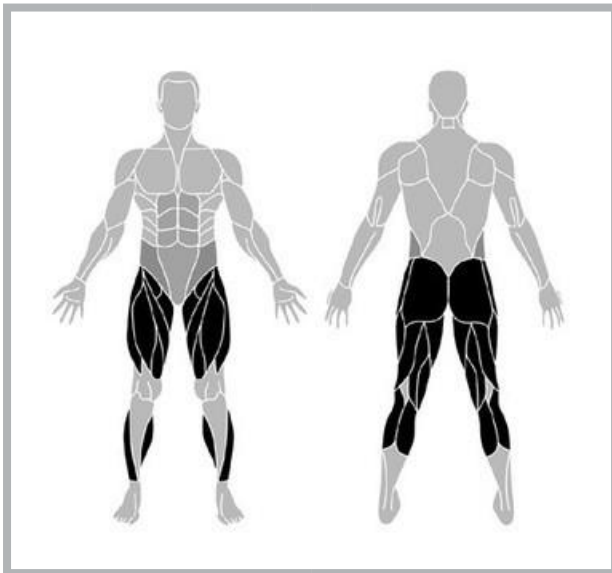


11

Leg Day

Legs are what you need to use when you want to run (from zombies, werewolves and vampires, for example) and they're also kinda useful in everyday life because we still walk to get to places. This is a workout to help you make them strong and capable of performing at will.

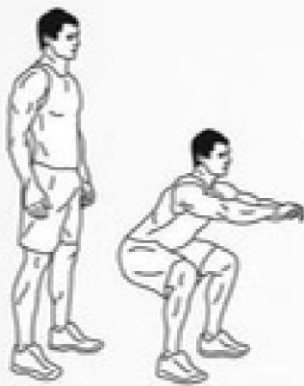
Focus: Strength & Tone



Leg Day

DAREBEE WORKOUT © darebee.com

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



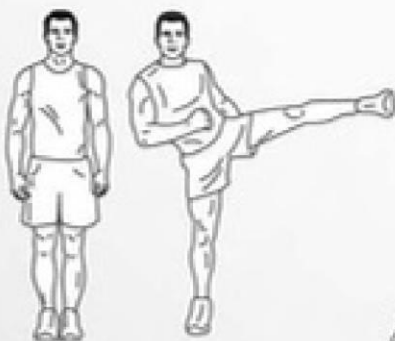
10 squats



10 calf raises



10 lunges



20 side leg raises



10 side-to-side lunges



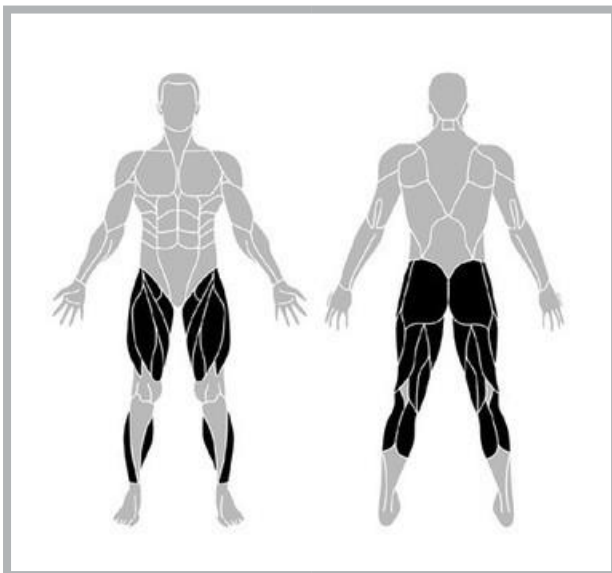
10-count squat hold

12

Maximus

Get ready to command the Legions of the North by prepping yourself with the Maximus workout. Not only will your body feel ready for combat but should you find yourself in a field of dust, with the crowd around you, a gladius in one hand, do not be troubled, for you are now a Gladiator.

Focus: Strength & Tone



MAXIMUS

DAREBEE WORKOUT © darebee.com

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



10 squats



5 calf raises



10 squats



5 calf raises



10 lunges



5 calf raises