

inner thighs

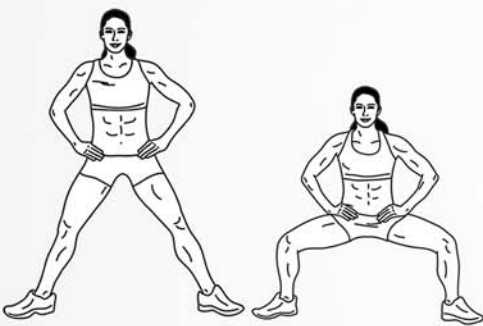
WORKOUT
BY DAREBEE
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Level I 3 sets

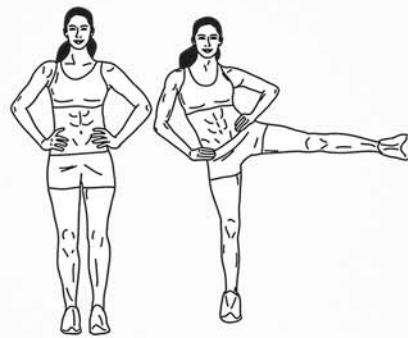
Level II 4 sets

Level III 5 sets

2 minutes rest



20 wide squats



40 side leg raises



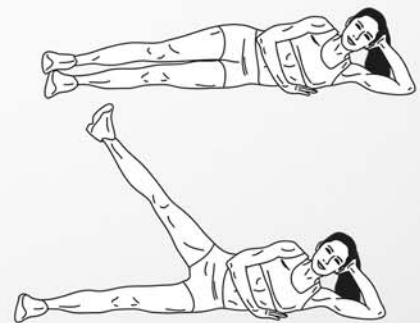
20 deep side lunges



20 leg extensions



20 side leg extensions



40 side leg raises