

# back **fix**

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

Hold each pose for 20 seconds.



shoulder shrug



shoulder stretch



side bend



sea horse



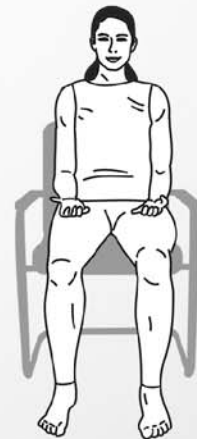
seated twist



wide leg fold



hamstring stretch



fall back