

# Glutes & Quads

DAREBEE WORKOUT © [darebee.com](https://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