

Lower

BODYWEIGHT

WARM-UP (3-4 MINUTES, NOT INCLUDED IN WORKOUT TIME)

30s jumping jacks
30s high knees
30s butt kicks
30s bodyweight squats
30s hip circles (15s each direction)
30s lunges in place
30s glute bridges

WORKOUT

FORMAT:

40s work / 20s rest, 1 min rest between sets repeat circuit twice (~10 minutes)

- 1. Jump squats**
- 2. Alternating jumping lunges**
- 3. Single-leg glute bridges (20s per side)**
- 4. Skater hops**