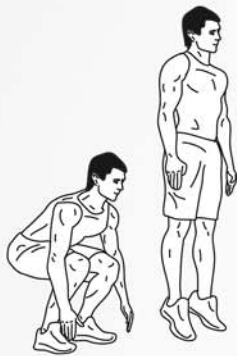


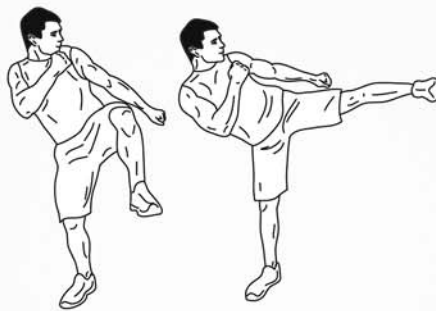
MONSTER LEGS

DAREBEE WORKOUT @ darebee.com

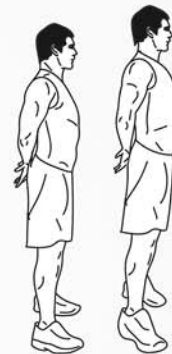
2 minutes rest between exercises



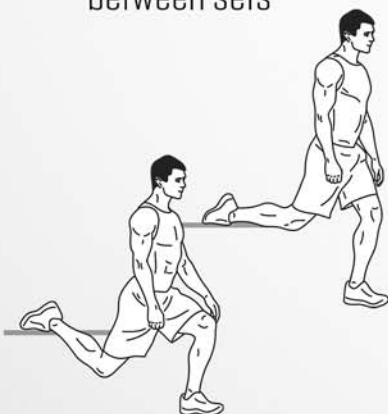
20 jump squats
x 4 sets in total
30 seconds rest
between sets



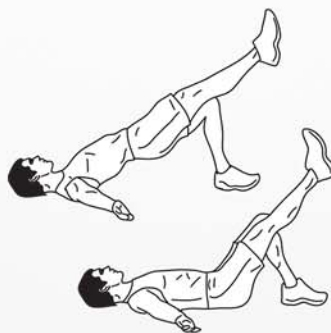
40 side kicks
x 4 sets in total
30 seconds rest
between sets



20 calf raises
x 4 sets in total
30 seconds rest
between sets



20 split lunges
x 4 sets in total
30 seconds rest
between sets



20 single leg bridges
x 4 sets in total
30 seconds rest
between sets



2 minutes
wall-sit
once