

★ INTERMEDIATE

LOWER BODY

EQUIPMENT NEEDED:   

- 3x10 Dumbbell Goblet Squat
- 2x14 Alternating Dumbbell Walking Lunges

- 2 rounds of:
 - 8 Dumbbell Bulgarian Split Squats (each side)
 - 10 Seated Dumbbell Calf Raises

- Glute finisher:
 - 2 rounds of:
 - 10 Banded Glute Bridges
 - 10 Banded Glute Bridge Hold w/ Hip Abductions
 - 10 Banded Donkey Kicks (each side)