

LEGS/GLUTES

1A Jump Squats	15 seconds
1B Alternating Lunges	30 seconds
1C Rest	15 seconds

2A Sumo Squat	15 seconds
2B Wall Sit	30 seconds
2C Rest	15 seconds

3A Curtsey Lunges	15 seconds
3B Glute Bridges	30 seconds
3C Rest	15 seconds

4A Forward Line Hops	15 seconds
4B Reverse Lunge to Knee Drive	30 seconds
4C Rest	15 seconds

*Rest 30 seconds or 1 minute, then start again
Complete 3-5 rounds (15-25 minutes)*