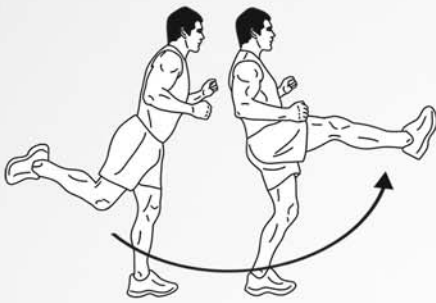
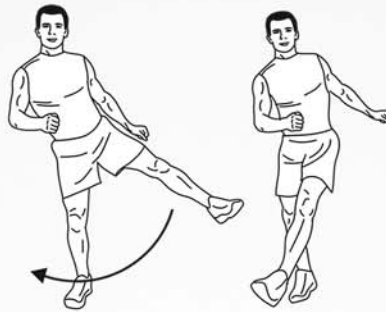


# UNBOUND

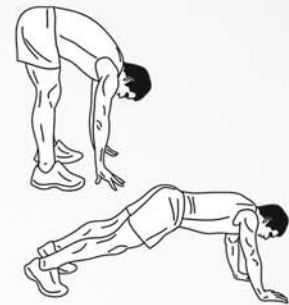
DYNAMIC STRETCHING @ [darebee.com](http://darebee.com)



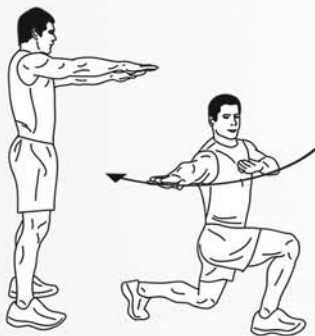
**10** front swings



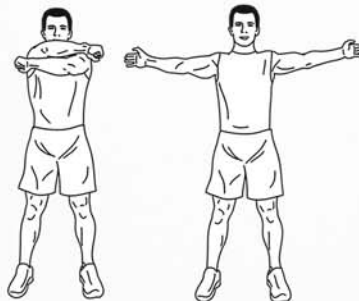
**10** side cross swings



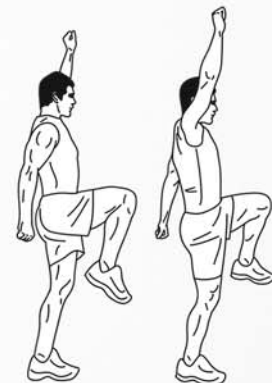
**4** plank walk-outs



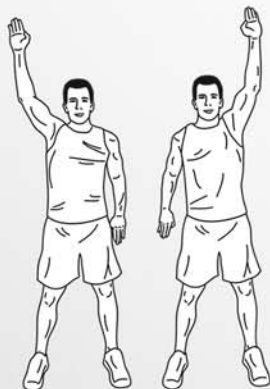
**10** lunge torso twists



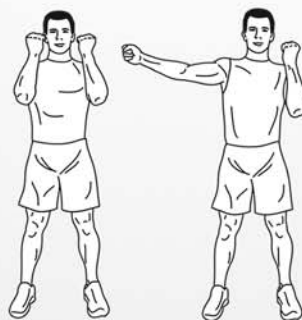
**10** hug into chest expansion



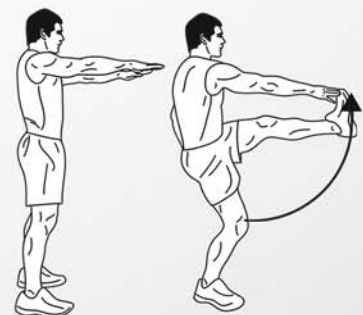
**10** march & reach



**10** arm push-back



**10** backfist flings



**10** front leg raise toe tap