

# KNEE TUNER

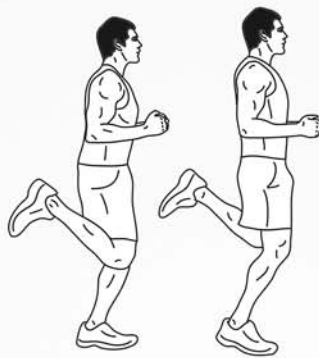
DAREBEE  
WORKOUT  
@ [darebee.com](https://darebee.com)

**3 sets**

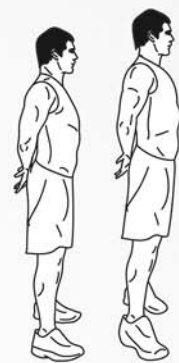
up to 2 minutes rest  
between sets



**20** squats



**20** butt kicks



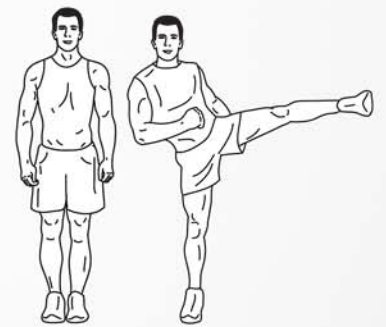
**20** calf raises



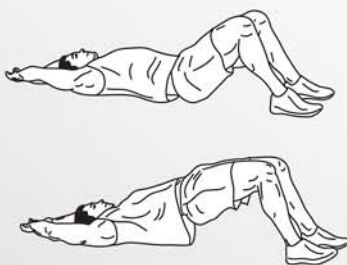
**20sec** squat hold



**20** low turning kicks



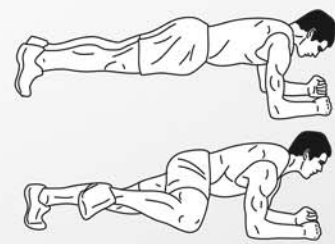
**20** side leg raises



**10** bridges



**10** butt-ups



**10** plank side crunches