

SPINE STABILITY

DAREBEE WORKOUT © darebee.com

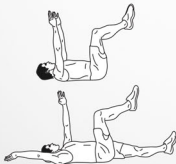
30 seconds rest between exercises



20 leg swings
5 sets | 30 seconds rest



20 alt arm / leg raises
5 sets | 30 seconds rest



10 deadbug
5 sets | 30 seconds rest



10 bridges
5 sets | 30 seconds rest