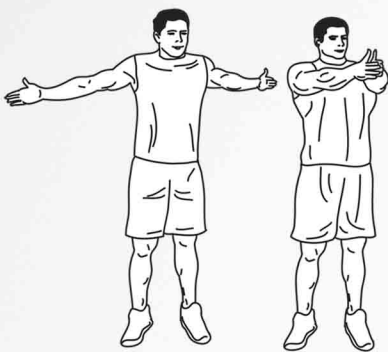


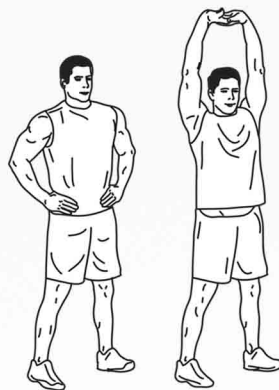
POSTURE

DAREBEE WORKOUT @ darebee.com

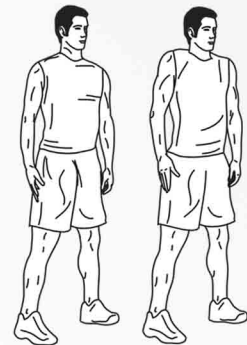
20 seconds each



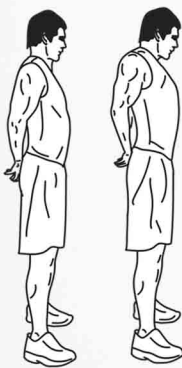
dynamic chest



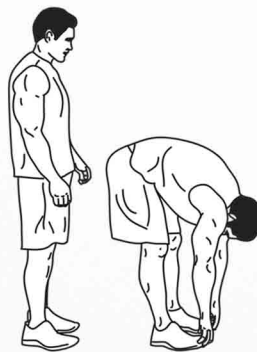
shoulder stretch #1



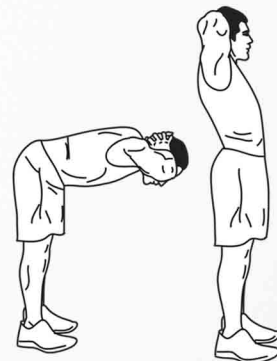
shoulder stretch #2



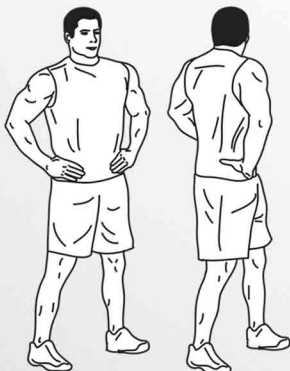
shoulder stretch #3



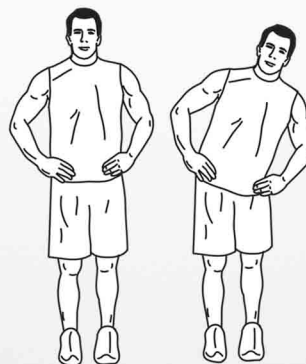
toe touches



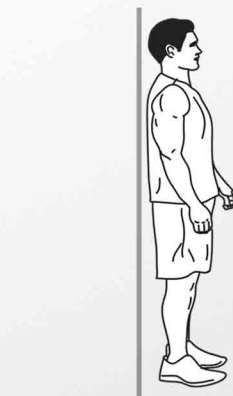
forward bends



mid back turns



side bends



wall stand