

# LOWER BODY 03

Home workout  
Level: intermediate/advanced  
Time: 30-35 min

## Superset A



Step up reverse lunge  
4X10

Standing banded hip thrust  
4X12

## Superset B



Wide stance good morning  
4X20

Wall sit  
3X30-40 sec

## Superset C



Glute march  
3X20

Bent leg raise  
3X15-20

## Superset D



Weighted hip thrust with 3sec hold |  
3X10-12

Weighted calves raise  
2X20

