

BRUTE

DAREBEE WORKOUT © darebee.com

LEG DAY



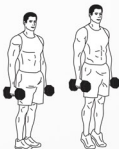
10 squats
x 4 sets in total
20 seconds rest
between sets



10 lunges
x 4 sets in total
20 seconds rest
between sets

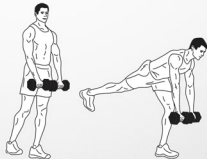


10 side lunges
x 4 sets in total
20 seconds rest
between sets



20 calf raises
x 3 sets in total
20 seconds rest
between sets

10 single leg straight leg dead lifts
x 4 sets in total
20 seconds rest
between sets



EASY LEGS WORKOUT

by DAREBEE @ darebee.com

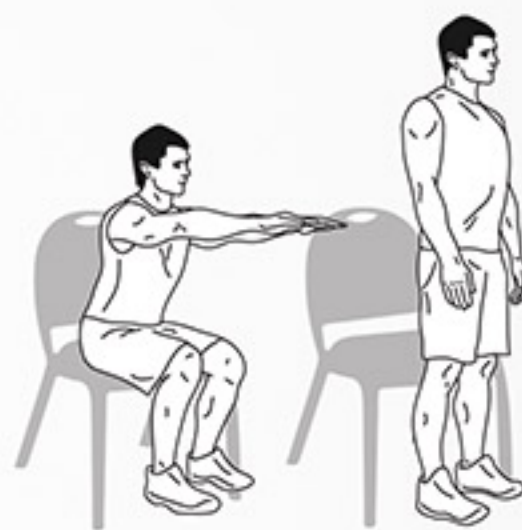
2 minutes rest between exercises.



10 side leg raises
x **3 sets** | 20sec rest



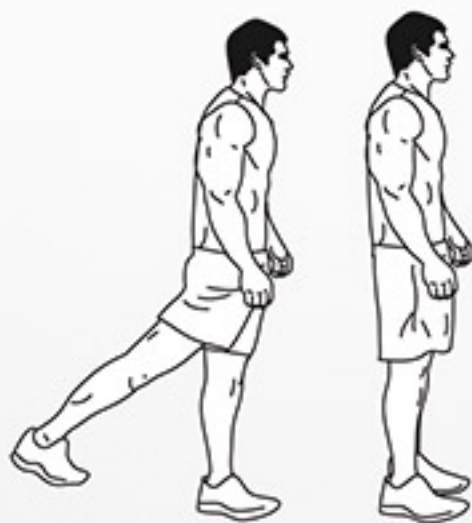
10 lunges
x **3 sets** | 20sec rest



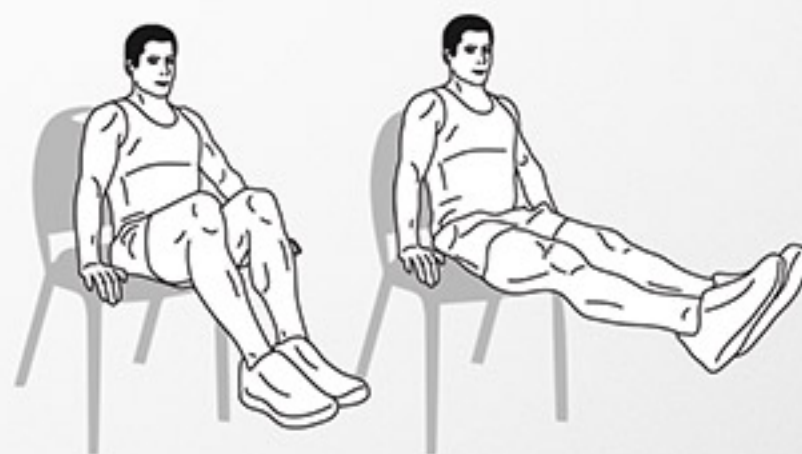
10 sit to stand
x **3 sets** | 20sec rest



10 calf raises
x **3 sets** | 20sec rest



10 back leg raises
x **3 sets** | 20sec rest



10 leg raises
x **3 sets** | 20sec rest

5-MINUTE

FILLER



30 side leg raises (right leg)

30 side leg raises (left leg)

60 seconds rest

30 side leg raises (right leg)

30 side leg raises (left leg)

60 seconds rest

30 side leg raises (right leg)

30 side leg raises (left leg)

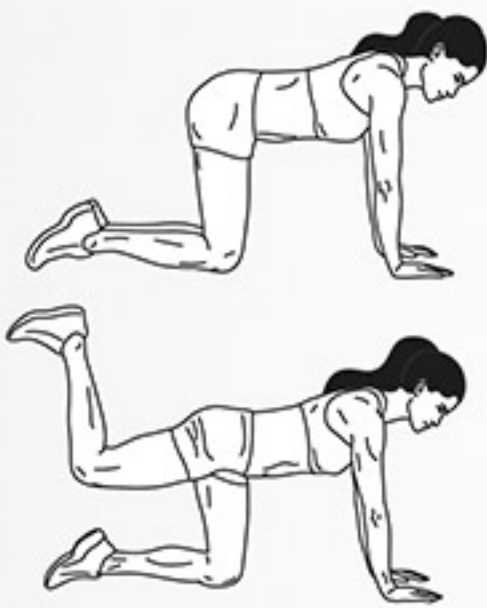
done

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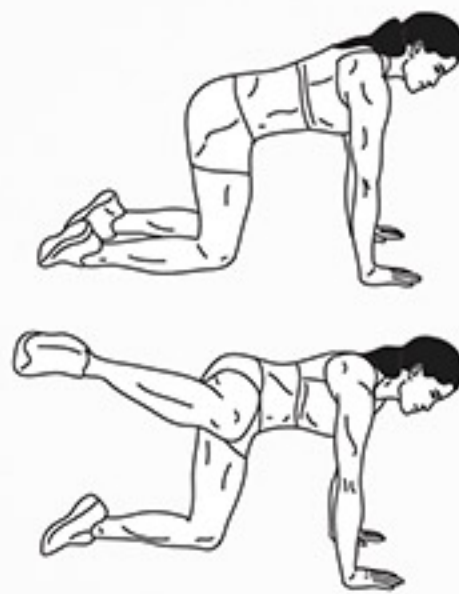
killer legs

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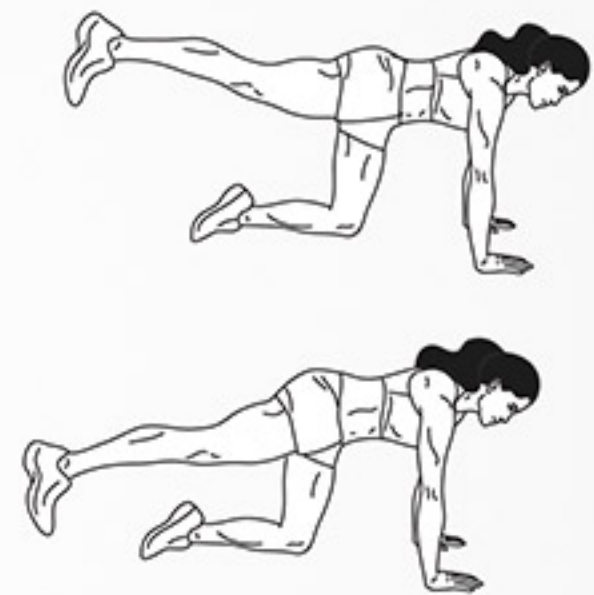
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



40 leg extensions



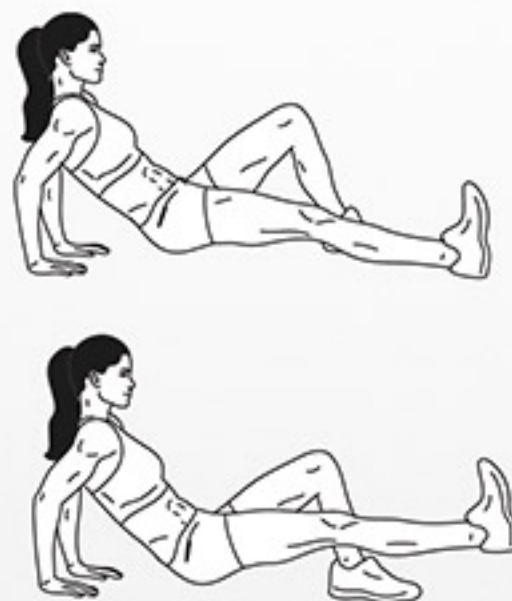
40 side leg lifts



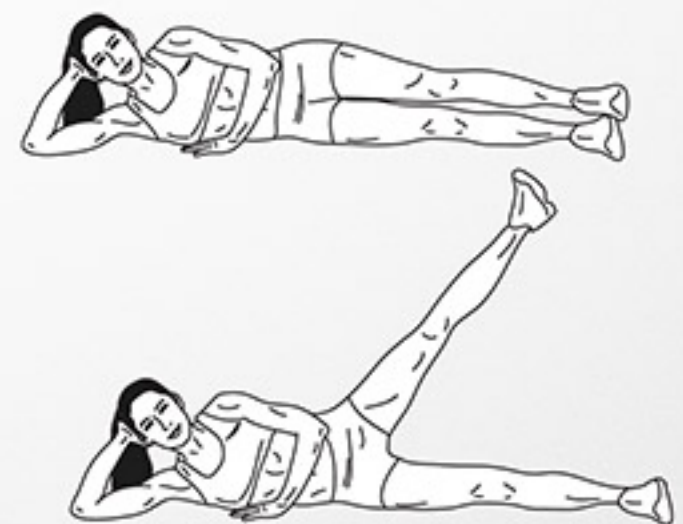
40 plank leg swings



40 single leg bridges



40 single leg swings



40 side leg raises

Lean Legs

WORKOUT
BY DAREBEE
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Repeat 3 times in total
2 minutes rest between sets



30 side leg raises



10 calf raises



30 plank leg raises



30 side leg raises



30 flutter kicks



10 modified scissors

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

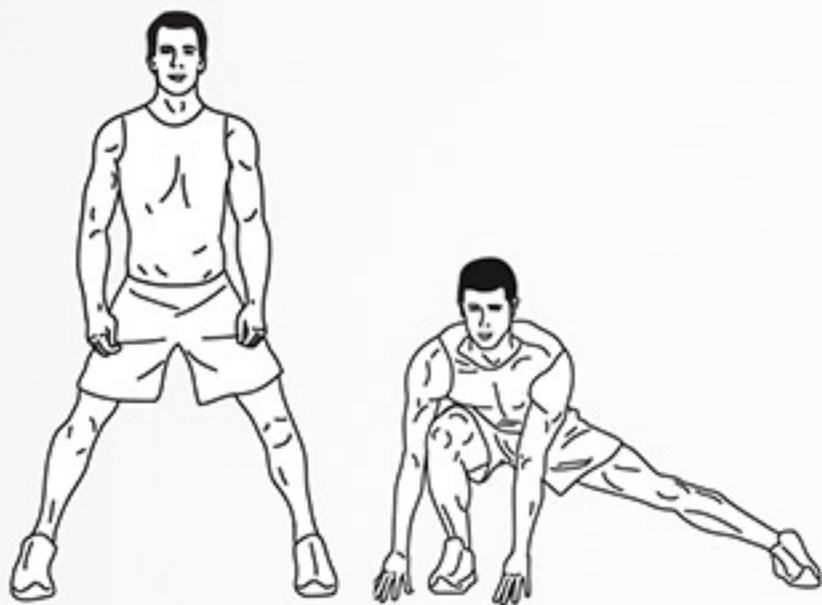


10-count squat hold

LEG-ENDARY

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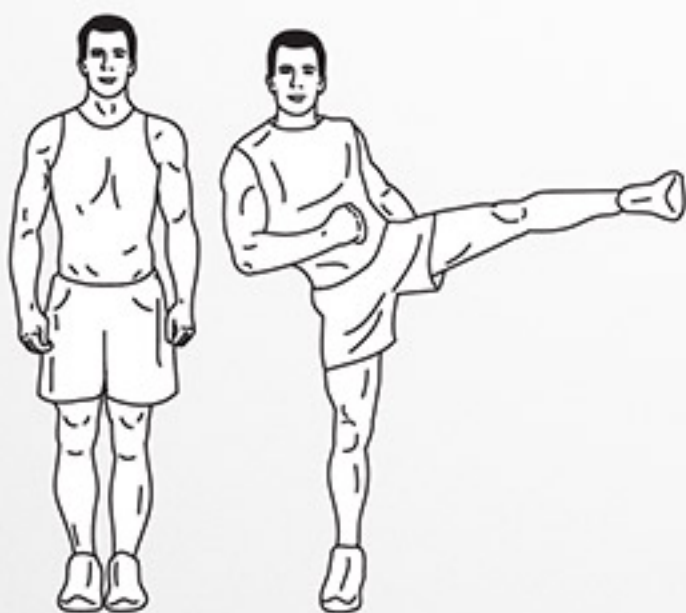
5 sets 2 minutes rest between sets



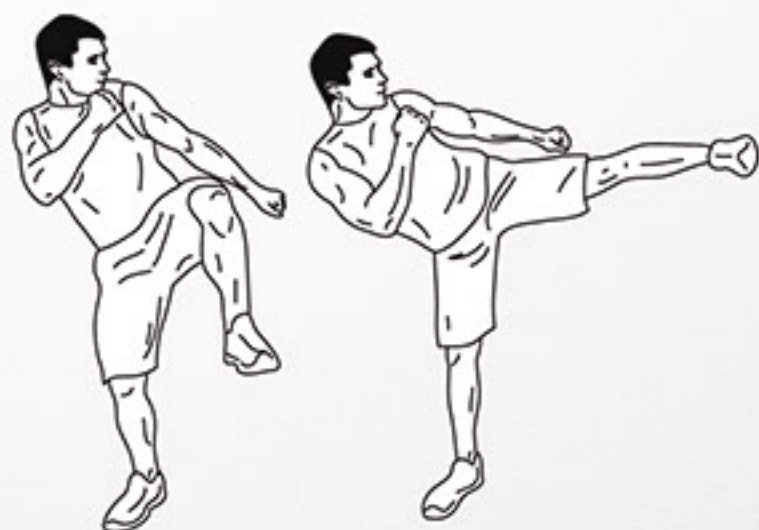
8 deep side lunges



8 cossack squats



8 slow side leg raises



8 slow side kicks

LEG SHRED

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WORKOUT
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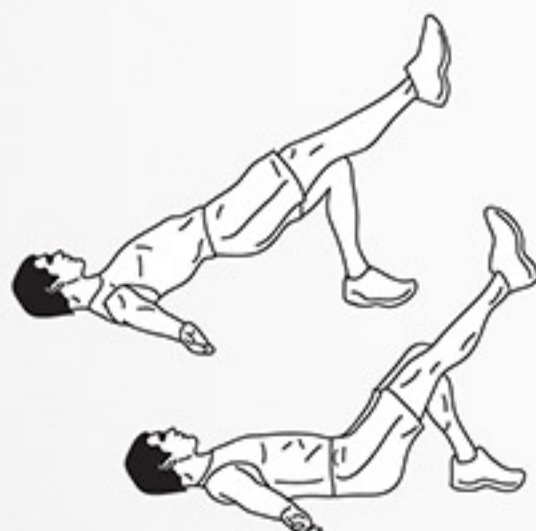
2 minutes rest
between exercises



20 lunges
x 3 sets in total
20 seconds rest
between sets



20 reverse lunges
x 3 sets in total
20 seconds rest
between sets



20 single leg bridges
x 3 sets in total
20 seconds rest
between sets



60sec
wall-sit
once



40 leg raises
x 2 sets in total
1 set per leg



40 side leg raises
x 2 sets in total
1 set per leg

legs of steel

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



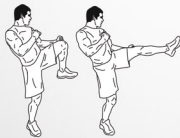
20 lunge steps-ups



20sec squat hold



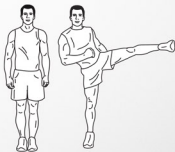
20 squats



10 front kicks



10 calf raises



10 side leg raises

MONSTER LEGS

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2 minutes rest between exercises



20 jump squats
x 4 sets in total
30 seconds rest
between sets



40 side kicks
x 4 sets in total
30 seconds rest
between sets



20 calf raises
x 4 sets in total
30 seconds rest
between sets



20 split lunges
x 4 sets in total
30 seconds rest
between sets



20 single leg bridges
x 4 sets in total
30 seconds rest
between sets



2 minutes
wall-sit
once