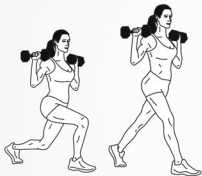


# STRONGER GLUTES

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

30 seconds rest between exercises



**20** split lunges  
**5 sets | 30sec rest**



**20** deadlifts  
**5 sets | 30sec rest**



**20** bridges  
**5 sets | 30sec rest**