

# MONDAY

★★ BEGINNER

# LEG DAY

EQUIPMENT NEEDED:



- ✓ 3 rounds of:
  - 8 Bodyweight Sumo Squats**
  - 10 Banded Donkey Kicks (each side)**
  
- ✓ 3 rounds of:
  - 12 Total Alternating Step Lunges**
  - 20 Total Lateral Banded Walk**
  - (10 one direction 10 the other direction)**
  
- ✓ 3 rounds of:
  - 12 Total Alternating Step Ups**
  - 10 Lying Banded Clam Shells (each side)**