

ANCHOR'D

ACTIVE STRETCHING @ darebee.com
60 seconds each - 30 seconds each leg
3 sets | up to 2 minutes rest between sets



side kick
hold



front kick
hold



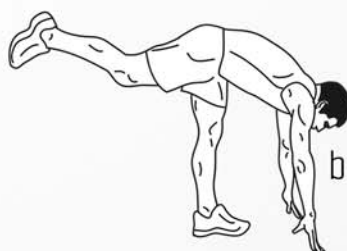
raised
knee
hold



arm grip
stretch
hold



overhead
arm lock
hold



bent
over
balance
hold



bent over
hold



deep lunge
hold



deep lunge
hold (toes up)