Lower Body Blast #1

Set 1: Perform 2-4 times	**Reps**
Wide Squat with Shoulder Press (4-10 lbs)	12 total
Sumo Squat with Alt Elbow to Opposite Knee	12 total
Narrow Squat with Biceps Curl (4-10 lbs)	12 total
Cardio Interval: 1 minute jump rope	
Set 2: Perform 2-4 times	**Reps**
Tri-Plane Lunges (4-10 lbs; forward, side, reverse = 1 rep)	4-8 each leg
Bench Sit with Front Raise (4-10 lbs)	6-10 each leg
Single-Leg Donkey Kick	15 each leg
Cardio Interval: 1 minute Mountain Climbers	
Set 3: Perform 2-4 times	**Reps**
Straight-Leg Deadlift (5-15 lbs)	12 total
Hamstring Curl with Ball or Towel	12 total
3-Way Calf Raise	10 each way
Cardio Interval: 1 minute Burpees	
Giant Set:	**Reps**
Repeat from the top and perform all 9 exercises once	15 total/12 each leg
**Omit cardio intervals	Donkey kicks-20/leg
10 Minute Abs	**Time**
Plank w/ Alternating Knee Taps	1 min
Right Side Plank with Reach-Through	1 min
Left Side Plank with Reach-Through	1 min
Repeat 2 More Times!!	
Plank Up-Downs	1 min