

GLUTES OVER QUADS

DAREBEE
WORKOUT
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30 seconds rest
between exercises



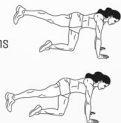
20 back leg raises
x 3 sets in total
30 seconds rest
between sets



20 staggered deadlifts
x 3 sets in total
30 seconds rest
between sets



20 leg extensions
x 3 sets in total
30 seconds rest
between sets



20 leg swings
x 3 sets in total
30 seconds rest
between sets



20 glute flex
x 3 sets in total
30 seconds rest
between sets



20 bridges
x 3 sets in total
30 seconds rest
between sets