

# MUSCLE FACTORY

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)  
2 minutes rest between exercises

**LOWERBODY**



**8** side lunges  
**x 5 sets** in total  
30 seconds rest  
between sets



**8** lunges  
**x 5 sets** in total  
30 seconds rest  
between sets



**8** calf raises  
**x 5 sets** in total  
30 seconds rest  
between sets



**8** goblet squats  
**x 5 sets** in total  
30 seconds rest  
between sets



**8** single leg deadlifts  
**x 5 sets** in total  
30 seconds rest  
between sets



**2 minutes**  
wall-sit