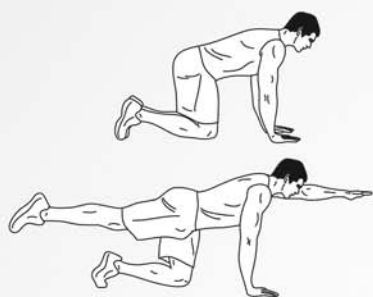
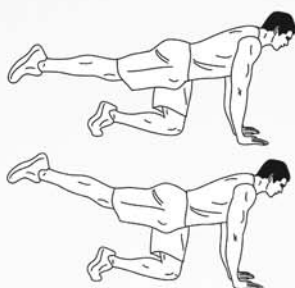


# Follow Up

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



**20** alt arm / leg raises



**20** leg swings



**20** leg extensions

change sides and repeat the sequence



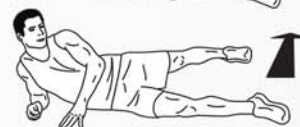
**20** side leg raises



**20** raised leg kicks



**20** straight leg swings



change sides and repeat the sequence



**20** leg raises



**20** raised leg circles



**20** move side-to-side

change sides and repeat the sequence