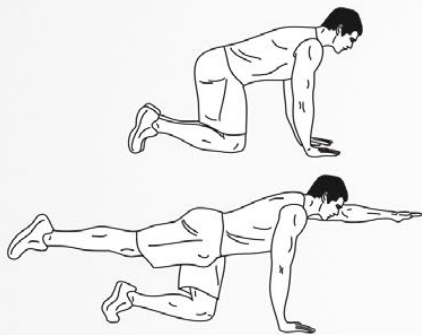


spine mobility

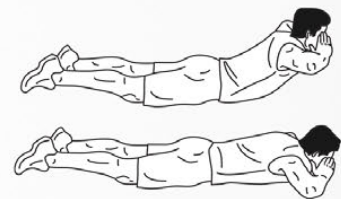
DAREBEE WORKOUT @ darebee.com



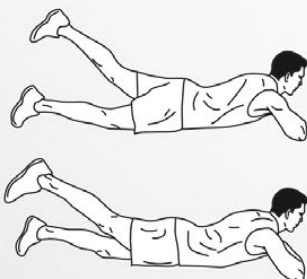
10 alt arm/ leg extensions
3 sets in total
30 sec rest in between



10 back arches
3 sets in total
30 sec rest in between



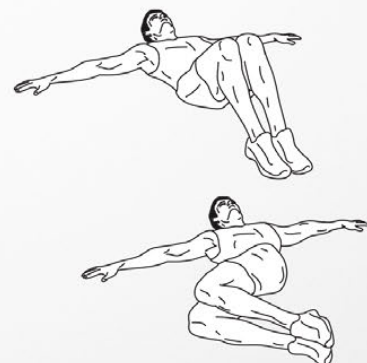
10 back extensions
3 sets in total
30 sec rest in between



10 reverse flutter kicks
3 sets in total
30 sec rest in between



10-count knee hug stretch
3 sets in total
30 sec rest in between



10 knee rolls
3 sets in total
30 sec rest in between