PRIME LIFE FIT
LOVE YOUR LIFE AT ANY AGE!

2018 Beat the Bloat Holiday Challenge

15 Minute Lower Body

Equipment needed: dumbbells, timer

Please warm-up appropriately

Perform three rounds of the following exercises, 30 secs each. Take rest as needed.

Exercise	**Weight**	**Reps/Time**
Step Ups Left	Moderate to heavy	30 secs
Step Ups Right	Moderate to heavy	30 secs
Squat Pulse	Light to Moderate or none	30 secs
New Jacks	n/a	30 secs

Perform three rounds of the following exercises, 30 secs each. Take rest as needed.

Side Lunge Left	Moderate	30 secs
Side Lunge Right	Moderate	30 secs
Stiff Legged Deadlift	Moderate	30 secs
Switch Jumps	n/a	30 secs

OPTIONAL FINISHER:

2 rounds – 15 secs fast squat/15 secs squat pulse/15 secs squat jumps