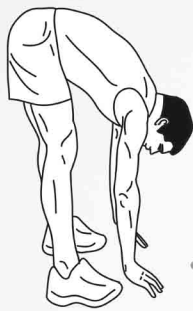


Libe**er**8

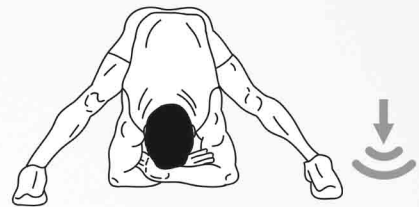
BALLISTIC STRETCHING BY DAREBEE @ darebee.com
40 reps each | 3 sets | up to 2 minutes rest between sets



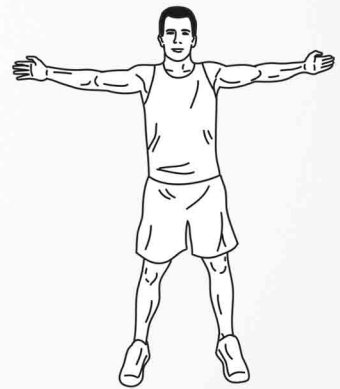
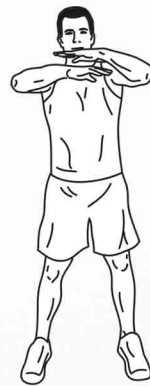
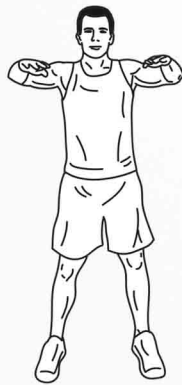
bent over reach



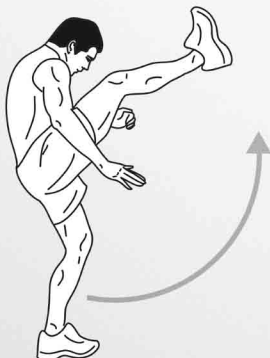
hamstring stretch



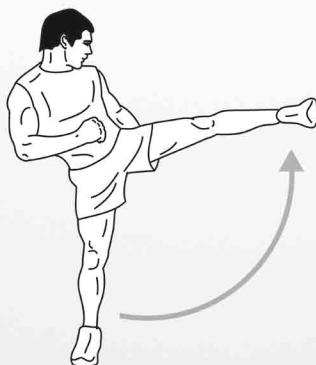
body fold floor reach



double chest expansions



high front kick



high side leg raises



high turning kicks