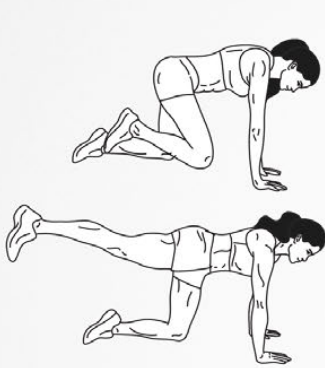
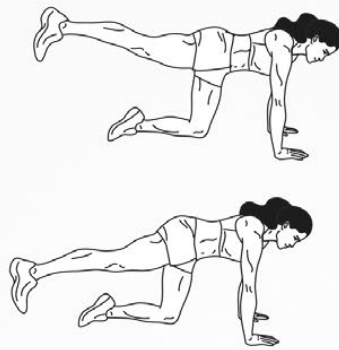


# peach

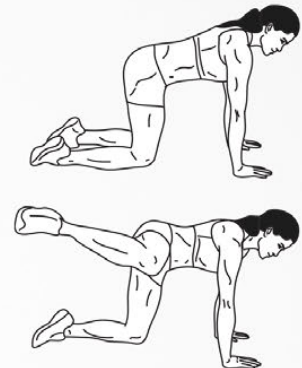
DAREBEE WORKOUT @ [darebee.com](https://darebee.com)



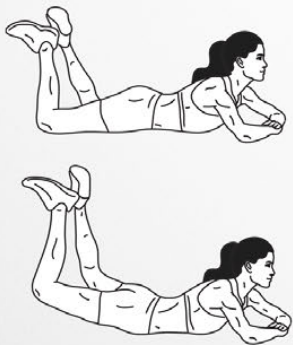
**30** leg extensions  
**2 sets in total**  
30 sec rest in between



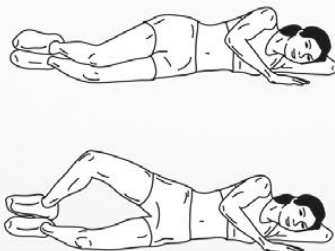
**30** leg swings  
**2 sets in total**  
30 sec rest in between



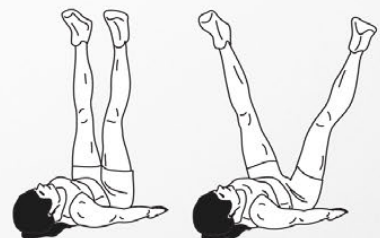
**10** side leg extensions  
**2 sets in total**  
30 sec rest in between



**10** glute flex  
**2 sets in total**  
30 sec rest in between



**10** clamshells  
**2 sets in total**  
30 sec rest in between



**10** V leg extensions  
**2 sets in total**  
30 sec rest in between