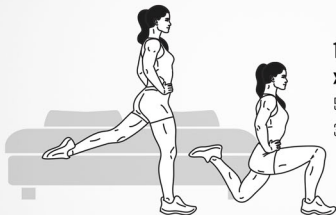


# bedtime **GLUTES**

DAREBEE WORKOUT © [darebee.com](http://darebee.com)



**10** split squats  
**x 3 sets in total**  
5 repetitions per leg  
30 seconds between sets



**10** raised bridges  
**x 3 sets in total**  
30 seconds between sets