

★ ★ PRO

LOWER BODY

EQUIPMENT NEEDED:   

- 3x15 Dumbbell Goblet Squat
- 2x20 Alternating Dumbbell Walking Lunges

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

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