

Ground Control

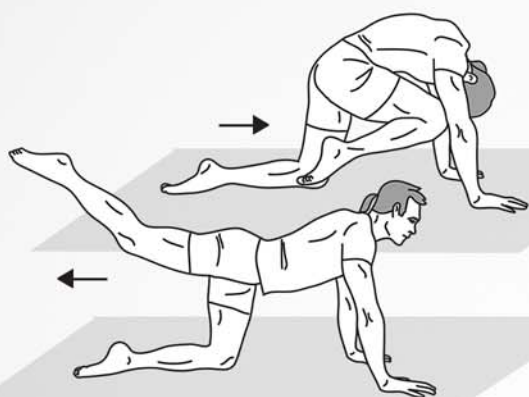
yoga for glutes

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for DAREBEE @ darebee.com

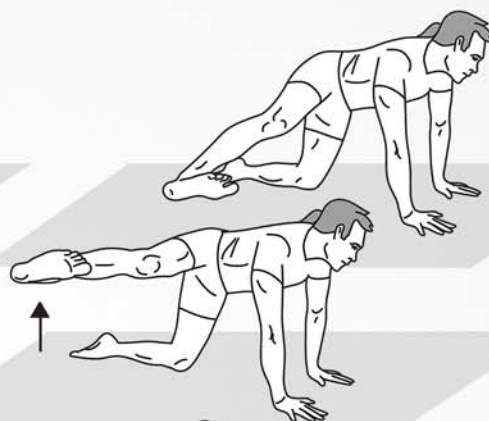
LEVEL I 30 seconds each

LEVEL II 40 seconds each

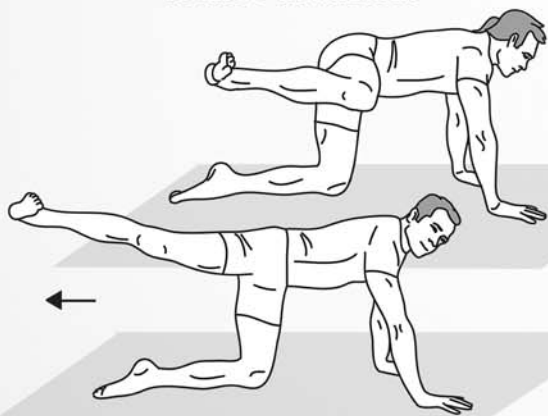
LEVEL III 60 seconds each



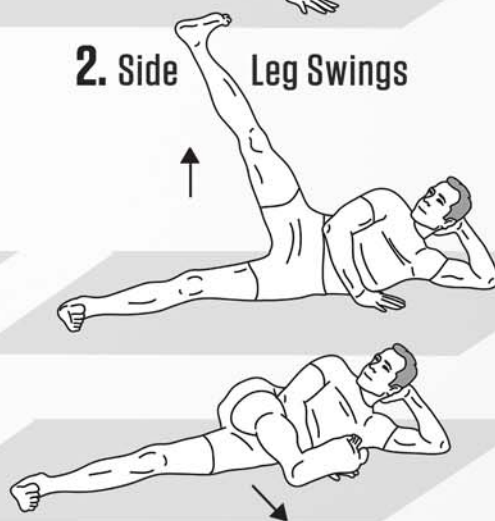
1. Knee-In and Out



2. Side Leg Swings



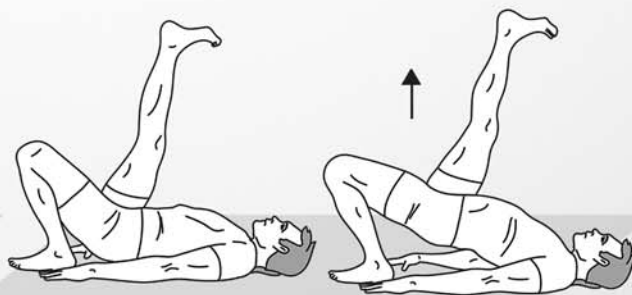
3. Back Kicks



4. Leg Raises Up & to the Side



5. Raised Leg Circles



6. Single Leg Bridges