

# HIGH-VOLUME LEGS

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

30 seconds rest between exercises



**20** split lunges  
5 sets | 30 seconds rest



**20** jumping lunges  
5 sets | 30 seconds rest



**20** lunge step-ups  
5 sets | 30 seconds rest



**20** squats  
5 sets | 30 seconds rest



**30 seconds**  
squat hold