

POWER SIX

LOWER BODY WORKOUT #1

REPEAT 3-5 ROUNDS



1. JUMP SQUATS 30 SEC./REST 30



2. SPLIT JUMPS 30 SEC./REST 30



3. SQUAT LEG LIFT 30 SEC./REST 30



4. SKATERS 30 SEC./REST 30



5. WALKING LUNGES 30 SEC./REST 30



6. STANDING CRUNCHES
30 SEC./REST 30