# SUPER SES

DAREBEE WORKOUT © darebee.com

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



24 lunge step-ups



24 split lunges



24 front leg raises



24 side leg raises



24 back leg raises

# **Six Week Workout Super Legs**

**Amy Cotta** 

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