

# legs of steel

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

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



**20** lunge steps-ups



**10-count** squat hold



**10** squats



**20** front kicks



**10** calf raises



**20** side leg raises