

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:

Each block = 4 minutes AMRAP (as many rounds as possible).

Rest 1 minute between blocks.

Pick a challenging but repeatable pace

AMRAP 1 (4 Minutes)

- 1.3 sec Eccentric Squats x 8
2. Split Squats x 6 EA
3. Calf Raises x 12

AMRAP 2 (4 Minutes)

1. Cossack Squats x 6 EA
2. SL Glute Bridge x 8 EA
3. Hamstring Walk Outs x 10

AMRAP 3 (4 Minutes)

1. Reverse Lunge x 12
2. Squat Pulse x 10
3. Tuck Jumps x 8

