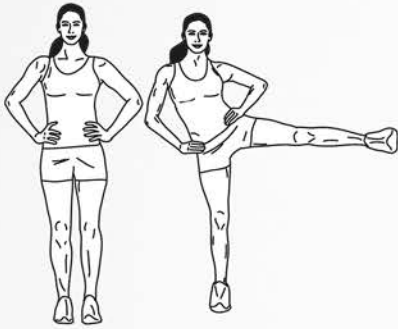


# SUPER GIRL

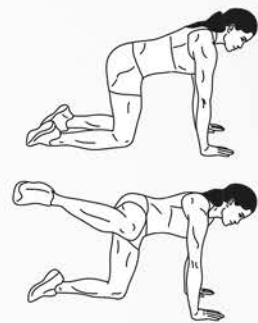
DAREBEE WORKOUT @ [darebee.com](https://darebee.com)



**20** side leg raises  
**x 4 sets** in total  
20 seconds rest  
between sets



**10** side-to-side lunges  
**x 4 sets** in total  
20 seconds rest  
between sets



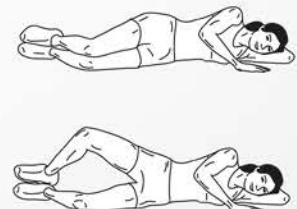
**20** side leg extensions  
**x 4 sets** in total  
20 seconds rest  
between sets



**20** V-extensions  
**x 4 sets** in total  
20 seconds rest  
between sets



**10** half wipers  
**x 4 sets** in total  
20 seconds rest  
between sets



**20** clamshells  
**x 4 sets** in total  
20 seconds rest  
between sets