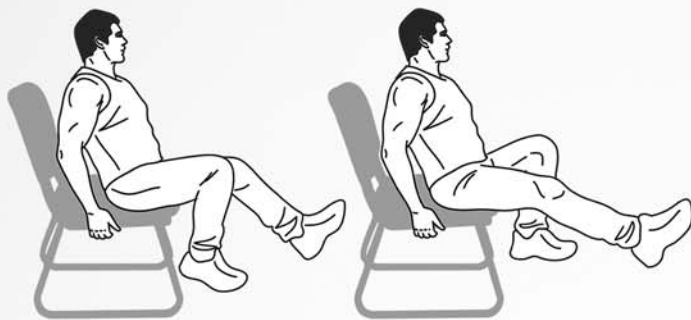
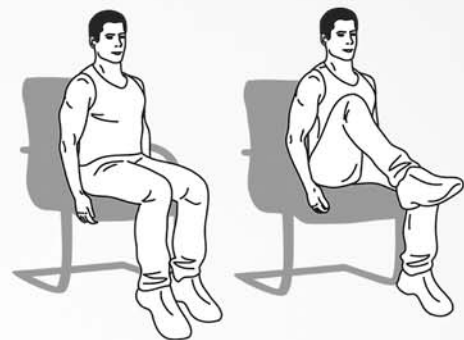


# chair cycle

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



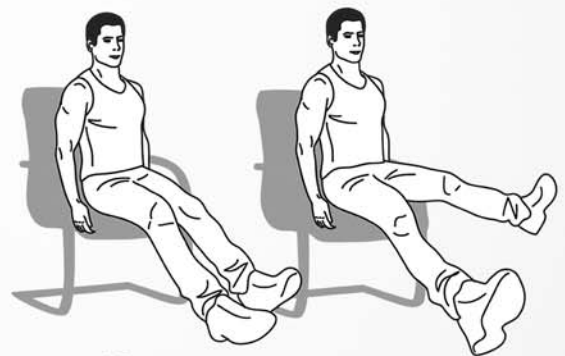
**20** cycling



**10** knee-ins



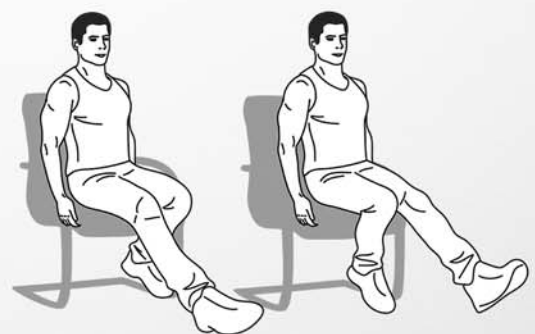
**20** cycling



**10** leg extensions



**20** cycling



**10** slow kicks