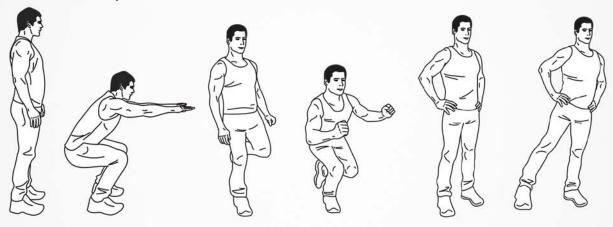
Glutes & Quads

DAREBEE WORKOUT © darebee.com

repeat 3 times with 1 minute rest in between



20 squats

1 single leg squat (left)

20 side leg raises (5/5)

1 single leg squat (right)

20 squats

1 single leg squat (left)

20 side leg raises (10/10)

1 single leg squat (right)

done