

# active rest

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



**20** leg extensions



**20-count** hold



**20** leg extensions

change legs and repeat the sequence



**20** side leg raises



**20-count** hold



**20** side leg raises

change legs and repeat the sequence



**20** leg raises



**20-count** hold



**20** leg raises

change legs and repeat the sequence