

Lower

WORKOUT

15
MIN

DUMBBELLS

After the warm up, perform each super set three times through. You will work for 30s in the dynamic movement, followed by 30s of isometric work for the same muscle group. There is no designated rest during the three rounds of each super set, so take breaks when needed. Challenge yourself to work with as little rest as possible.

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

SET 1

- Dumbbell Squat x 30s
- Dumbbell Squat Hold (pulse) x 30s

SET 2

- Dumbbell FWD Lunge Right x 30s
- Dumbbell FWD Lunge Hold Right x 30s

SET 3

- Dumbbell FWD Lunge Left x 30s
- Dumbbell FWD Lunge Hold Left x 30s

SET 4

- Dumbbell Goblet Side Lunge Right x 30s
- Dumbbell Goblet Side Lunge Hold Right x 30s

SET 5

- Dumbbell Goblet Side Lunge Left x 30s
- Dumbbell Goblet Side Lunge Hold Left x 30s

