

# BRUTE

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

**LEG DAY**



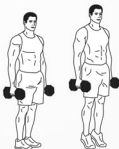
**10** squats  
**x 4 sets** in total  
20 seconds rest  
between sets



**10** lunges  
**x 4 sets** in total  
20 seconds rest  
between sets

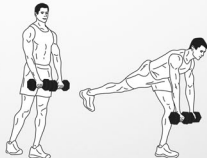


**10** side lunges  
**x 4 sets** in total  
20 seconds rest  
between sets



**20** calf raises  
**x 3 sets** in total  
20 seconds rest  
between sets

**10** single leg straight leg dead lifts  
**x 4 sets** in total  
20 seconds rest between sets

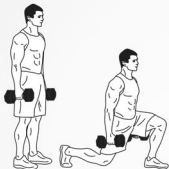


# GLUTES

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2 minutes rest between exercises

**SCULPT**



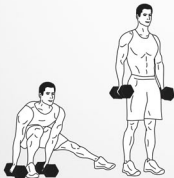
**forward lunges**

12, 10, 8, 6 (both legs)  
30 seconds rest



**single leg deadlifts**

12, 10, 8, 6 (both legs)  
30 seconds rest



**deep side lunges**

12, 10, 8, 6 (both legs)  
30 seconds rest



**goblet squats**

10, 8, 6, 4  
30 seconds rest

# MUSCLE FACTORY

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2 minutes rest between exercises

**LOWERBODY**



**8** side lunges  
**x 5 sets** in total  
30 seconds rest  
between sets



**8** lunges  
**x 5 sets** in total  
30 seconds rest  
between sets



**8** calf raises  
**x 5 sets** in total  
30 seconds rest  
between sets



**8** goblet squats  
**x 5 sets** in total  
30 seconds rest  
between sets



**8** single leg deadlifts  
**x 5 sets** in total  
30 seconds rest  
between sets



**2 minutes**  
wall-sit



# PUSH PULL LEGS

2 minute rest between sets  
2 minute rest between exercises

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**4 sets**  
**squats**  
10-12 reps



**4 sets**  
**reverse lunges**  
10-12 reps



**4 sets**  
**calf raises**  
12-16 reps



**4 sets** goblet squats  
10-12 reps



**4 sets** single leg deadlifts  
5-6 reps / per side



# PUSH PULL LEGS

2 minute rest between sets  
2 minute rest between exercises

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**4 sets**  
**lunge step-ups**  
10-12 reps



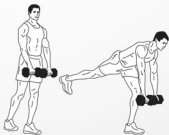
**4 sets**  
**side lunges**  
10-12 reps



**4 sets**  
**calf raises**  
12-16 reps



**4 sets deadlifts**  
8-10 reps



**4 sets single leg deadlifts**  
5-6 reps / per side

# SCULPTED LEGS

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

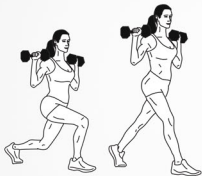


**50** side leg raises  
**x 5 sets** in total  
30 second rest between sets

# STRONGER GLUTES

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30 seconds rest between exercises



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



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



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

# TYR

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**12 goblet squats**  
**5 sets in total**  
30 sec rest in between



**12 single leg deadlifts**  
**5 sets in total**  
30 sec rest in between



**12 calf raises**  
**5 sets in total**  
30 sec rest in between



**12 lunges**  
**5 sets in total**  
30 sec rest in between



**12 side lunges**  
**5 sets in total**  
30 sec rest in between