

LOWER BODY SERIES

Choose **5 exercises** and complete each for **30 seconds**. Repeat the circuit **3 - 5 times** for a total lower body workout! Mix it up by choosing a different combination of exercises each day!

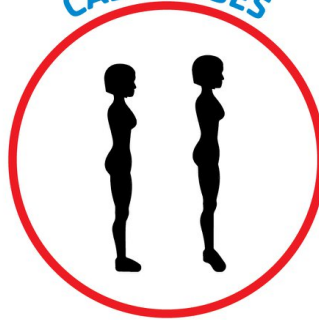
SUMO SQUATS



SIDE LUNGES



CALF RAISES



HIP THRUSTS



SKATERS



BURPEES



FROG JUMPS



STAR JUMPS



REVERSE LUNGE TO PLYO JUMP



LYING SIDE LEG LIFTS



LUNGES



DEADLIFT



DONKEY KICKS



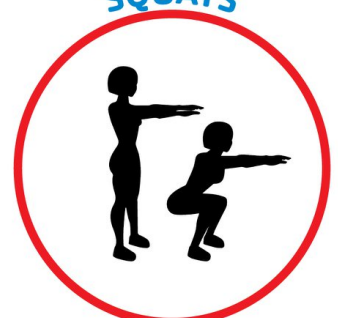
HALF BURPEE



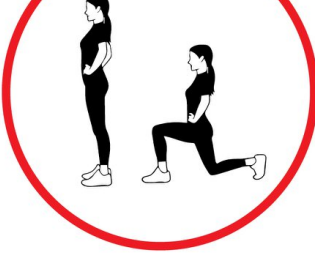
PLIÉ SQUAT CALF RAISES



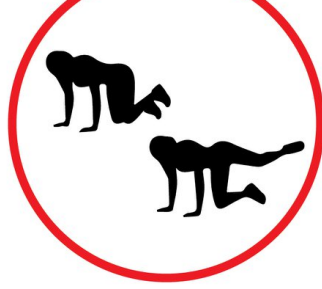
SQUATS



BACKWARD LUNGES



FIRE HYDRANT



CURTSY LUNGE



SURRENDERS



WALL SIT



SQUAT JUMPS



BULGARIAN SPLIT SQUAT



BENCH FLUTTER KICKS



STANDING LONG JUMPS

