

iron bar

TENDON STRENGTH

DAREBEE WORKOUT @ darebee.com

Change legs after each sequence and repeat it again. Keep your leg off the floor throughout the sequence. Perfect post workout.

SEQUENCE 1



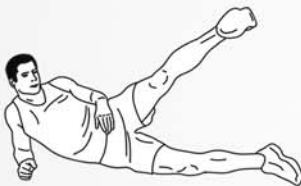
15-count hold



15 side leg raises



15 straight leg swings



15 fast kicks



15 slow kicks



15-count hold



SEQUENCE 2



15-count hold



15 leg raises



15 high leg raises



15 move from side-to-side



15 circles



15-count hold