



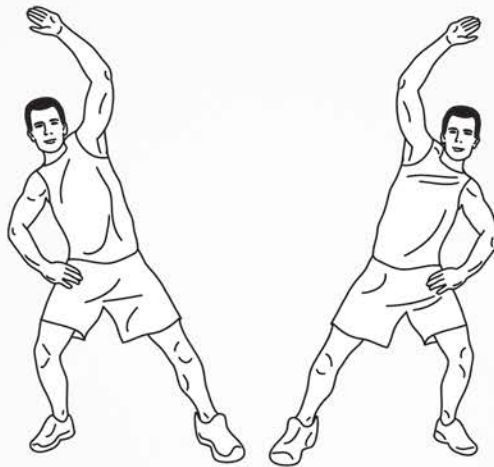
vitality

# vitality

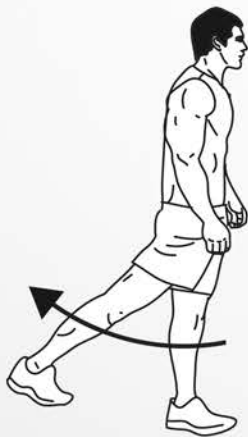
DAY 1

© [darebee.com](http://darebee.com)

**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**20** side jacks



**20** backwards leg raises  
change legs and repeat



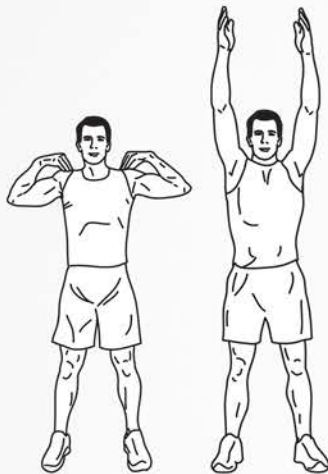
**20** side leg raises  
change sides and repeat

# vitality

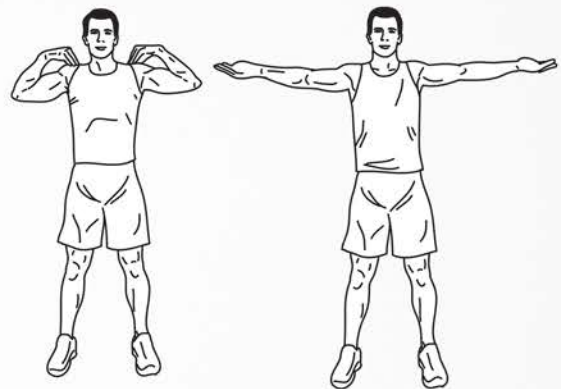
DAY 2

© [darebee.com](http://darebee.com)

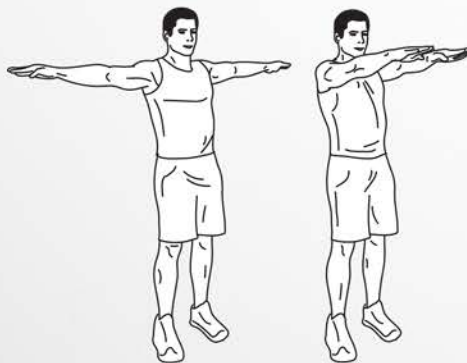
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



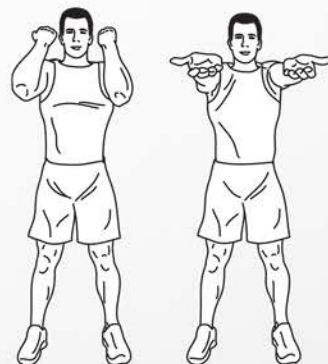
**20** shoulder taps



**20** side shoulder taps



**20** arm extensions



**20** bicep extensions

# vitality

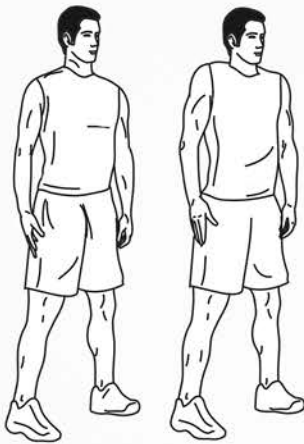
DAY 3

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**Level I** 3 sets **Level II** 4 sets **Level III** 5 sets  
2 minutes rest between sets



**10** shoulder stretches



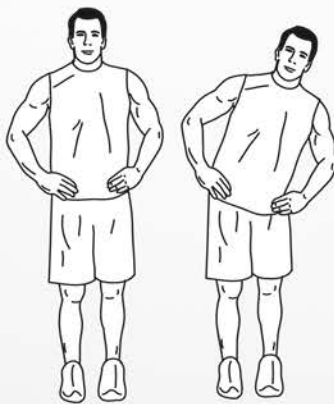
**10** shoulder shrugs



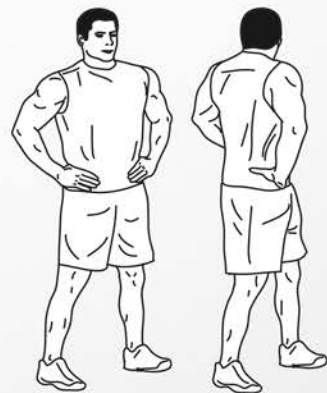
**10** tricep stretches



**10** hip rotations



**10** side bends



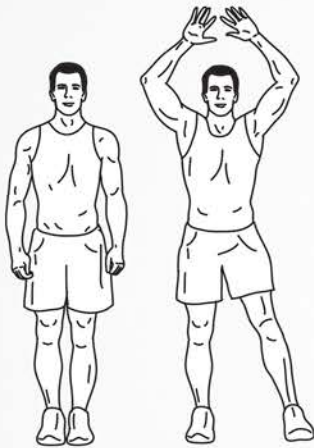
**10** core twists

# vitality

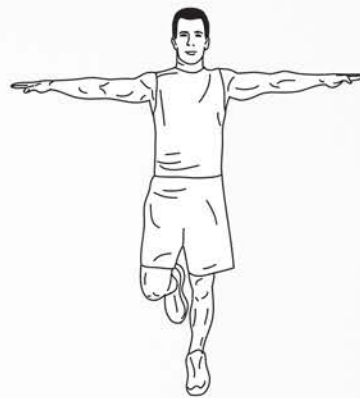
DAY 4

© [darebee.com](http://darebee.com)

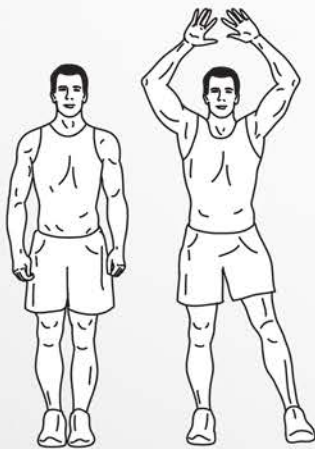
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**10** step jacks



**10-count** single leg stand  
left leg



**10** step jacks



**10-count** single leg stand  
right leg

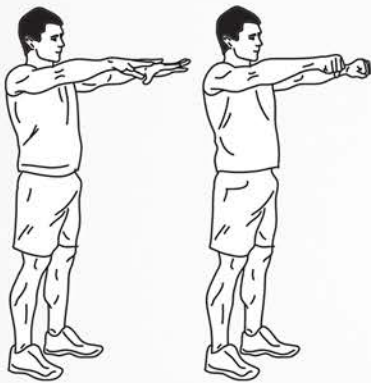


# vitality

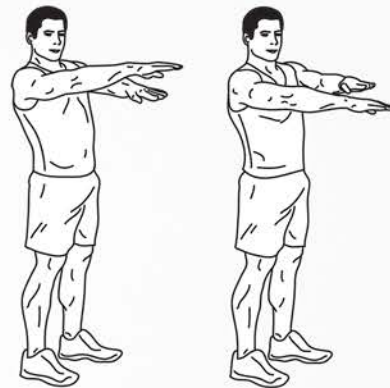
DAY 5

© [darebee.com](http://darebee.com)

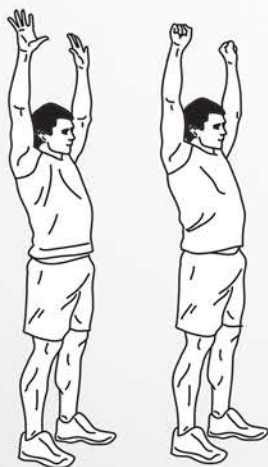
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



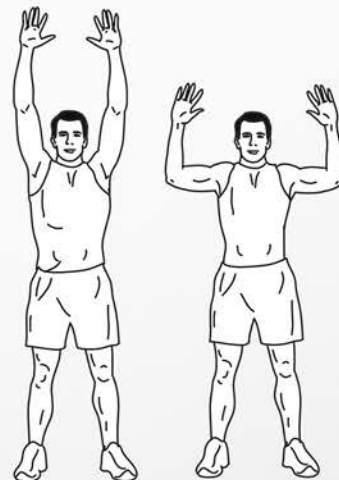
**20** clench / unclench



**20** arm scissors



**20** overhead clench / unclench



**20** W-extensions

# vitality

DAY 6

© [darebee.com](http://darebee.com)

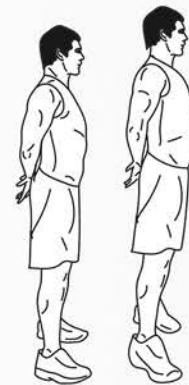
**Level I** 3 sets **Level II** 4 sets **Level III** 5 sets  
2 minutes rest between sets



**10** shoulder stretches



**10** single hip rotations



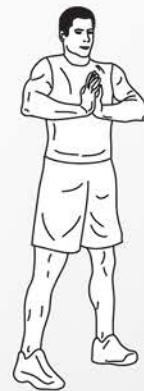
**10** calf raises



**10-count**  
shoulders back



**10-count**  
hamstring stretch



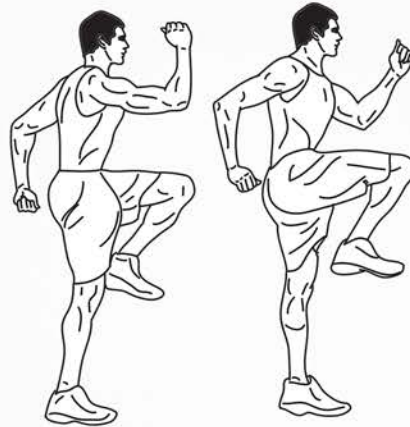
**10-count**  
chest squeeze

# vitality

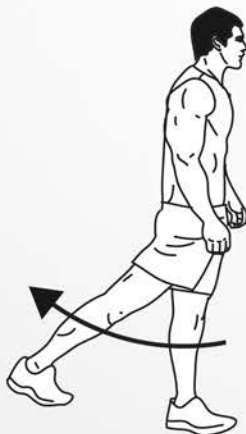
DAY 7

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**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**20** march steps



**20** backwards leg raises  
change legs and repeat



**20** side leg raises  
change sides and repeat

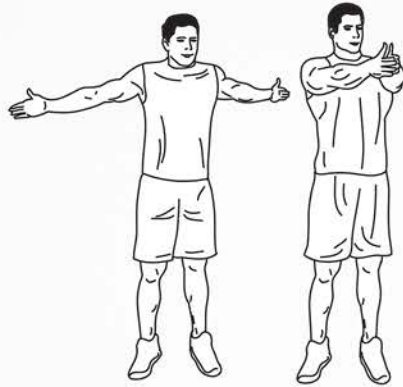


# vitality

DAY 8

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**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**20** chest expansions



**10** alternating  
chest expansions



**10** arm circles  
change direction and repeat

# vitality

DAY 9

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

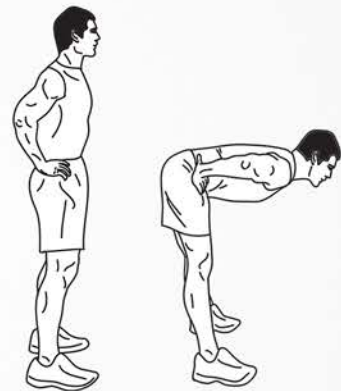
**Level I** 3 sets **Level II** 4 sets **Level III** 5 sets  
2 minutes rest between sets



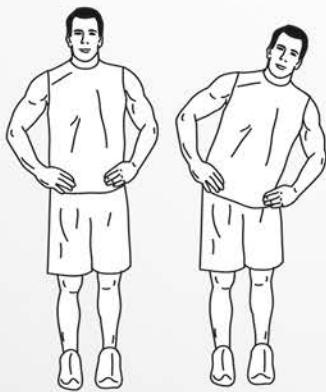
**10** hip rotations



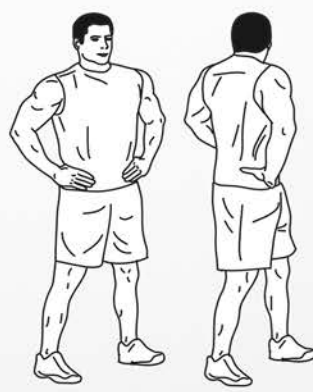
**10** single hip rotations



**5** forward bends



**10** side bends



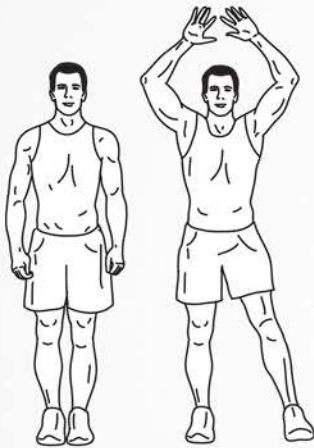
**10** core twists

# vitality

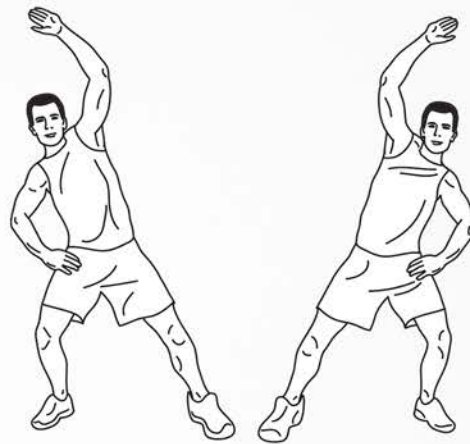
DAY 10

© [darebee.com](http://darebee.com)

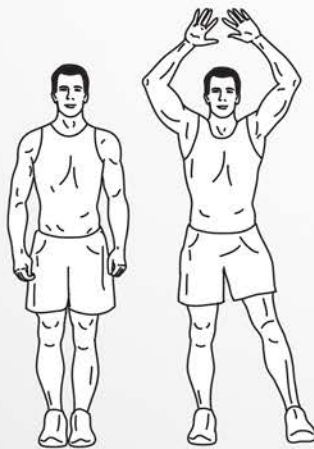
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



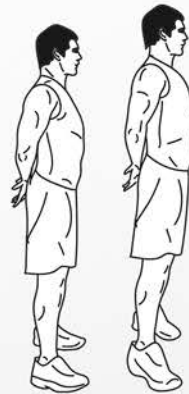
**12** step jacks



**6** side jacks



**12** step jacks



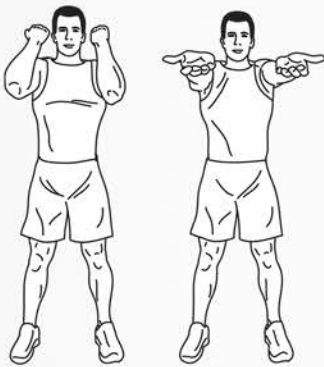
**6** calf raises

# vitality

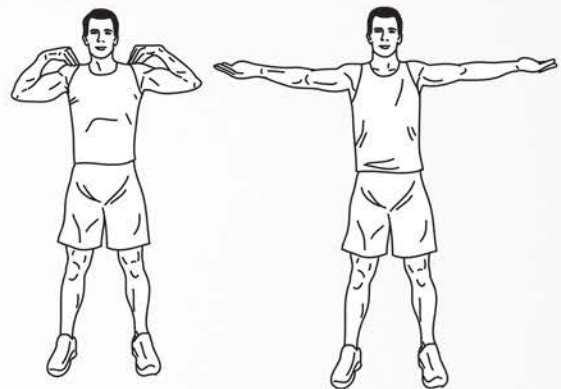
DAY 11

© [darebee.com](http://darebee.com)

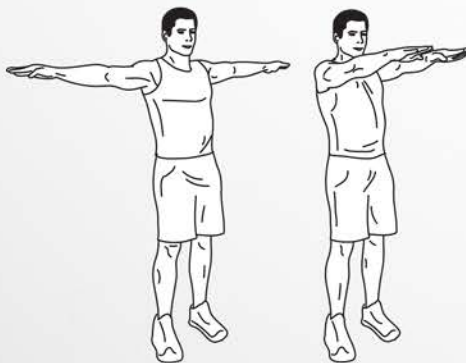
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



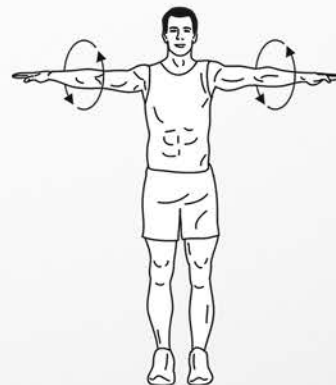
**20** bicep extensions



**20** side shoulder taps



**20** arm extensions



**20** raised arm circles

# vitality

DAY 12 @ [darebee.com](http://darebee.com)

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minutes rest between sets



**10** neck stretches



**10** tricep stretches



**10** hip rotations



**15-count**  
shoulders back



**15-count**  
hamstring stretch



**15-count**  
chest squeeze

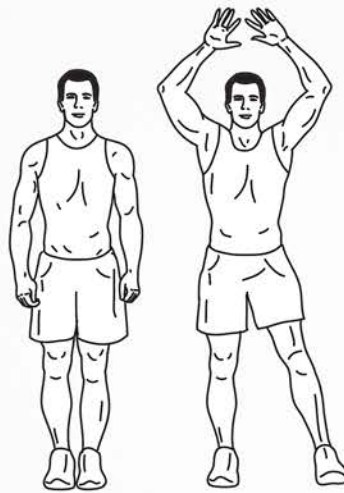


# vitality

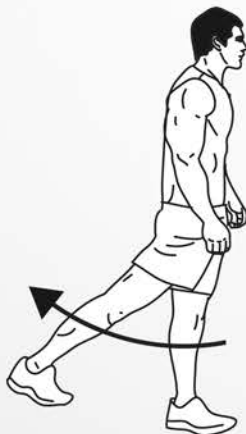
DAY 13

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

**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**20** step jacks



**20** backwards leg raises  
change legs and repeat



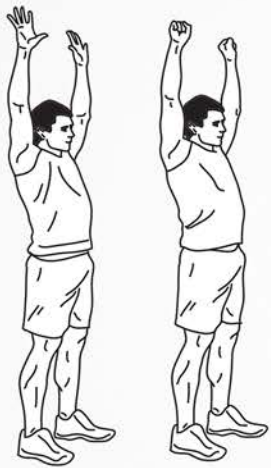
**20** side leg raises  
change sides and repeat

# vitality

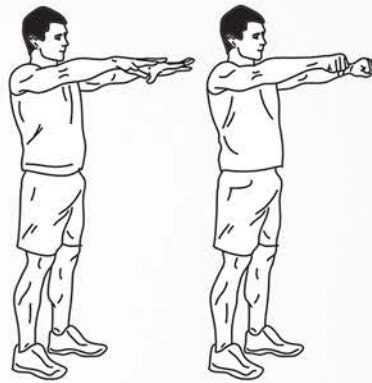
DAY 14

© [darebee.com](http://darebee.com)

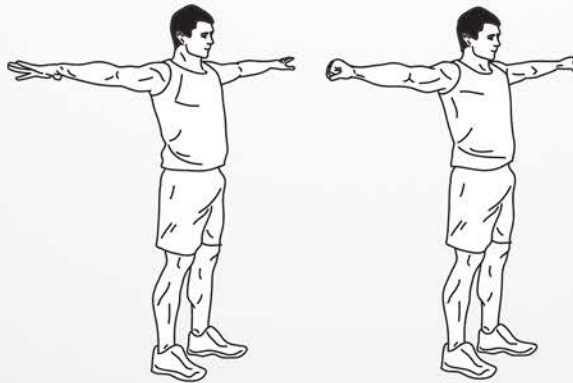
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**20** overhead clench / unclench



**20** clench / unclench



**20** side clench / unclench

# vitality

DAY 15

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

**Level I** 3 sets **Level II** 4 sets **Level III** 5 sets  
2 minutes rest between sets



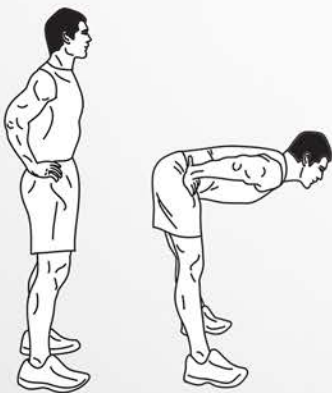
**10** shoulder stretches



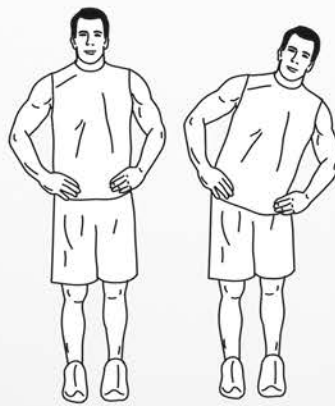
**10** tricep stretches



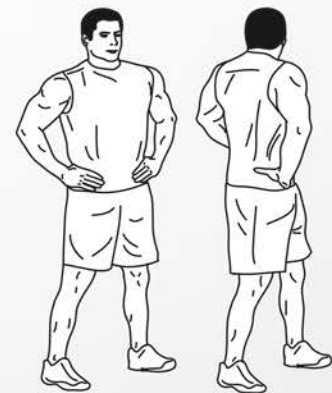
**10** hip rotations



**5** forward bends



**10** side bends



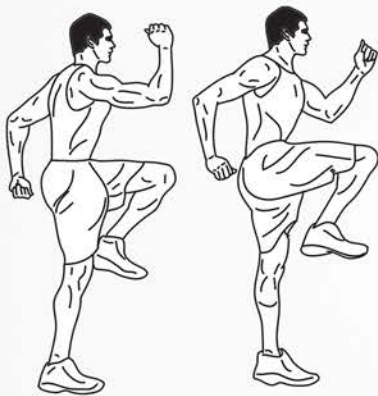
**10** core twists

# vitality

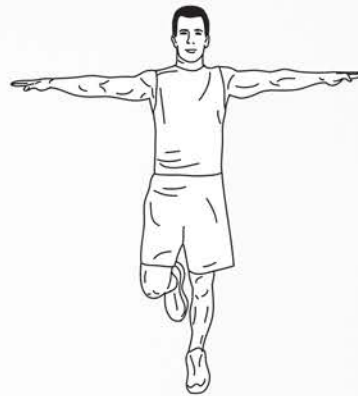
DAY 16

© [darebee.com](http://darebee.com)

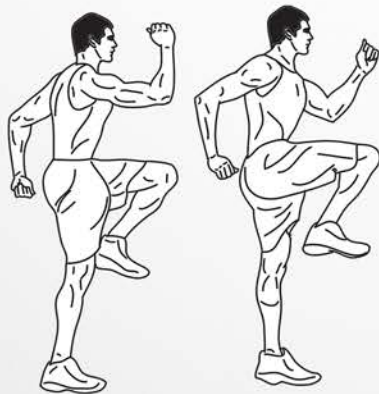
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**20** march steps



**10-count** single leg stand  
left leg



**20** march steps



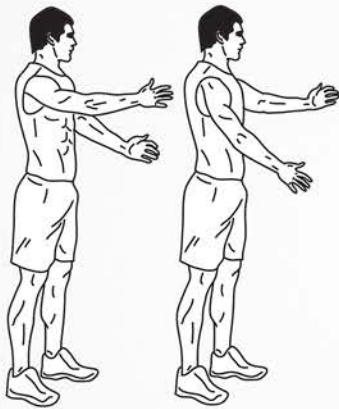
**10-count** single leg stand  
right leg

# vitality

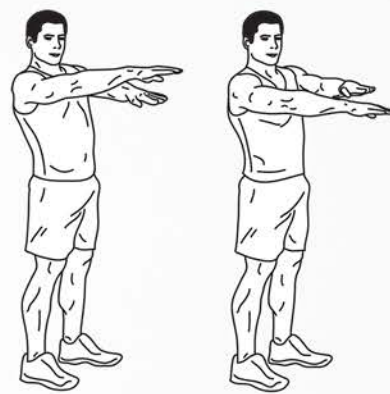
DAY 17

© [darebee.com](http://darebee.com)

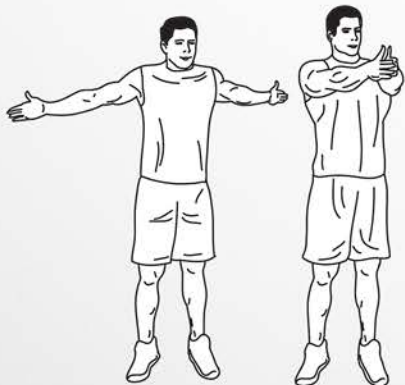
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



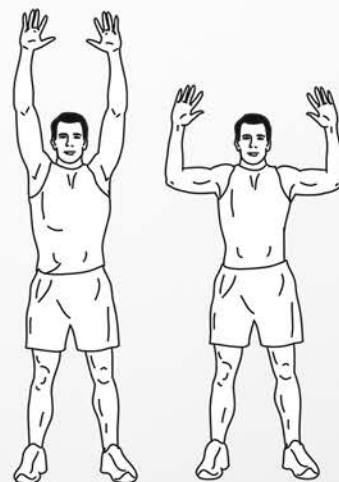
**20** scissor chops



**20** arm scissors



**20** chest expansions



**20** W-extensions

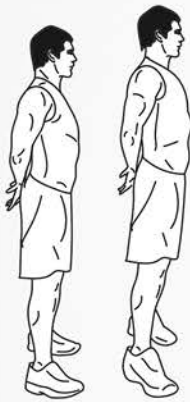


# vitality

DAY 18

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**Level I** 3 sets **Level II** 4 sets **Level III** 5 sets  
2 minutes rest between sets



**10** calf raises



**10** hip rotations



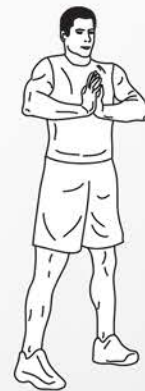
**10** single hip rotations



**15-count**  
shoulders back



**15-count**  
hamstring stretch



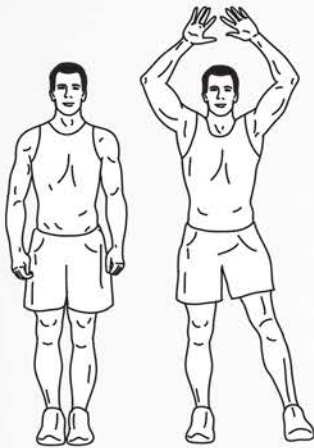
**15-count**  
chest squeeze

# vitality

DAY 19

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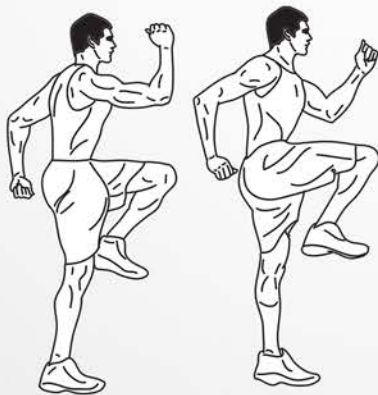
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



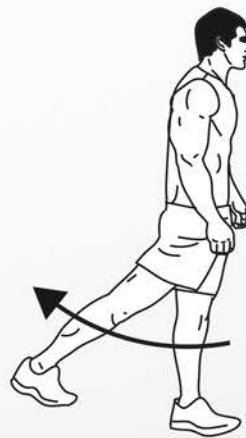
**12** step jacks



**20** side leg raises



**12** march steps

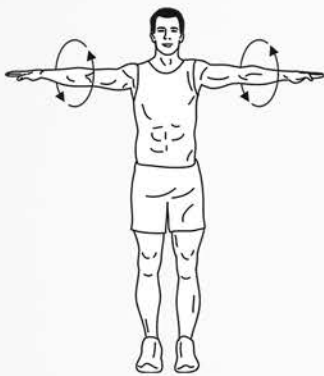


**20** backwards leg raises

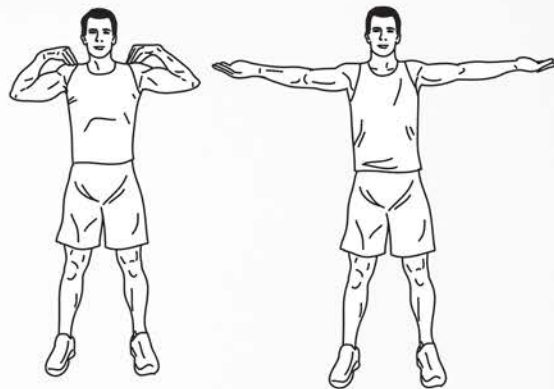
# vitality

DAY 20 @ [darebee.com](https://darebee.com)

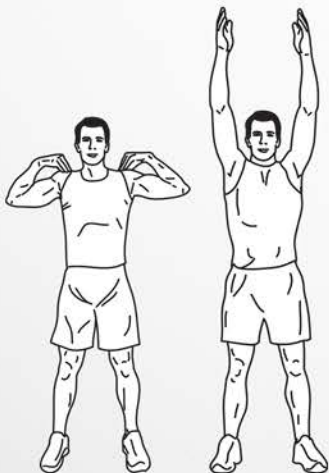
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



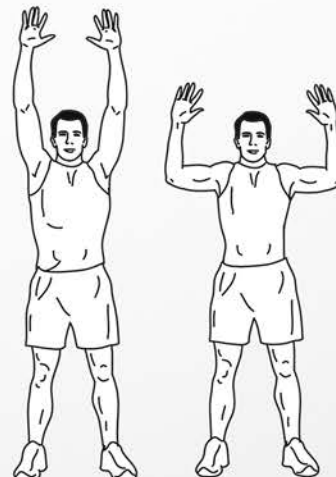
**20** raised arm circles



**20** side shoulder taps



**20** shoulder taps



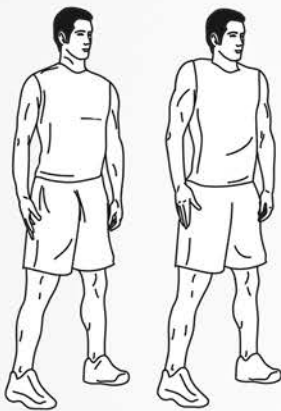
**20** W-extensions

# vitality

DAY 21

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**Level I** 3 sets **Level II** 4 sets **Level III** 5 sets  
2 minutes rest between sets



**10** shoulder stretches



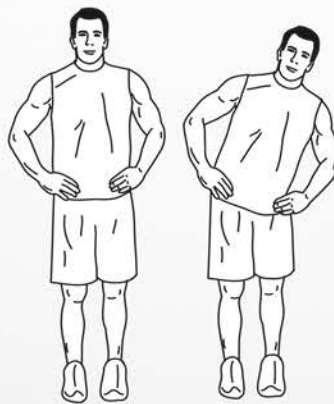
**10** shoulder rotations



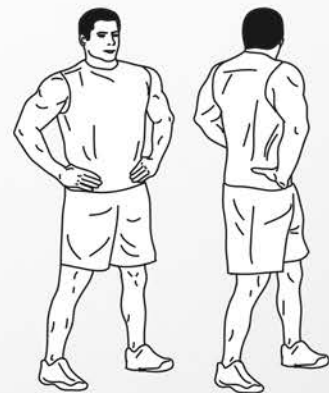
**10** neck stretches



**10** hip rotations



**10** side bends



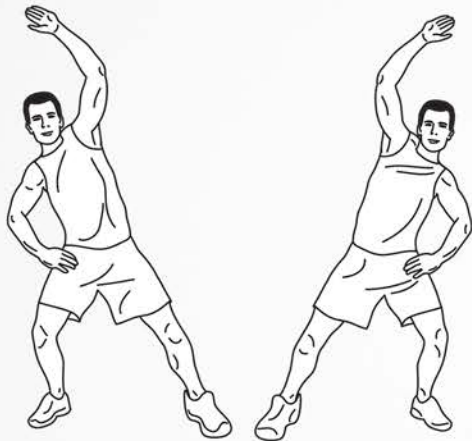
**10** core twists

# vitality

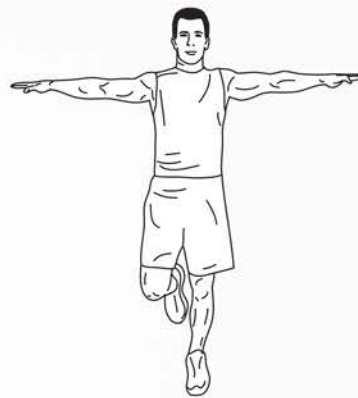
DAY 22

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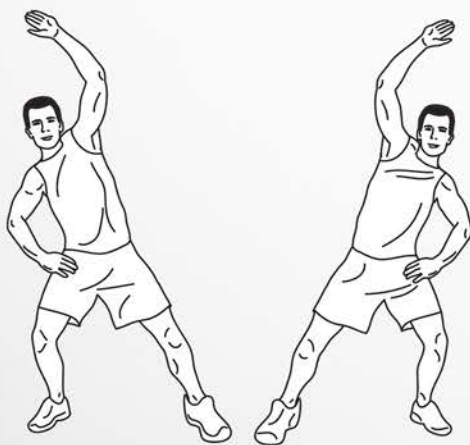
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



**20** side jacks



**10-count** single leg stand  
left leg



**20** side jacks



**10-count** single leg stand  
right leg

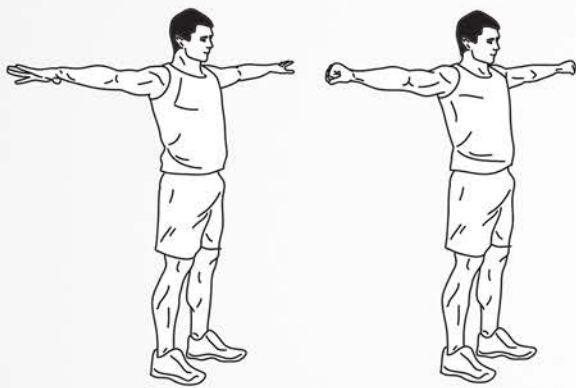


# vitality

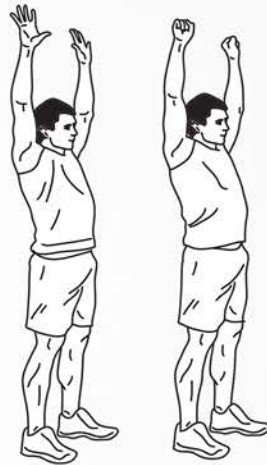
DAY 23

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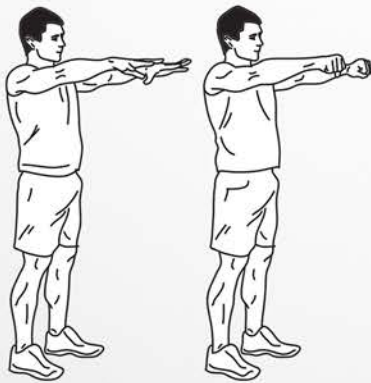
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



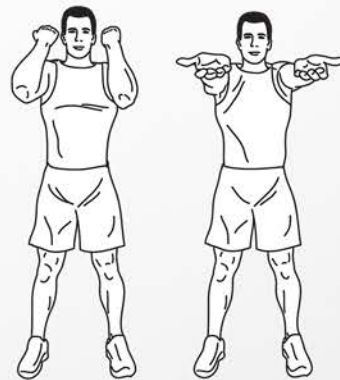
**20** side clench / unclench



**20** overhead clench / unclench



**20** clench / unclench



**20** bicep extensions

# vitality

DAY 24

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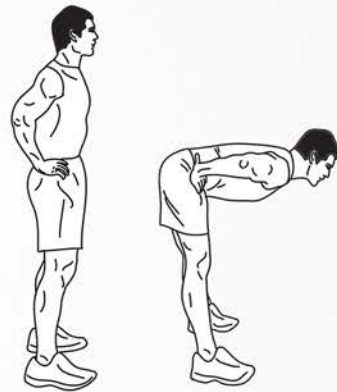
**Level I** 3 sets **Level II** 4 sets **Level III** 5 sets  
2 minutes rest between sets



**10** hip rotations



**10** shoulder stretches



**5** forward bends



**20-count**  
shoulders back



**20-count**  
hamstring stretch



**20-count**  
chest squeeze

# vitality

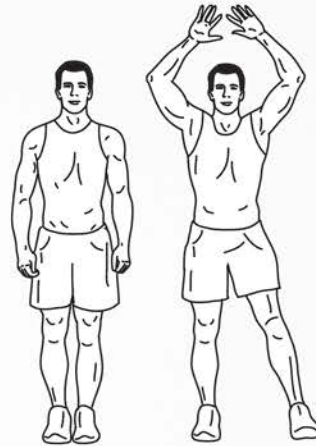
DAY 25

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

**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



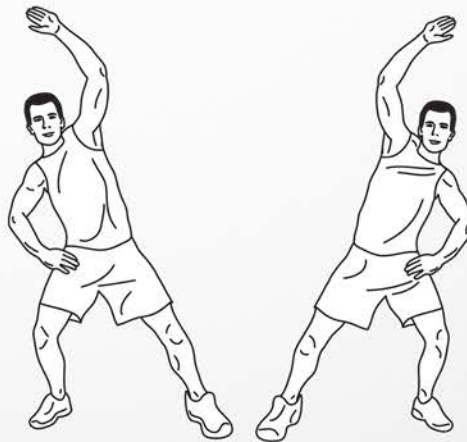
**20** side leg raises



**10** step jacks



**20** side leg raises



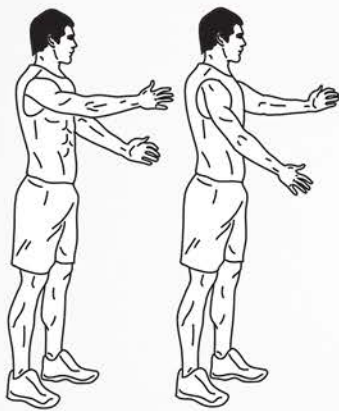
**10** side jacks

# vitality

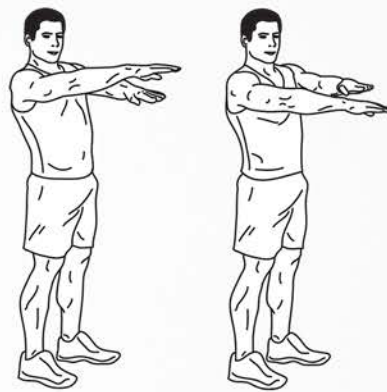
DAY 26

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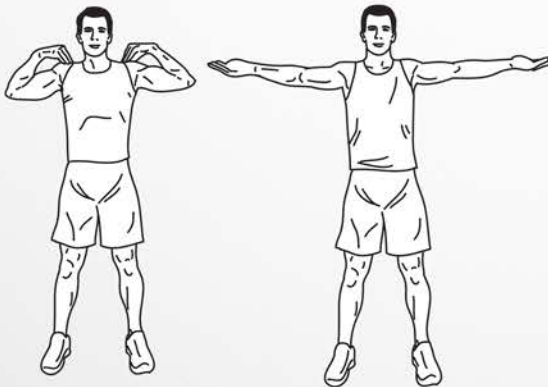
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



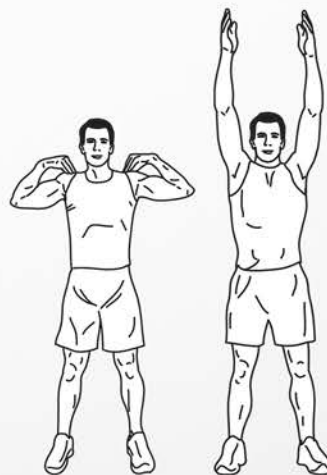
**20** scissor chops



**20** arm scissors



**20** side shoulder taps



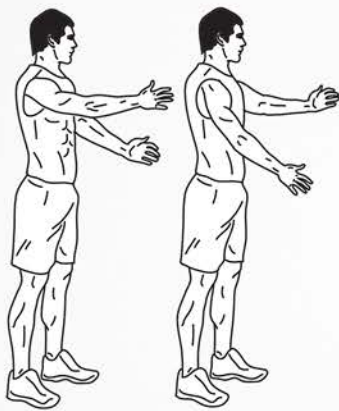
**20** shoulder taps

# vitality

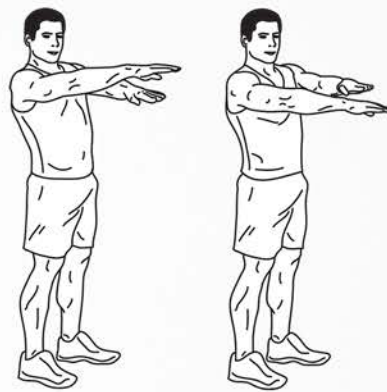
DAY 26

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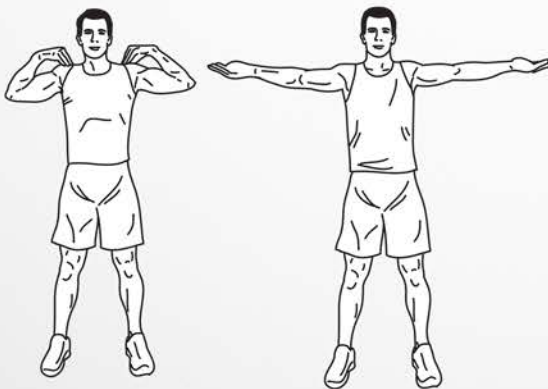
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



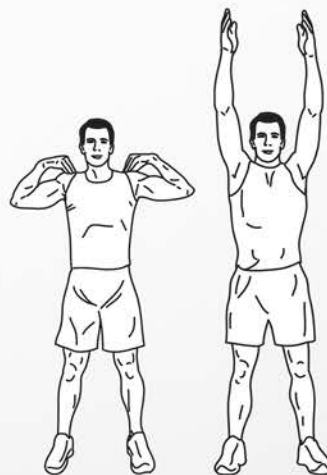
**20** scissor chops



**20** arm scissors



**20** side bicep extensions



**20** bicep extensions

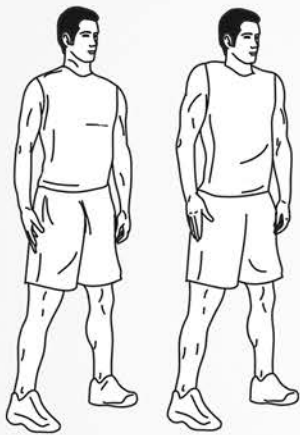


# vitality

DAY 27

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**Level I** 3 sets **Level II** 4 sets **Level III** 5 sets  
2 minutes rest between sets



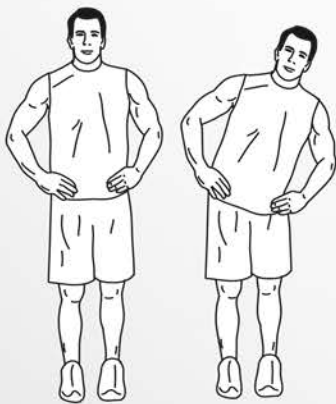
**10** shoulder shrugs



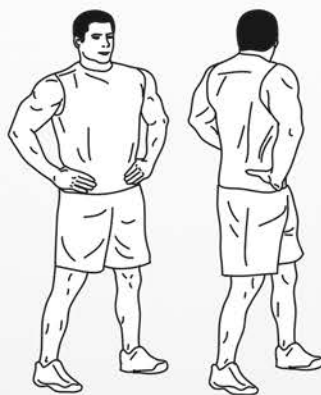
**10** tricep stretches



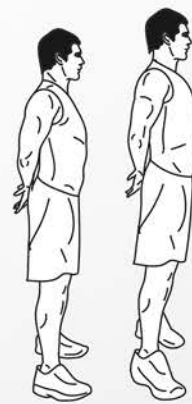
**10** hip rotations



**10** side bends



**10** core twists



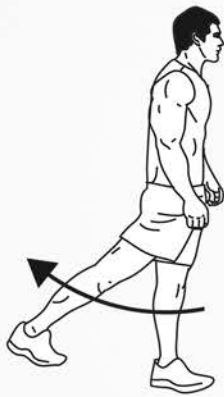
**10** calf raises

# vitality

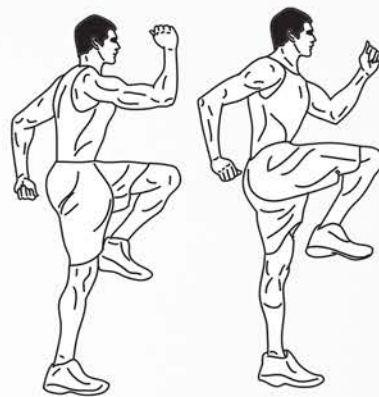
DAY 28

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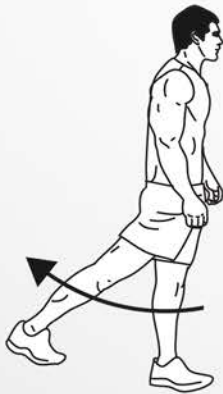
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



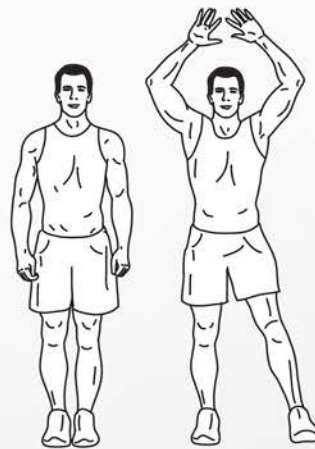
**20** backwards leg raises



**20** march steps



**20** backwards leg raises



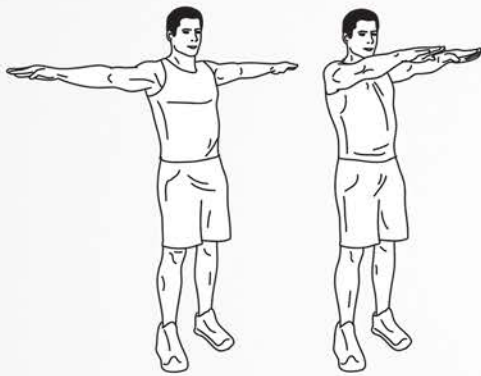
**20** step jacks

# vitality

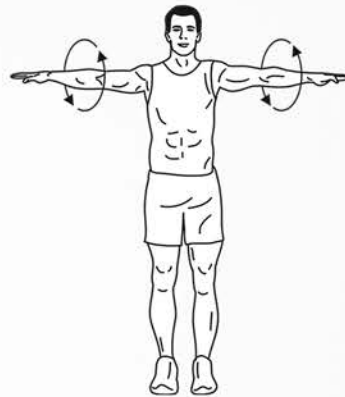
DAY 29

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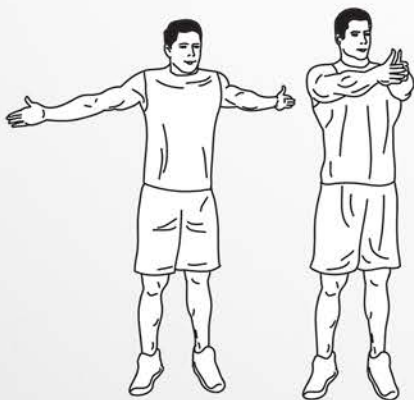
**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets  
2 minutes rest between sets



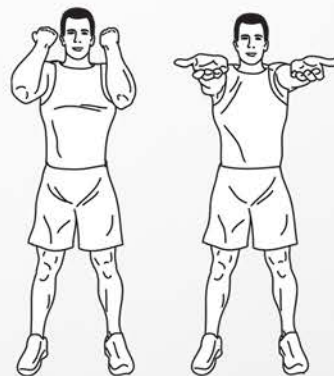
**20** arm extensions



**20** raised arm circles



**20** chest expansions



**20** bicep extensions

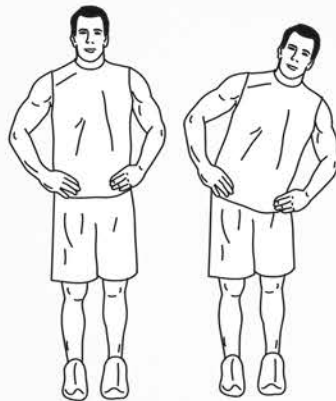
# vitality

DAY 30 @ [darebee.com](http://darebee.com)

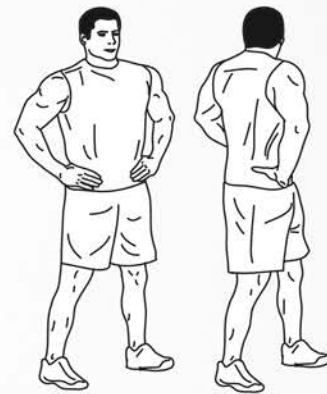
Level I 3 sets Level II 4 sets Level III 5 sets  
2 minutes rest between sets



**10** shoulder stretches



**10** side bends



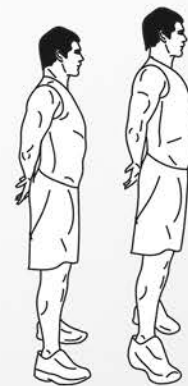
**10** core twists



**10** hip rotations



**10** single hip rotations



**10** calf raises

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