

## **DAY 4 (Lower Body)**

**DB = Dumb Bell**

**\*\*DISCLAIMER: Needs to be 4 Rounds not 3 Rounds**

**30 Seconds DB Tactical Lunges**

**30 Seconds DB Suitcase Squats**

**>> 4 Rounds <<**

**30 Seconds 1 Leg DB Squats (Left)**

**30 Seconds 1 Leg DB Squats (Right)**

**>> 4 Rounds <<**

**30 Seconds DB Alternating Lunges**

**30 Seconds DB Canadian Stiff Legs**

**>> 4 Rounds <<**

**30 Seconds DB Plie's Squats**

**30 Seconds DB Calf Raises**

**>> 4 Rounds <<**

**30 Seconds DB Alternating Curtsy Lunges**

**30 Seconds DB Hip Raises**

**>> 4 Rounds <<**

**30 Seconds Donkey Kicks (Left)**

**30 Seconds Donkey Kicks (Right)**

**>> 4 Rounds <<**

**30 Seconds Fire Hydrants (Left)**

**30 Seconds Fire Hydrants (Right)**

**>> 4 Rounds <<**