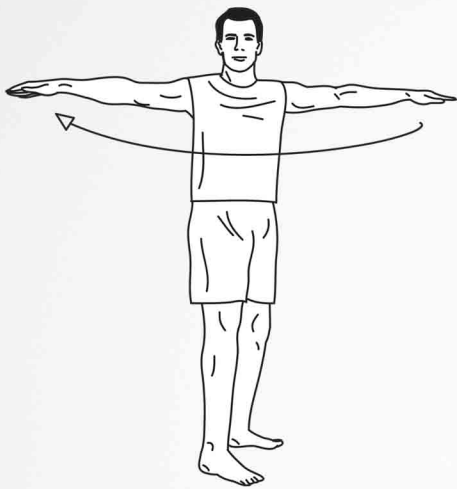


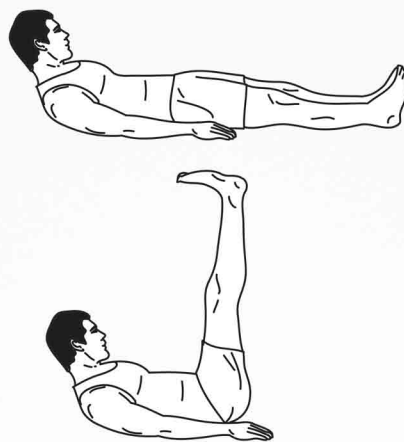
# Five Rites

BY DAREBEE © [darebee.com](http://darebee.com)

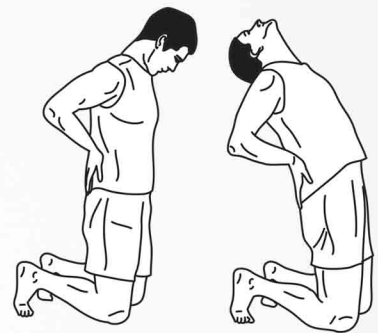
21 repetitions each exercise



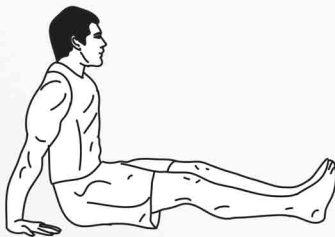
**First Rite**  
360° turns clockwise



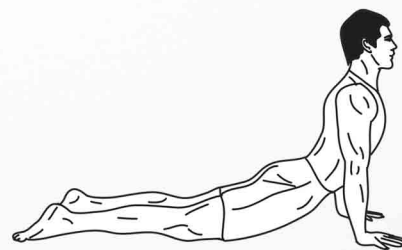
**Second Rite**  
90° leg raises



**Third Rite**  
back stretches



**Fourth Rite**  
table stretch



**Fifth Rite**  
upward dog stretch

