

# HIP STRENGTH

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

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**10-count** squat hold



**20** side leg raises



**20** leg swings



**20** side leg extensions



**20** bridges



**20** clamshells



**10-count** stretch hold