

## Lower Body Blast #6

Set 1	Reps
Single Leg Lunge w/ weight (5+ lbs)	8-15 each leg
Quick Squats w/ weight (5+ lbs)	8-15 total
Cardio Interval: 1 minute jump rope	
Set 2	Reps
Tri-Plane Lunges (5+ lbs; forward, side, reverse = 1 rep)	6-12 each leg
Reverse Lunge w/ weight (5+ lbs)	8-15 each leg
Full Range Squat w/ Calf Raise w/ weight (5+ lbs)	8-15 total
Cardio Interval: 1 minute jump rope	
Set 3	Reps
Leg Crossovers on Bench	10-20 each leg
Bench Step-ups	8-15 each leg
Wall Sit w/ Bicep Curl to Shoulder Press Combo	1 minute
Cardio Interval: 1 minute jump rope	
Set 4	Reps
Single Hamstring Curls	8-15 each leg
Double Hamstring Curls	8-15 total
Hip Thrusts	10-20 total
Cardio Interval: 1 minute jump rope	
10 Minute Abs	Time
Double Leg Lift & Lower	50 sec/10 sec rest
Right Side Plank with Reach-Through	50 sec/10 sec rest
Left Side Plank with Reach-Through	50 sec/10 sec rest
Repeat 2 More Times!!	
Plank Up-Downs	1 min