



WORKOUT AT HOME

LOWER BODY

8-10 x Glute bridge with overhead reach
(each side)

10-12 x Walking lunges (each side)

45-60 seconds x Pulsing sumo squat

10-12 x Single leg romanian deadlift
(each side)

12-15 x Donkey Kicks (each side)

10-12 x Reverse Lunge with knee Lift
(each side)

REPEAT 3 TIMES