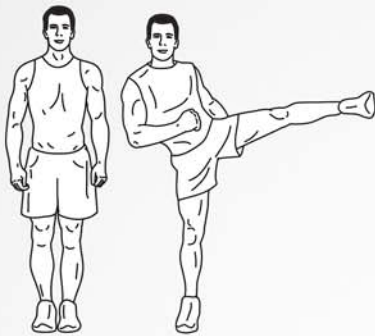
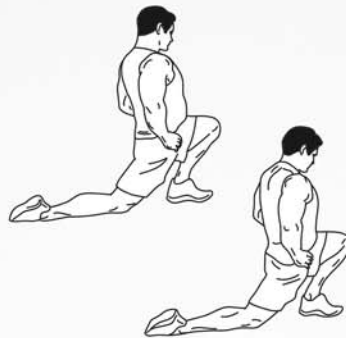


EASE-OUT

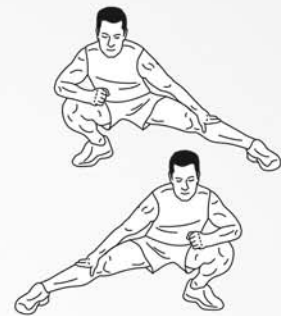
DAREBEE WORKOUT @ darebee.com



60sec side leg raises



30sec lunge stretches



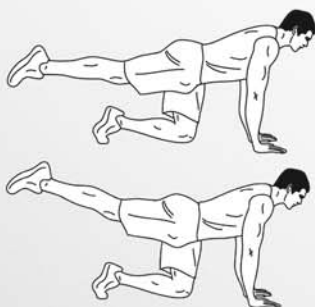
10sec side-to-side lunges



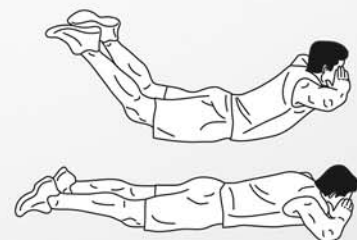
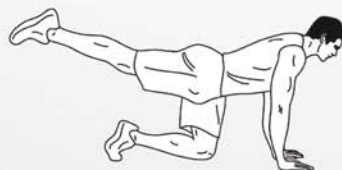
60sec leg raises + **30sec** hold
change sides and repeat



10sec downward upward dog



60sec raised leg swings + **30sec** hold
change sides and repeat



10sec back extensions