

ANCHOR

DAREBEE BALANCE WORKOUT © darebee.com

Move from one position to another slowly, keeping your balance.
Change legs and go through the sequence once again.
Made a mistake? Start over.



1. quad stretch



2. swing forward



3. swing back



4. swing forward



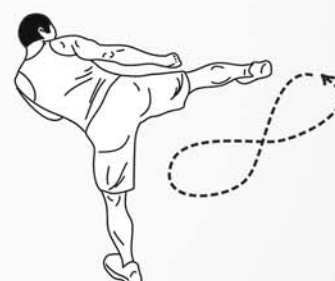
5. swing back



6. knee up



7. turn & extend



8. draw "infinity" in the air



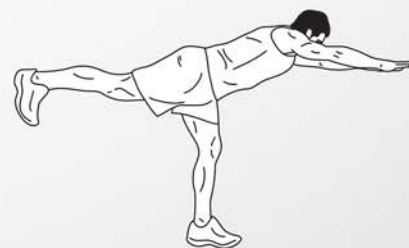
9. turn into knee up



10. quad stretch



11. half squat



12. up & stretch out