

# LOWER BODY WORKOUT

## LEG'S GO!



**It's leg day! Enough said.**

**This workout should take you around 50 mins, so get ready to WORK!**

### WARM UP

- 1 20 x Bodyweight reverse lunges (alternate legs each time)
- 2 20 x Bodyweight squats
- 3 10 x Walkouts
- 4 2 minutes of skipping/ high knees with 20 seconds on/ off

### WORKOUT

**Complete each exercise and take up to 30 seconds of rest between each, aim for 3 rounds.**

- 1 10 x Suitcase squats
- 2 20 x Overhead lunges (10 reps each side)
- 3 10 x Dumbbell RDLs (Romanian Deadlift)
- 4 10 x Bulgarian split squats
- 5 30 x Toe taps

### COOL DOWN

- 1 Child's pose - hold for 30 seconds
- 2 Quadricep stretch, 2 x 15 second holds each side
- 3 Standing hamstring stretch, 2 x 15 seconds holds each side