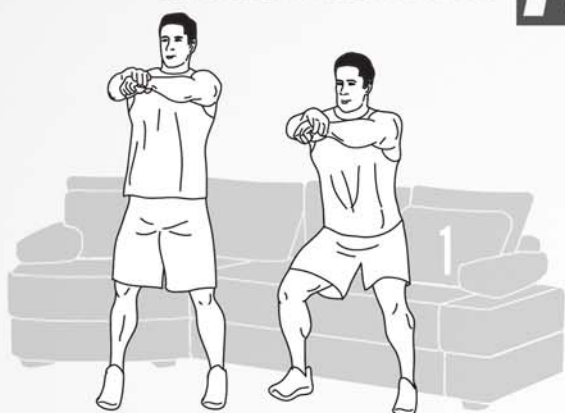


Sofa Workout

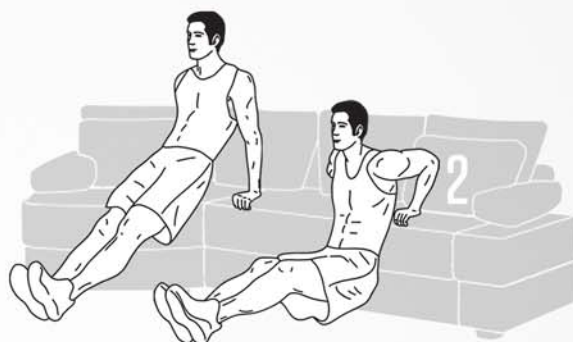
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes

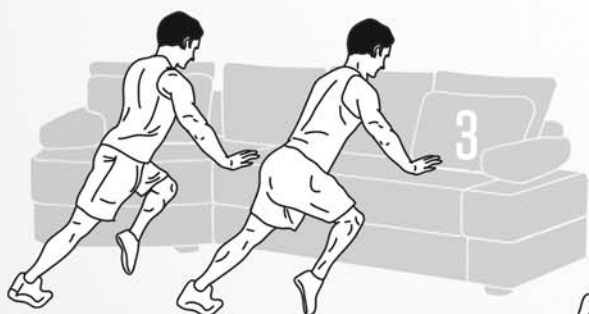
IN COLLABORATION WITH **NHS** choices



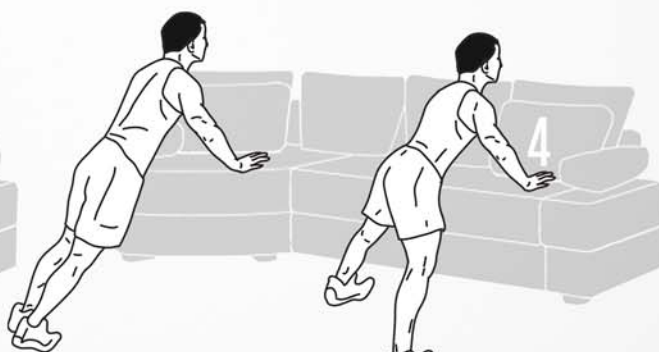
20 half squats



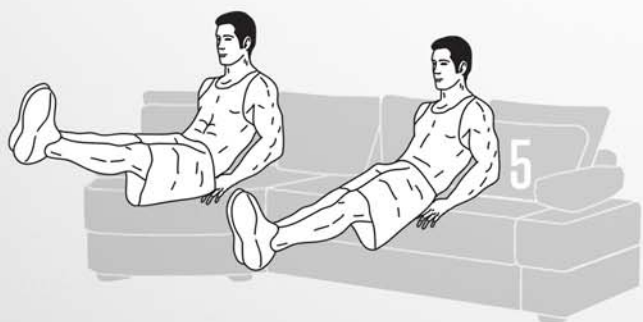
10 sofa dips



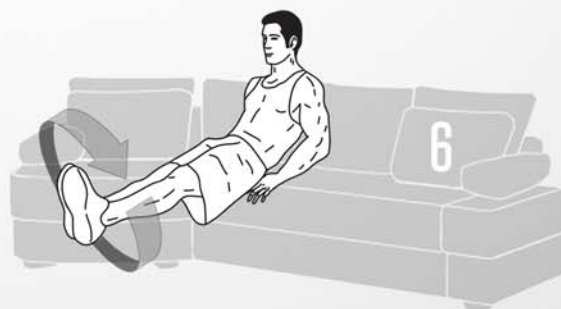
20 climbers



10 side-to-side sofa walks



10 leg raises



10 raised leg circles