

twist & fold

DAREBEE WORKOUT @ darebee.com

Hold each move for 20 seconds.



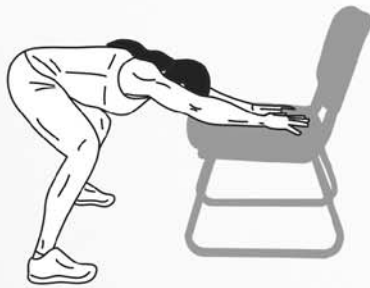
crescent lunge



extended side angle



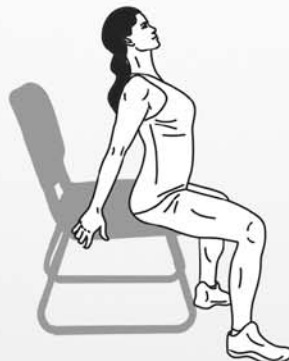
revolved side angle



bent downward-facing dog - into - downward-facing dog



seated twist



camel pose



forward fold