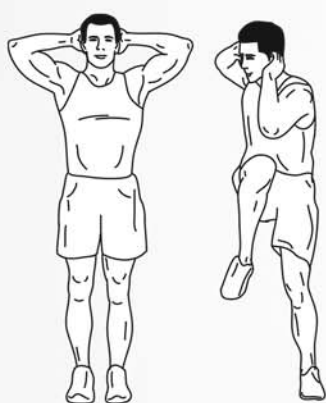


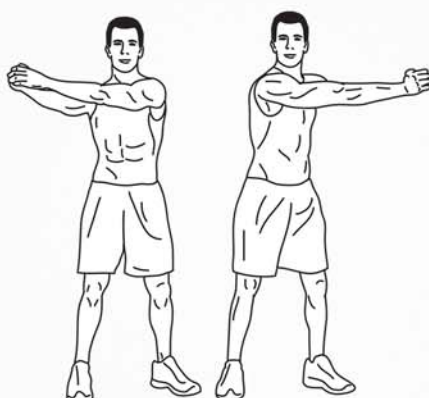
standing abs

DAREBEE WORKOUT @ darebee.com
repeat 3 times | up to 2 minute rest between sets

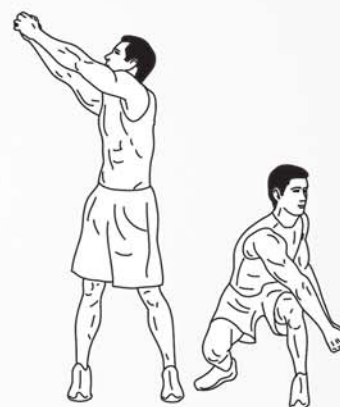
IN COLLABORATION WITH **NHS** choices



20 knee-to-elbows



20 side-to-side chops



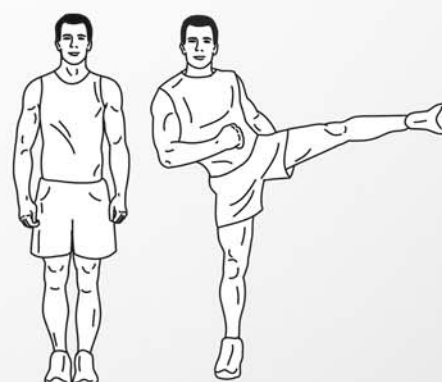
10 cross chops



20 high knees



20 twist jacks



10 side leg raises