

Legs & Core

DAREBEE
WORKOUT

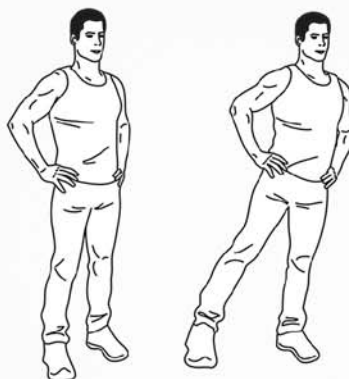
@ darebee.com

repeat 3 times

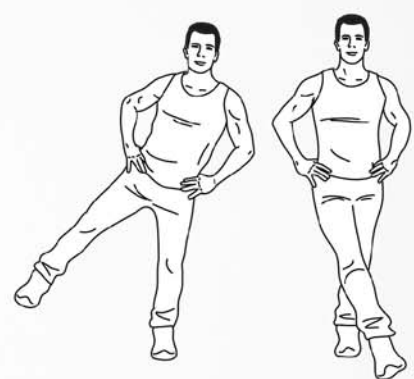
1 minute rest in between



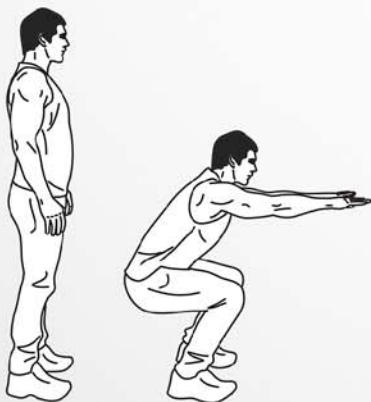
20 forward leg swings



20 side leg swings



20 cross leg swings



20 squats



20 single leg squats



20sec wall-sit