

Bottom Heavy / Core

Workout 08

(A) Quads	Sets / Reps	ABS / Core	Sec / Minutes
Side Lunges	4 x 15	6 inches	1 min

(A) Quads	Sets / Reps	ABS / Core	Sec / Minutes
Jump Squat w / (LB)	4 x 12	Roll Ups	30 sec

(A) Quads	Sets / Reps	ABS / Core	Sec / Minutes
Goblet Squat w / (DB-KB)	4 x 10	Toe Touches	30 sec

(A) Quads	Sets / Reps	ABS / Core	Sec / Minutes
Pulse Squats w / (LB)	4 x 10	Flutter Kicks	30 sec

(A) Quads	Sets / Reps	ABS / Core	Sec / Minutes
Kneeling Hip Thrusts w / (LB)	4 x 10	6 inches	1 min