

# Liber8

BALLISTIC STRETCHING BY DAREBEE @ [darebee.com](https://darebee.com)

3 sets in total | up to 2 minutes rest between sets



**10** bent over reach



**20-count** hamstring stretch



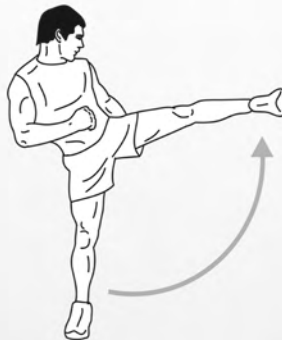
**10** body fold floor reach



**20** double chest expansions



**20** high front kick



**20** high side leg raises



**20** high turning kicks