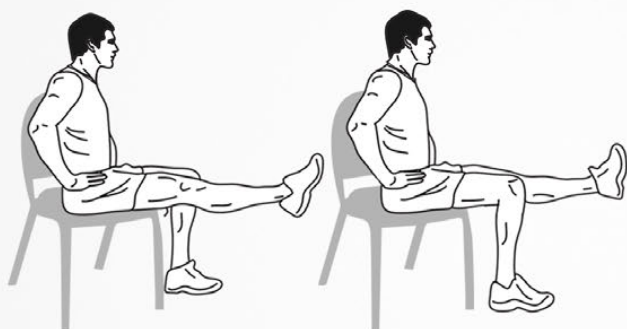


hamstring mobility

DAREBEE WORKOUT © darebee.com



10 leg raises
4 sets in total
30 sec rest in between



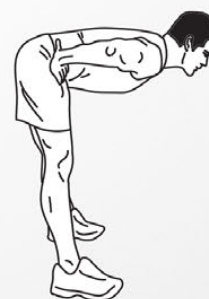
10 leg swings
4 sets in total
30 sec rest in between



10 back leg raises
4 sets in total
30 sec rest in between



10-count hamstring stretch
2 sets in total
30 sec rest in between



10-count forward bend
2 sets in total
30 sec rest in between