

Lower Body Blast #2

Set 1: perform 1-4 times in a row	Reps
Bench Step-Ups: Right Leg	10-12 total
Bench Step-Ups : Left Leg	10-12 total
Wall Sit with Bicep Curl (5-10 lbs)	45-60 seconds
Cardio Interval: 1 minute skaters (with light weights, opt)	
Set 2: perform 1-4 times in a row	Reps
3-way Squat Jump	10 each direction
Side Lunge	10-12 each leg
Wall Sit with Shoulder Press (5-10 lbs)	45-60 seconds
Cardio Interval: Bench Leg Overs: 30 sec each leg	
Set 3: perform 1-4 times in a row	Reps
3-Way Calf Raise	8-12 each way
Single-Leg Deadlift	12 total
Wall Sit with Punches (5-10 lbs)	45-60 seconds
Cardio Interval: Bench Leg Overs: 30 sec each leg	
Giant Set:	Reps
Repeat from the top and perform all 9 exercises once	15 total/each leg
10 Minute Abs	Time
Standing Side-to-Side Bends	45 sec/ 15 sec rest
Plank Up-Downs	45 sec/ 15 sec rest
Seated Bicycles	45 sec/ 15 sec rest
Repeat 2 More Times!!	
V-Reach	1 min