

RECOVERY

by DAREBEE

RECOVERY

Day 1

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

1



2



3



4



5



6



RECOVERY

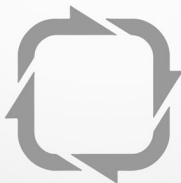
Day 2

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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.

1



2



3



4



5



6



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

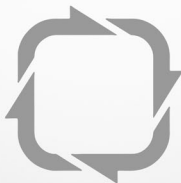
Day 6

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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

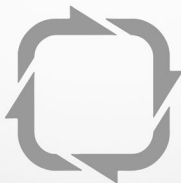
Day 10

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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



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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

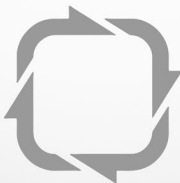
Day 14

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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