

Lower Body Blast #7

Set 1: perform 4 times in a row	Reps
Full Squat	12-15 total
Side Lunge with weight	12-15 each leg
Squat (with Back Row option)	12-15 total
1 Min Cardio Interval: Burpee with Alt. Knee to Elbow	
Set 2: perform 4 times in a row	Reps
Pistol Squat	12-15 total
Sissy Squat	12-15 total
Wall Sit with 15 bicep curls, 15 shoulder presses, 15 alt punches	1 set
1 Min Cardio Interval: Lateral Jump Burpee with Push-up	
Set 3: perform 2-3 times in a row	Reps
Right Side L's & O's, full and half	10-12 each
Bridge Hip Thrusts	15 total
Left Side L's & O's, full and half	10-12 each
Bridge Hip Thrusts	15 total
1 Min Cardio Interval: 2 Jumping Jacks + 2 Star Jumps	
Giant Set:	Reps
Repeat from the top and perform all 9 exercises once	15 total/each leg
**Omit cardio intervals	
10 Minute Abs	Time
Butterfly Crunches	50 sec/ 10 sec rest
Crank Plank Right	50 sec/ 10 sec rest
Crank Plank Left	50 sec/ 10 sec rest
Repeat 2 More Times!!	
Hundreds	1 min