

LOWER BODY 02

Home workout

Level: Beginner/intermediate/advanced

Time: 30 min

Superset A x3



Sumo squat with heel raise

Single leg RDL

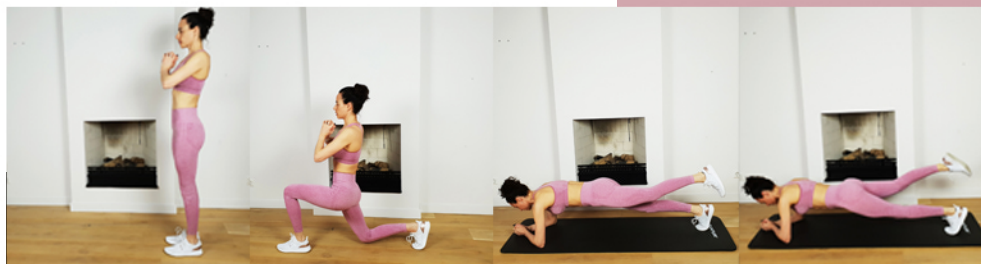
Superset B x3



Alternating curtsy lunge

Alternating single leg hip thrust

Superset C x3



Pulsed walking lunges

Alternating 3 point plank

Superset D x3



Fire hydrant

Bent leg reverse hyper

each exercise AMRAP

Beginner:
20 sec work 40 sec rest

Intermediate:
30 sec work 30 sec rest

Advanced:
40 sec work 20 sec rest

Add 2 sec work weekly.
On week 4 go back to
starting time.



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