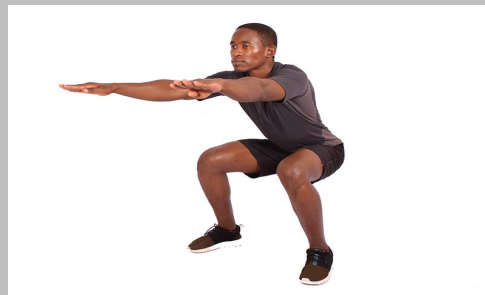




LOWER BODY WORKOUT PLAN :

- Air Squats - 10 reps



- Hip Thrust - 10 reps



- Lunge - 6 reps / side



- **Single-Leg Kickback - 10 reps/side**



- **Bicycle Crunch - 12 reps**



- **Leg Pull-In - 12 reps**

