

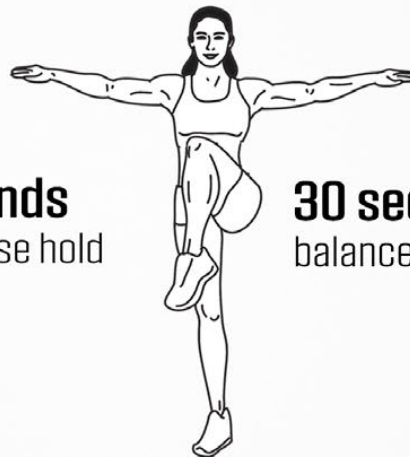
Better Balance

DAREBEE WORKOUT @ darebee.com

Change sides and repeat the sequence.



30 seconds
side leg raise hold



30 seconds
balance hold #1



30 seconds balance hold #2



30 seconds balance hold #3