

Bellatrix

DAREBEE WORKOUT © darebee.com

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



10 butt kicks



5 calf raises



10 butt kicks



10 leg swings
left side



5 calf raises



10 leg swings
right side



10 side leg raises
left side



5 calf raises



10 side leg raises
right side