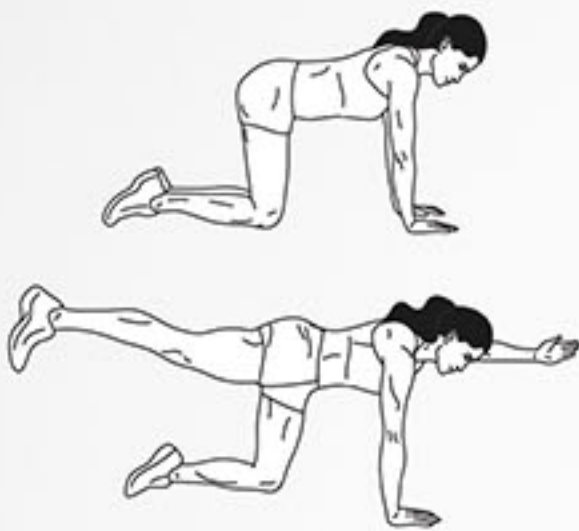


# postpartum

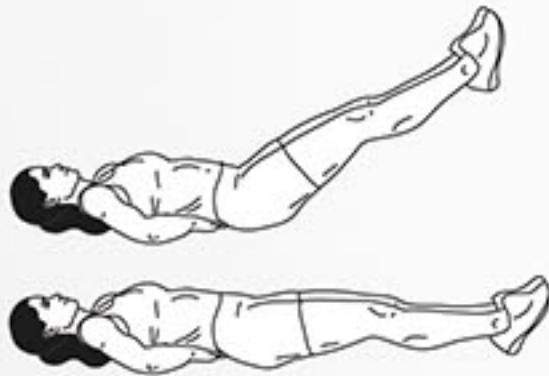
DAREBEE WORKOUT @ [darebee.com](https://darebee.com)



**14** alt arm / leg raises  
x **4 sets** in total  
20 seconds rest  
between sets



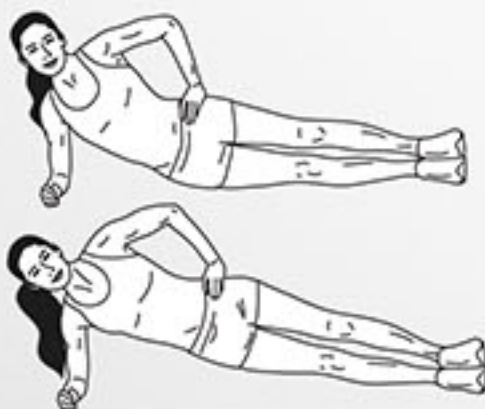
**7** glute flex  
x **4 sets** in total  
20 seconds rest  
between sets



**7** leg raises  
x **4 sets** in total  
20 seconds rest  
between sets



**14** bridges  
x **4 sets** in total  
20 seconds rest  
between sets



**14** side bridges  
x **4 sets** in total  
20 seconds rest  
between sets



**14** clamshells  
x **4 sets** in total  
20 seconds rest  
between sets