

SHARK WEEK

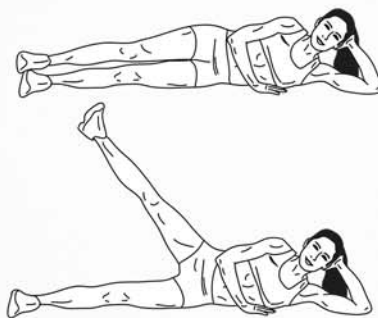
DAREBEE WORKOUT @ darebee.com

Ease cramps, reduce discomfort and period pain.

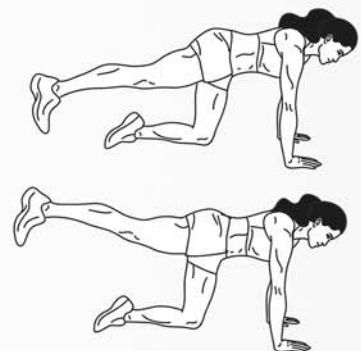
2 minutes rest between exercises



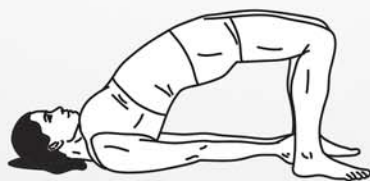
20 side-to-side lunges
x 3 sets in total
20 seconds rest
between sets



20 side leg raises
x 3 sets in total
20 seconds rest
between sets



20 leg raises
x 3 sets in total
20 seconds rest
between sets



Hold each pose for 30 seconds