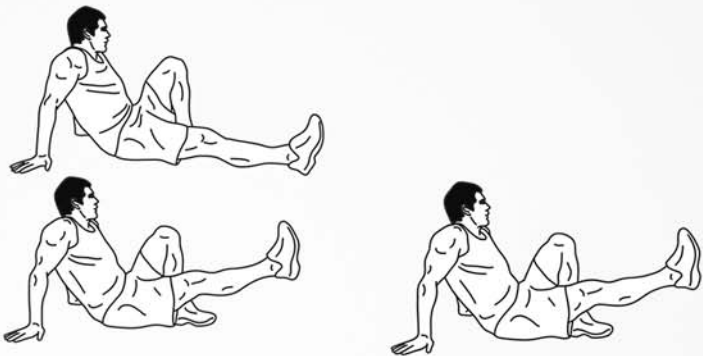


POST-CARDIO COOLDOWN

TENDON STRENGTH AND ABS | by DAREBEE @ darebee.com

1min leg raises
go as fast as you can

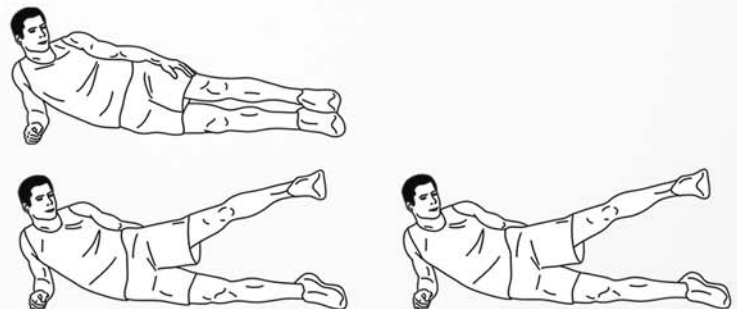
30sec raised leg hold



change legs
and repeat again

1min side leg raises
go as fast as you can

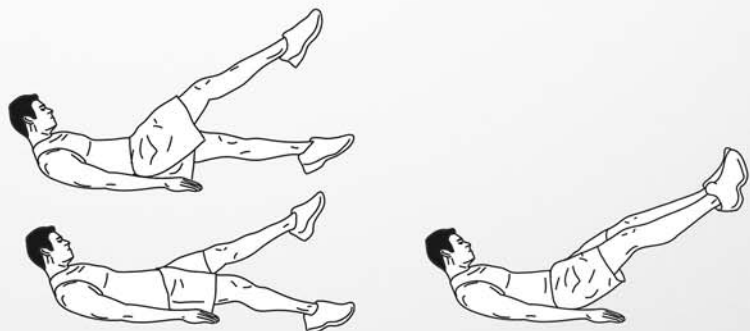
30sec side raised leg hold



change legs
and repeat again

30sec flutter kicks

30sec raised legs hold



done!