

# STANDING DESK

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

Repeat every 60 minutes



50 front leg raises



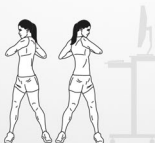
50 back leg raises



50 side leg raises



50 side bends



50 twists