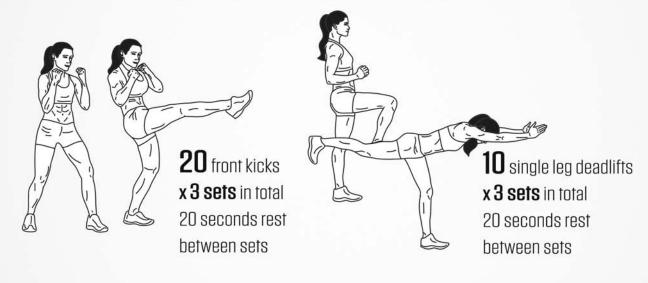
Ailler BUTT

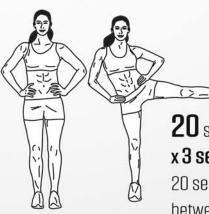
DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises





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