

LOWER BODY PROGRAM 3

This program is all about the lower body. You will need dumbbells/ weights for this program, as well as a bench/ chair/ ledge.

This program will be all about rep counts. Perform exercises that are together as a superset (do one, then do the other, then take ~1 min rest). Finish all sets of the superset before moving on to the next exercise/ superset.

Superset 1: 4 x 12 reps

Squats

Side Lunges (per side)

Superset 2: 4 x 12 reps

Lunges (per side)

Straight Leg Deadlifts

Set 3: 4 x 12 reps

Split Squats (per side)

Set 4: 4 x 12 reps

Step Ups (per side)