

LOWER BODY BURNOUT

1

15 squat abductions (per leg)
15 lunges (per leg)

2

15 sumo squats
30 alternating curtsy squats

3

20 calf raises
15 sumo squat jump & cross

4

20 deadlifts
20 bridges

5

15 donkey kicks
15 fire hydrants

Repeat each couplet twice before moving on to the next round. Use challenging weights and maintain proper form throughout each move.