

SCULPTED GLUTES

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises



30 back leg raises
x 5 sets in total
30 second rest



20 side leg raises
x 5 sets in total
30 second rest



20 bridge knee raises **x 5 sets** in total
30 seconds rest between sets



20 leg extensions **x 5 sets** in total
30 seconds rest between sets



20 plank into lunge **x 5 sets** in total
30 seconds rest between sets