

## LOWER BODY EXERCISES

Balance Back Kick: <http://darebee.com/exercises/balance-back-kick.html>

Balance Side Lunge: <http://darebee.com/exercises/balance-side-lunges.html>

Burpees: <http://darebee.com/exercises/burpees-exercise.html>

Burpees with Rotations: <http://darebee.com/exercises/burpees-with-rotations.html>

Burpee with Pushup: <http://darebee.com/exercises/burpees-with-push-up.html>

Calf Raises: <http://darebee.com/exercises/calf-raises.html>

Donkey Kicks: <http://darebee.com/exercises/donkey-kicks.html>

Half Squat T's: <http://darebee.com/exercises/half-squat-ts.html>

High Squats: <http://darebee.com/exercises/high-squats.html>

Lunge: <http://darebee.com/exercises/forward-lunges.html>

Reverse Lunge: <http://darebee.com/exercises/reverse-lunges.html>

Reverse Plank Kicks: <http://darebee.com/exercises/reverse-plank-kicks.html>

Side to Side Jumps: <http://darebee.com/exercises/side-to-side-jumps.html>

Single Leg Bridges: <http://darebee.com/exercises/single-leg-bridges.html>

Bridges: <http://darebee.com/exercises/bridges-exercise.html>

Sprinter Lunges: <http://darebee.com/exercises/sprinter-lunges.html>

Side Lunge: <http://darebee.com/exercises/side-lunges.html>

Squat + Jumping Jack: <http://darebee.com/exercises/squat-jumping-jack.html>

Squat hold calf raise: <http://darebee.com/exercises/squat-hold-calf-raises.html>

Squats: <http://darebee.com/exercises/squats-exercise.html>

Sumo Squat: <http://darebee.com/exercises/sumo-squats.html>

Squat Step up: <http://darebee.com/exercises/squat-step-ups.html>

Jump Knee Tuck: <http://darebee.com/exercises/jump-knee-tucks.html>

Jump Squats: <http://darebee.com/exercises/jump-squats.html>

Jumping Lunges: <http://darebee.com/exercises/jumping-lunges.html>

Lunge Kicks: <http://darebee.com/exercises/lunge-kicks.html>

Lunge Step-ups:

Pistol Squat: