

# HIPPOLYTA

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

30 seconds rest between exercises



**16** squat step-back  
4 sets | 30sec rest



**16** staggered deadlifts  
4 sets | 30sec rest



**16** back leg raises  
4 sets | 30sec rest



**16** split lunges  
4 sets | 30sec rest



**16** tricep dips  
4 sets | 30sec rest