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| **Day 3 Workout** | | | |
| **EXERCISE** | **REPS** | **SETS** | **REST** |
| **[A1. Reverse Lunges with Kick](https://youtu.be/1MiyIDslZwg)** | 20 per side | 2-3 | 0 |
| **[A2. Butterfly Hip Extensions](https://youtu.be/bHpThj7mC18)** | 20 + 20 pulses | 2-3 | 0 |
| **[A3. Standing Band Abductions](https://youtu.be/KBemSo8sjr8)** | 20 | 2-3 | 0 |
| [**A4. Deep Squat Hold**](https://youtu.be/wA2bvSLveeI) | Stretch -Breathe (Inhale 6 seconds & hold the deep squat position & Exhale 6 seconds while pushing your knees out with your elbows - do this for about 1 minute) | 2-3 | 60-90 Seconds |