

SCULPTED LEGS

DAREBEE
WORKOUT
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2 minutes rest
between exercises



16 split lunges **x 5 sets** in total
30 second rest between sets



16 calf raises **x 5 sets** in total
30 second rest between sets



16 side lunges **x 5 sets** in total
30 second rest between sets



10 deadlifts **x 5 sets** in total
30 second rest between sets



50 side leg raises
x 5 sets in total
30 second rest between sets