



~20 min

Rest 1 min
between
circuits

WEEKS 1 & 3 | DAY 1

LOWER BODY CIRCUIT



Pop Squat | 20 reps



Forward lunge | 10 reps per side



Weighted Squat | 10 reps



Glute Bridge | 15 reps



Sumo Squat | 10 reps

Instructions:

Equipment - dumbbells + mat + resistance band

This workout is meant to be done as a circuit. Complete 4 rounds. Take your time, quality over quantity! Rest 1-2 minutes between each circuit.

Listen to your body! If you need more rest, please rest a bit longer. This workout may take around 20 min, depending on rest times. Have a great workout and please comment with any questions!