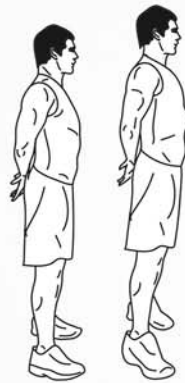


JOINTS SUPPORT

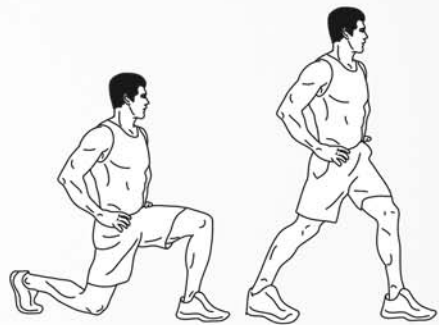
DAREBEE WORKOUT @ darebee.com



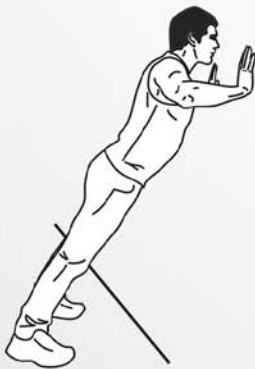
30sec wall sit



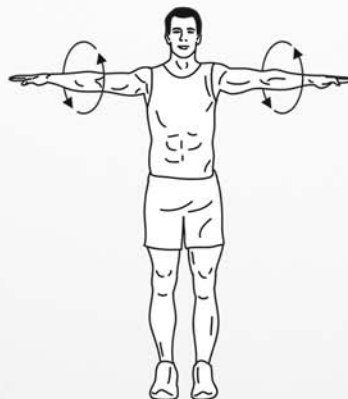
10 calf raises



10 split lunges



30sec wall push-up hold



30 raised arm circles



30sec shoulder stretch