

# stronger legs

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

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**10-count** hold  
right leg



**20** back leg raises



**10-count** hold  
left leg



**10-count** hold  
right leg



**20** side leg raises



**10-count** hold  
left leg



**10-count** hold  
right leg



**20** front leg raises



**10-count** hold  
left leg