

# BRUTE

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

**LEG DAY**



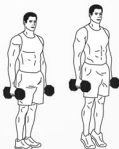
**10** squats  
**x 4 sets** in total  
20 seconds rest  
between sets



**10** lunges  
**x 4 sets** in total  
20 seconds rest  
between sets



**10** side lunges  
**x 4 sets** in total  
20 seconds rest  
between sets



**20** calf raises  
**x 3 sets** in total  
20 seconds rest  
between sets

**10** single leg straight leg dead lifts  
**x 4 sets** in total  
20 seconds rest between sets

