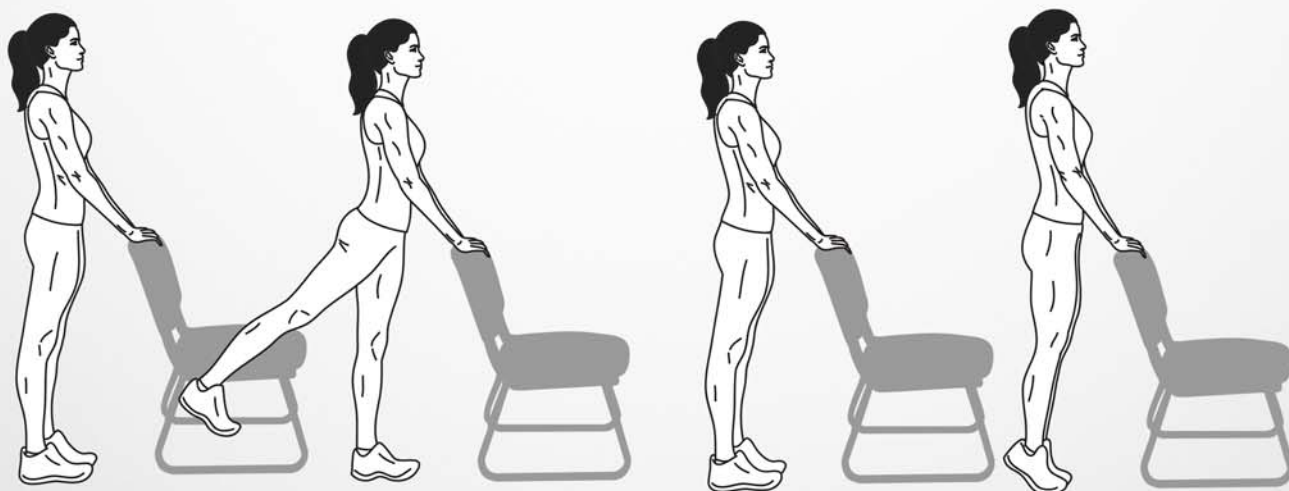


# Glutes, Quads, Hamstrings, & Calves

workout by DAREBEE  
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**40** side leg raises



**40** back kicks

**40** calf raises