

DAY 1: LEG DAY

WARM UP

- 3 Minutes 10-15% incline treadmill sprint 3.0-3.5
- 20 Reps lateral band walks (band just above the knees)
- 1 Minute wall sit
- 10 Glute bridges (final rep open and close knees to activate the glutes)

CIRCUIT 1 (3 SETS)

- Kettlebell sumo squat: wide leg with a kettlebell or a heavy dumbbell (20 / 15 / 10 reps)
- Criss cross squat jumps- plyo metric workout (20 / 20 / 20 reps)
- Kettlebell straight leg swing : hamstring focus (10 / 10 / 10 reps)
- Bent knee plank hold 1 min

Cardio Blast

- 30 Second sprint on the stairs or on 15% incline treadmill

CIRCUIT 2 (3 SETS)

- Barbell step back lunge (15 / 12 / 10 reps, each leg)
- Split squat jumps (20 / 20 / 20 reps)
- Barbell lateral lunge into a curtsey lunge (8 / 8 / 8 reps)
- Straight leg lift in a v / teaser position (10 / 10 / 10 reps each leg)

Cardio Blast

- 45 Second sprint on stairs or 15% incline treadmill

CIRCUIT 3 (3 SETS)

- Split stance deadlift with dumbbells (10 / 8 / 8 reps)
- Glide glute bridges with a hamstring curl : bridge up, press out then pull in (8 / 8 / 8 reps)
- Single leg split squats (8 / 8 / 8 reps, each leg)

Cardio Blast

- 1 Min sprint on stairs or 15% incine on treadmill (cardio workouts)