

THE BOTTOM LINE

DAREBEE WORKOUT
FOR LEGS & BUTTOCKS

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LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

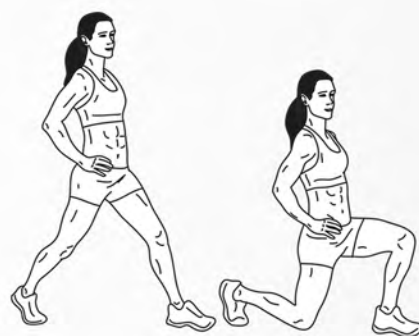
REST 2 minutes



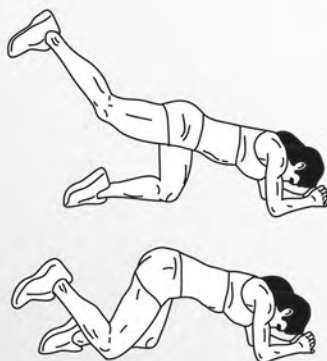
10 squat + side leg raise



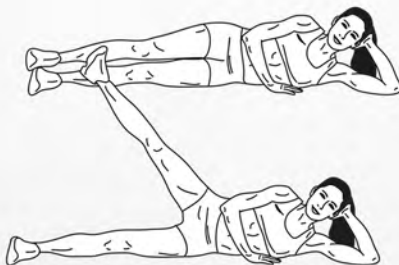
10 side-to-side lunges



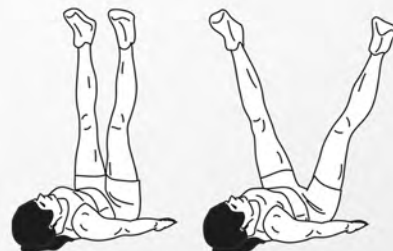
10 split lunges



10 plank back kicks



10 side leg raises



10 split wipers