

STOMACH VACUUMS

DAREBEE WORKOUT @ darebee.com



Slowly shift from *Cat Pose to Cow Pose* continuously for 30 seconds.



Take a deep breath. Breathe out quickly 4 times. Repeat 4 times.



Hold the stretch for 60 seconds.



Set a timer for 2 minutes, repeat continuously until the time is up:

1. Take a deep breath.
2. Breathe out slowly.
3. Pull your stomach in as much as possible.
4. Count to 10.
5. Release. Repeat.