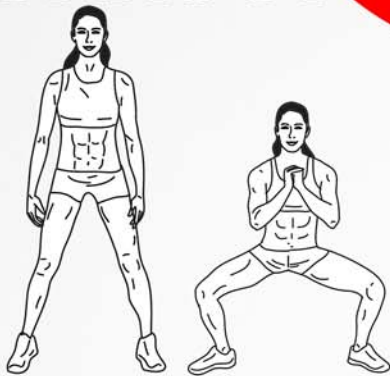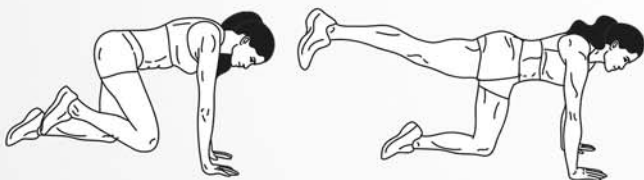# CELLULITE
WORKOUT

by DAREBEE
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10 wide squats **x 3 sets** in total
30 seconds rest between sets

10 squat hold calf raises **x 3 sets** in total
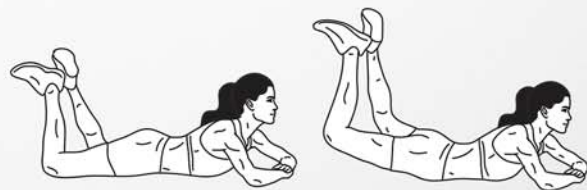30 seconds rest between sets

20 back kicks **x 3 sets** in total
30 seconds rest between sets

20 leg extensions **x 3 sets** in total
30 seconds rest between sets

20 side leg extensions **x 3 sets** in total
30 seconds rest between sets

10 glute flex **x 3 sets** in total
30 seconds rest between sets