

Lower

WORKOUT

20
MIN

DUMBBELLS

After the warm up, perform the super set in the PREP session until completing 4 rounds. Once complete, move to the STRENGTH superset and complete all 4 rounds. Finally, complete the CONDITIONING superset! These should be completed as TABATA sets, working for 20s and resting for 10s. Additional rest as needed.

WARMUP

- Jumping Jacks - 30 seconds
- Lateral Leg Swings - 15 seconds each
- Alternating Hamstring Scoops - 30 seconds
- Alternating Quad Pulls - 30 seconds
- Cat Cow - 30 seconds
- Quadruped T Spine Rotations - 30 seconds

WORKOUT

PREP (4X Through) - 6 MIN

- Weighted Pogo Hops x 20s
- Weighted Bench Step Ups x 20s
- Weighted Glute Bridge x 20s

STRENGTH (4X Through) - 8 MIN

- Dumbbell Squat x 20s
- Dumbbell RDL x 20s
- Dumbbell Bulgarian Split Squat x 20s
- Dumbbell Calf Raises, 3 Position x 20s

CONDITIONING (4X Through) - 6 MIN

- Dumbbell Russian Twist x 20s
- Dumbbell Squat Thrusters x 20s
- Renegade Row to Frogger x 20s

