

DAY 27 (Lower Body)

DB = Dumb Bell

SB = Stability Ball

30 Seconds DB lunge to high knee (RIGHT)

30 Seconds DB lunge to high knee (LEFT)

>> 4 Rounds <<

30 Seconds DB Suitcase Squats

30 Seconds DB Tactical Lunges

>> 4 Rounds <<

30 Seconds DB pistol squats (RIGHT)

30 Seconds DB pistol squats (LEFT)

>> 4 Rounds <<

30 Seconds DB staggered lunges

30 Seconds DB stiff legs

>> 4 Rounds <<

30 Seconds side step ups to leg raises (RIGHT)

30 Seconds side step ups to leg raises (LEFT)

>> 4 Rounds <<

30 Seconds DB plie' squats

30 Seconds DB calf raises

>> 4 Rounds <<

30 Seconds SB 1 Leg Curls (RIGHT)

30 Seconds SB 1 Leg Curls (LEFT)

>> 4 Rounds <<