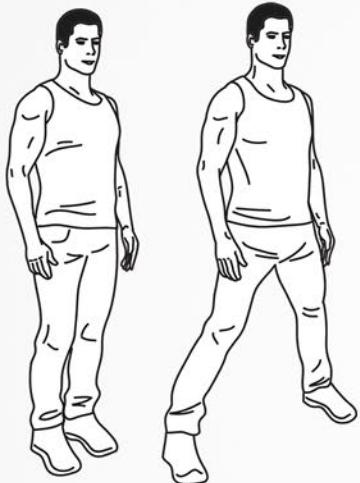
10sec jumping jacks

10sec squats

done

Cardio Prime

DAREBEE **HIIT** WORKOUT © darebee.com



10sec half jacks

10sec jumping jacks

10sec half jacks

10sec jumping jacks

10sec half jacks

10sec jumping jacks

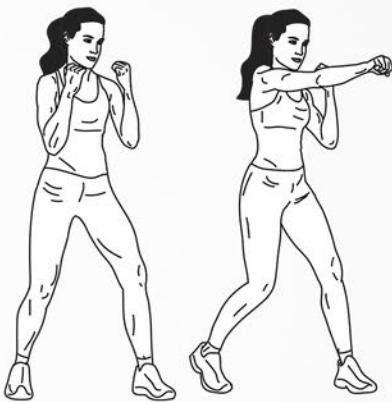
done

Fast *& Dangerous*

DAREBEE **HIIT** WORKOUT © darebee.com



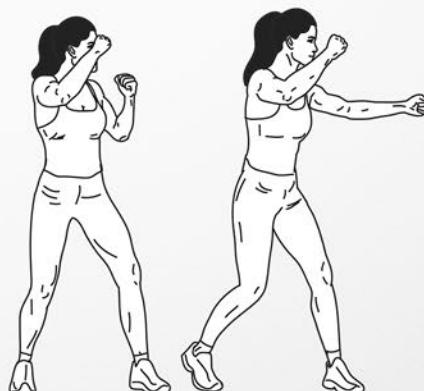
15sec high knees



15sec punches



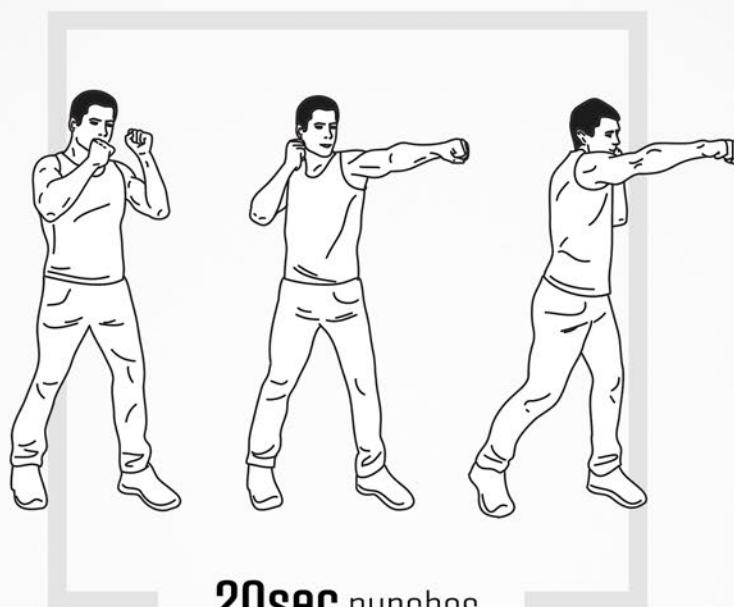
15sec high knees



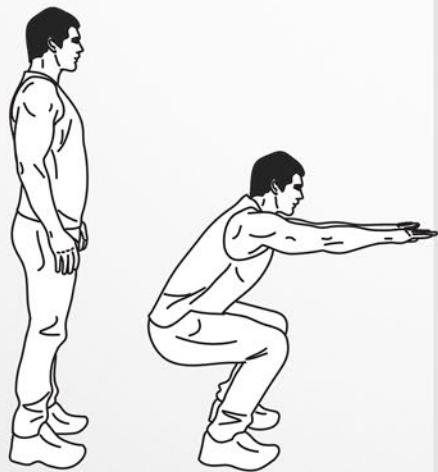
15sec backfists

Fury Master

DAREBEE **HIIT** WORKOUT © darebee.com



20sec punches



20sec squats



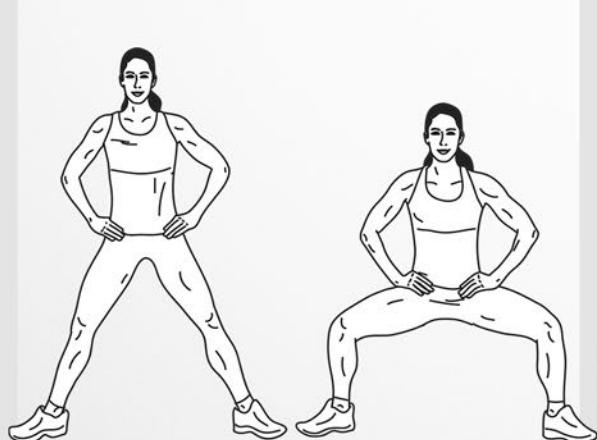
20sec single leg squats
10 seconds per leg

Hero Maker

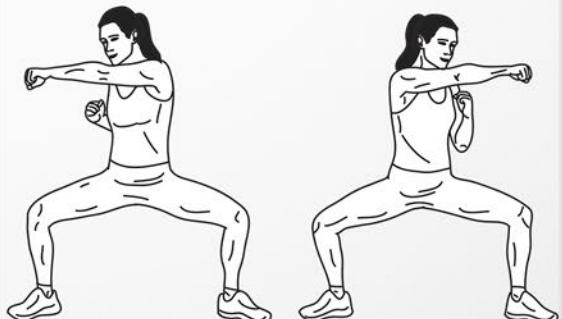
DAREBEE **HIIT** WORKOUT © darebee.com



20sec high knees



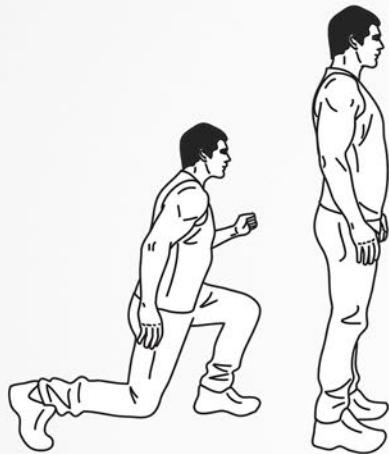
20sec squats



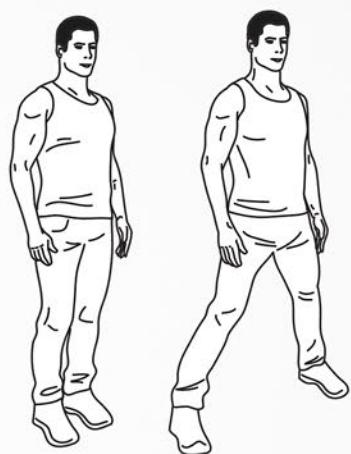
20sec squat hold punches

Power Trim

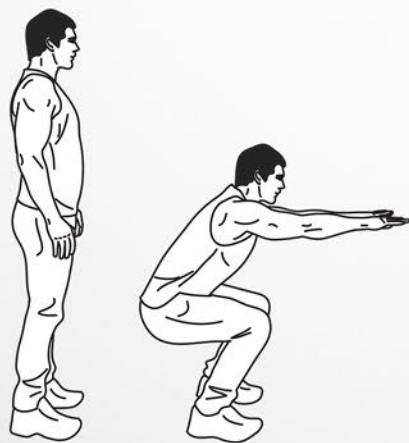
DAREBEE **HIIT** WORKOUT © darebee.com



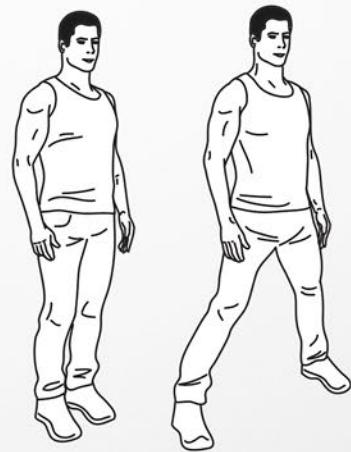
15sec reverse lunges



15sec half jacks



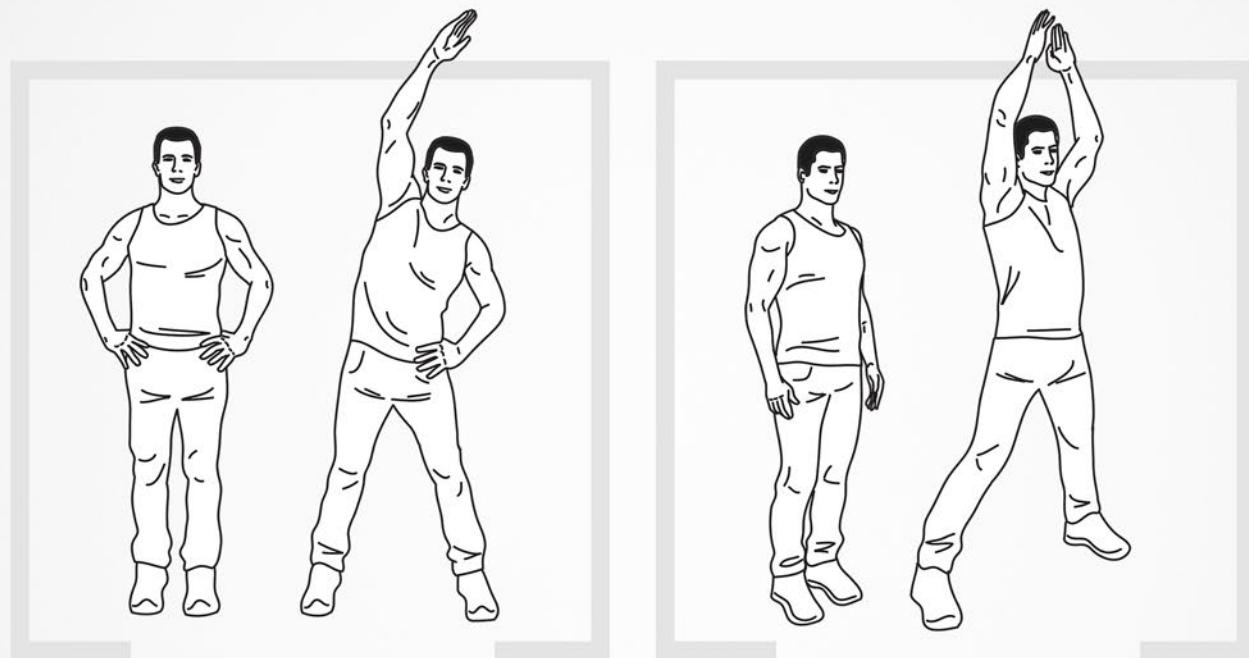
15sec squats



15sec half jacks

Quick Burn

DAREBEE **HIIT** WORKOUT © darebee.com



10sec step side jacks

10sec jumping jacks

10sec step side jacks

10sec jumping jacks

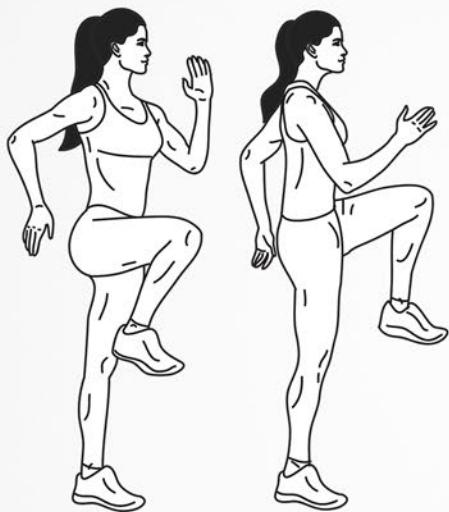
10sec step side jacks

10sec jumping jacks

done

thunderbolt

DAREBEE **HIIT** WORKOUT © darebee.com



10sec march steps

10sec high knees

10sec march steps

10sec high knees

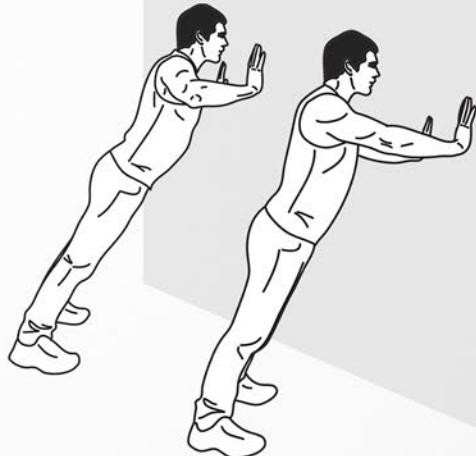
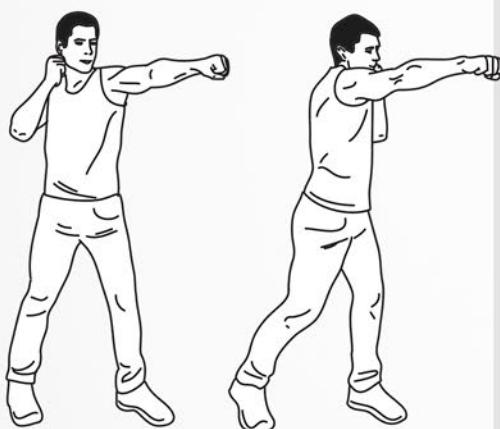
10sec march steps

10sec high knees

done

upperbody **press**

DAREBEE **HIIT** WORKOUT © darebee.com



15sec punches (jab + cross)

15sec wall push-ups

15sec punches (jab + cross)

15sec wall push-ups

done

fight ready

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WORKOUT
© darebee.com

repeat 5 times
1 minute rest in between



40 punches (jab + cross)

20 squats



20 low front kicks

40 side leg raises

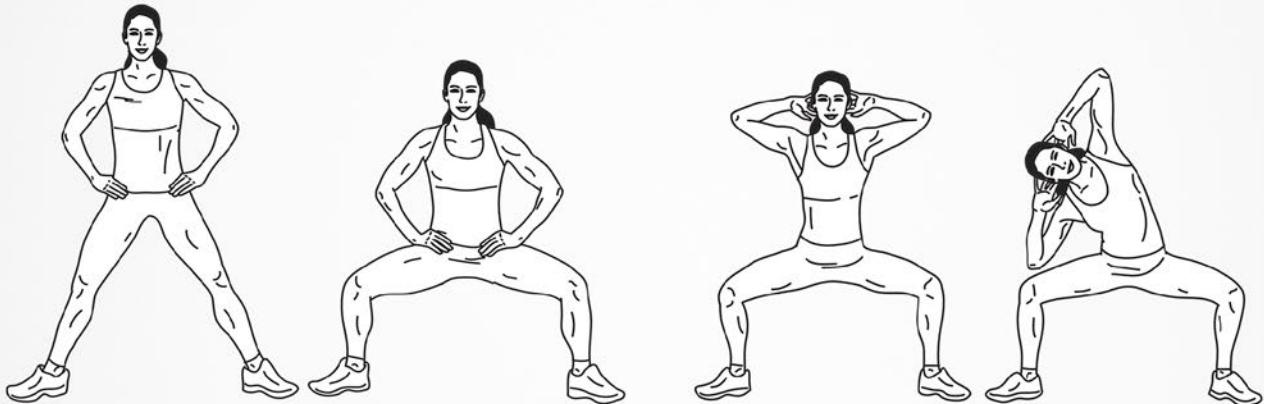
40sec wall-sit

Full Body Works

DAREBEE WORKOUT

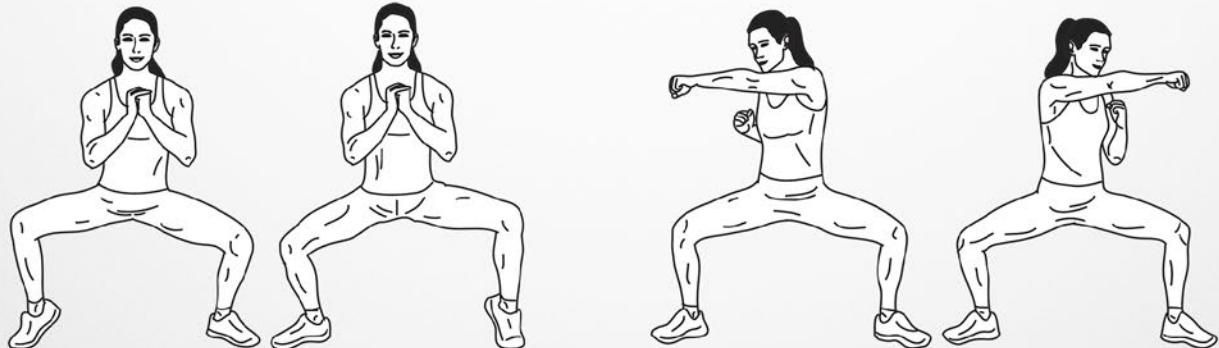
© darebee.com

repeat 3 times | 1 minute rest



20 wide squats

20 wide squat side bends

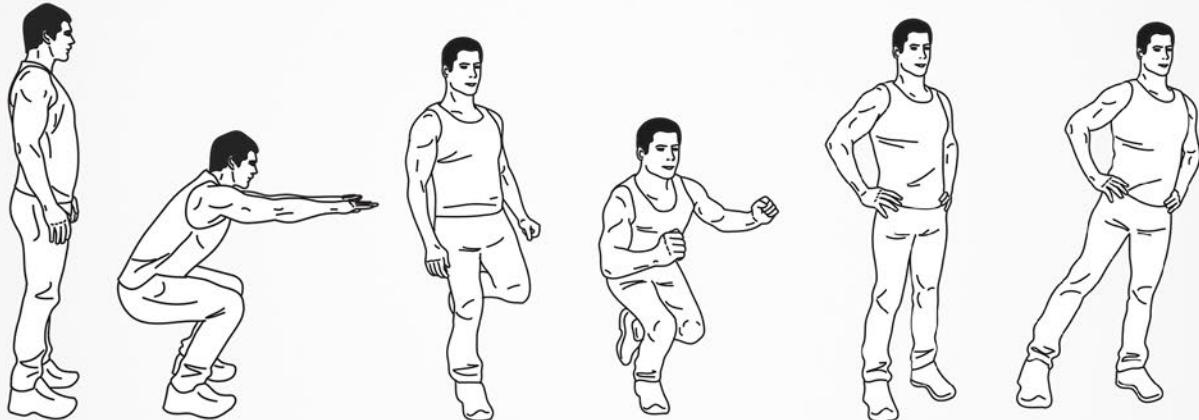


20 wide squat calf raises

20 wide squat punches

Glutes & Quads

DAREBEE WORKOUT © darebee.com
repeat 3 times with 1 minute rest in between



20 squats

1 single leg squat (left)

20 side leg raises (5/5)

1 single leg squat (right)

20 squats

1 single leg squat (left)

20 side leg raises (10/10)

1 single leg squat (right)

done

HERO for hire

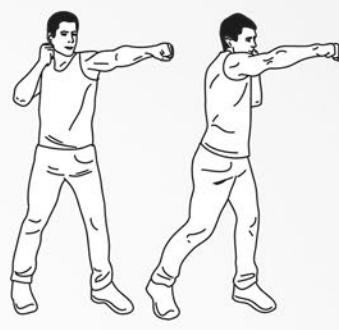
DAREBEE
OFFICE WORKOUT
© darebee.com
3 sets | 1 minute rest



10 squats



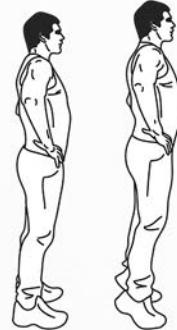
10 reverse lunges



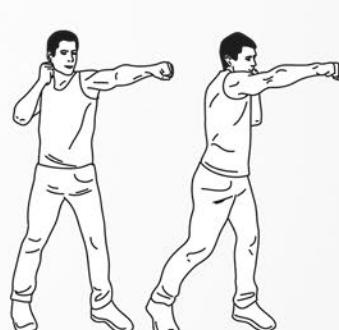
20 punches



10 side leg raises



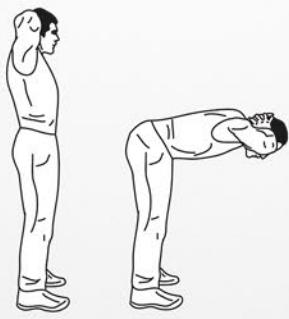
10 calf raises



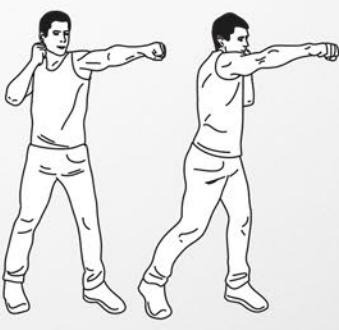
20 punches



10 forward lunges



10 forward bends



20 punches

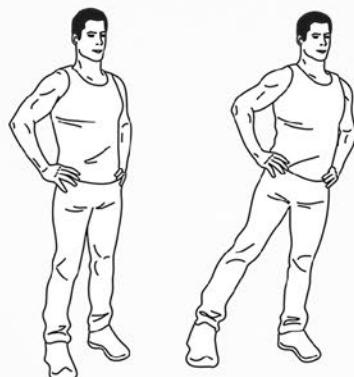
Legs & Core

DAREBEE
WORKOUT
© darebee.com

repeat 3 times
1 minute rest in between



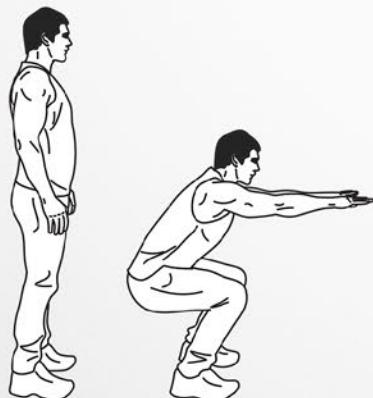
20 forward leg swings



20 side leg swings



20 cross leg swings



20 squats



20 single leg squats



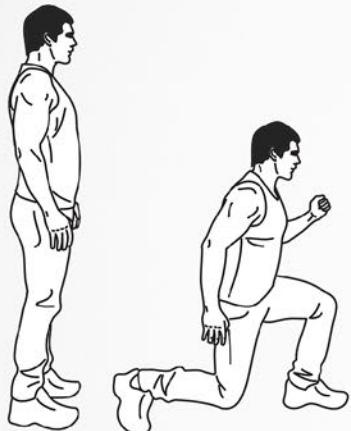
20sec wall-sit

Lower Body Works

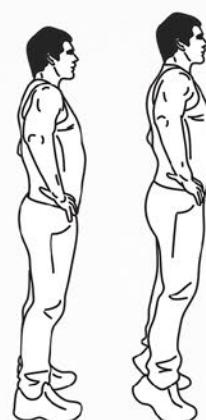
DAREBEE WORKOUT

© darebee.com

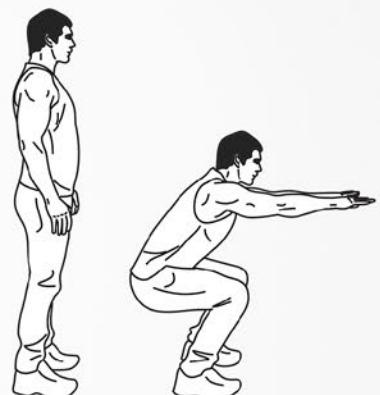
repeat 3 times | 1 minute rest



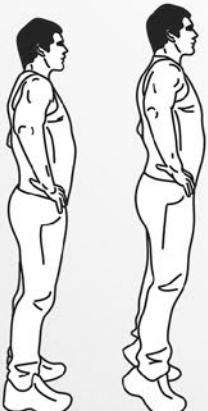
10 forward lunges



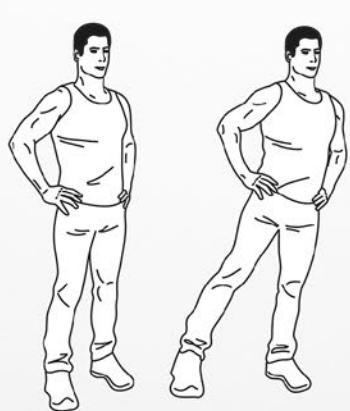
10 calf raises



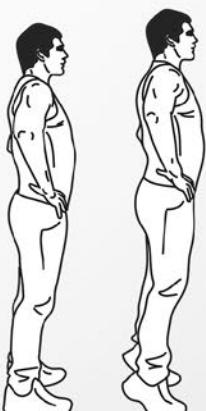
10 squats



10 calf raises



40 side leg raises



10 calf raises

Office Circuit

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WORKOUT
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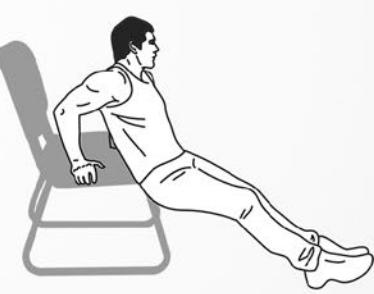
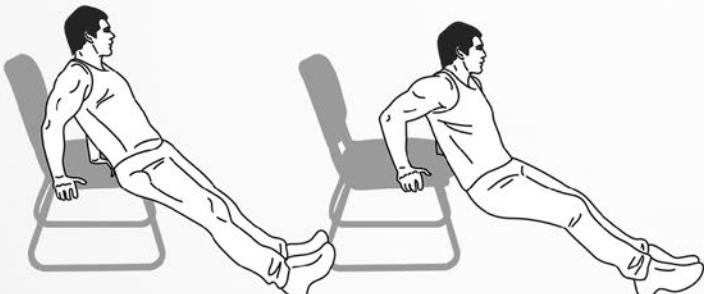
repeat 3 times
1 minute rest in between



20 squats

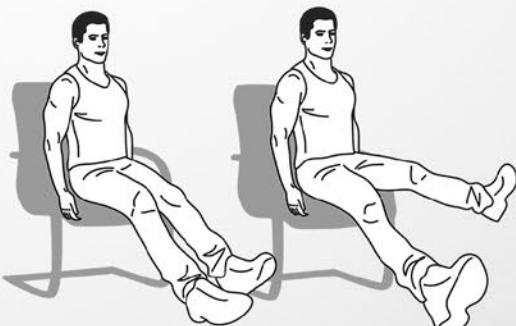
20 reverse lunges

20 calf raises



20 tricep dips

20sec tricep dip hold



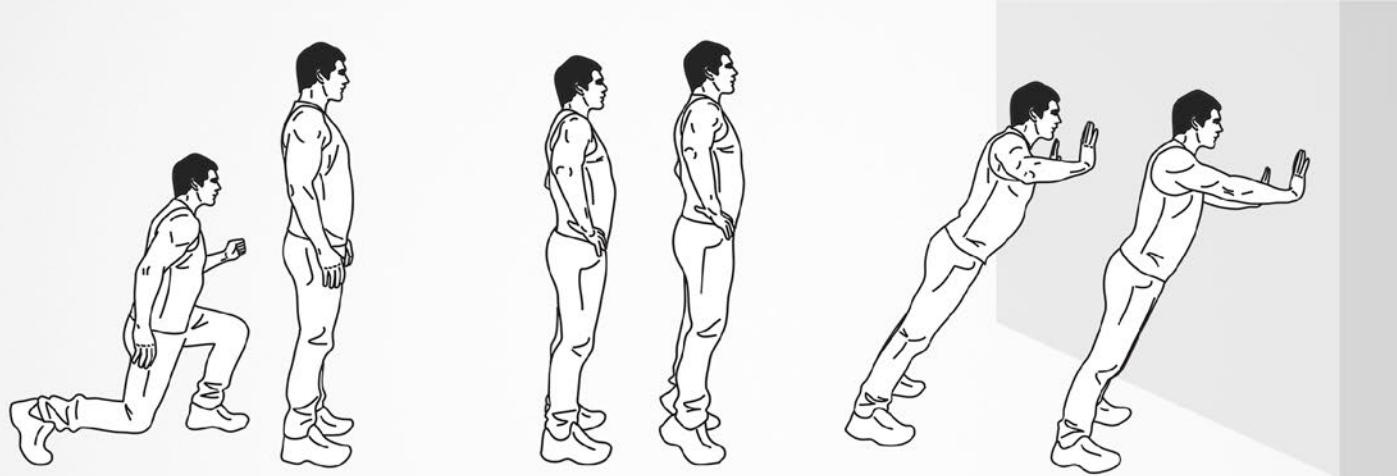
20 knee-in crunches

20 leg extensions

Power Switch

DAREBEE WORKOUT © darebee.com

repeat 3 times with 1 minute rest in between



10 reverse lunges

5 calf raises

5 wall push-ups

10 reverse lunges

5 calf raises

5 wall push-ups

10 reverse lunges

5 calf raises

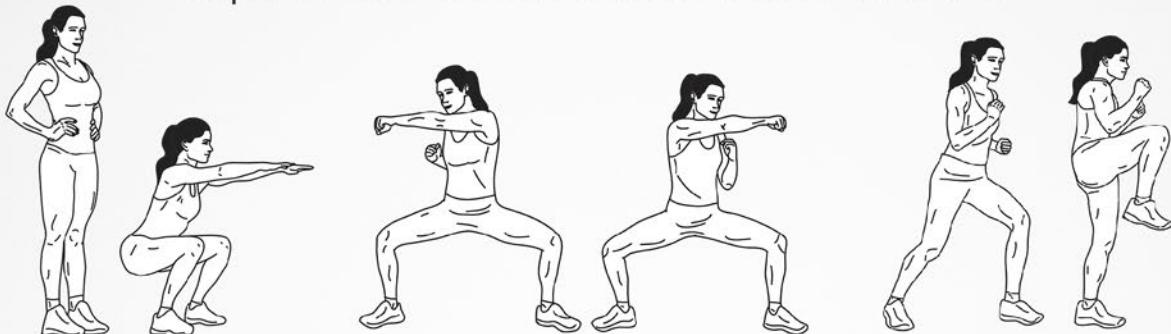
5 wall push-ups

done

superset

DAREBEE WORKOUT © darebee.com

repeat 3 times with 1 minute rest in between



10 squats

10 squat hold punches

10 step back + knee-ups



10 squats

10 knee-to-elbows

10 torso rotations



10 squats

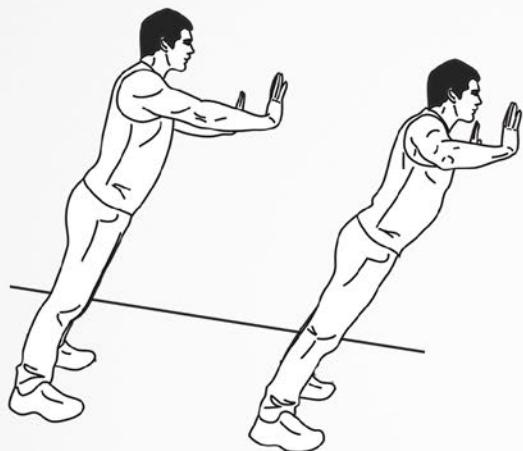
10 single leg squats

10 back kicks

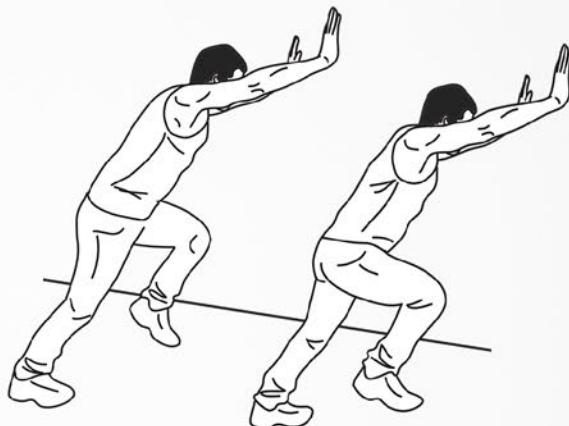
theWall

DAREBEE WORKOUT © darebee.com

repeat 3 times with 1 minute rest in between



20 wall push-ups



20 wall climbers



20 wall slides



20sec wall-sit

Cardio & Tone

DAREBEE WORKOUT © darebee.com

repeat 3 times with 2 minutes rest in between



20 march steps

1 single leg squat (right)

20 march steps

1 single leg squat (left)

20 march steps

10 step back & knee up (right)



20 march steps

10 step back & knee up (left)

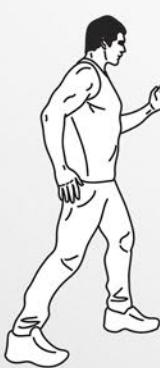
20 march steps

1 single leg squat (right)

20 march steps

1 single leg squat (left)

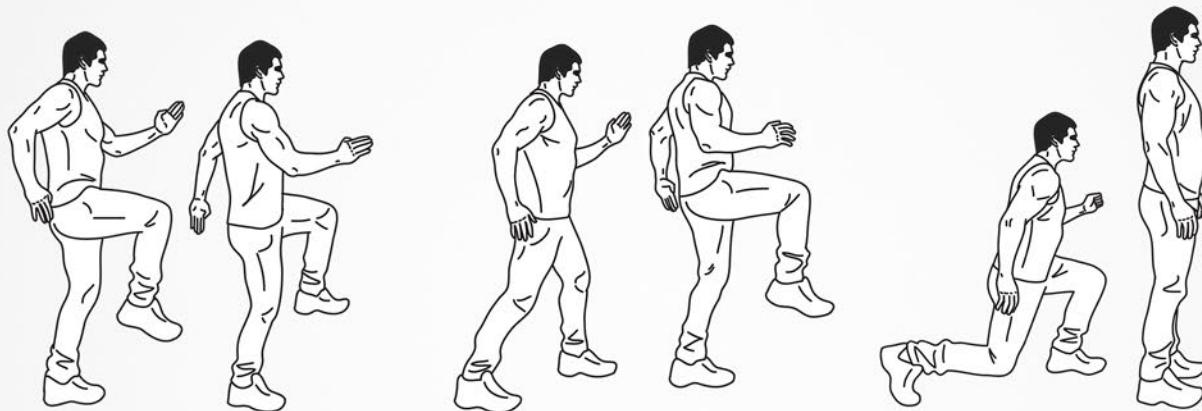
done



Cardio: Check!

DAREBEE WORKOUT © darebee.com

repeat 3 times with 2 minutes rest in between



20 march steps

4 step back + step up

4 reverse lunges

20 march steps

4 step back + step up

4 reverse lunges

20 march steps

4 step back + step up

4 reverse lunges

done

Cardio Grind

DAREBEE WORKOUT © darebee.com

repeat 3 times with 2 minutes rest in between



20 march steps



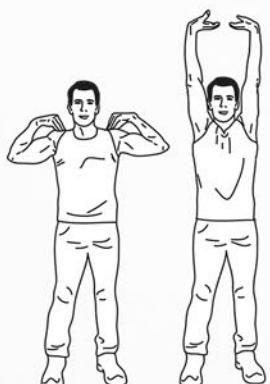
10 elbow clicks



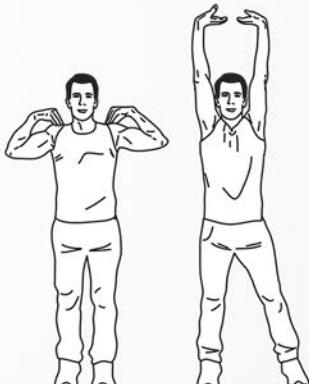
10 step elbow clicks



20 march steps



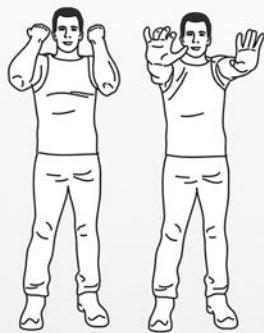
10 shoulder taps



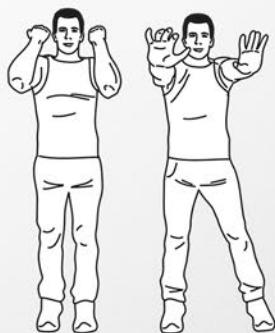
10 step shoulder taps



20 march steps



10 bicep extensions

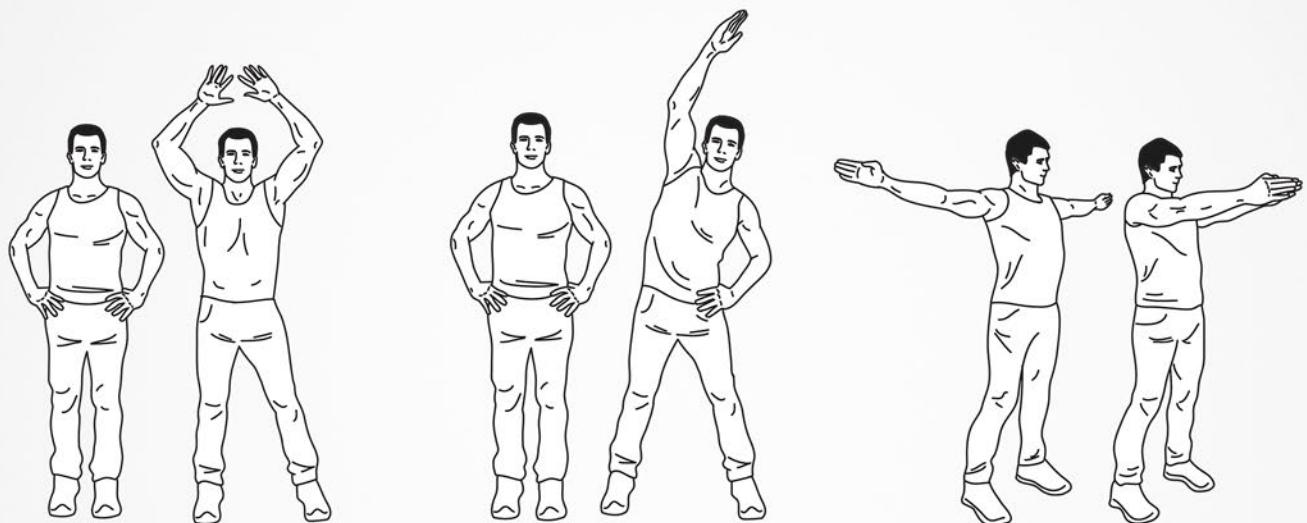


10 step bicep extensions

Cardio Inc.

DAREBEE WORKOUT © darebee.com

repeat 3 times with 2 minutes rest in between



20 step jacks

4 step side jacks

4 chest expansions

20 step jacks

4 step side jacks

4 chest expansions

20 step jacks

4 step side jacks

4 chest expansions

done

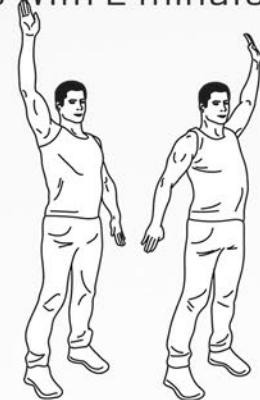
Cardio Mill

DAREBEE WORKOUT © darebee.com

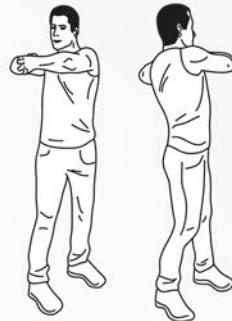
repeat 3 times with 2 minutes rest in between



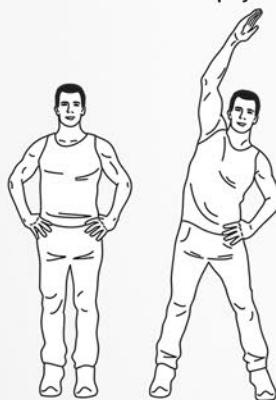
20 side step jacks



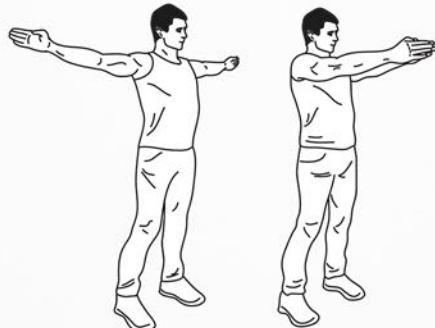
20 alt chest expansions



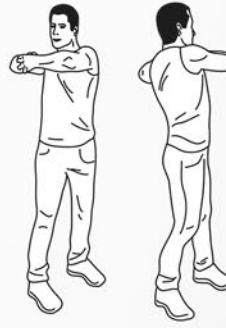
4 clasped arm rotations



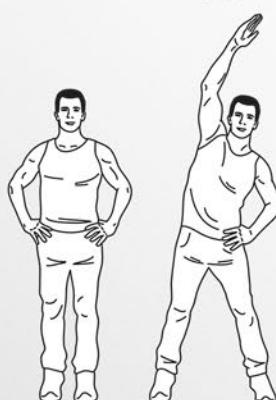
20 side step jacks



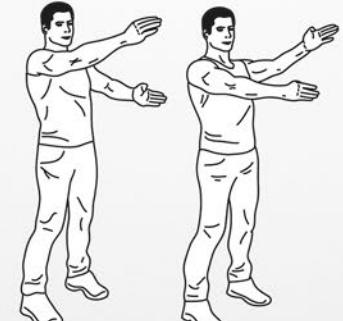
20 chest expansions



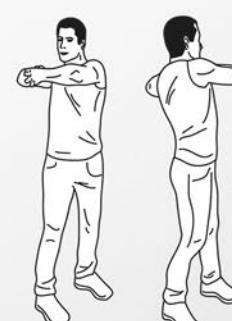
4 clasped arm rotations



20 side step jacks



20 arm chops



4 clasped arm rotations

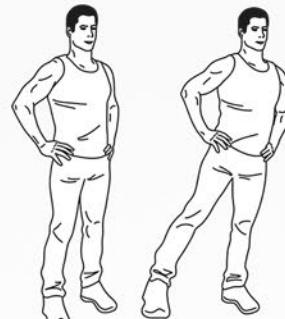
Cardio Party

DAREBEE WORKOUT © darebee.com

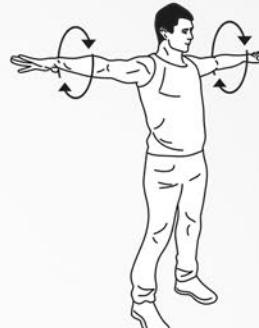
repeat 3 times with 2 minutes rest in between



10 cross leg raises



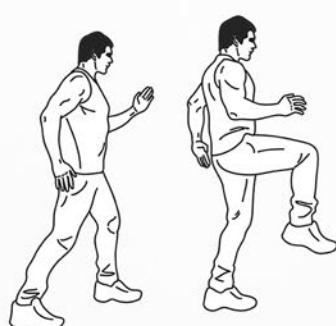
10 side leg raises



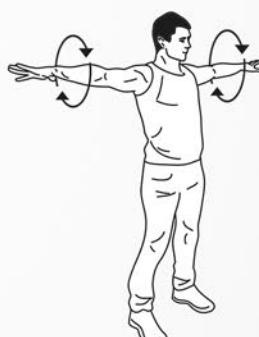
10 raised arm circles



10 low front kicks



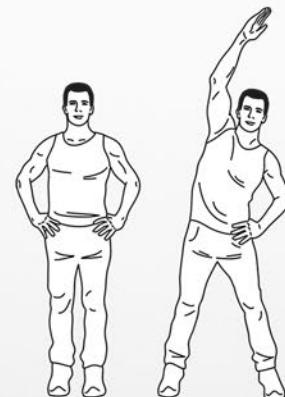
10 step back + knee up



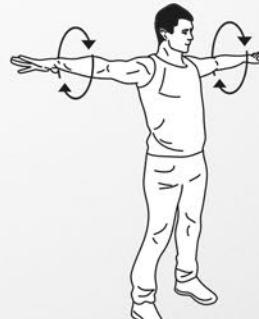
10 raised arm circles



10 march steps



10 side step jacks



10 raised arm circles

Cardio Pump

DAREBEE WORKOUT © darebee.com

repeat 3 times with 2 minutes rest in between



10 step back + knee ups

10 knee-to-elbows

4 torso rotations

10 step back + knee ups

10 knee-to-elbows

4 torso rotations

10 step back + knee ups

10 knee-to-elbows

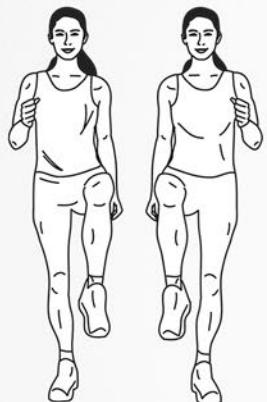
4 torso rotations

done

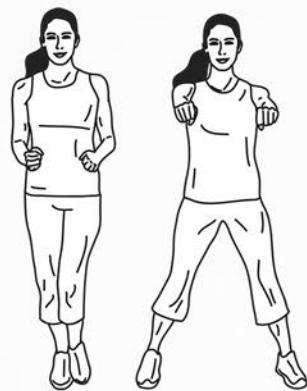
Cardio Sculpt

DAREBEE WORKOUT © darebee.com

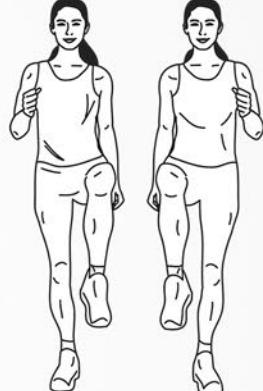
repeat 3 times with 2 minutes rest in between



20 march steps



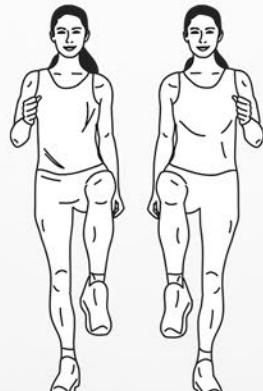
10 double punch step



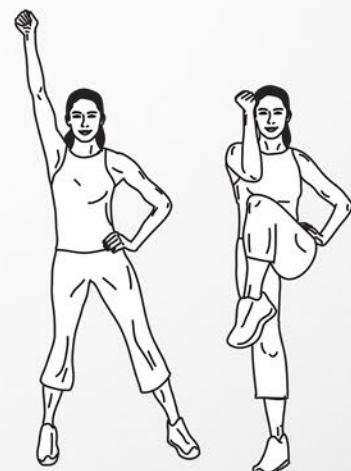
20 march steps



10 twists



20 march steps



10 knee-to-elbows

Cardio Stroll

DAREBEE WORKOUT © darebee.com

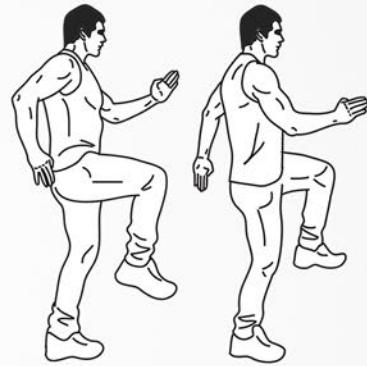
repeat 3 times with 2 minutes rest in between



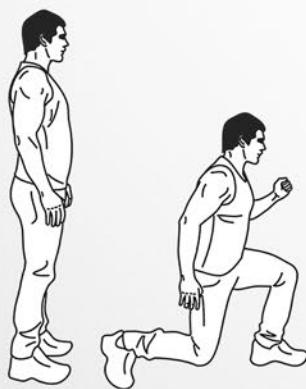
20 march steps



10 reverse lunges



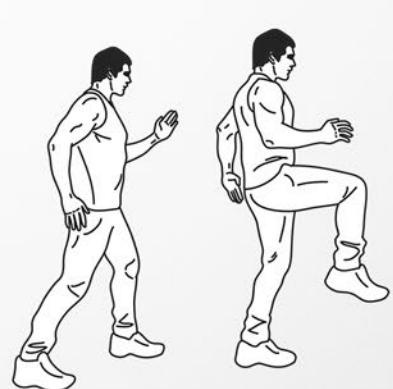
20 march steps



10 forward lunges



20 march steps

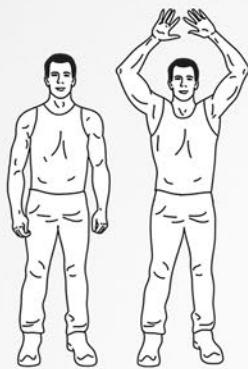


10 step back + step up

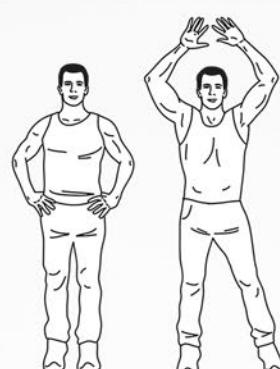
Slow Burn

DAREBEE WORKOUT © darebee.com

repeat 3 times with 2 minutes rest in between



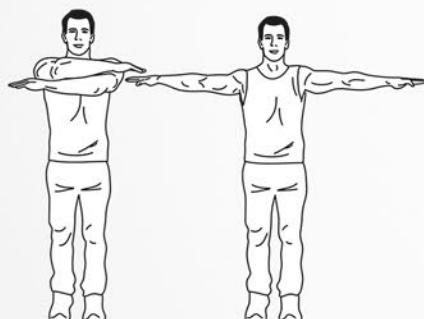
10 arm raises



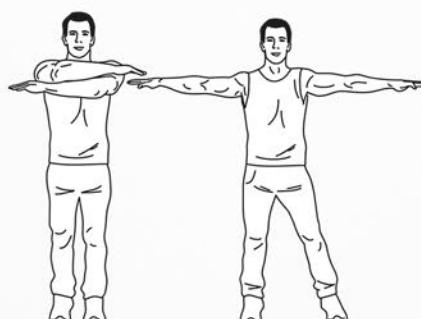
10 step jacks



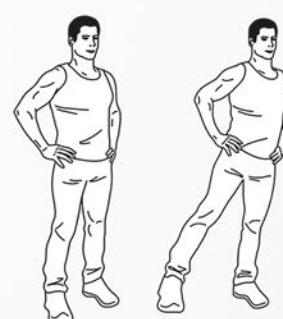
20 side leg raises



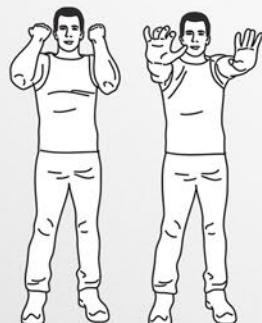
10 chest extensions



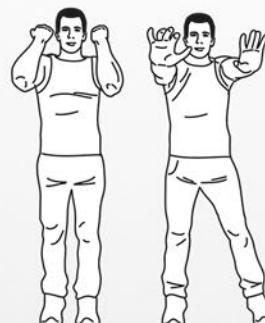
10 step chest extensions



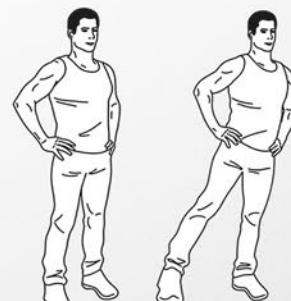
20 side leg raises



10 bicep extensions



10 step bicep extensions

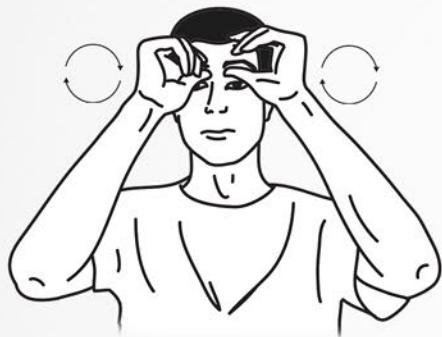


20 side leg raises

eye rest

DAREBEE WORKOUT © darebee.com

20 seconds each exercise.



mini circles under brow



mini circles under eyes



half circles under eyes



half circles under brow



up and down rows
from eyes to brow



blackout

hand mobility

DAREBEE WORKOUT © darebee.com

20 seconds each exercise.

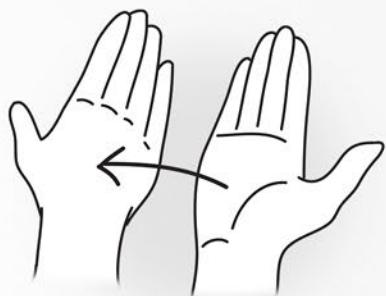
Repeat every couple of hours.



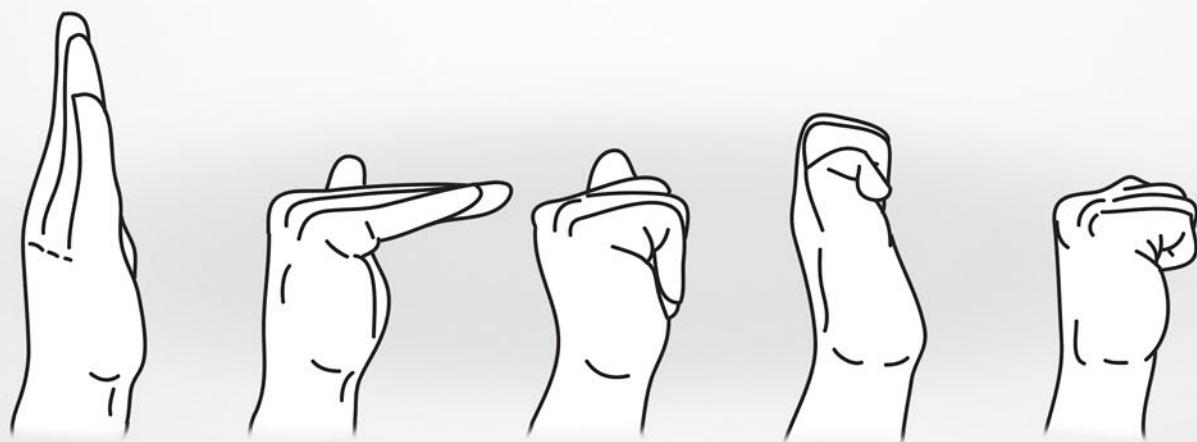
up & down stretch



up & down side stretch



rotations



arrow - into - table top - into - straight fist - into - claw - into - fist

hand tendons

DAREBEE WORKOUT © darebee.com

20 seconds each exercise.

Repeat every couple of hours.



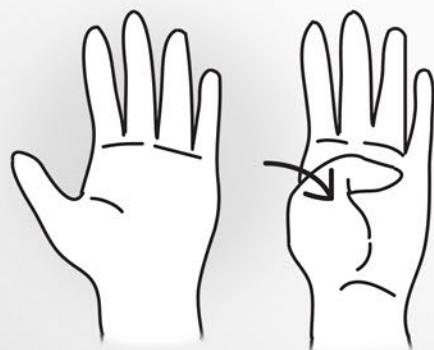
wide spread



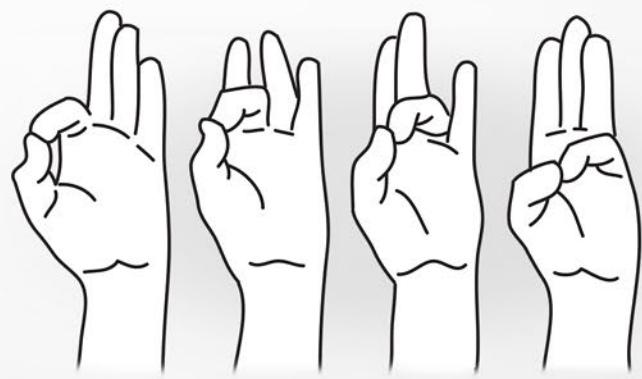
claw



finger lifts



thumb fold



thumb to finger touch

lower back

DAREBEE WORKOUT © darebee.com
20 seconds each exercise.

chair edition



knee in stretch



side stretch



knee fold forward stretch



knee-to-elbow stretch



side twist

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

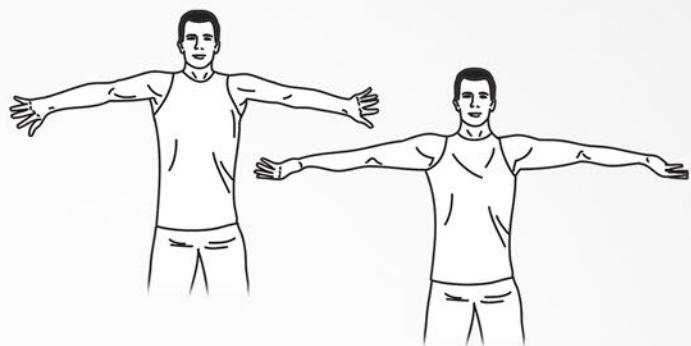
Rotator Cuff

DAREBEE REHAB WORKOUT © darebee.com

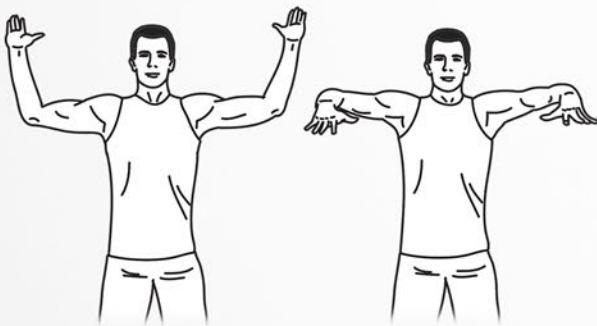
20 seconds each exercise.



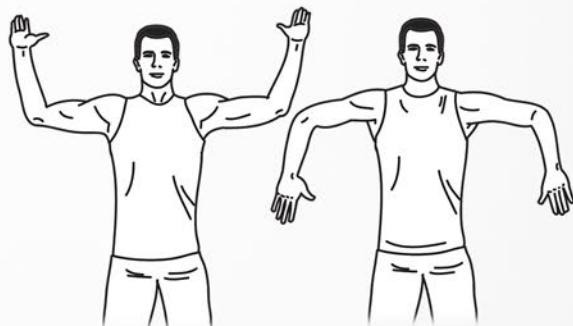
arm twists



raised arms twists



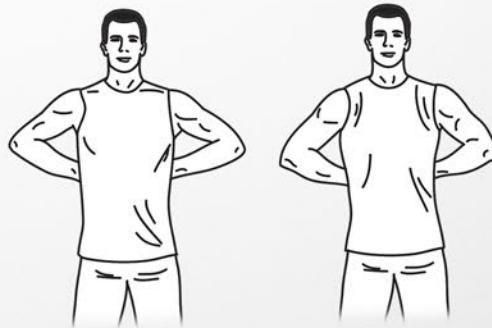
half bow



full bow



elbow to torso



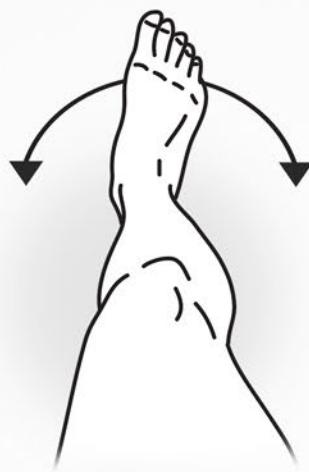
elbows in

sore feet

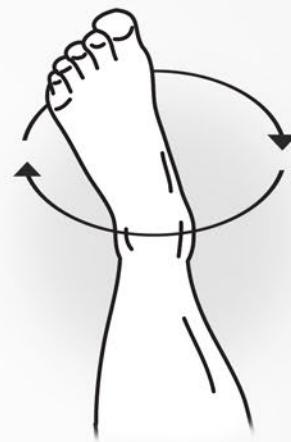
DAREBEE WORKOUT © darebee.com
20 seconds each exercise.



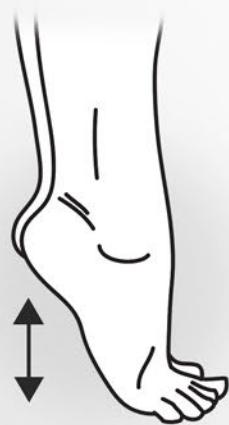
up and down tilts



side-to-side tilts



rotations



calf raises



toe curls



side tilts

sore neck

DAREBEE WORKOUT © darebee.com
20 seconds each exercise.



side-to-side turns



up & down nods



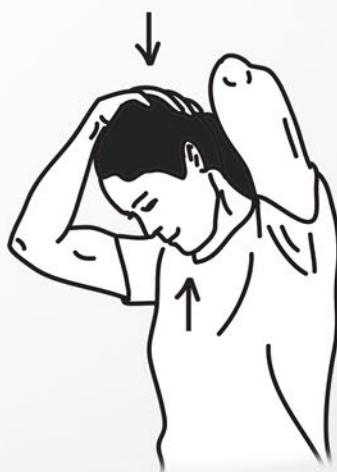
side-to-side tilts



head back



side stretch
(resistance)



forward stretch
(resistance)

stiff neck

DAREBEE WORKOUT © darebee.com

20 seconds each exercise.



neck massage



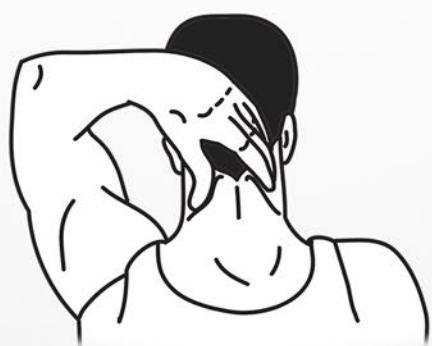
up and down rows



opposite rows



shoulder massage



grip slides



side-to-side tilts

wrist pain

DAREBEE WORKOUT © darebee.com

20 seconds each exercise.
Repeat every couple of hours.



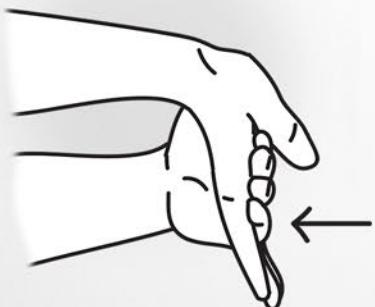
wrist curl



tilt back



“hammer”



wrist stretch



resistance press

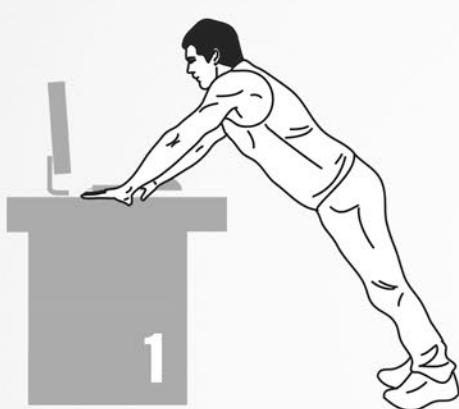


fist rotations

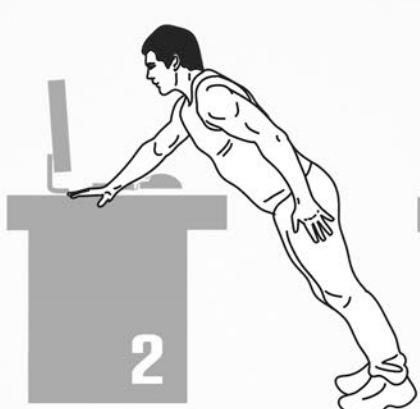
Abs & Core

desk edition

DAREBEE WORKOUT © darebee.com



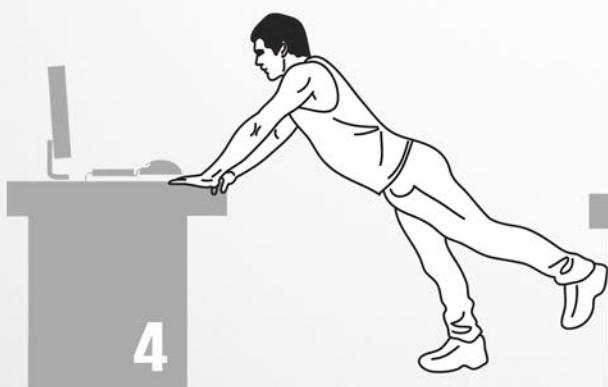
30 seconds
table plank



60 seconds
one arm table plank



60 seconds
side table plank



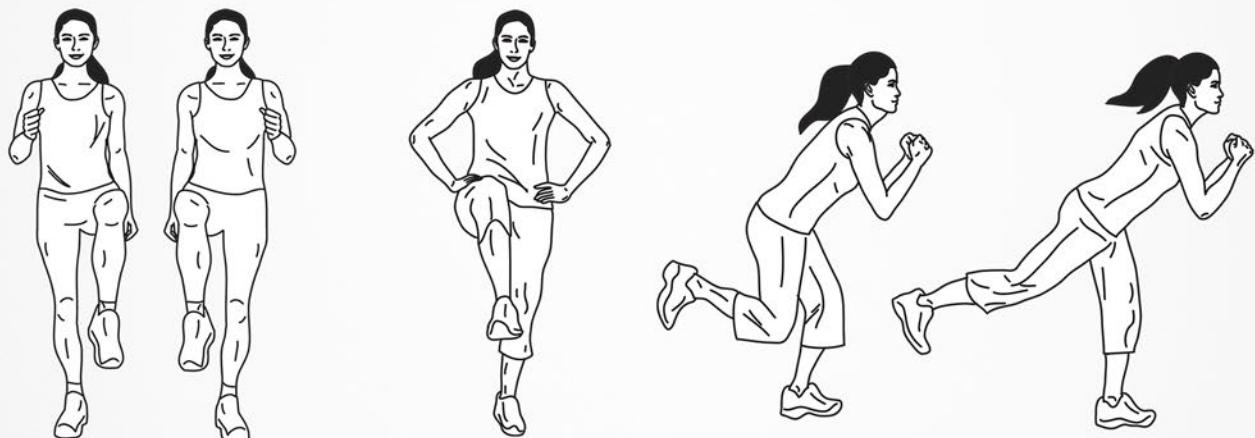
60 seconds
raised leg table plank



60 seconds
alternative arm and leg raise table plank

Cardio Balance

DAREBEE WORKOUT © darebee.com



10 march steps

10-count raised knee hold (right leg)

10 single leg back kicks (right leg)

10 march steps

10-count raised knee hold (left leg)

10 single leg back kicks (left leg)

done

gravity hold //

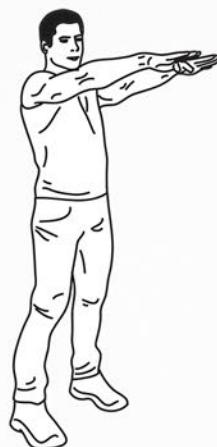
DAREBEE WORKOUT

© darebee.com

20 seconds hold each.
Change sides & repeat.



arms raised to the side



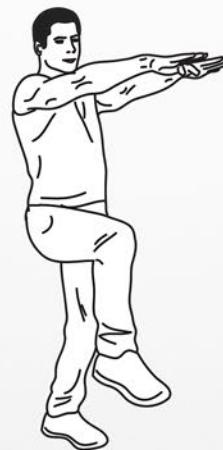
arms raised to the front



squat hold with arms raised



leg raised to the side



knee raised up



calf raise hold

gravity hold

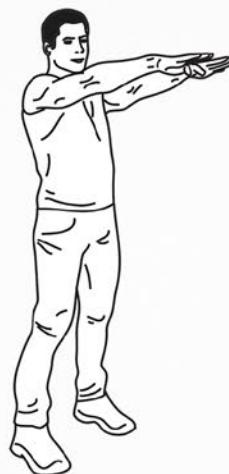
DAREBEE WORKOUT

© darebee.com

10 seconds hold each.
Change sides & repeat.



arms extended to sides



arms extended to the front



arms extended overhead



leg raised to the side



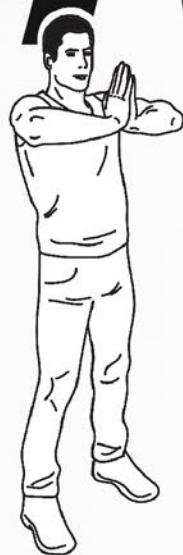
leg raised forward



single leg half squat

micro **break**

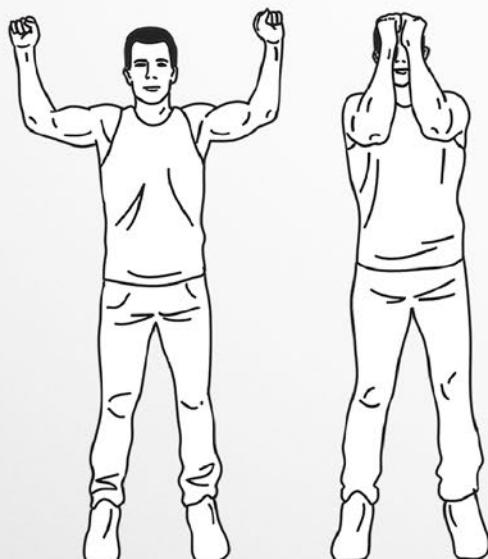
by DAREBEE © darebee.com



10-count chest squeeze

4 elbow clicks

done



Power Squat

DAREBEE WORKOUT © darebee.com



5 squats

5 calf raises

10 squats

10 calf raises

20 squats

20 calf raises

10 squats

10 calf raises

5 squats

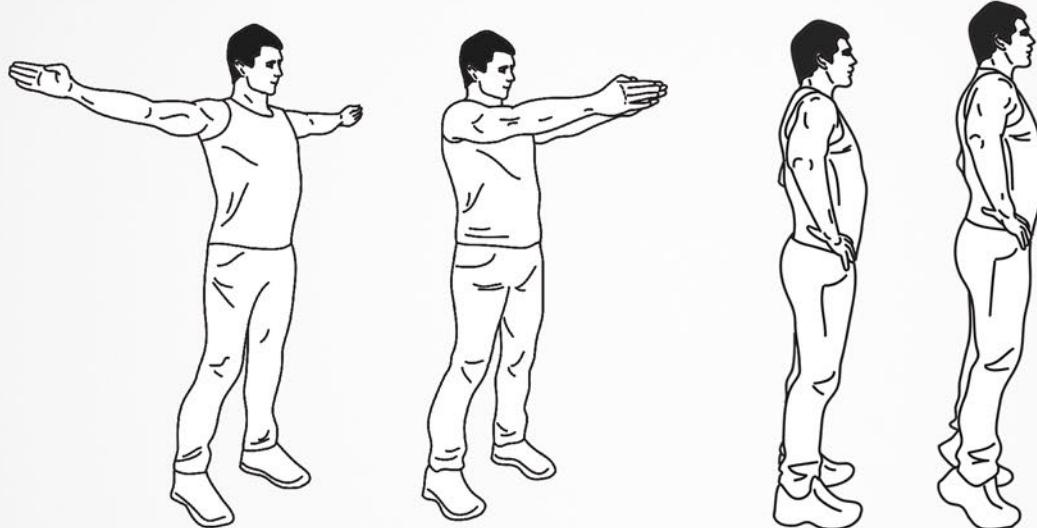
5 calf raises

done



Refresh

DAREBEE WORKOUT © darebee.com



5 chest expansions

5 calf raises

10 chest expansions

10 calf raises

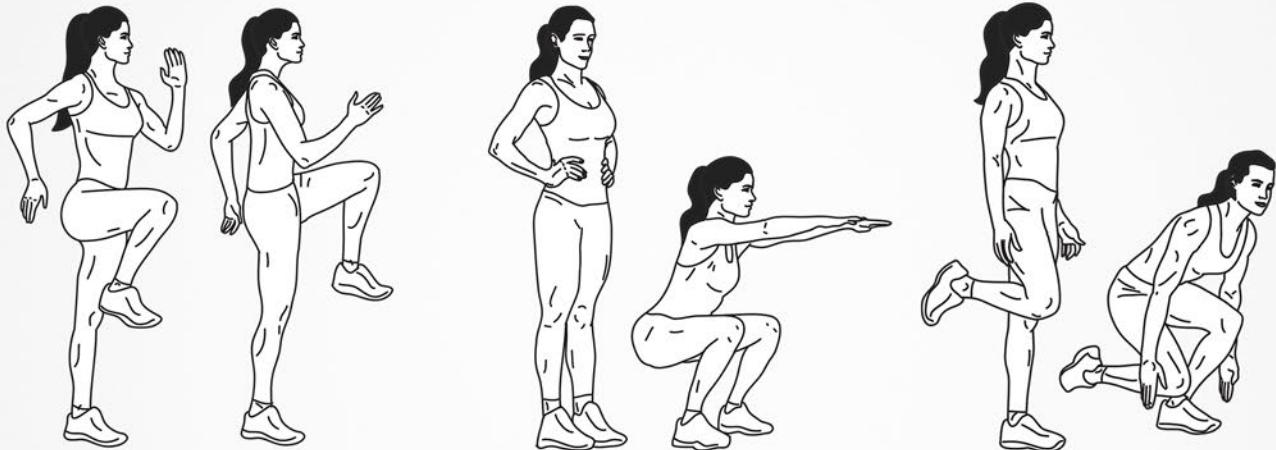
20 chest expansions

20 calf raises

done

Squat & Co

DAREBEE WORKOUT © darebee.com



10 march steps

10 squats

2 single leg squats (left leg)

10 march steps

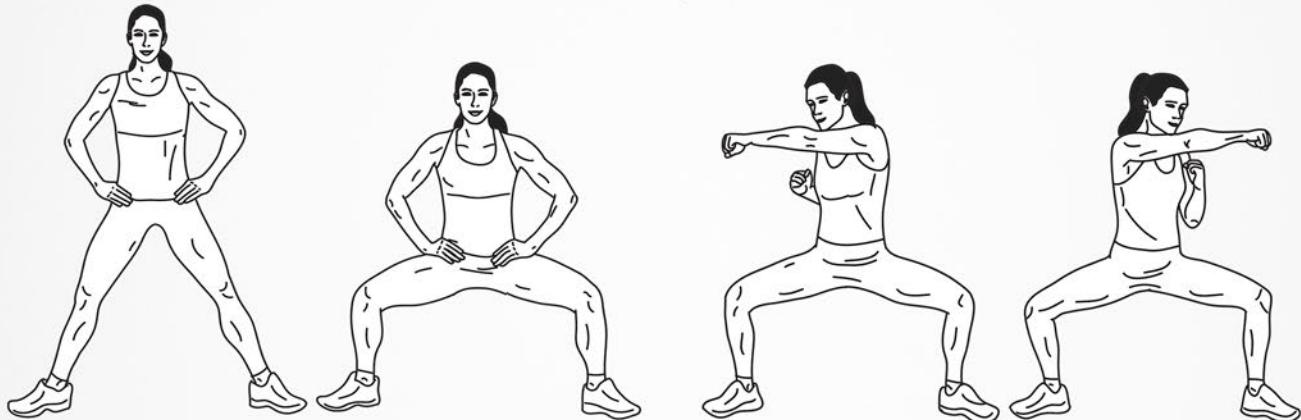
10 squats

2 single leg squats (right leg)

done

Super Charge

FULL BODY WORKOUT by  darebee.com



5 squats

10 squat hold punches

10 squats

20 squat hold punches

15 squats

30 squat hold punches

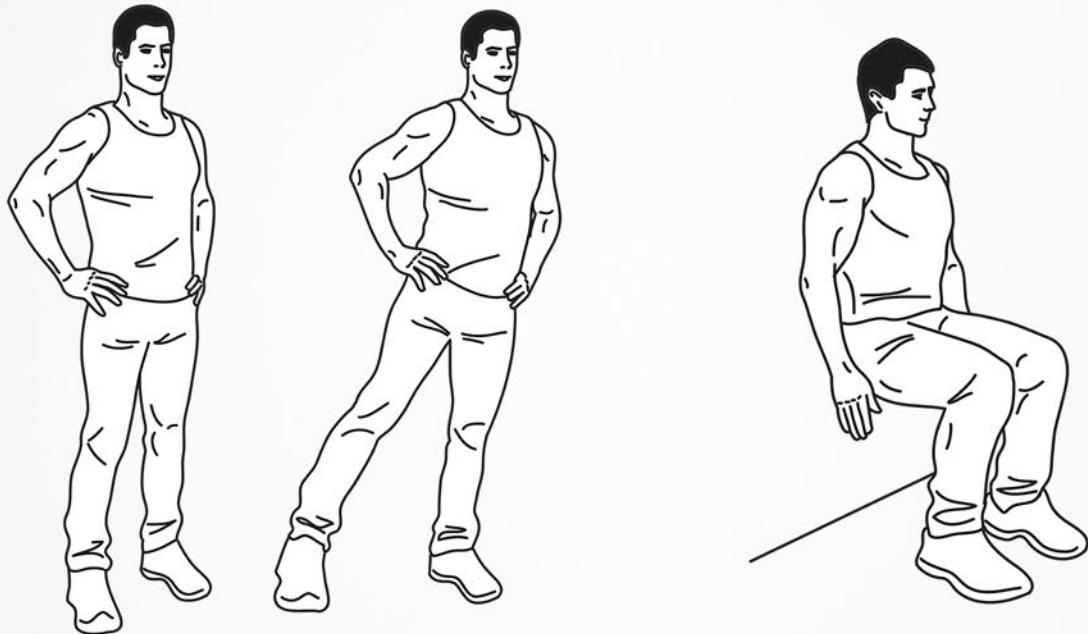
20 squats

40 squat hold punches

done

Time Out

DAREBEE WORKOUT © darebee.com



30sec side leg raises (left leg)

30sec wall-sit

30sec side leg raises (right leg)

30sec wall-sit

done

binary

workout

by DAREBEE © darebee.com



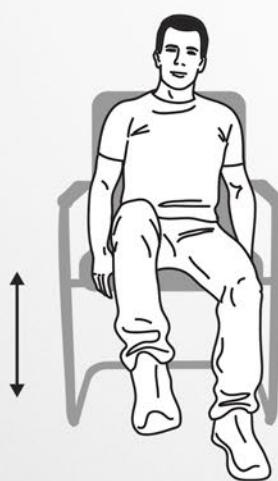
Draw a square
with the extended finger
of one hand.



Now draw a circle
with the other.



Now do both.



Sitting down raise
dominant knee up
& down.



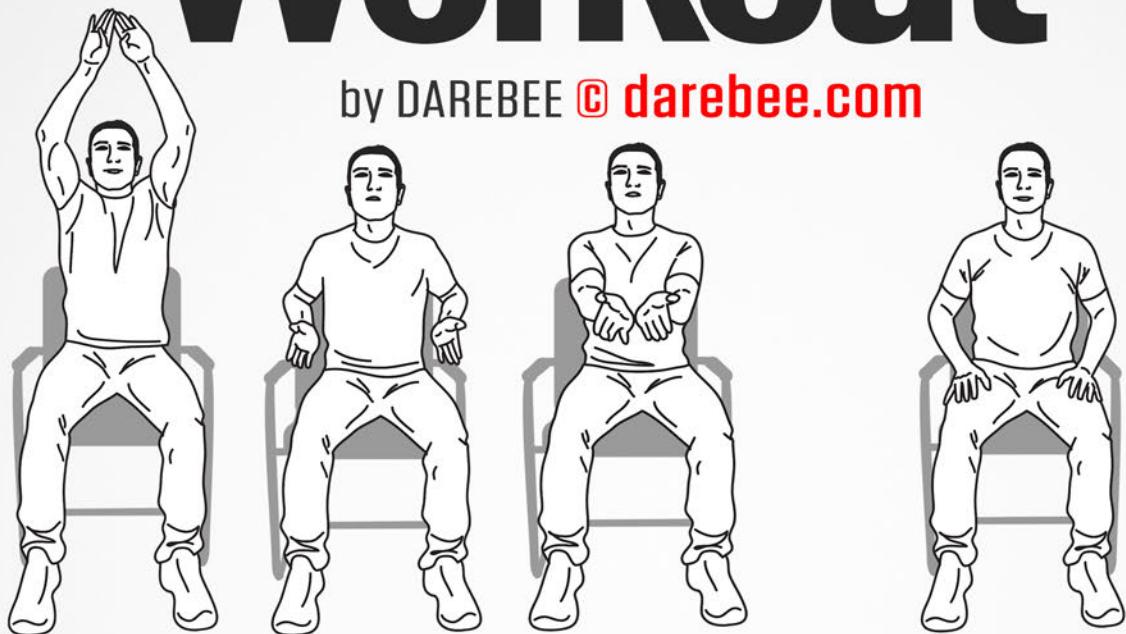
Kick the other leg
back & forth.



Now do both.

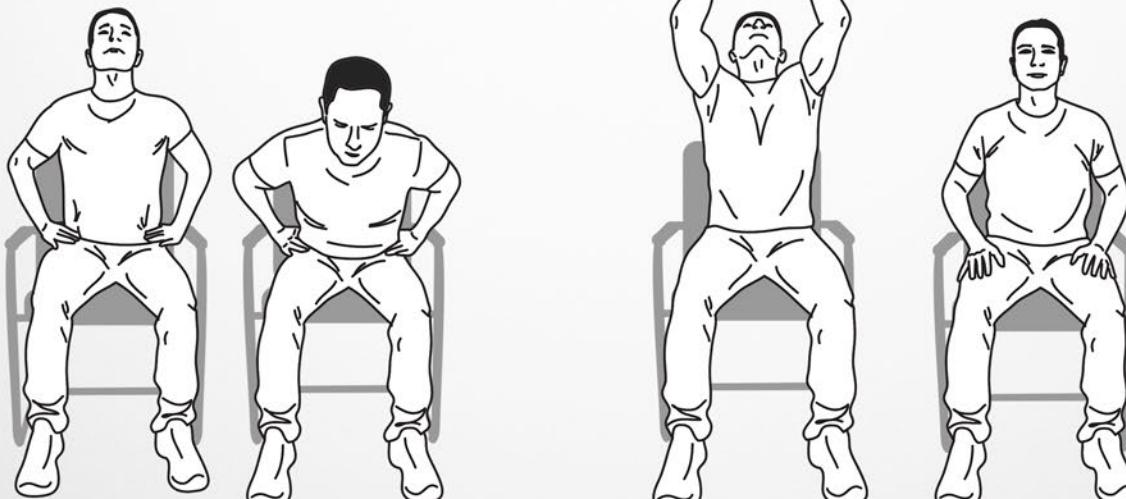
Breathing Workout

by DAREBEE © darebee.com



Breathe in slowly, hold to a slow count of ten then exhale slowly. Repeat 3 times.

Take ten rapid breaths. Hold without breathing to the count of twenty.



Breathe in and lean back, breathe out and lean forward. Repeat 3 times.

Breathe in fast, breathe out fast. Hold for count of three. Repeat 3 times.

60-second **de-stress** stretching

by DAREBEE © darebee.com
Repeat each one for 10 seconds.

back stretch



shoulder rotations



arm stretch



chest expansion



overhead reach



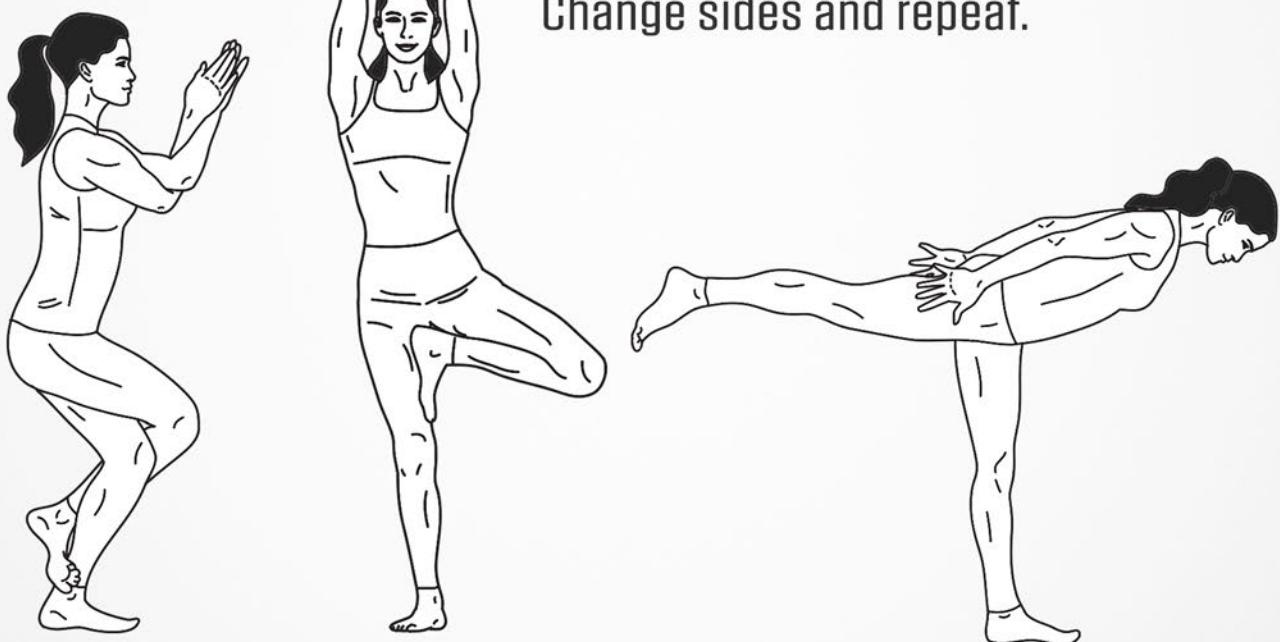
forward bend



DE-STRESS YOGA FIX

by DAREBEE © darebee.com

Change sides and repeat.



Eagle

30
seconds

Tree Pose

30
seconds

Warrior III

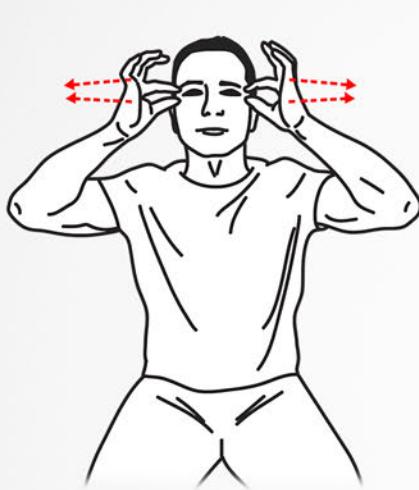
30
seconds

FACELIFT

WORKOUT

by DAREBEE © darebee.com

Repeat each exercise for 10 seconds.



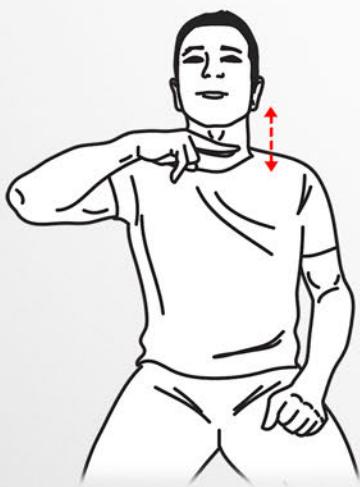
Draw parallel lines above
and below your eye with
your fingertips or nails.



Start from your eyebrows
and stretch your forehead
towards the hairline.



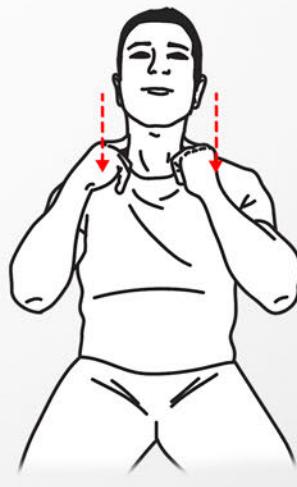
Start from the edge of your
eyes and stretch the skin
towards your hairline.



With extended index and
trigger fingers together
tap rapidly under your chin.



Place thumbs under your jaw
and move your hands firmly
towards the top of your head

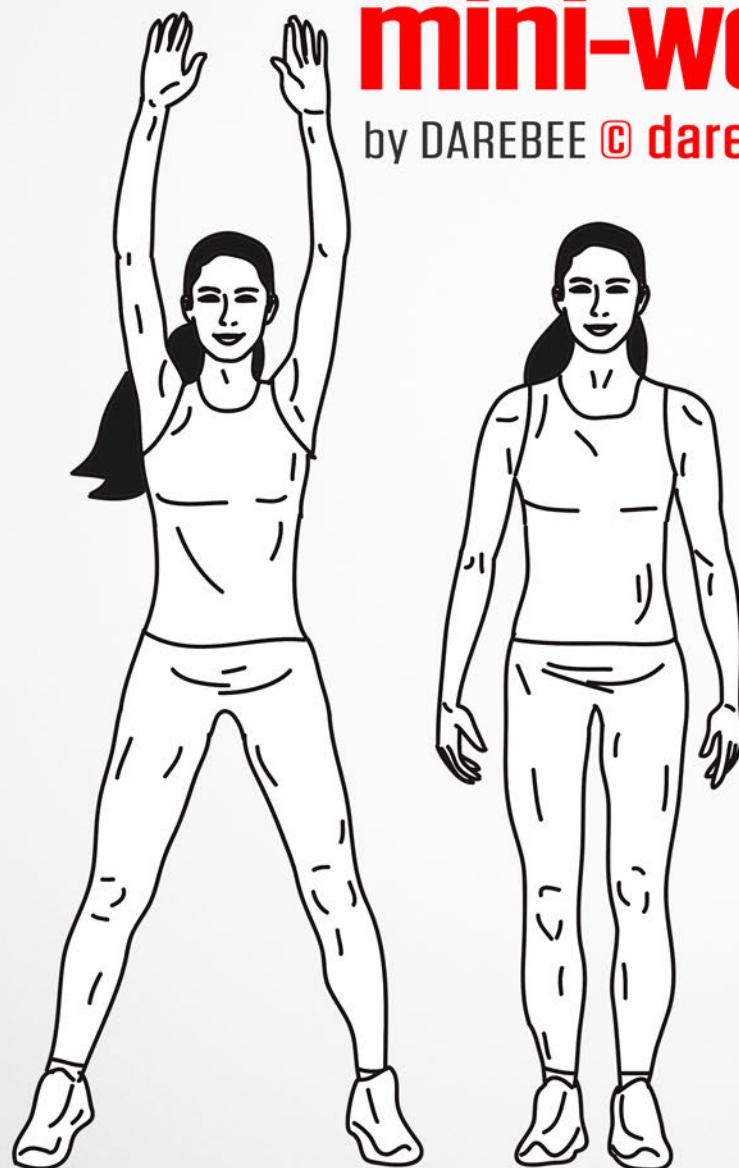


Place your index finger behind
your ear and pull firmly to
the base of your neck.

JUMP!

mini-workout

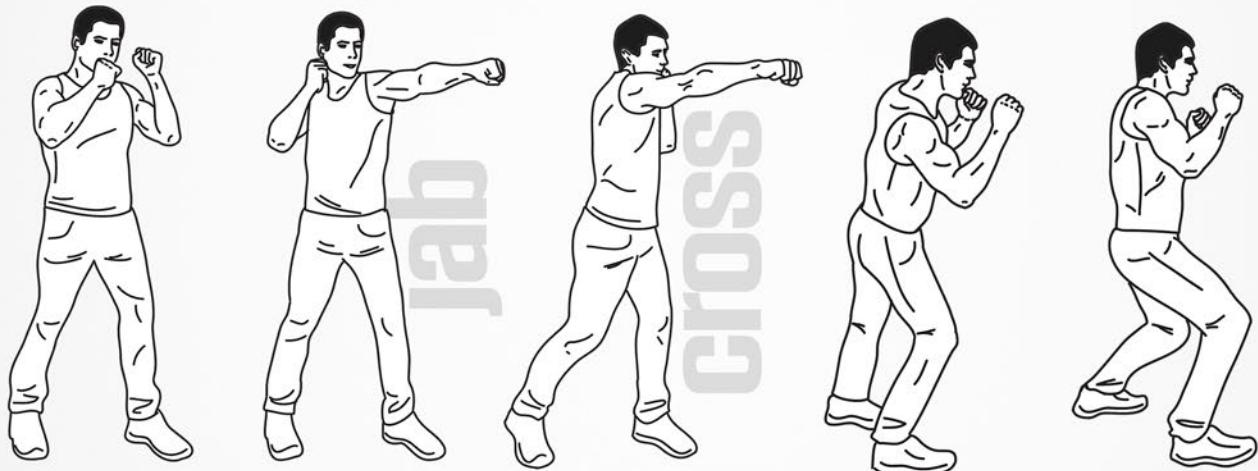
by DAREBEE © darebee.com



- 10** jumping jacks
- 10-seconds** rest
- 10** jumping jacks
- 10-seconds** rest
- 10** jumping jacks
- done

OFFICE BOXER WORKOUT

by DAREBEE
© darebee.com



20 jab + cross
2 side-to-side tilts
20 jabs (left arm)
2 side-to-side tilts
20 jabs (right arm)
2 side-to-side tilts
done

Relieve stress
and stay in shape
during office hours!

Repeat every 2hrs
or whenever possible.

pressure points

DAREBEE WORKOUT © 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

Tai Chi

DAREBEE WORKOUT © darebee.com



the WALK

DAREBEE WORKOUT © darebee.com



20sec walk on the spot



10sec heel to toe (left foot)

step to the right

20sec walk on the spot



10sec heel to toe (right foot)

step to the left

20sec walk on the spot

10sec heel to toe (left foot)

step to the right

20sec walk on the spot

10sec heel to toe (right foot)

step to the left

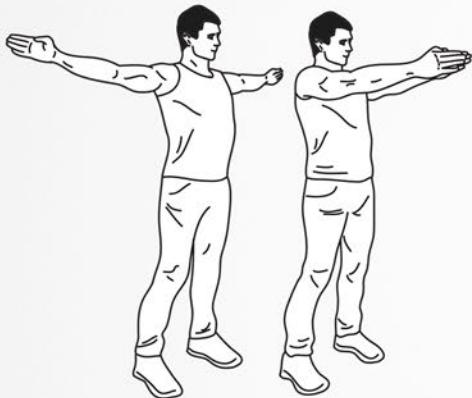
Done.

arms *& chest* *stretch*

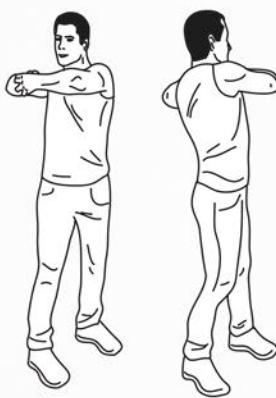
by DAREBEE

© darebee.com

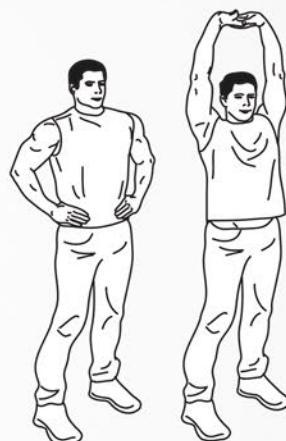
20 seconds each exercise.



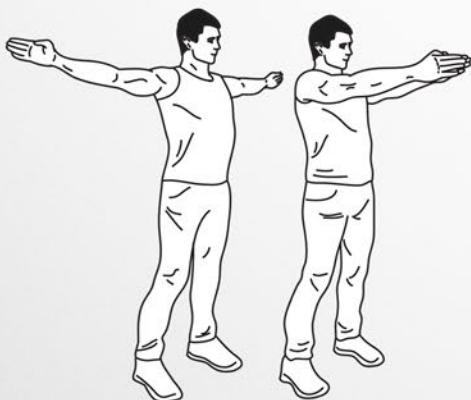
chest expansions



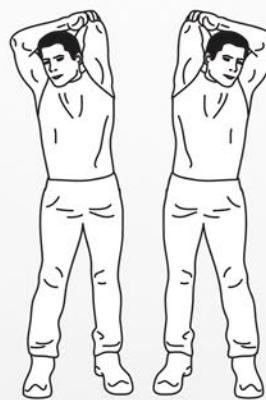
side-to-side torso twists



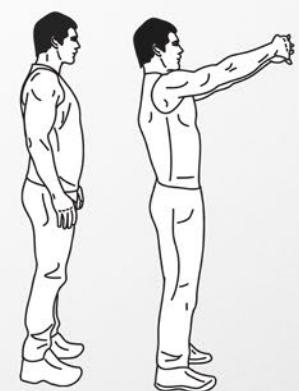
overhead stretch



chest expansions



side-to-side tilts



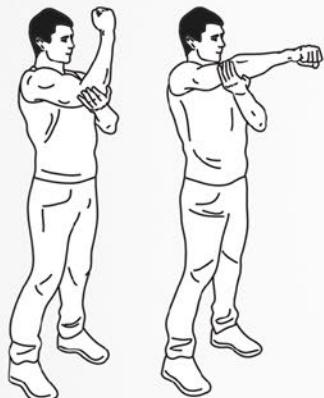
tricep stretches

arms *& shoulder* *stretch*

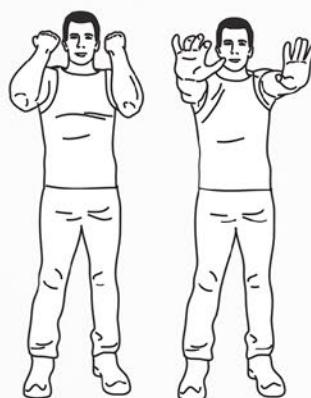
by DAREBEE

© darebee.com

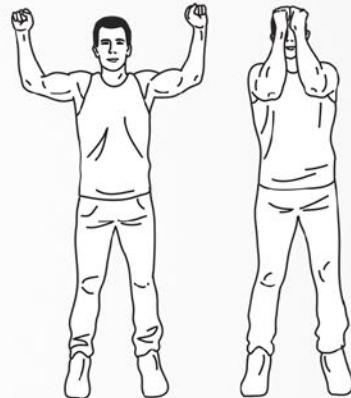
20 seconds each exercise.



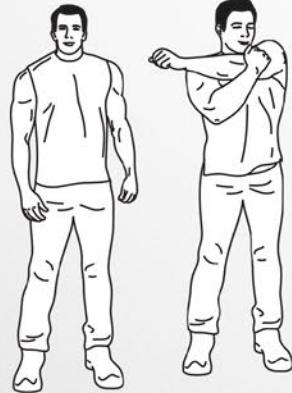
bicep extensions



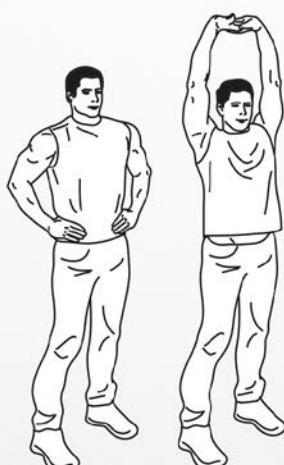
bicep extensions
both arms



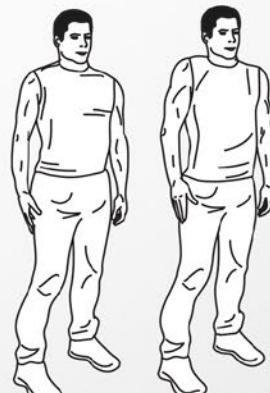
elbow clicks



tricep expansions



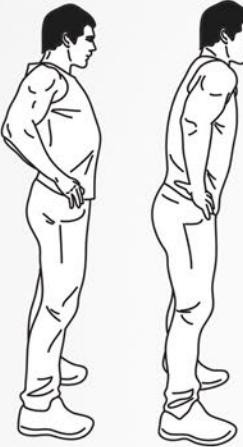
shoulder stretch



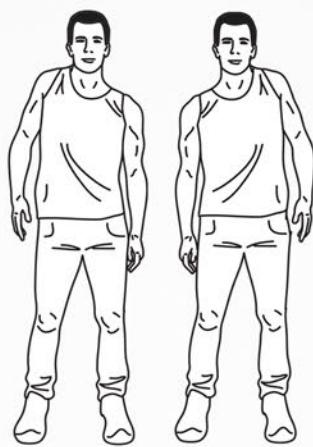
shoulder rotations

stretching for
back pain
relief

by DAREBEE © darebee.com



10 back and forth arches



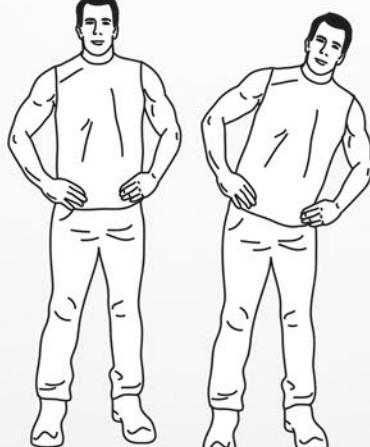
10 alternate shoulder raises



10 shoulder rotations



10 torso twists



10 side-to-side bends



10 torso rotations

chest *& lowerback* stretch

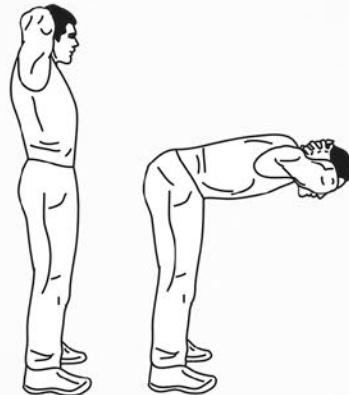
by DAREBEE

© darebee.com

20 seconds each exercise.



side bends



forward bends



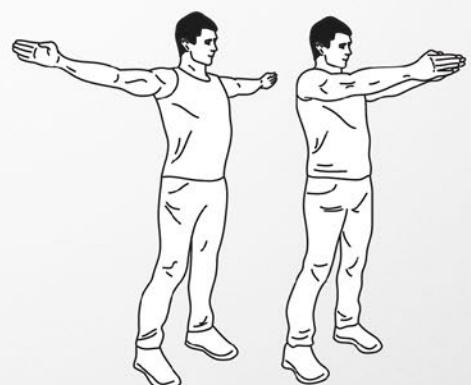
torso twists



side leg raises



alt chest expansions

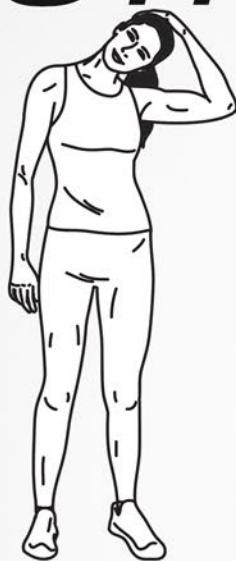


chest expansions

full body stretch

by DAREBEE
© darebee.com

40 seconds
each exercise.



neck stretch



shoulder stretch



tricep stretch



pelvic stretch



quad stretch



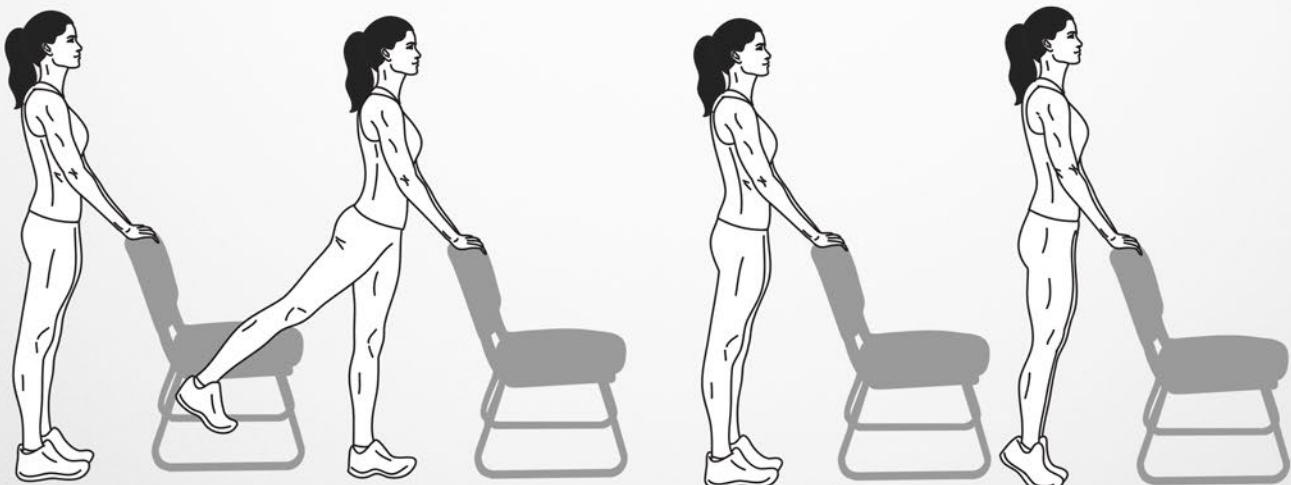
forward bend

Glutes, Quads, Hamstrings, & Calves

workout by DAREBEE
© darebee.com



40 side leg raises



40 back kicks

40 calf raises

Reset Stretch

DAREBEE WORKOUT © darebee.com

20 seconds each exercise.



chest squeeze



tricep stretch



wrist stretch



back arch



tricep stretch (both arms)



overhead shoulder stretch

shoulders stretch

by DAREBEE © darebee.com

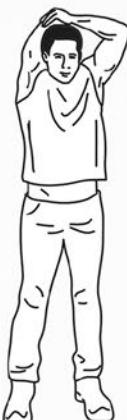
20 seconds each exercise.



cross neck
stretch



shoulder
stretch



tricep
stretch



tricep
stretch #2



shoulders up
stretch



shoulder
& back stretch



behind back
lock stretch

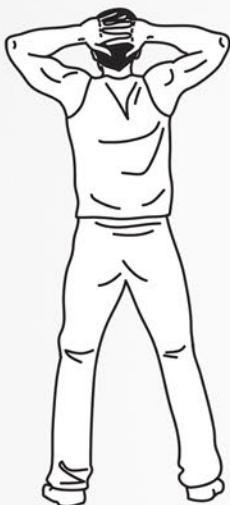


lock side pull
stretch

sitting fix

DAREBEE WORKOUT © darebee.com

20 seconds each exercise.



scapula stretch



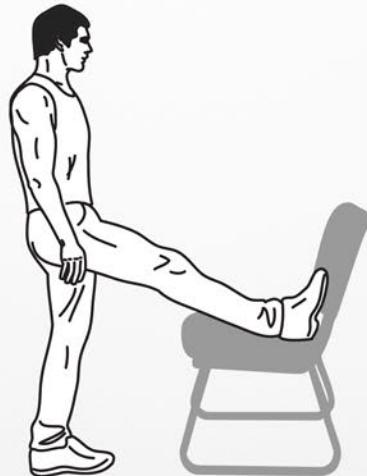
shoulder stretch



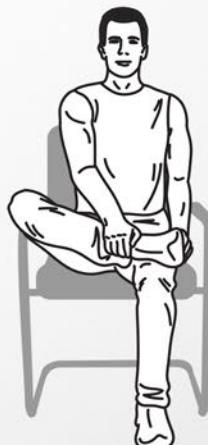
corner chest stretch



quad stretch



hamstring stretch

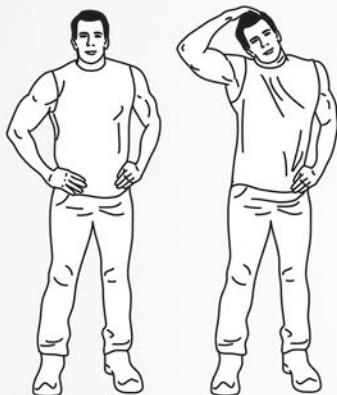


hip flexor stretch

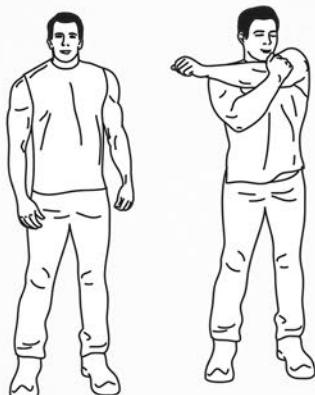
upperbody stretch

by DAREBEE © darebee.com

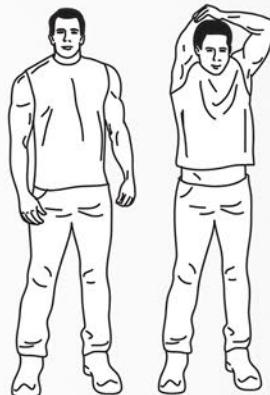
20 seconds each exercise.



neck stretches



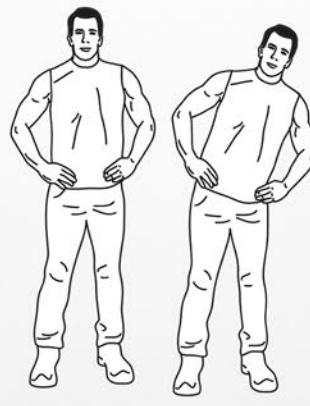
shoulder stretches



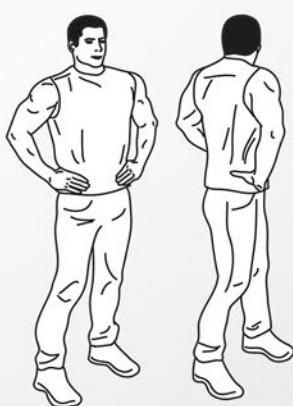
tricep stretches



back & shoulders stretches



side bends



torso rotations

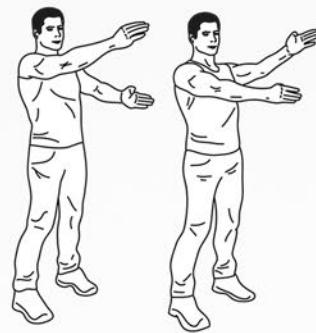
arms 360

DAREBEE WORKOUT © darebee.com

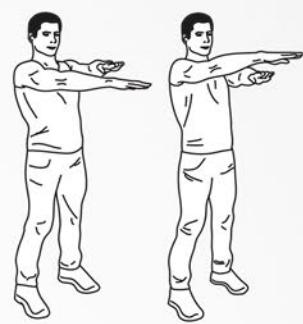
repeat 3 times with 1 minute rest in between



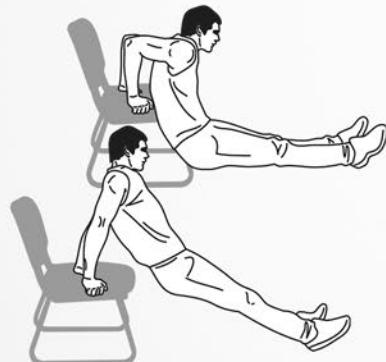
5 tricep dips



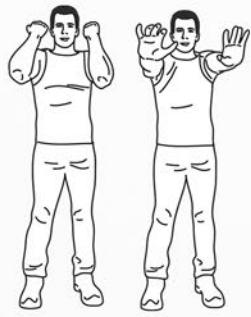
10 arm chops



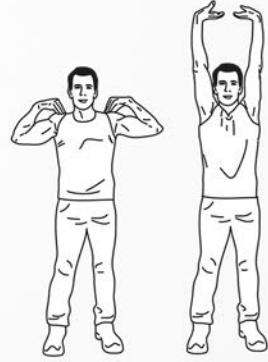
10 arm scissors



5 tricep dips



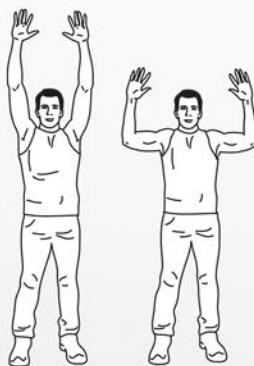
10 bicep extensions



10 shoulder taps



5 tricep dips



10 W-extensions



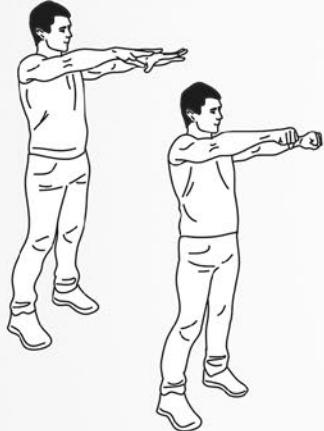
10 elbow clicks

biceps & *triceps*

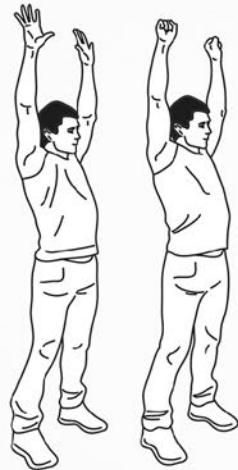
LIGHT

DAREBEE WORKOUT © darebee.com

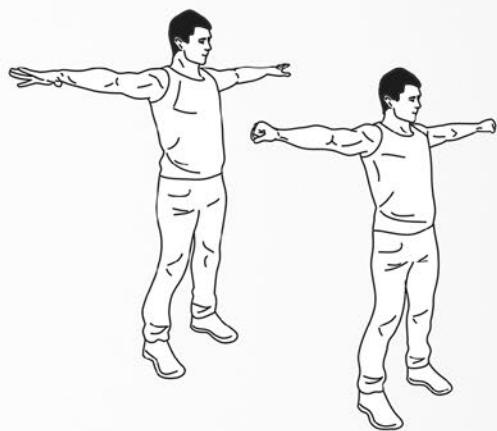
repeat 3 times with 1 minute rest in between



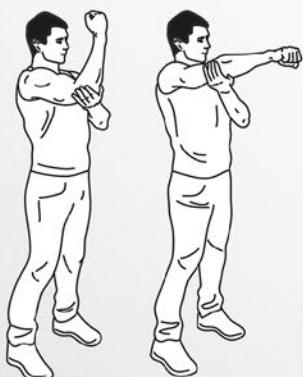
30 extended clench



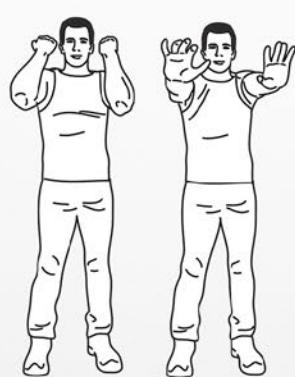
30 overhead clench



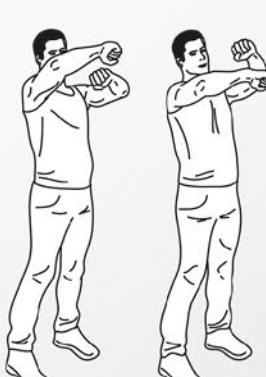
30 side extended clench



30 tricep extensions



30 bicep extensions



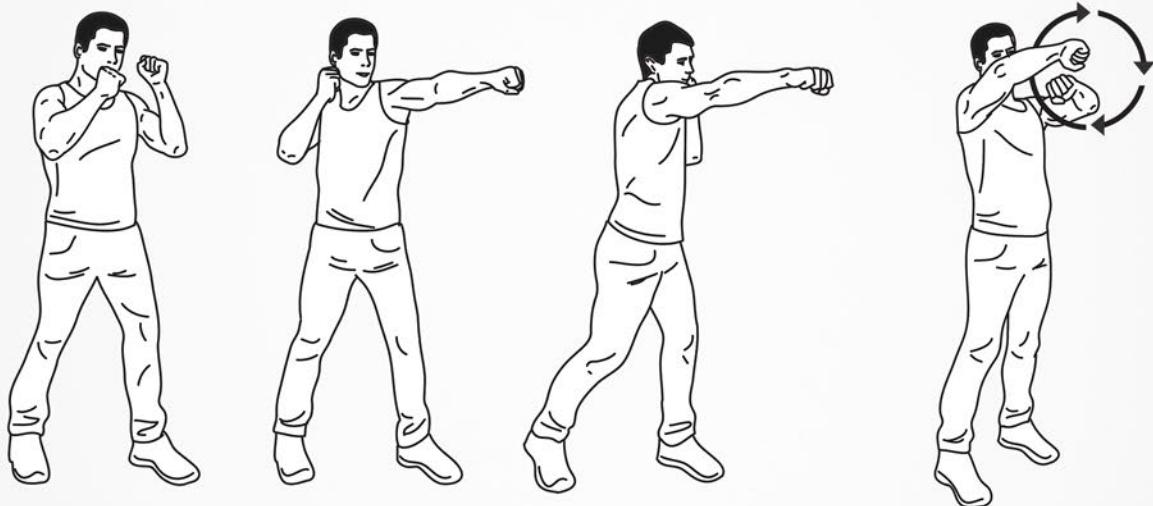
30 speed bag circles

Boxer Arms

DAREBEE WORKOUT © darebee.com

Repeat 3 times with 1 minute rest in between.

Keep arms up during the set.



10 punches (jab + cross)

10 speed bag punches

20 punches (jab + cross)

20 speed bag punches

40 punches (jab + cross)

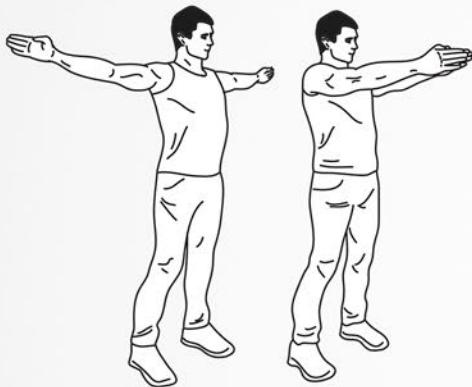
40 speed bag punches

done

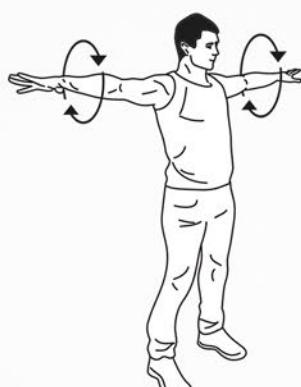
chest & back

LIGHT

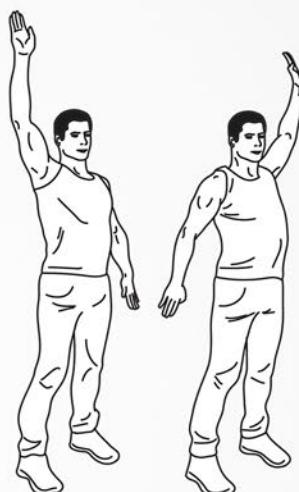
DAREBEE WORKOUT
© darebee.com
repeat 3 times
1 minute rest



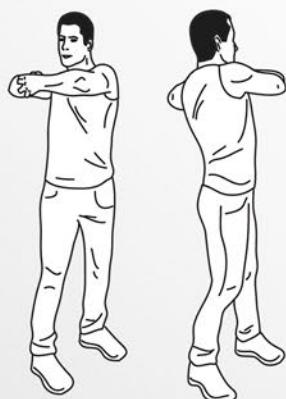
10 chest expansions



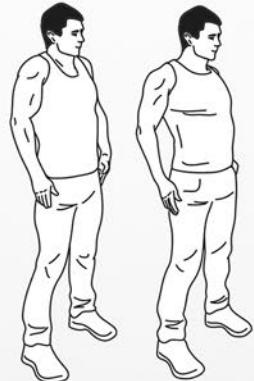
10 raised arm circles



10 alt chest expansions



10 clasped arm rotations



10 shoulder rotations



10-count shoulder stretch

chest & shoulders

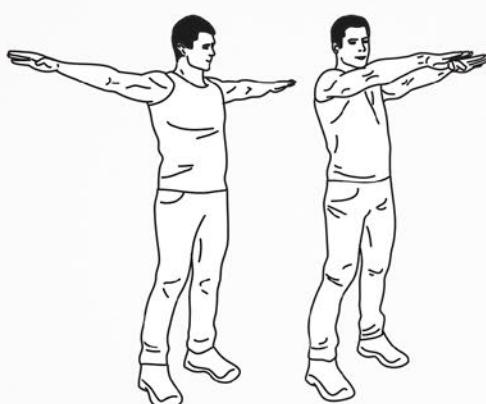
DAREBEE WORKOUT © darebee.com

repeat 3 times with 1 minute rest in between

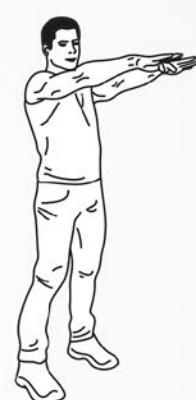
LIGHT



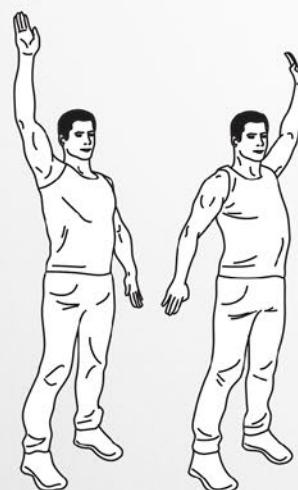
20sec raised arm hold



20 chest expansions



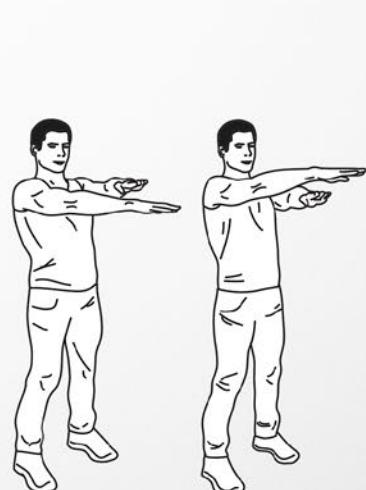
20sec raised arm hold



20 alt chest expansions



20sec raised arm hold



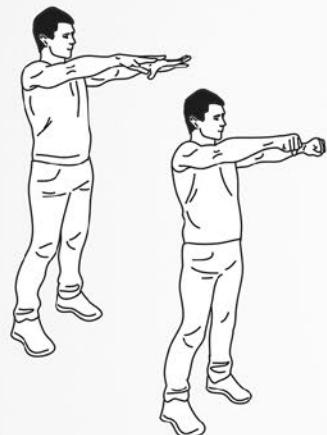
20 arm scissiors

forearms & *triceps*

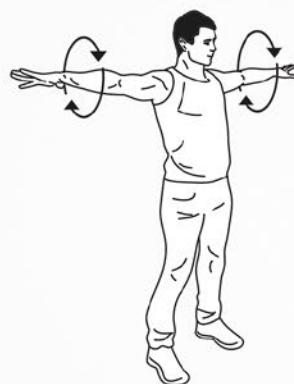
LIGHT

DAREBEE WORKOUT © darebee.com

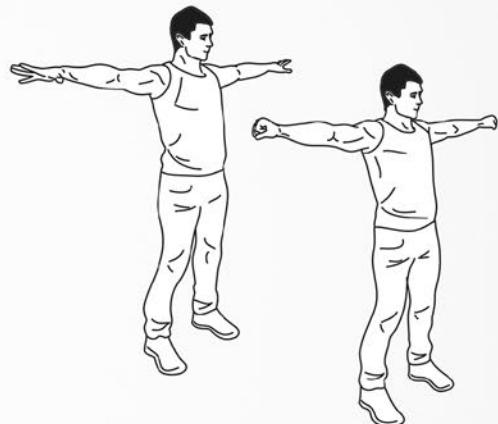
repeat 3 times with 1 minute rest in between



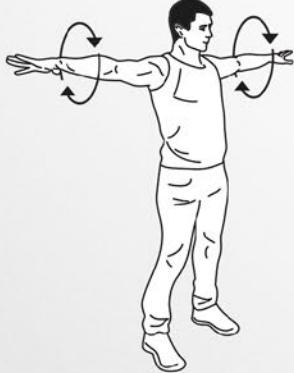
20 extended clench



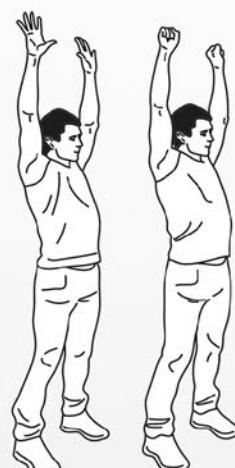
20 raised arm circles



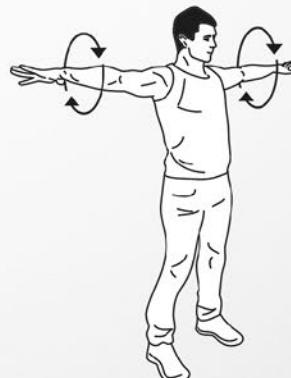
20 side extended clench



20 raised arm circles



20 overhead clench



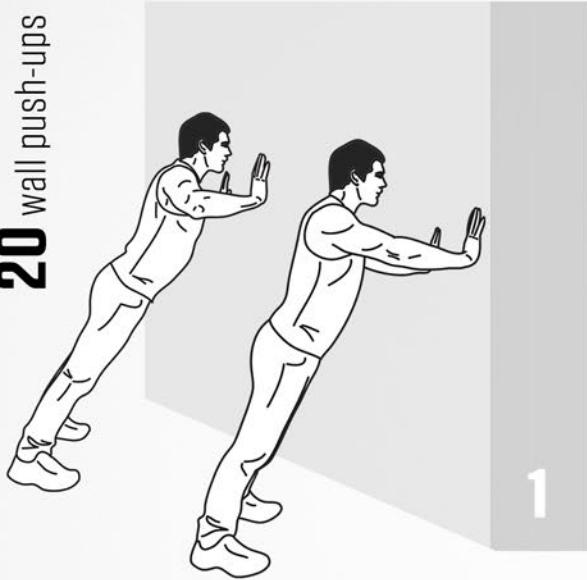
20 raised arm circles

Office Push-Ups II

DAREBEE WORKOUT © darebee.com

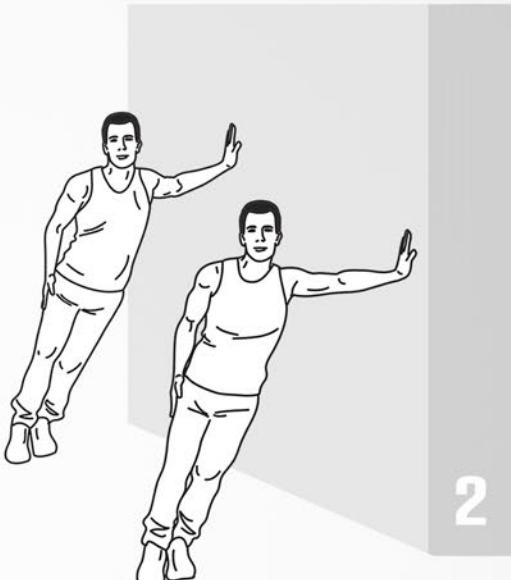
Repeat 3 times with 1 minute rest in between.

20 wall push-ups



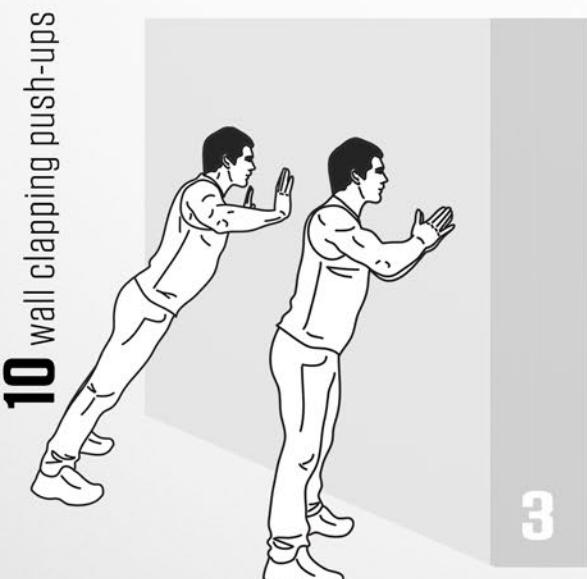
1

20 one-arm side wall push-ups



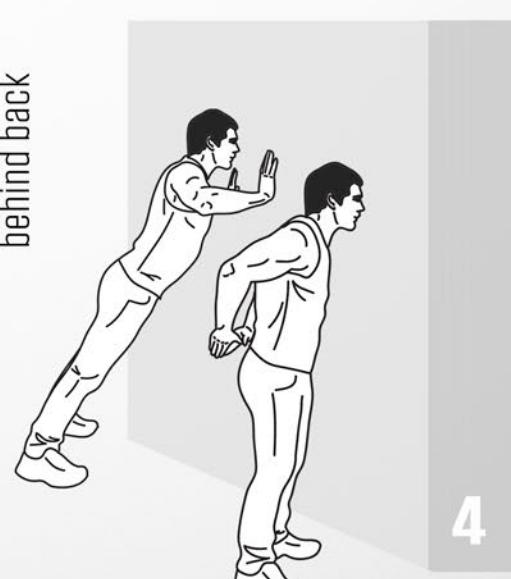
2

10 wall clapping push-ups



3

10 wall clapping push-ups
behind back



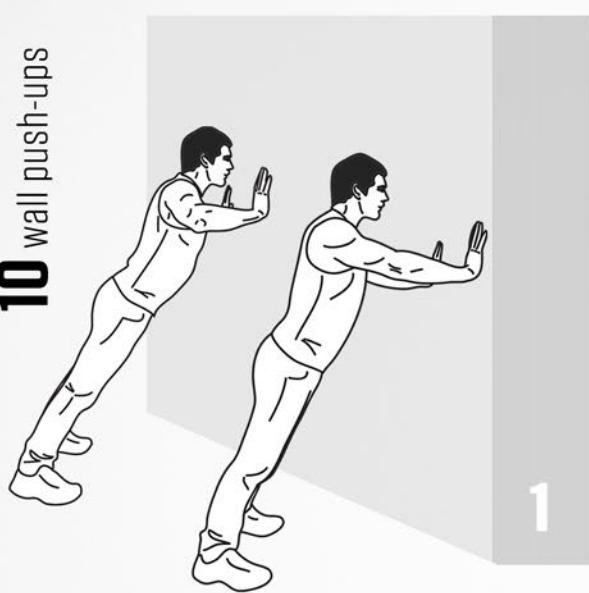
4

Office Push-Ups

DAREBEE WORKOUT © darebee.com

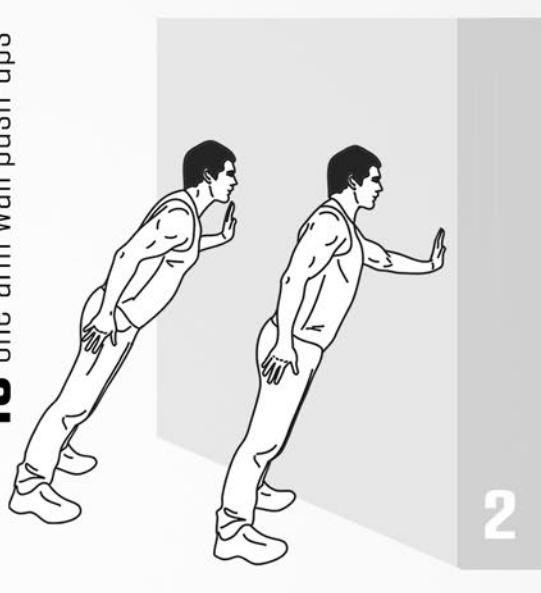
Repeat 3 times with 1 minute rest in between.

10 wall push-ups



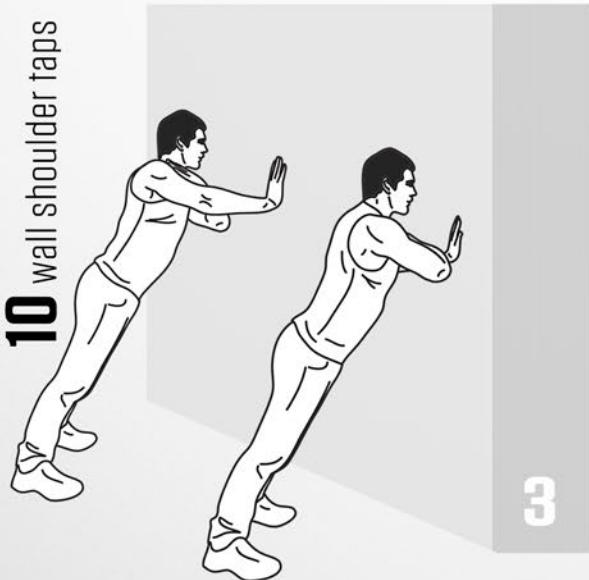
1

10 one-arm wall push-ups



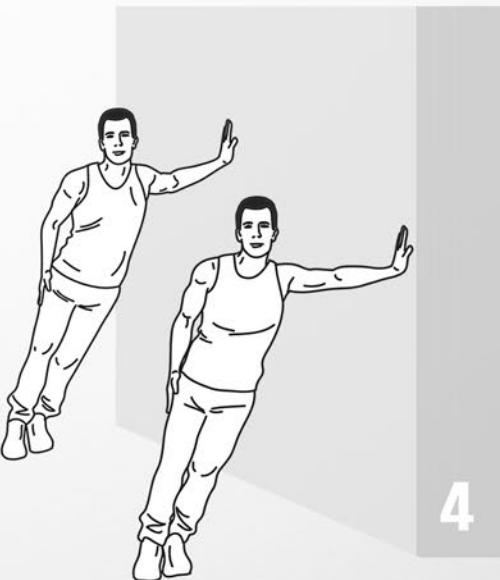
2

10 wall shoulder taps



3

10 one-arm side wall push-ups



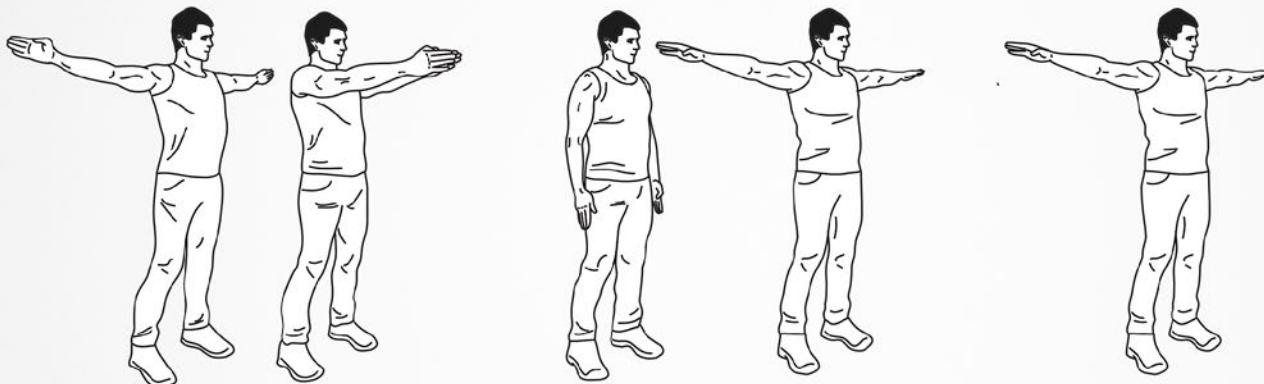
4

shoulder work

DAREBEE WORKOUT

© darebee.com

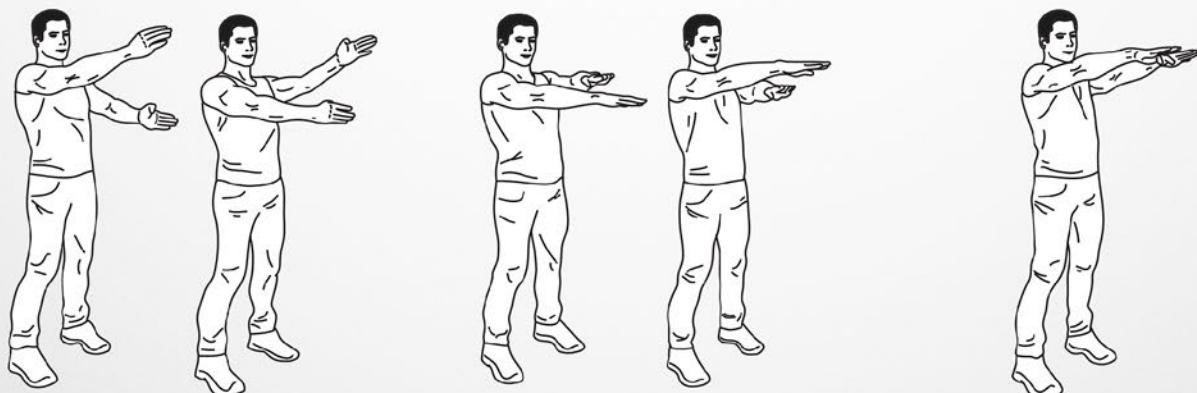
repeat 3 times | 1 minute rest



20 chest expansions

20 side arm raises

20sec raised arm hold



20 arm chops

20 arm scissors

20sec raised arm hold

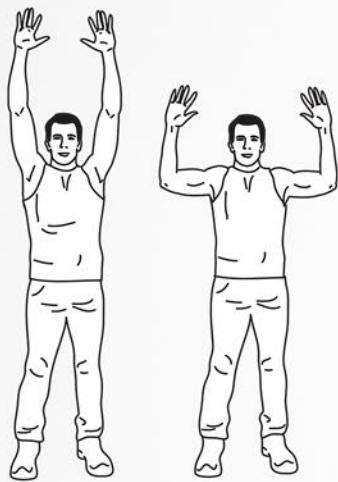
upperbody mobility

DAREBEE WORKOUT

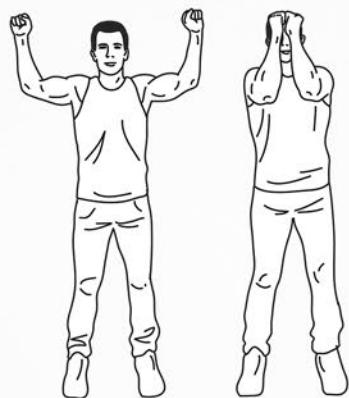
© darebee.com

repeat 3 times

1 minute rest



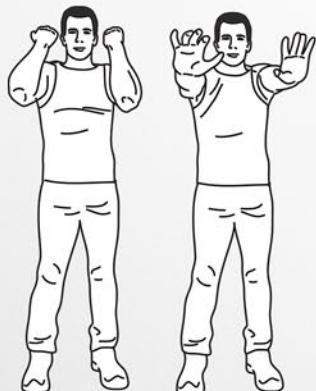
20 W-extensions



20 elbow clicks



20 elbows together rotations



20 bicep extensions



20 shoulder taps



20 elbow rotations

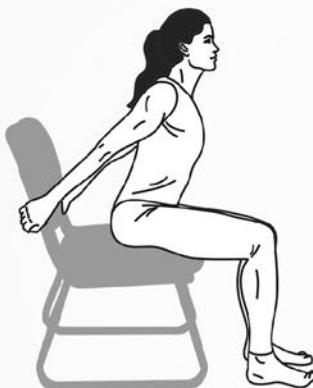
back fix

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Hold each pose for 20 seconds.



shoulder shrug



shoulder stretch



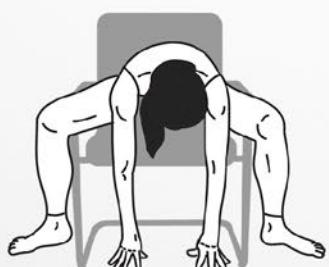
side bend



sea horse



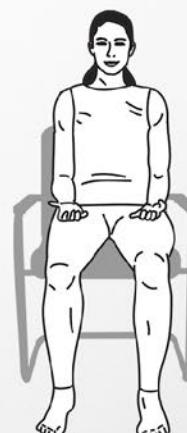
seated twist



wide leg fold



hamstring stretch



fall back

BACK PAIN relief

chair edition

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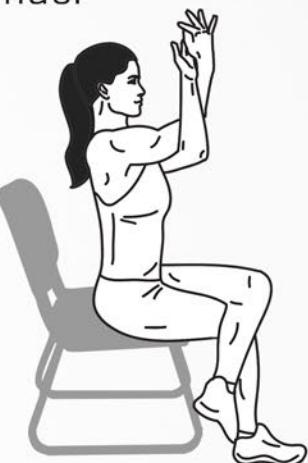
Hold each pose for 20 seconds.



cat pose



cow pose



seated eagle pose



figure 4



seated twist



forward bend

BACK PAIN *relief*

YOGA WORKOUT
© darebee.com

Hold each pose
for 20 seconds.



forward bend



warrior I



warrior II



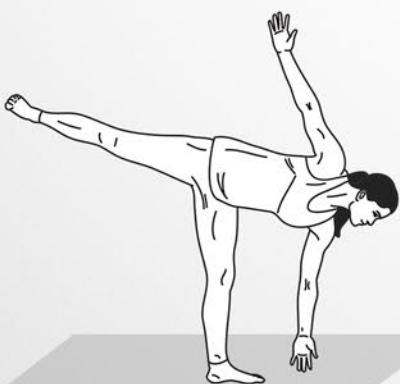
triangle



side stretch



revolving triangle



half moon



warrior III



extended big toe hold

balance

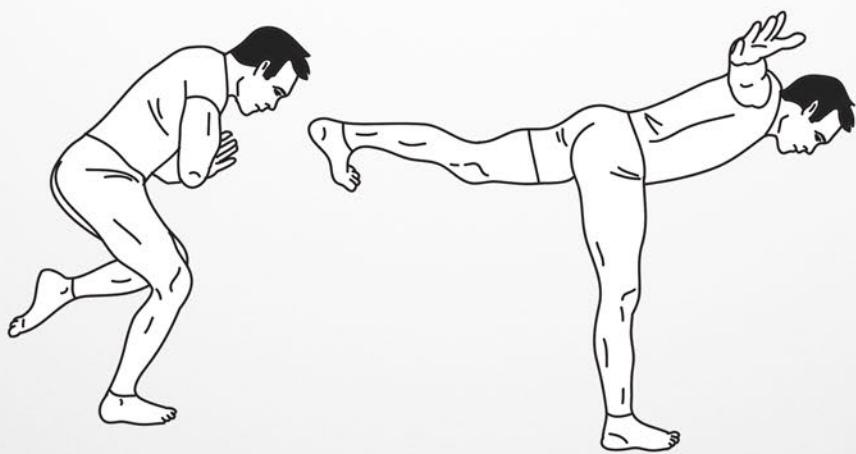
yoga

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30seconds tree pose with reach,
advance to - tree pose
with reach, half squat

30seconds side leg raise,
advance to - forward lg raise hold



30seconds single leg balance, advance to - warrior III pose

office WARRIOR

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Hold each pose for 20 seconds.



raised arms pose



forward bend



extended side angle



chair pigeon



chair warrior I



chair warrior II

office yoga

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Hold each pose
for 20 seconds.



cat stretch



lower back stretch



crescent pose



chair twist



upward salute



forward bend

origami yoga

DAREBEE WORKOUT

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Hold each pose
for 20 seconds.



chest expansion



knee-over-knee reach



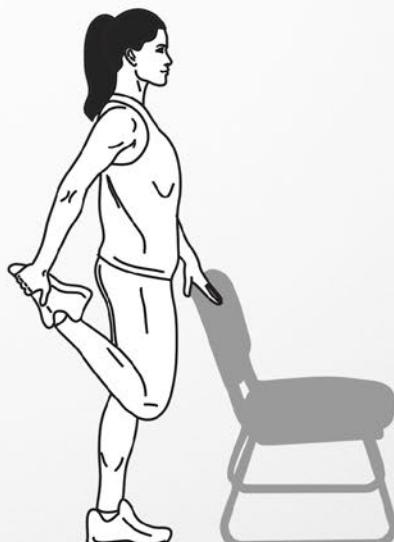
seated torso twist



foot over knee reach



foot over knee fold



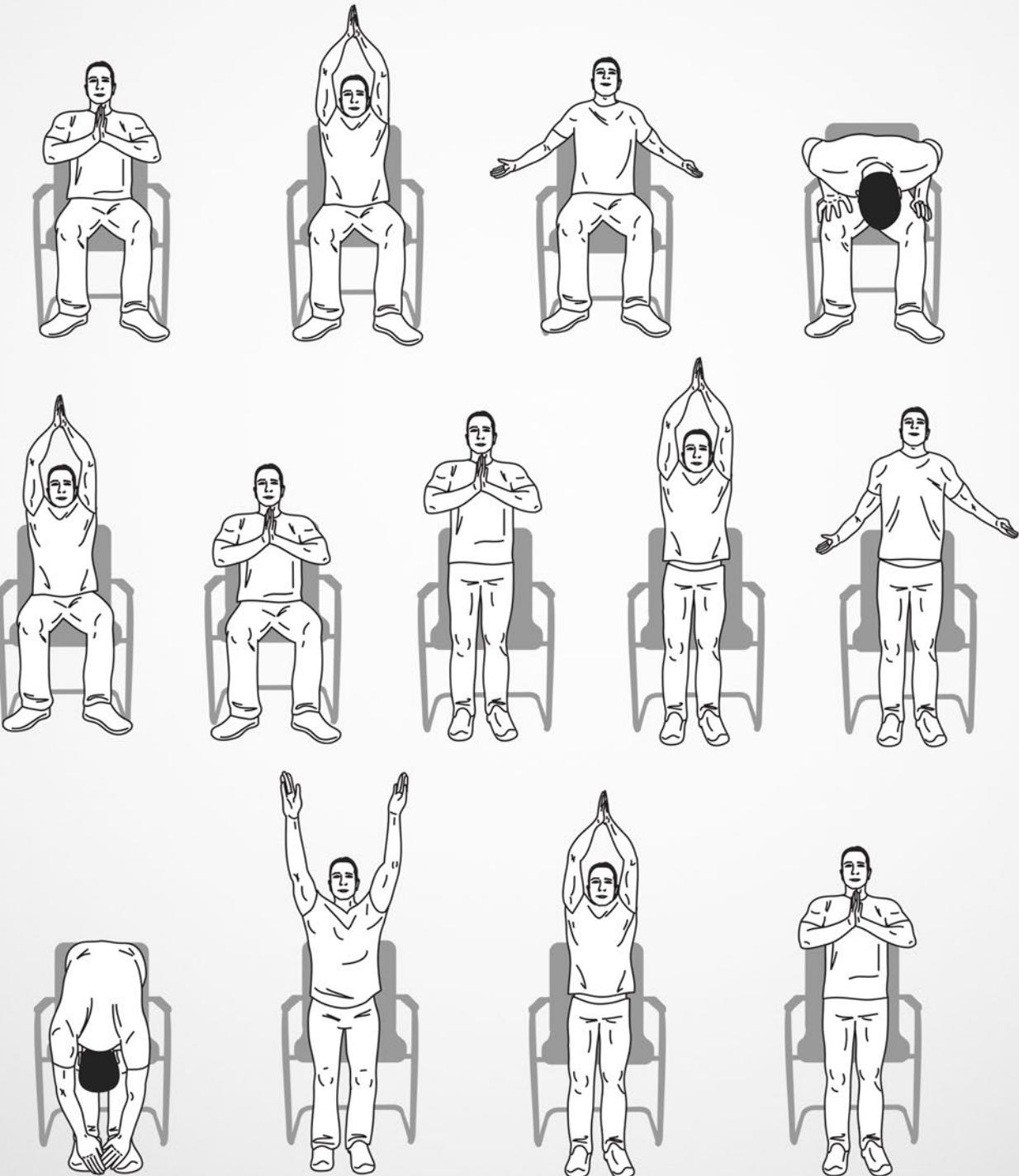
quad stretch

Sun Salutation

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chair edition

Hold each pose for 10 seconds and move to the next one.



twist & fold

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Hold each move for 20 seconds.



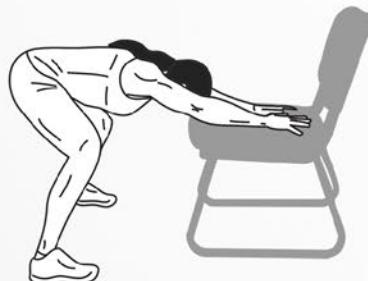
crescent lunge



extended side angle



revolved side angle



bent downward-facing dog - into - downward-facing dog



seated twist



camel pose



forward fold

yoga *flow*

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Hold each pose
for 20 seconds.



reach



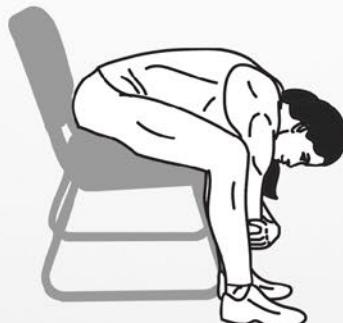
shoulders back



knee bend to cobra



twist



forward bend



straight back

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