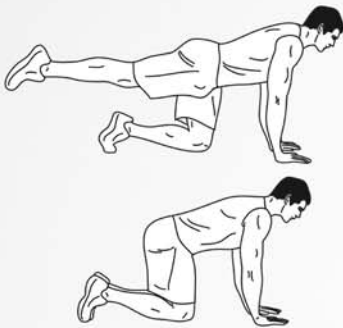
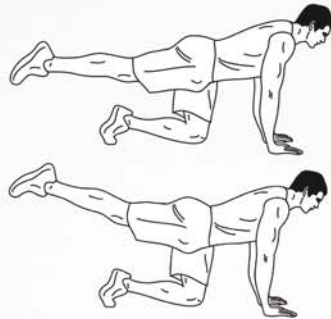


LOWERBODY TENDON STRENGTH

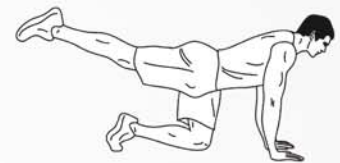
DAREBEE WORKOUT @ darebee.com



20sec leg extensions



20sec raised leg swings
change sides and repeat the sequence



20sec hold



20sec leg raises



20sec raised leg circles
change sides and repeat the sequence



20sec hold



20sec side leg raises



20sec raised leg kicks
change sides and repeat the sequence



20sec hold

