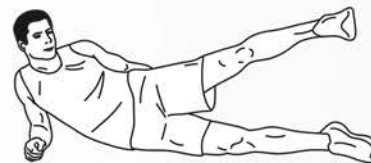


TENDONS & CORE

DAREBEE WORKOUT @ darebee.com



20 side bridges x **2 sets** in total
no rest / one side per sets

50 side leg raises x **2 sets** in total
no rest / one side per sets



50 leg raises x **2 sets** in total
no rest / one side per sets

20 bridges x **2 sets** in total
20 seconds rest between sets