

# SPLITS

DAREBEE WORKOUT © [darebee.com](http://darebee.com)



**40** jumping jacks  
1 minute rest  
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1 minute rest  
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1 minute rest



**100** side leg raises

Hold on to something but don't put your active foot down. 50 raises per leg.



**Count to 10** while holding each stretch (for each side).



**10** deep side-to-side lunges  
**10** deep side-to-side lunges toes up



**2 minutes** side splits - go as low as you can, then sit down & lean forward as illustrated above. Try to go further every time you do this workout.