

ADVANCED iron bar

TENDON STRENGTH
DAREBEE WORKOUT @ darebee.com

Change legs after each sequence and repeat it again. Keep your leg off the floor throughout the sequence. Perfect post workout.

SEQUENCE 1



20-count hold



20 leg raises



20 high leg raises



20 move from side-to-side



20 circles

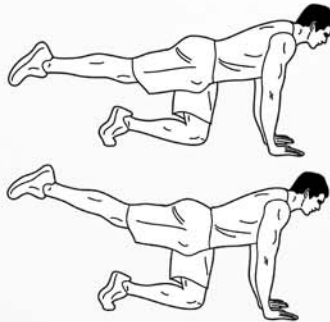


20-count hold

SEQUENCE 2



20-count hold



20 leg swings



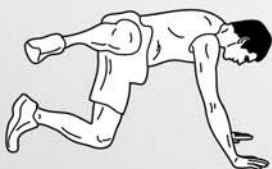
20 bent leg pulses (up & down)



20-count side lifts



20 knee-in extensions



20-count hold

