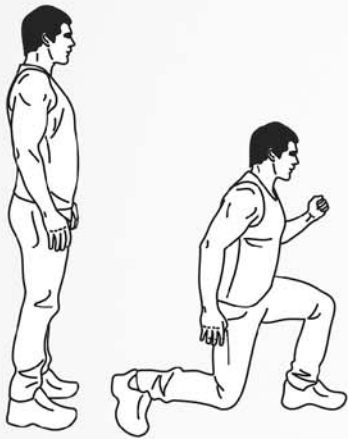


# Lower Body Works

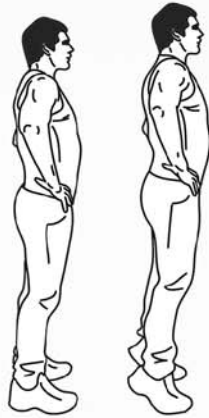
DAREBEE WORKOUT

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

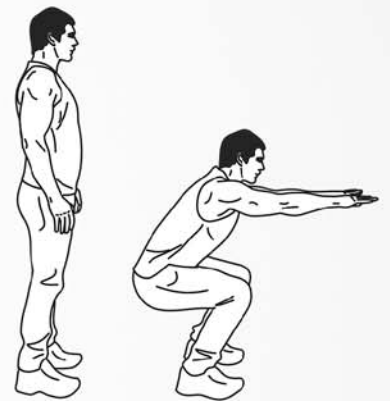
repeat 3 times | 1 minute rest



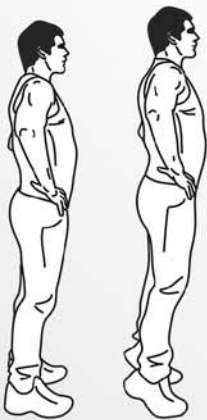
**10** forward lunges



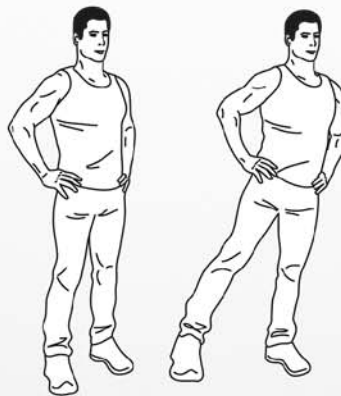
**10** calf raises



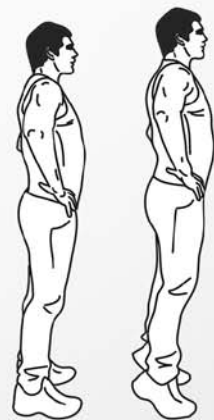
**10** squats



**10** calf raises



**40** side leg raises



**10** calf raises