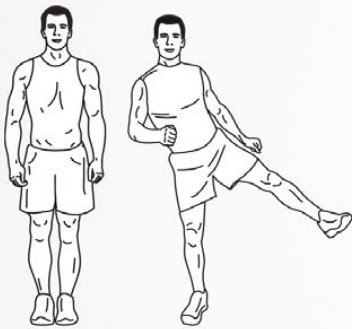


# EASY LEGS WORKOUT

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

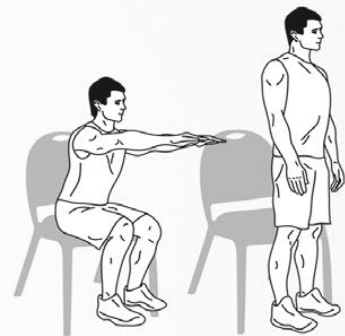
2 minutes rest between exercises.



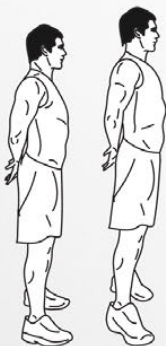
**10** side leg raises  
x **3 sets** | 20sec rest



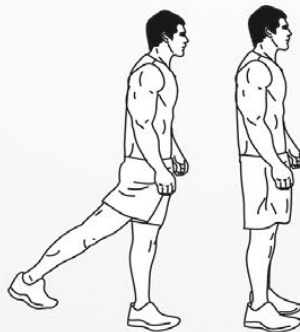
**10** lunges  
x **3 sets** | 20sec rest



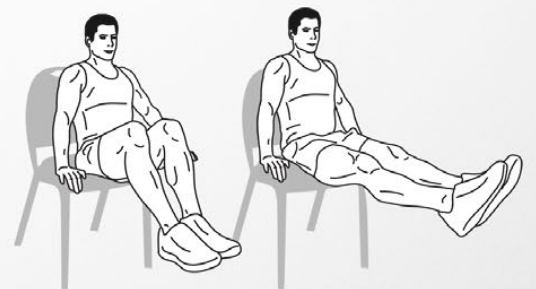
**10** sit to stand  
x **3 sets** | 20sec rest



**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