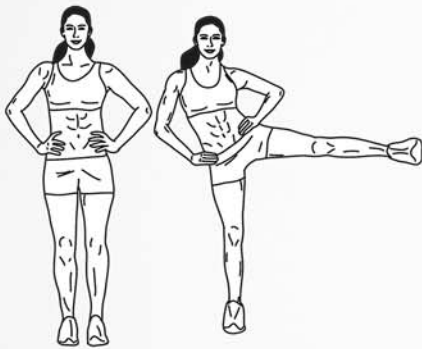


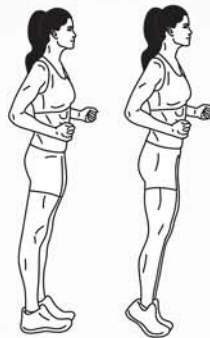
Lean Legs

WORKOUT
BY DAREBEE
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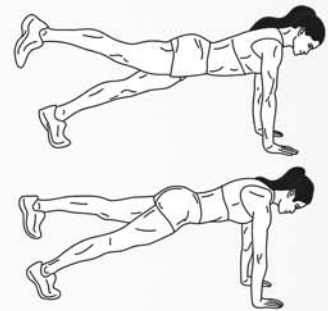
Repeat 3 times in total
2 minutes rest between sets



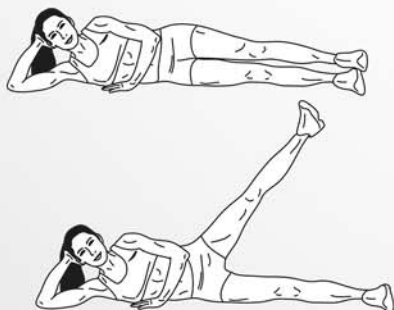
30 side leg raises



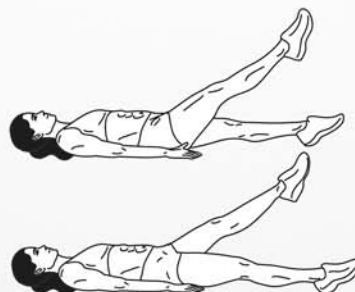
10 calf raises



30 plank leg raises



30 side leg raises



30 flutter kicks



10 modified scissors