



WORKOUT OF THE DAY

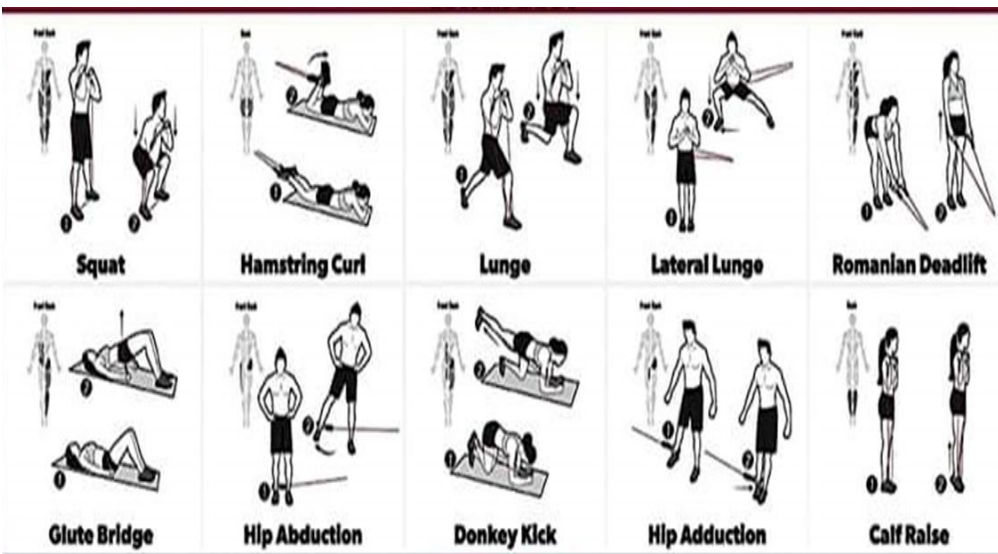


ELASTIC BANDS: LOWER BODY

What You'll Need: elastic band or dumbbells, floor mat

Recommendations: Remember to take sips of water in between stations, rest when you need to, do what feels right for you, check your heart rate, warm up and cool down are essential.

Warm Up (2X): 10 hip rolls (each side) | 10 backward stepping lunges (each side) | 45 sec. running in place | 10 side lunges (each side) | 45 sec. running in place



Protocol:

- First round, 12 reps.
- Rest 30 second/1 minute cardio of your choice
- Second round 14 reps.
- Rest 30 seconds/1 minute cardio of your choice
- Third round, 16 reps.
- Rest one minute and start from the beginning, for two more sets.

Modifications: use a pair of light to medium dumbbells and/or adding ankle weights, or just use body weight. You can choose to do two rounds instead of three.

Cool Down: Stretch lower body and limbs once finished.