

# Legs & Core

DAREBEE  
WORKOUT

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repeat 3 times

1 minute rest in between



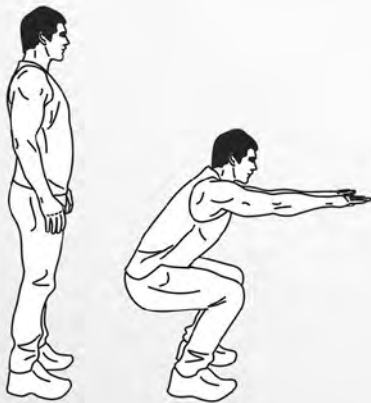
**20** forward leg swings



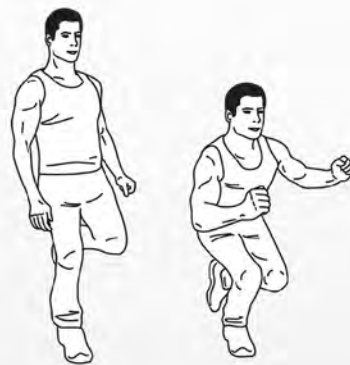
**20** side leg swings



**20** cross leg swings



**10** squats



**4** single leg squats



**10-count** squat hold