

MONDAY

★★ ADVANCED

LEG DAY

EQUIPMENT NEEDED:



- ✓ 3 rounds of:
12 Slow KB Sumo Squats (goblet squat position)
20 Banded Donkey Kicks (each side)
- ✓ 3 rounds of:
20 Total Alternating KB Curtsy lunges (goblet squat position)
40 Total Lateral Banded Walk (20 one direction 20 the other direction)
- ✓ 3 rounds of:
16 Total Alternating KB Weighted Step Ups (goblet squat position)
20 Lying Banded Clam Shells (each side)