

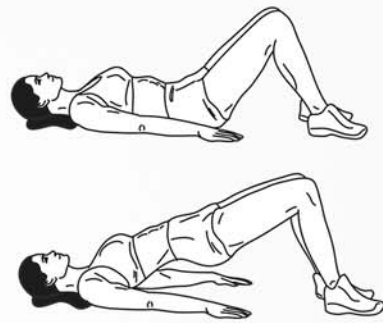
# Booty Builder

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

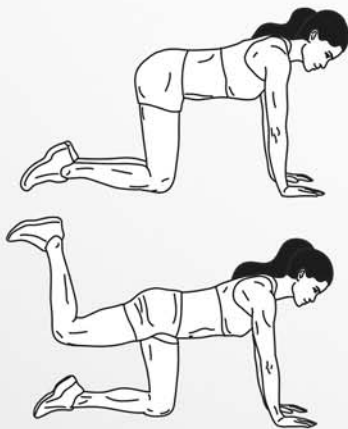
2 minutes rest between exercises



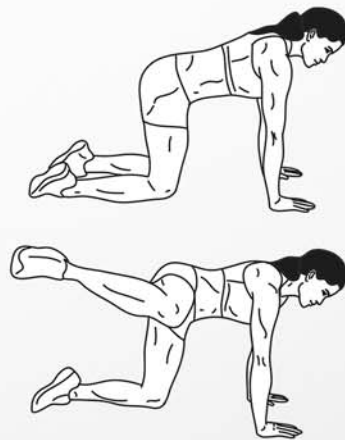
**20** wide squats x **4 sets** in total  
20 seconds rest between sets



**20** bridges x **4 sets** in total  
20 seconds rest between sets



**40** leg extensions x **2 sets** in total  
1 set per leg, no rest between sets



**40** side leg extensions x **2 sets** in total  
1 set per leg, no rest between sets