

DAY 9 (Lower - Glutes Hamstrings Quads Calves)

DB = Dumb Bell

SECTION A

- 1. Alternating Reverse DB Lunges**
- 2. DB Goblet Squats**
- 3. DB Alternating Step Ups**
- 4. DB Hip Raises**
- 5. DB Get Up Situps**

>> 1 Minute Per Exercise - 3 Rounds <<

SECTION B

- 1. DB Alternating Pistol Squats**
- 2. DB Jump Squats**
- 3. Alternating Glute Kick Backs**
- 4. DB Alternating Lateral Lunges**
- 5. DB Russian Twist**

>> 1 Minute Per Exercise - 3 Rounds <<