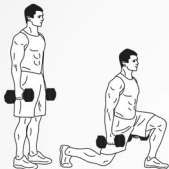


GLUTES

WORKOUT BY @darebee.com

2 minutes rest between exercises

SCULPT



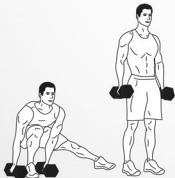
forward lunges

12, 10, 8, 6 (both legs)
30 seconds rest



single leg deadlifts

12, 10, 8, 6 (both legs)
30 seconds rest



deep side lunges

12, 10, 8, 6 (both legs)
30 seconds rest



goblet squats

10, 8, 6, 4
30 seconds rest