## office WARRIOR

DAREBEE WORKOUT © darebee.com

Hold each pose for 20 seconds.



forward bend

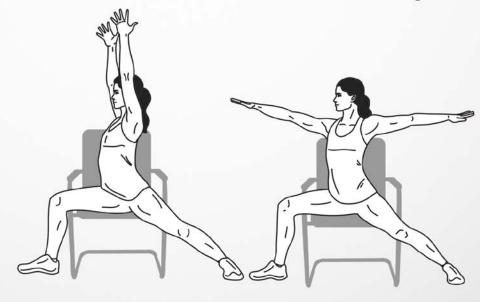


extended side angle



raised arms pose

chair pigeon



chair warrior l

chair warrior II