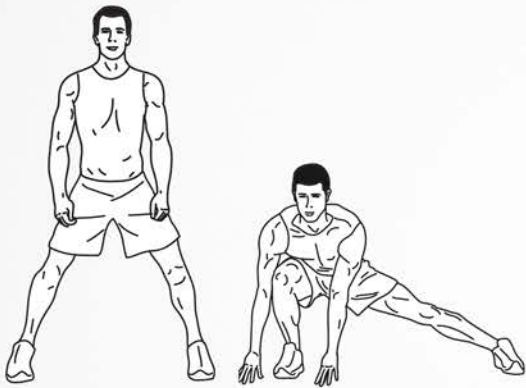


LEG-ENDARY

DAREBEE WORKOUT @ darebee.com

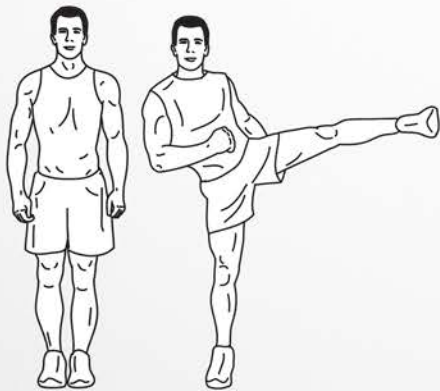
5 sets 2 minutes rest between sets



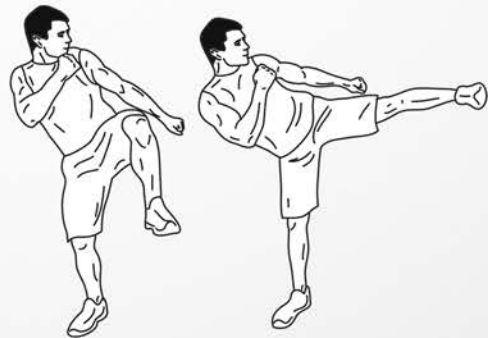
8 deep side lunges



8 cossack squats



8 slow side leg raises



8 slow side kicks