

TENDON STRENGTH

DAREBEE WORKOUT
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EXPRESS



30sec hold



30sec leg raises



30sec hold

change legs and repeat the sequence



30sec hold



30sec side leg raises

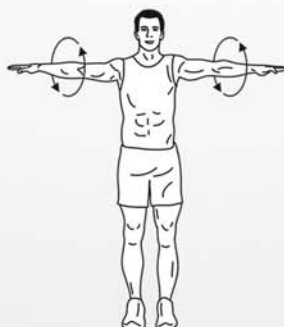


30sec hold

change legs and repeat the sequence



60sec hold



60sec raised arm circles



60sec hold