

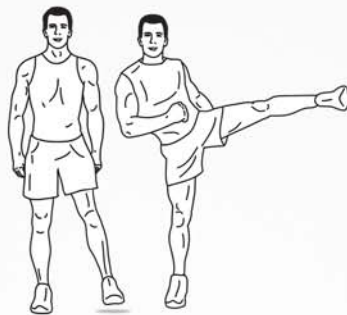
IRON TENDONS

LOWERBODY

WORKOUT by DAREBEE @ darebee.com



10-count hold



30 side leg raises



10-count hold

change legs and repeat the sequence



10-count hold



30 leg raises



10-count hold

change legs and repeat the sequence



10-count hold



30 side leg raises



10-count hold

change legs and repeat the sequence