

DAY 21 (Lower Body)

DB = Dumb Bell

30 Seconds DB Alternating Step Ups

30 Seconds In and Out Power Squats

>> 2 Rounds <<

30 Seconds DB Side Lunges

30 Seconds Prisoner Alternating Lunges

>> 2 Rounds <<

30 Seconds DB Alternating Stiff Legs

30 Seconds In and Out Power Squats

>> 2 Rounds <<

30 Seconds Screamer Lunges (3:3)

30 Seconds Prisoner Alternating Jump Lunges

>> 2 Rounds <<

30 Seconds Band Walking Side Squats (RIGHT)

30 Seconds Band Walking Side Squats (LEFT)

>> 2 Rounds <<

30 Seconds Prisoner Bulgarian Split Squats (RIGHT)

30 Seconds Prisoner Bulgarian Split Squats (LEFT)

>> 2 Rounds <<

30 Seconds Pulsing Leg Lifts (RIGHT)

30 Seconds Pulsing Leg Lifts (LEFT)

>> 2 Rounds <<

NOW REPEAT ENTIRE WORKOUT AGAIN