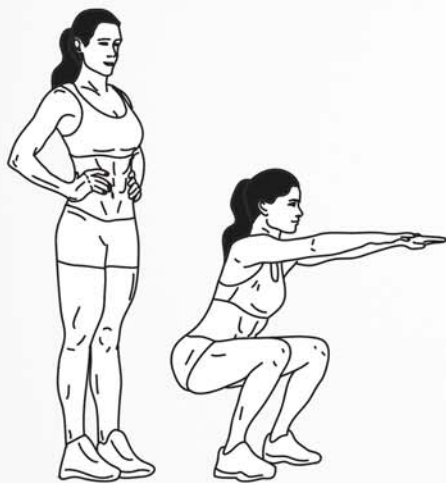


EPIC GLUTES

WORKOUT by DAREBEE @ darebee.com

3 sets | 2 minutes rest



5 squats

5-count squat hold

5 squats

5-count squat hold

5 squats

5-count squat hold

5 squats

5-count squat hold

5 squats

5-count squat hold

