

LOWER BODY WORKOUT

BANDLESS LOWER BODY BLAST



No resistance band? No worries! We've got 6 killer supersets for you. Complete 3 rounds of each superset before you move onto the next.

WORKOUT

1

20 x Bulgarian split squat (each leg)
20 x Donkey kicks (each leg)

2

20 x Seated single leg lifts
20 x Jump squats

3

20 x Prone leg lift with leg abduction
50 x Pulsing squats

4

20 x Leg abduction (each leg)
20 x Leg adduction (each leg)

5

50 x Donkey pulses (each leg)
20 x Single leg crossover glute bridge

6

20 x Lateral lunge (each leg)
Maximum hold wall sit