

Bottom Heavy / Core

Workout 02

(A) Quads/Glutes

Sets / Reps

ABS / Core

Sec / Minutes

Jump Squat

4 x 12

6 inches

1 min

(A) Quads/Glutes

Sets / Reps

ABS / Core

Sec / Minutes

Knee Strikes

4 x 12

Leg - Lifts

30 sec

(A) Quads/Glutes

Sets / Reps

ABS / Core

Sec / Minutes

Curtsey Lunges

4 x 12

Plank

30 sec

(A) Quads/Glutes

Sets / Reps

ABS / Core

Sec / Minutes

Side Lunges

4 x 10

Butterflies

30 sec

(A) Quads/Glutes

Sets / Reps

ABS / Core

Sec / Minutes

Calf Raises

4 x 15

6 inches

1 min