

hand tendons

DAREBEE WORKOUT © darebee.com

20 seconds each exercise.

Repeat every couple of hours.



wide spread



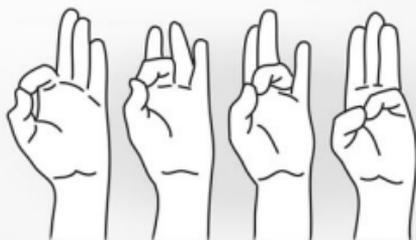
claw



finger lifts



thumb fold



thumb to finger touch

IRON TENDONS

LOWERBODY

WORKOUT by DAREBEE @ darebee.com



10-count hold



30 side leg raises



10-count hold

change legs and repeat the sequence



10-count hold



30 leg raises



10-count hold

change legs and repeat the sequence



10-count hold



30 side leg raises

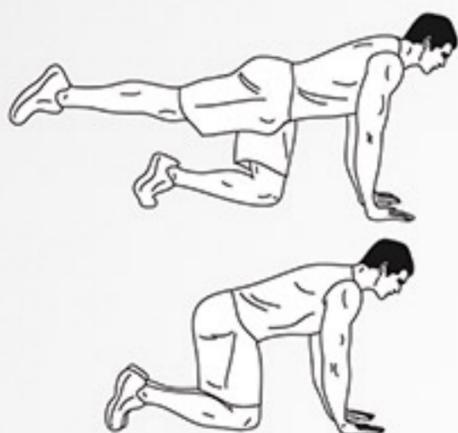


10-count hold

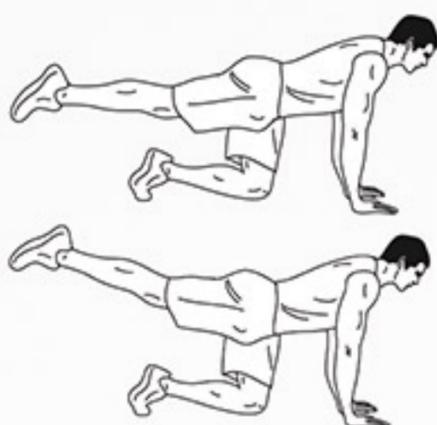
change legs and repeat the sequence

LOWERBODY TENDON STRENGTH

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20sec leg extensions



20sec raised leg swings



20sec hold

+ change sides and repeat the sequence



20sec leg raises

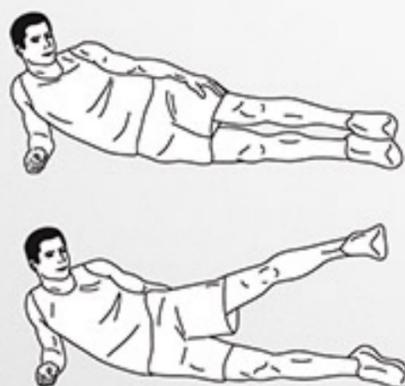


20sec raised leg circles



20sec hold

+ change sides and repeat the sequence



20sec side leg raises



20sec raised leg kicks



20sec hold

+ change sides and repeat the sequence

TENDONS & CORE

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20 side bridges x **2 sets** in total
no rest / one side per sets



50 side leg raises x **2 sets** in total
no rest / one side per sets



50 leg raises x **2 sets** in total
no rest / one side per sets



20 bridges x **2 sets** in total
20 seconds rest between sets

TENDON STRENGTH

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EXPRESS



30sec hold



30sec leg raises



30sec hold

change legs and repeat the sequence



30sec hold



30sec side leg raises



30sec hold

change legs and repeat the sequence



60sec hold



60sec raised arm circles



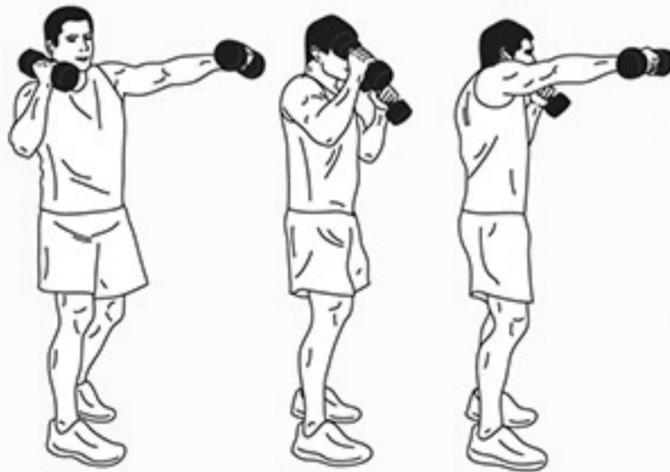
60sec hold

UPPERBODY TENDON STRENGTH+

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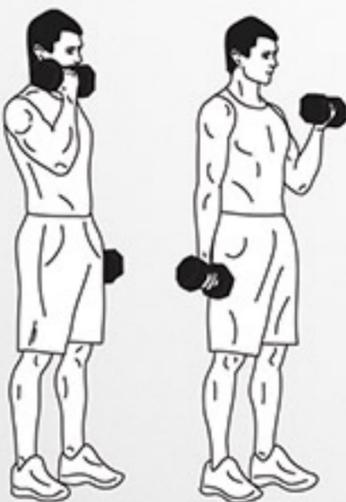
30sec dumbbell hold
right arm



10sec punches
slow motion



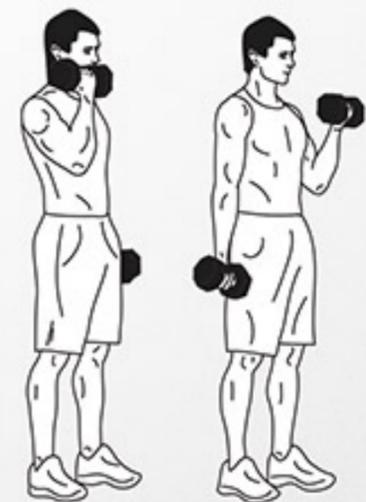
30sec dumbbell hold
left arm



30sec bicep curls
slow motion



10sec hold



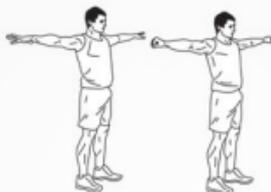
30sec bicep curls
slow motion

UPPERBODY TENDON STRENGTH

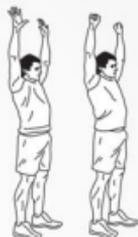
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30sec clench/unclench
overhead



60sec clench / unclench
arms raised to the side



30sec clench/unclench
overhead



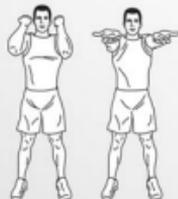
30sec raised arm circles



60sec hold



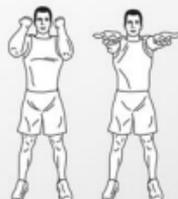
30sec raised arm circles



30sec bicep extensions



60sec hold



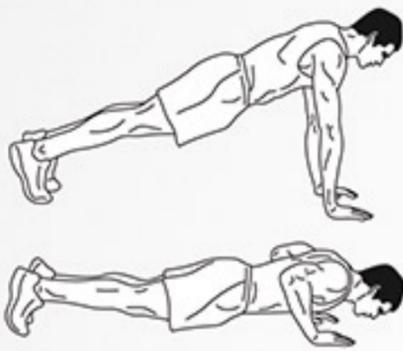
30sec bicep extensions

BOXER

TENDON

STRENGTH

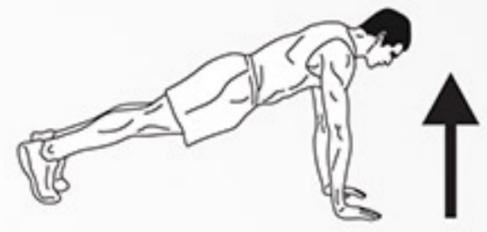
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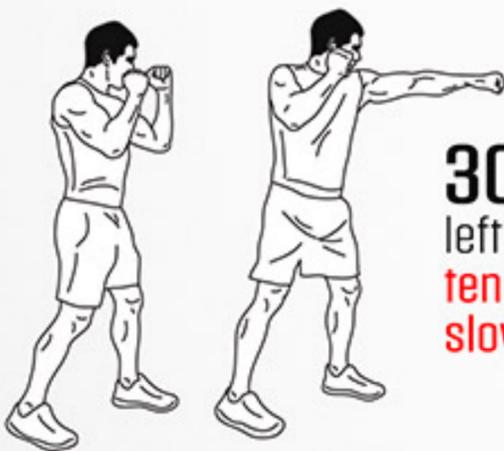
10sec slow motion push-ups



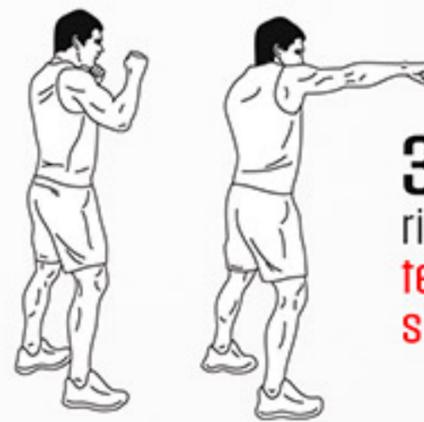
10sec push-up plank hold



10sec slow motion come up



30sec jabs
left arm
tensed,
slow motion



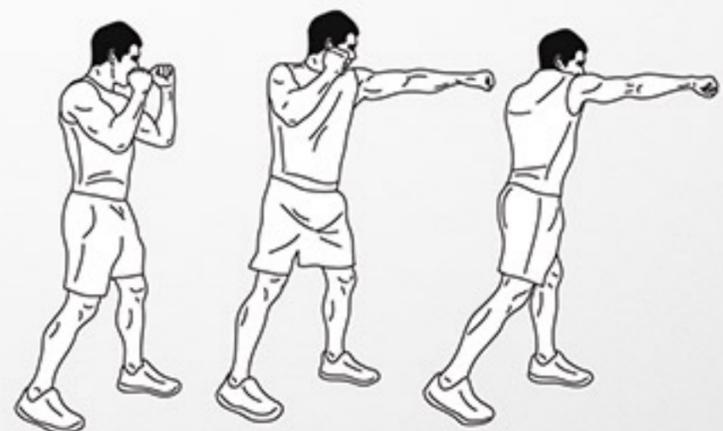
30sec jabs
right arm
tensed,
slow motion



30sec speed bag
punches



30sec overhead hold
tensed



30sec punches
tensed, slow motion

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