



~30 min

Rest 60-90
seconds
between sets

DAY 1 | LOWER BODY

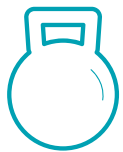


TRI-SET: 4 rounds 10 reps each (per leg)

● Jump Squat

● Fire Hydrant

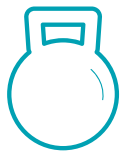
● Clamshell



Glute Bridge | 4x20



Donkey Kicks | 4x20 (10 per leg)



Banded RDL (Romanian deadlift) | 4x10

Equipment:

Resistance Bands: 1 short loop + 1 long loop

Tips:

Rest 60-90 seconds between each set and before moving on to the next exercise. This is not meant to be done as a circuit. For the exercises where you focus on one leg at a time, you can perform those with minimal rest in between. Listen to your body! If you need more rest, please do so! This workout may take around 30-40 min, depending on rest times.