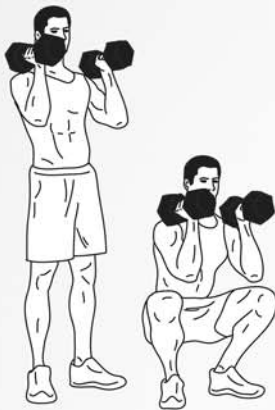


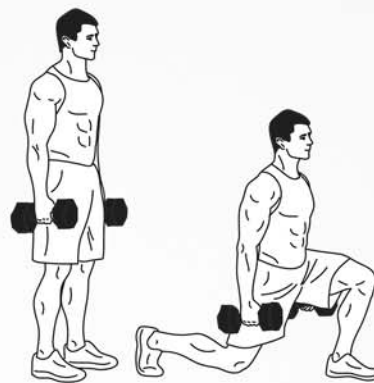
BRUTE

DAREBEE WORKOUT @ darebee.com

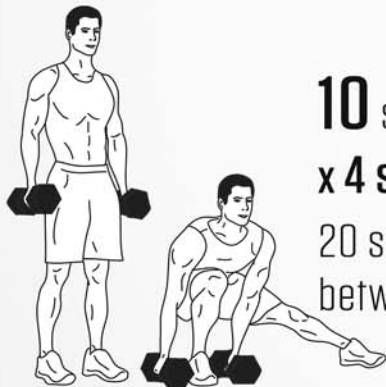
LEG DAY



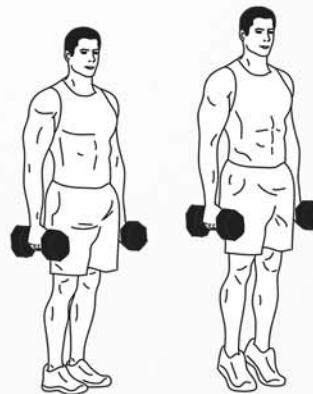
10 squats
x 4 sets in total
20 seconds rest
between sets



10 lunges
x 4 sets in total
20 seconds rest
between sets



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



20 calf raises
x 3 sets in total
20 seconds rest
between sets

10 single leg straight leg dead lifts
x 4 sets in total
20 seconds rest between sets

