

**EVERYTHING IS CONNECTED**

# **HOLISTIC**

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

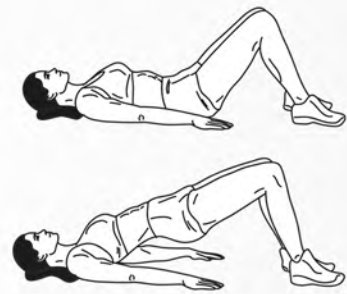
5 sets | 2 minutes rest between sets



**20** side lunges



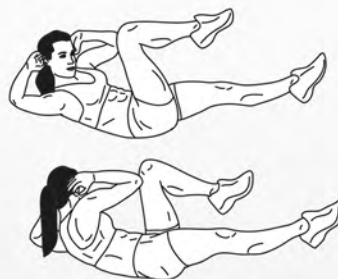
**10** tricep dips



**20** bridges



**20-count** hollow hold



**10** knee-to-elbow  
crunches



**20-count** O-pose hold