

LOWERBODY TENDON STRENGTH

DAREBEE WORKOUT © darebee.com



20 leg extensions



20 leg raises



20 side leg raises



+ 20 raised leg swings +
change sides and repeat the sequence



+ 20 raised leg circles +
change sides and repeat the sequence



+ 20 raised leg kicks +
change sides and repeat the sequence



10-count hold



10-count hold



10-count hold