

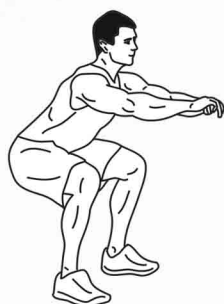
# legs of steel

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

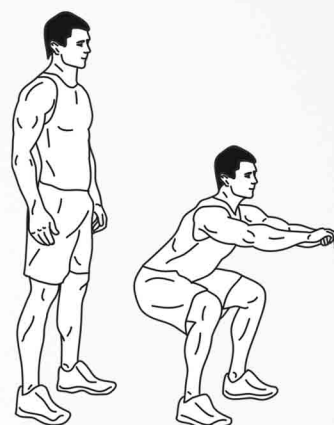
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



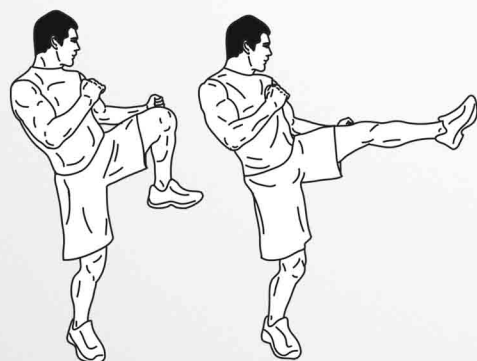
**20** lunge steps-ups



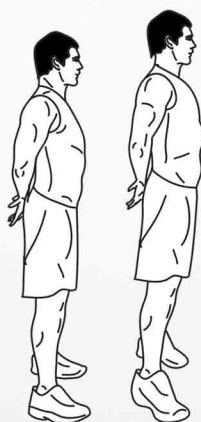
**20sec** squat hold



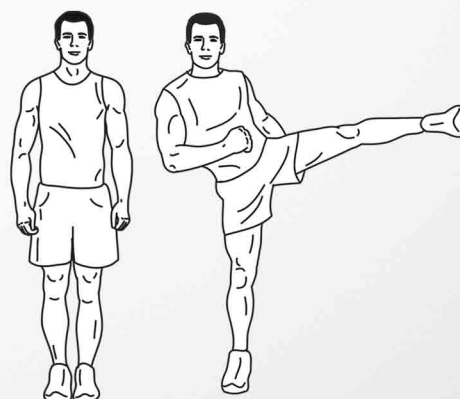
**20** squats



**10** front kicks



**10** calf raises



**10** side leg raises