

Lower

# WORKOUT

10  
MIN

## BODYWEIGHT

After the warm up, perform each WORKOUT moves for 40 seconds, resting 20 seconds between moves. These moves will be performed consecutively for a 10 minute workout. If time allows, repeat the WORKOUT once or twice for a 20 or 30 minute burn!

## WARMUP

Up Dog to Child's Pose - 30 seconds  
Cat Cow - 30 seconds  
Trunk Rotations - 30 seconds  
Side Bends - 30 seconds  
Knee to chest - 30 seconds  
Standing Pigeon Pull - 30 seconds

## WORKOUT

- Squat
- Forward Lunge (Alt Legs)
- Side Lunge (Alt Direction)
- Glute Bridge
- Wall Sit
- Calf Raises
- Curtsy Lunge
- Sumo Squat w/ Heal Raise
- Reverse Lunge
- Squat Hold & Pulse



HOTEL ATHLETE