

Bottom Heavy / Core

Workout 09

(A) Quads / Glutes

Sets / Reps

ABS / Core

Sec / Minutes

Air Squats w / (LB)

5 x 15

Russian Twists

1 min

(A) Quads / Glutes

Sets / Reps

ABS / Core

Sec / Minutes

Sumo Squats w / (DB)

5 x 12

Bicycles

30 sec

(A) Quads / Glutes

Sets / Reps

ABS / Core

Sec / Minutes

High Knees

5 x 20

Rests

...

(A) Quads / Glutes

Sets / Reps

ABS / Core

Sec / Minutes

Knee Strike To Squat

5 x 12

Plank Crunches

30 sec

(A) Quads / Glutes

Sets / Reps

ABS / Core

Sec / Minutes

Triple Pulse Squat w / (DB)or(KB)

5 x 10

Plank

1 min