

Legs & Booty Week 3

	Exercise	Time
Warm-up	R Single Leg Hip Raise	30s
	R Donkey Kicks w/ Ball	30s
	R Fire Hydrants w/ Ball	30s
	R Rear Leg Lifts + Pulse	30s
	R Rainbows	30s
Active Recovery	Butt Kicks	30s
	L Single Leg Hip Raise	30s
	L Donkey Kicks w/ Ball	30s
	L Fire Hydrants w/ Ball	30s
	L Rear Leg Lifts + Pulse	30s
	L Rainbows	30s
Active Recovery	Step/Chair Taps	30s
Circuit 1:	R Reverse Lunge + Kick	30s
Perform Twice	L Reverse Lunge + Kick	30s
	Wall Squat + Heel Raise	30s
	Ballet Squat + Calf Raise	30s
	Walking Crossover Squats + Kick	30s
Active Recovery	Tin Soldier March	30s
Circuit 2:	R Single Leg Deadlift (Arms Out)	30s
Perform Twice	Step-ups	30s
	L Single Leg Deadlift (Arms Out)	30s
	Step-Downs	30s
Active Recovery	Side Scramble	30s
Cool Down	R Quad Stretch	20-30s
	R Rocking Hamstring Stretch	20-30s
	L Kneeling Hip Flexor Stretch	20-30s
	L Kneeling Hip Flexor Side Reach	20-30s
	R Pigeon	20-30s
	L Quad Stretch	20-30s
	L Rocking Hamstring Stretch	20-30s
	R Kneeling Hip Flexor Stretch	20-30s
	R Kneeling Hip Flexor Side Reach	20-30s
	L Pigeon	20-30s

