

10 MIN LOWER BODY – BODY WEIGHT

2 MIN SQUAT CHAIN 5 TO 10 UP CHAIN: 5 FAST SQUAT, 5 BOTTOM ½ SQUAT, 5 PULSING SQUATS; THEN 6 OF EACH, 7 OF EACH, ETC.

2 MIN LEFT LUNGE CHAIN SERIES: FRONT, SIDE BACK LUNGE – CHAIN EACH FROM 1 TO 5

2 MIN RIGHT LUNGE CHAIN SERIES – SAME AS ABOVE

2 MIN HIP BRIDGE

1 MIN LEFT HIP BRIDGE – 10 SECS FULL REPS, 10 SECS PULSES X 3

1 MIN RIGHT HIP BRIDGE – 10 SECS FULL REPS, 10 SECS PULSES X 3