

15 min Holiday Time Crunch Workout – Lower Body #2

Equipment needed: 2 sets dumbbells, mat, floor space

Exercise	Reps/Time	Weight Used	Notes
Perform 4 rounds of the following exercises – circuit style, resting when needed			
Lunge-Squat-Lunge	45 secs	Medium	Can use barbell
Walking lunge/reach	45 secs	Medium	
Prisoner Switch Jumps	45 secs	n/a	Heads behind head, elbows pressed back
Perform 5 rounds of the following 20 secs work/10 secs rest			
Barbell or Stiff-legged deadlift	20/10	Medium/Heavy	
Finisher: 1 min hip bridge – alternate 10 secs full reps, 10 secs pulse at the top			