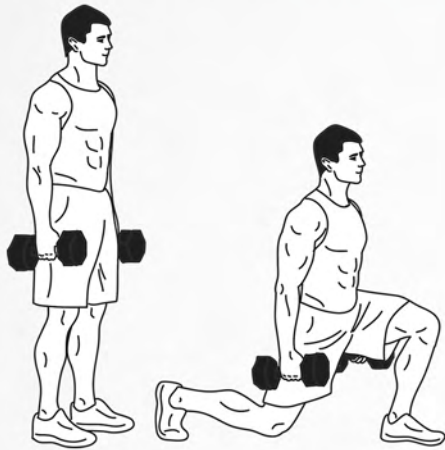


# GLUTES

WORKOUT BY @darebee.com

2 minutes rest between exercises

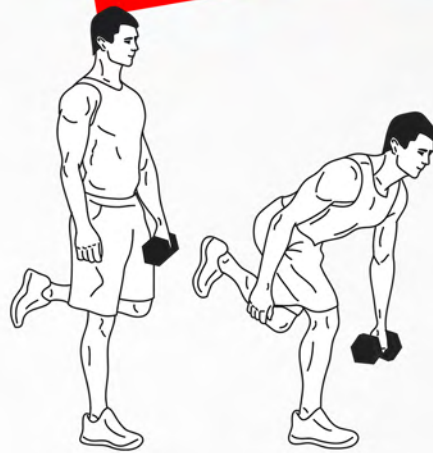
**SCULPT**



**forward lunges**

12, 10, 8, 6 (both legs)

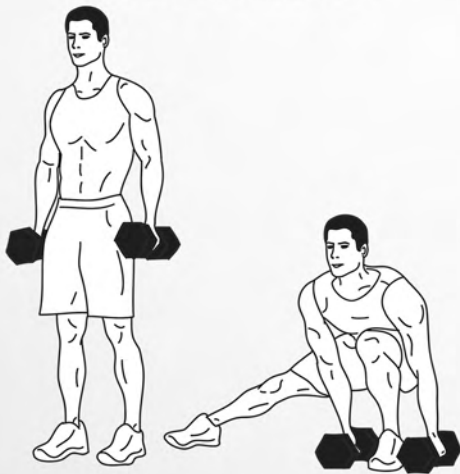
30 seconds rest



**single leg deadlifts**

12, 10, 8, 6 (both legs)

30 seconds rest



**deep side lunges**

12, 10, 8, 6 (both legs)

30 seconds rest



**goblet squats**

10, 8, 6, 4

30 seconds rest