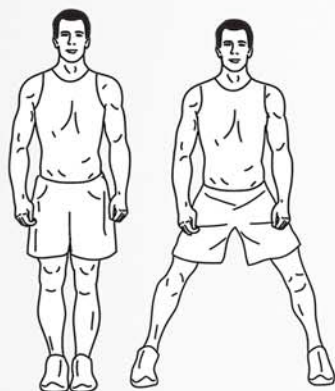
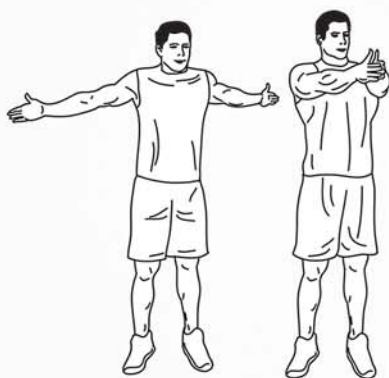


QUICK warmup

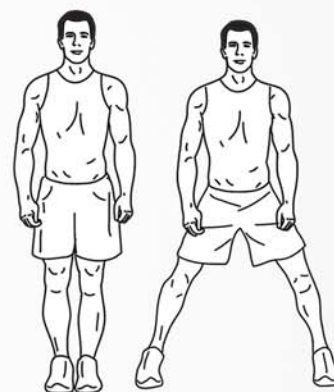
BY DAREBEE @ darebee.com
Repeat each exercise for 20 seconds.



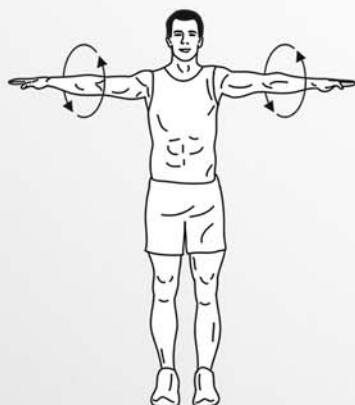
half jacks



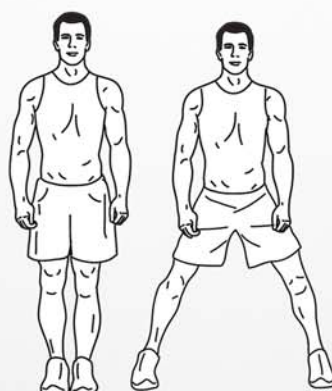
chest expansions



half jacks



arm rotations



half jacks



torso rotations