

INNER WARRIOR

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



20sec hold
each side

1. warrior I



20sec hold
each side

2. warrior II



20sec hold
each leg

3. lunge



20sec hold
each side
from lunge

4. lunge with twist



20sec hold
each leg fold
from lunge

5. pigeon pose



20sec hold
from pigeon
pose

6. downward dog



20sec hold
from downward dog

7. bow pose



20sec hold
from bow pose

8. child pose



20sec hold
from child pose

9. reclining hero