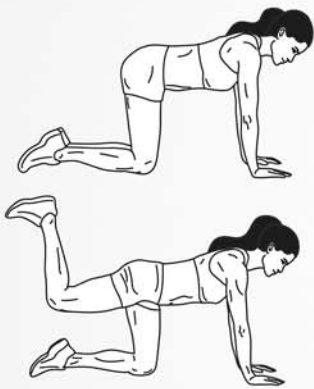


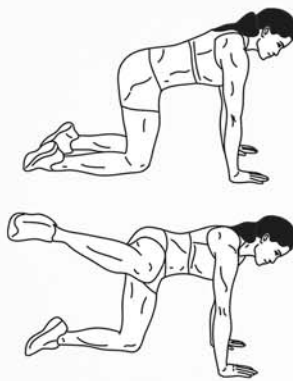
# killer legs

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

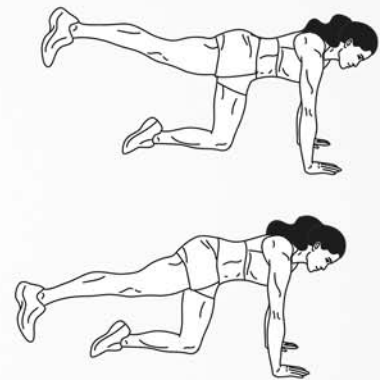
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



**40** leg extensions



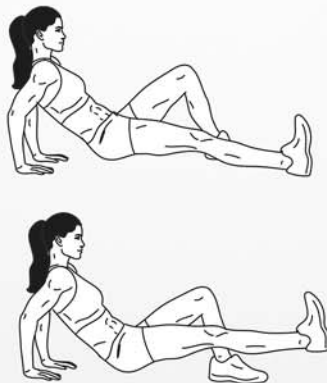
**40** side leg lifts



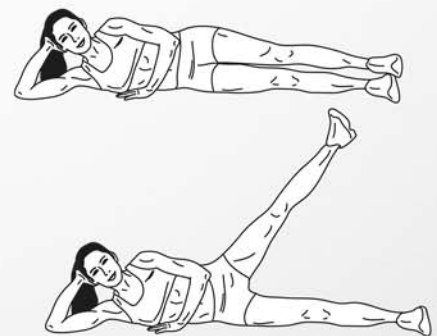
**40** plank leg swings



**40** single leg bridges



**40** single leg swings



**40** side leg raises