

DAY 15 (Lower Body)

DB = Dumb Bell

40 Seconds DB Alternating Front to Side to Back Lunges + 20 Seconds Squat Jumps

>> 4 Rounds <<

40 Seconds Canadian Stiff Legs + 20 Seconds Jump Lunges

>> 4 Rounds <<

40 Seconds DB Alternating Curtsy Lunges + 20 Seconds Squat Jumps

>> 4 Rounds <<

40 Seconds DB Good Mornings + 20 Seconds Jump Lunges

>> 4 Rounds <<

40 Seconds DB Alternating Narrow to Wide Squats + 20 Seconds Squat Jumps

>> 4 Rounds <<

40 Seconds Alternating Kick Backs + 20 Seconds Jump Lunges

>> 4 Rounds <<

40 Seconds Reverse Crunches + 20 Seconds Groiners

>> 4 Rounds <<