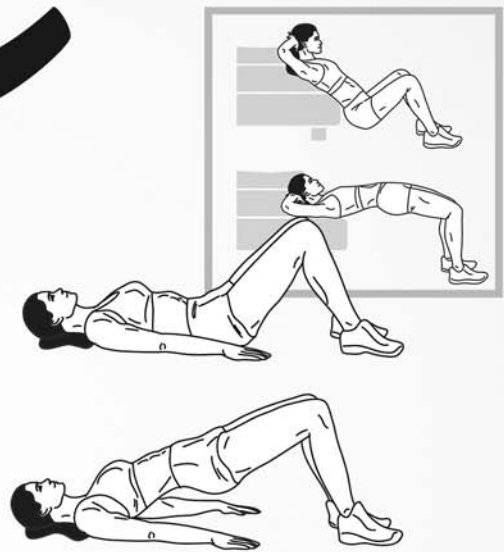


Butt Lift

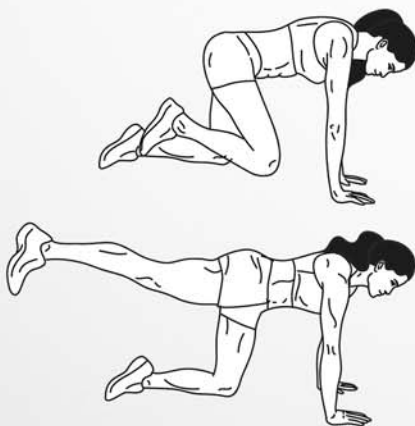
DAREBEE
WORKOUT
@ darebee.com
2 minutes rest
between exercises



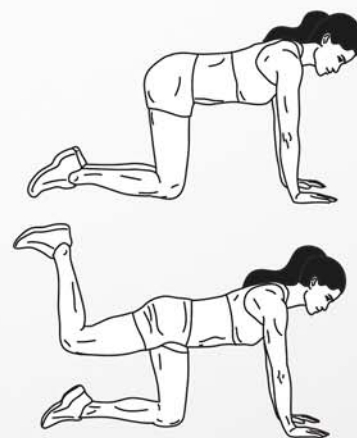
30 side leg extensions (side kicks)
x 4 sets in total 2 sets per leg
20sec rest between sets



30 bridges **x 4 sets** in total
superior version, raised bridges
20 seconds rest between sets



30 push extensions (back kicks)
x 4 sets in total 2 sets per leg
20sec rest between sets



30 leg extensions (donkey kicks)
x 4 sets in total 2 sets per leg
20sec rest between sets