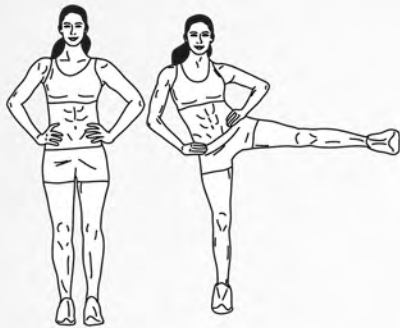


HIP DIPS

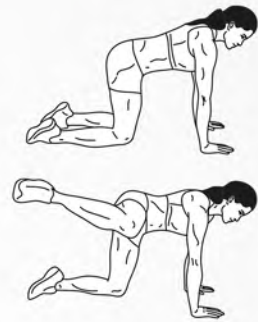
DAREBEE WORKOUT @ darebee.com



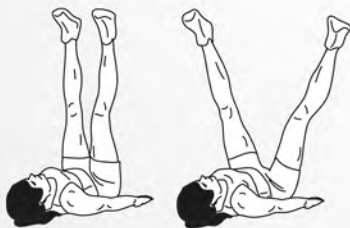
20 side leg raises
x 4 sets in total
20 seconds rest
between sets



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



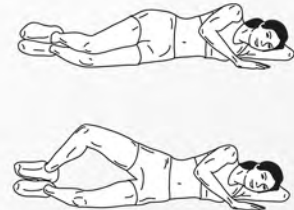
20 side leg extensions
x 4 sets in total
20 seconds rest
between sets



20 V-extensions
x 4 sets in total
20 seconds rest
between sets



10 half wipers
x 4 sets in total
20 seconds rest
between sets



20 clamshells
x 4 sets in total
20 seconds rest
between sets