

# POWER SIX

## LOWER BODY WORKOUT #2

REPEAT 3-5 ROUNDS



1. BASIC SQUAT 12X



2. REVERSE LUNGE 12X



3. PLIE SQUAT 12X



4. FORWARD LUNGE 12X



5. SIDE LUNGE 12X  
EACH LEG



6. ONE LEG GLUTE LIFT  
10 EACH LEG