

Killer BUTT

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises



20 front kicks
x 3 sets in total
20 seconds rest
between sets



10 single leg deadlifts
x 3 sets in total
20 seconds rest
between sets



20 knee strikes
x 3 sets in total
20 seconds rest
between sets



20 side leg raises
x 3 sets in total
20 seconds rest
between sets