

Leg Day

DAREBEE WORKOUT @ darebee.com

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



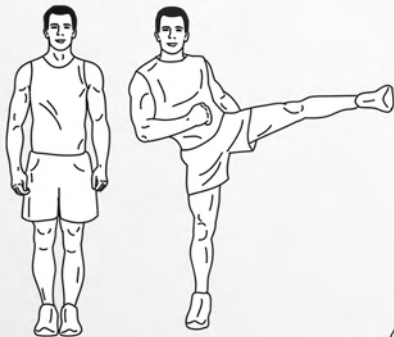
10 squats



10 calf raises



10 lunges



20 side leg raises



10 side-to-side lunges



10-count squat hold