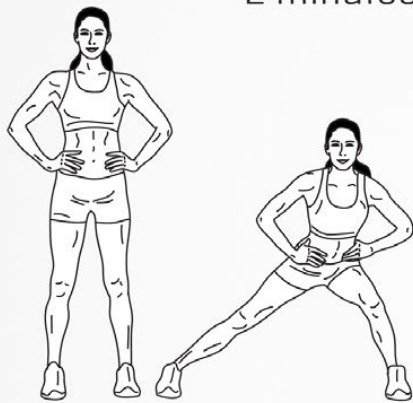


RUNNER STRENGTH

LOWER BODY

DAREBEE WORKOUT @ darebee.com

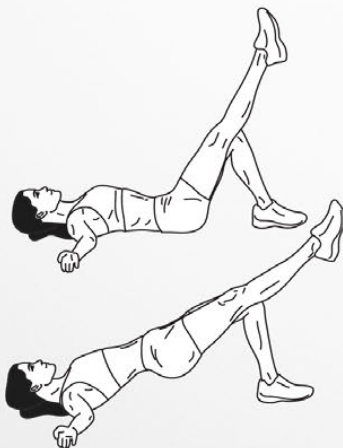
2 minutes rest between exercises



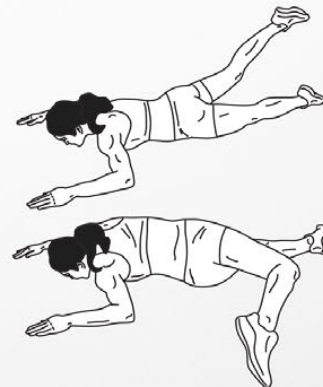
10 side lunges x **3** sets
20 seconds rest between sets



10 reverse lunges x **3** sets
20 seconds rest between sets



10 single leg bridges x **3** sets
20 seconds rest between sets



10 scorpion twists x **3** sets in total
20 seconds rest between sets