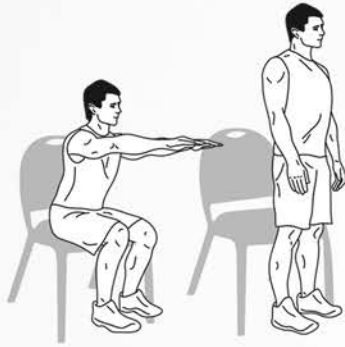
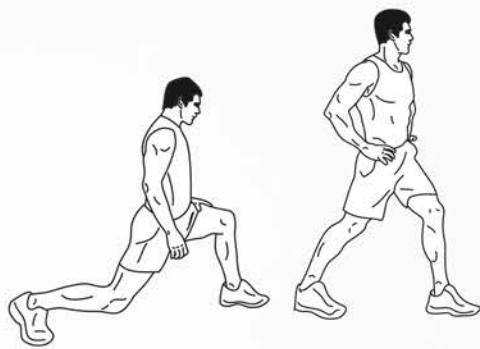


# knee strength

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



**5** sit-to-stand  
**3 sets** in total  
30sec rest between sets



**10** split lunges  
**3 sets** in total  
30sec rest between sets



**20** knee extensions  
**3 sets** in total  
30sec rest between sets



**20** slow kicks  
**3 sets** in total  
30sec rest between sets



**20** leg raises  
**3 sets** in total  
30sec rest between sets