

MUSCLE FACTORY

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises

LOWERBODY



8 side lunges
x 5 sets in total
30 seconds rest
between sets



8 lunges
x 5 sets in total
30 seconds rest
between sets



8 calf raises
x 5 sets in total
30 seconds rest
between sets



8 goblet squats
x 5 sets in total
30 seconds rest
between sets



8 single leg deadlifts
x 5 sets in total
30 seconds rest
between sets



2 minutes
wall-sit