

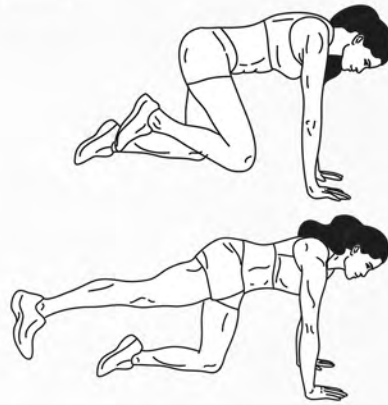
BUBBLE BUTT

DAREBEE WORKOUT
@ darebee.com

2 minutes rest
between exercises



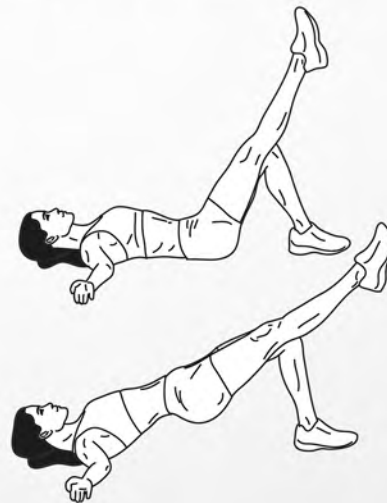
14 squats x **4 sets** in total
20 seconds rest between sets



14 plank back kicks x **4 sets** in total
2 sets per leg | 20 seconds rest



14 lunge step-ups x **4 sets** in total
2 sets per leg | 20 seconds rest



14 single leg bridges x **4 sets** in total
2 sets per leg | 20 seconds rest