

## **W.O.D. Tuesday, April 14th, 2020**

### **Focus:**

Lower Body Circuit Workout

### **Directions:**

Take about 3 minutes to stretch and warm up your body. Then perform each exercise for 20 seconds and **ONLY** rest for 10 seconds. Once you complete all 6 exercises; you then earn a 1-minute break. Complete 5 Rounds to finish the workout.

### **Options:**

You may use resistance bands, weights or body weight for any of these exercises. Please perform moves safely within your fitness level or enough to challenge you. Look for options with each exercise.

### **Exercises:**

#### **20 Second Rounds-10 Second Rest**

1. Overhead Squats
2. Back Lunge (Left Leg Only)
3. Back Lunge (Right Leg Only)
4. Bridges
5. Deep Squat w/Hop (Land w/feet wide)
6. Deadlifts (Body Weight, stand on a band or hold weight in hands)

***\*\*After you complete all exercises take a 1-minute rest\*\****