

VIRAGO

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



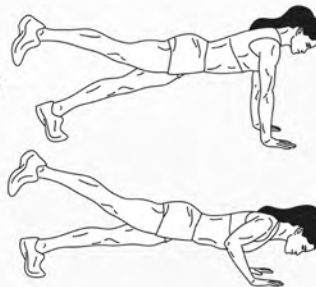
20 single leg squats
x 4 sets in total
20 seconds rest
between sets



20 single leg deadlifts
x 4 sets in total
20 seconds rest
between sets



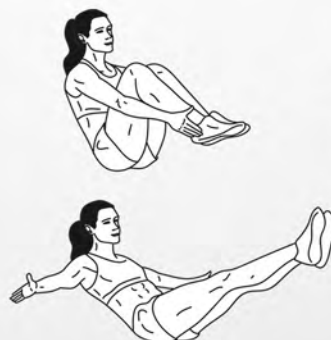
20 single leg bridges
x 4 sets in total
20 seconds rest
between sets



20 raised leg push-ups
x 4 sets in total
20 seconds rest
between sets



20 roll-ups
x 4 sets in total
20 seconds rest
between sets



20 boat folds
x 4 sets in total
20 seconds rest
between sets