

morning

stretch

by DAREBEE
@ darebee.com
30 seconds each



shoulder stretch #1



shoulder stretch #2



upper back stretch



core stretch



hamstring stretch



glute stretch



quad stretch



calf raise hold

sore muscles stretch

by DAREBEE
@ darebee.com

30 seconds each exercise
15 seconds per side



CARE PACKAGE

DAREBEE WORKOUT @ darebee.com

10 seconds each stretch



#1



#2



#3



#4



#5



#6



#7



#8



#9



#10

#11



#12



#13



#14

