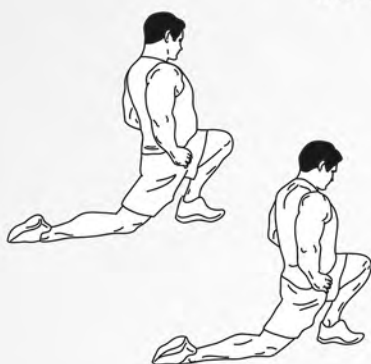


# PART 2

DAREBEE POST-WORKOUT STRETCHING @ [darebee.com](http://darebee.com)

30 seconds = 15 seconds per side / leg



1. lunge stretches



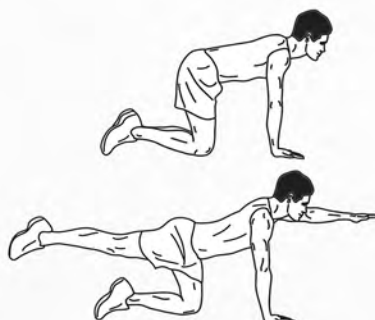
2. side-to-side lunges



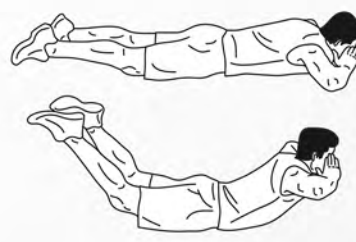
3. butterfly stretches



4. back stretches



5. opposite arm / leg raises



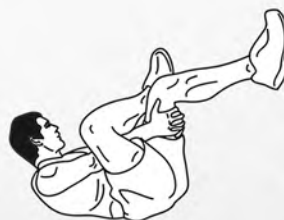
6. back extensions



7. stretch



8. stretch



9. stretch



10. stretch