

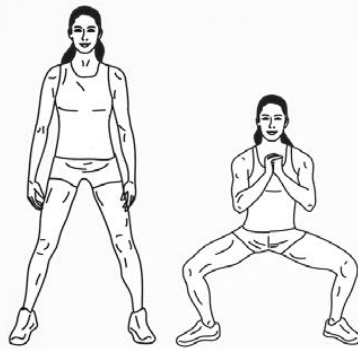
# I ❤️ SQUATS

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



4 squat step back



4 goblet squats



4 squat front kick



4 goblet squats



4 squat hold calf raises



4 goblet squats