



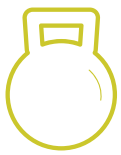
~30-40 min

~60 sec. rest
in between sets

DAY 1 | WEEKS 1 & 2

LOWER BODY

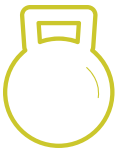
4 sets for all exercises:



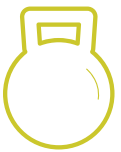
Sumo Squat | 12 reps | Straight Into:



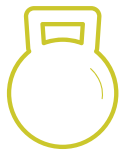
Curtsy Lunge | 12 reps



Glute Bias Split Squat | 20 reps (10 each side)



RDL | 12 reps



Hip Thrust | 12 reps

Equipment Needed:

- Dumbbells
- Barbell or dumbbells

Helpful Tips:

- **Pace Yourself:** Aim for approximately 60 seconds of rest between each set. This pause is crucial for muscle recovery and preparing you for the next bout of effort!
- **Sequential, Not a Circuit:** This workout is designed for you to complete each exercise individually before moving on to the next, rather than in a circuit format. Please focus on each movement and give it your all.
- **Unilateral Exercises:** For movements targeting one leg at a time, you may opt for minimal rest between switching sides. Balance is key, so ensure equal effort on both sides.
- **Listen to Your Body:** Your body's feedback is the most reliable guide. If you require more rest, don't hesitate to take it. It's about the quality of each rep, not rushing through!
- **Estimated Duration:** Expect this workout to take between 30-40 minutes, contingent on your rest periods. Embrace this time you've dedicated to yourself and your well-being.