

LOWER BODY BLAST

WORKOUT OF THE WEEK | FREE PROGRAM



EXERCISE 1

HIP THRUST WITH PULSE

4 sets | 15 reps



EXERCISE 2

GLUTE KICK BACKS

4 sets | 20 reps



EXERCISE 3

GLUTE CRAB WALKS

10 reps right,
10 reps left



EXERCISE 4

ALTERNATING LUNGES WITH CENTRE SQUAT

4 sets | 12 reps



EXERCISE 5

JUMP SQUATS SUPER SET WITH WALL SIT

3 sets | 12 jump
squats, 30 sec
wall sit



EXERCISE 6

SINGLE LEG DEADLIFT

4 sets | 10 reps
each leg

