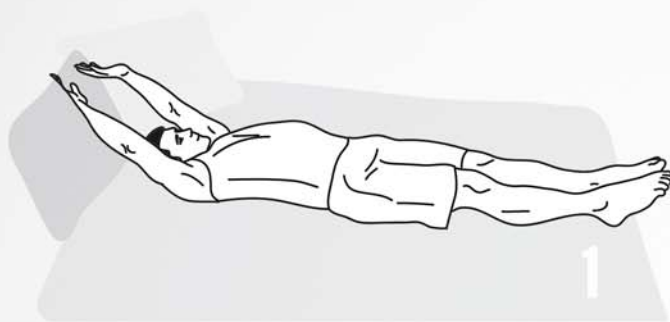
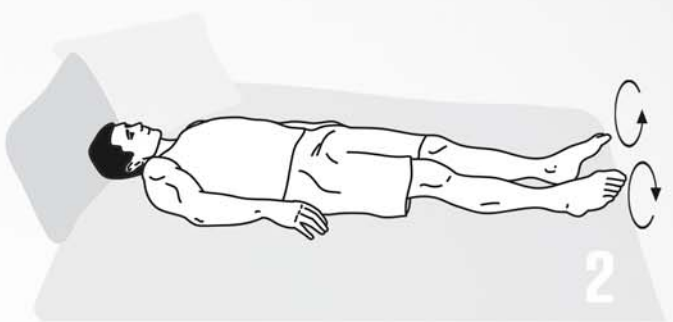


# the **right** side

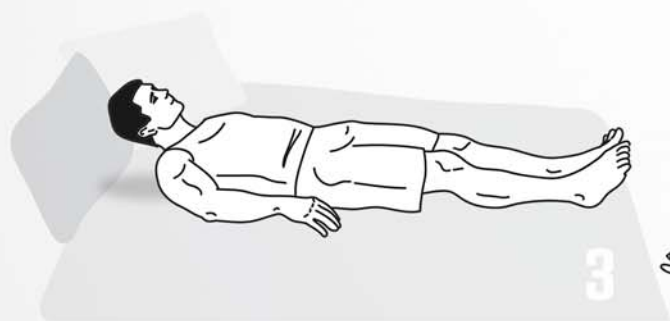
DAREBEE **2-MINUTE BED WORKOUT** @ [darebee.com](https://darebee.com)



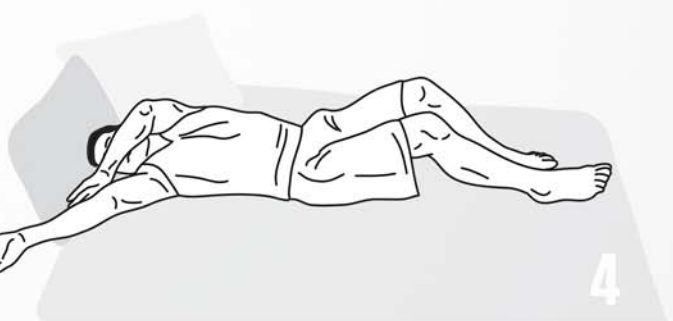
**20sec** "good morning" stretch



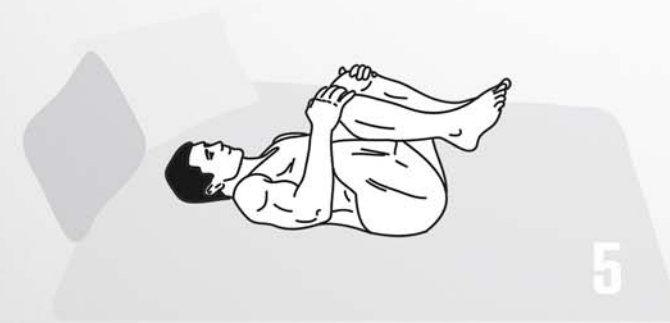
**20sec** in & out feet rotations



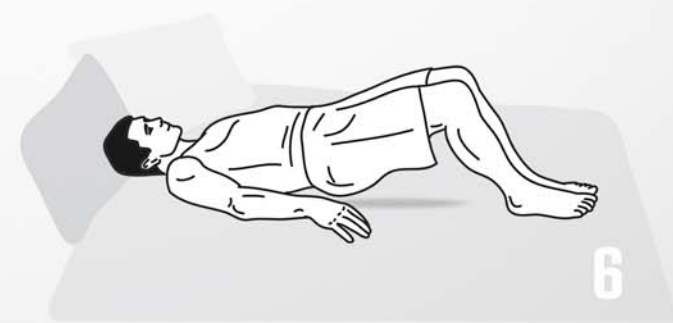
**20sec** slow head raises



**20sec** slow side-to-side twists



**20sec** knee-in pulse stretch



**20sec** bridge stretches