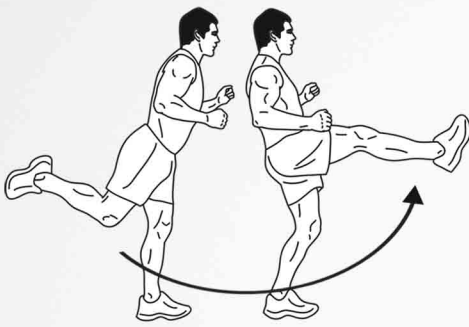


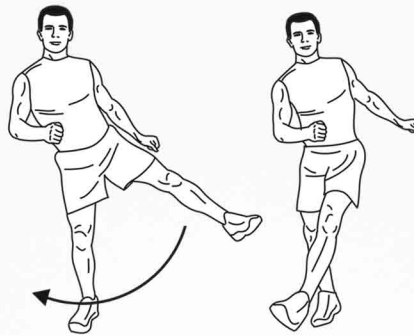
# UNBOUNDED

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

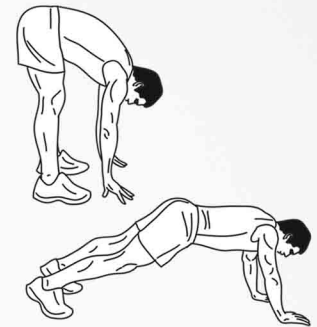
20 reps each | 3 sets | up to 2 minutes rest between sets



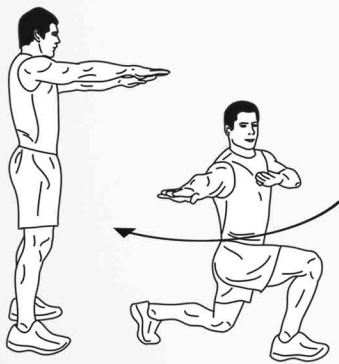
front swings



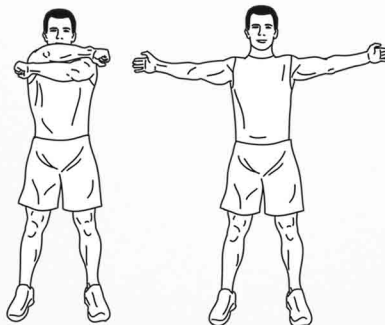
side cross swings



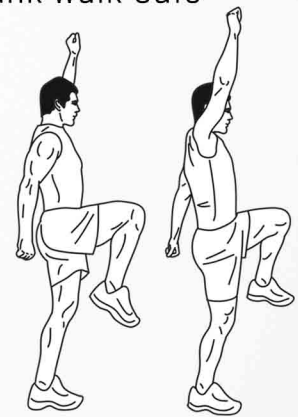
plank walk-outs



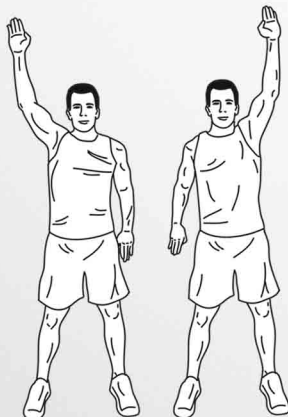
lunge torso twists



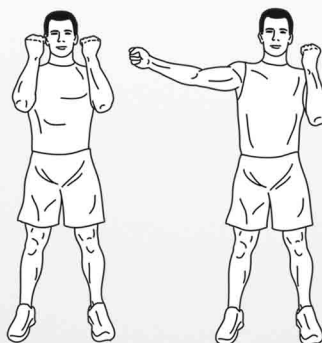
hug into chest expansion



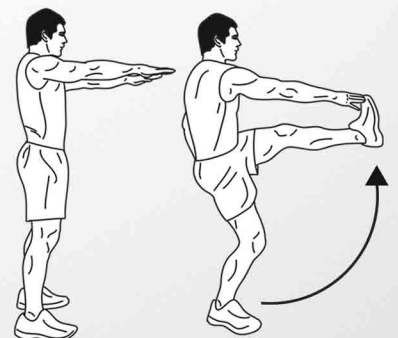
march & reach



arm push-back



backfist flings



front leg raise toe tap