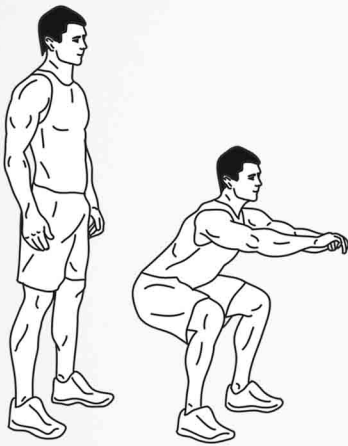


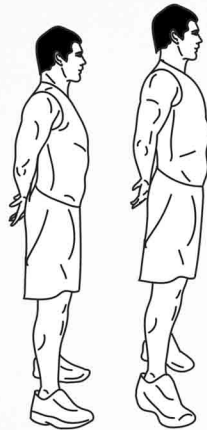
# Leg Day

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

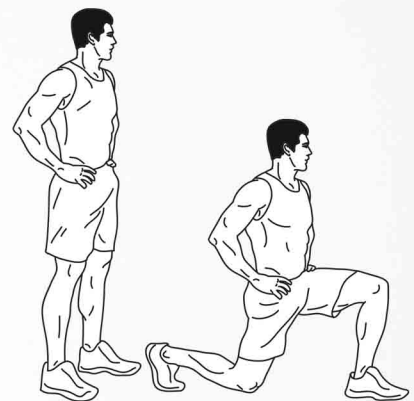
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



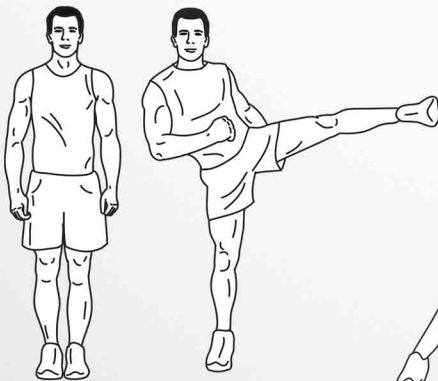
**40** squats



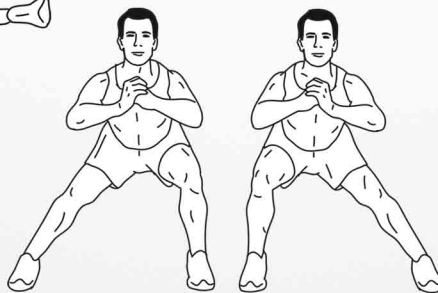
**20** calf raises



**20** lunges



**20** side leg raises



**20** side-to-side lunges



**20-count** wall-sit