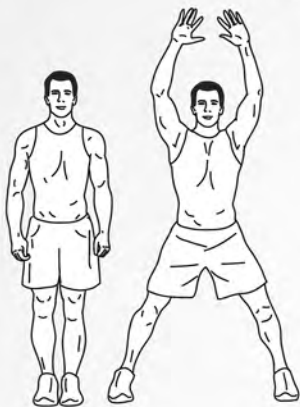


SPLITS

DAREBEE WORKOUT @ darebee.com

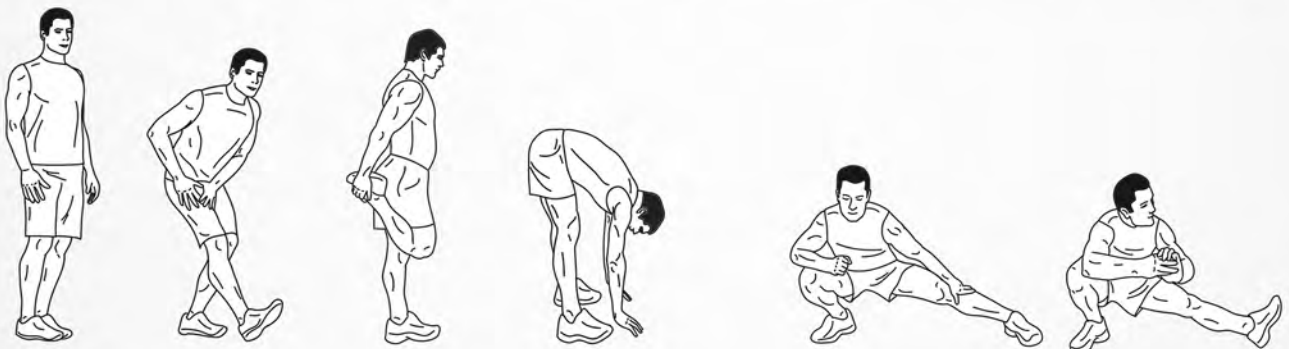


40 jumping jacks
1 minute rest
40 jumping jacks
1 minute rest
40 jumping jacks
1 minute rest



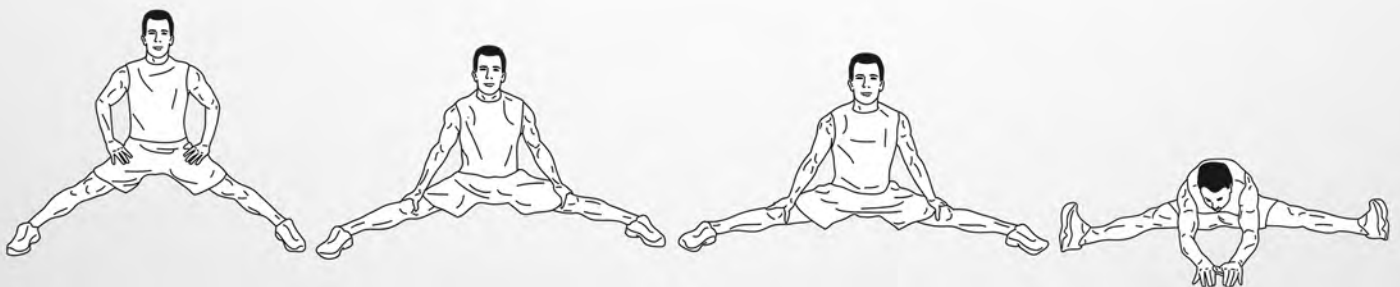
100 side leg raises

Hold on to something but don't put your active foot down. 50 raises per leg.



10 seconds each exercise; change legs and do the exercise again on the other side

10 deep side-to-side lunges
10 deep side-to-side lunges toes up



2 minutes side splits - go as low as you can, then sit down & lean forward as illustrated above. Try to go further every time you do this workout.