

Work Out of the Day

FOCUS:

LOWER BODY WORKOUT

DESCRIPTION:

*20 Reps per exercise

*2-3 minute rest after you do all 13 sets of 20 reps

*2-3 Rounds

THE WORKOUT:

1. Squats (Weight Option)
2. Weighted Squat Jumps
3. Forward Lunges Right then Left (20 each leg)
4. Step-Ups or OPTION- High Knees with or without weight or arms overhead
5. Romanian Deadlift Right Leg
6. Romanian Deadlift Left Leg
7. Sumo Squat (Wide feet, toes turned out, weight taps the floor, keep chest up)
8. Kettlebell Swings (Option could be a backpack or water jug)
9. Back Stepping Lunges Right Leg then Left leg (20 each leg)
10. Hops (Wide Feet)
11. Romanian Single Leg Squat Right Leg
12. Romanian Single Leg Squat Left Leg
13. Calf Raises weight or no weight at collar bone. (Standing on floor lift heels and pulse each rep. (Don't let heels touch floor)