

## 20 min 10wk Lower Body #1

Perform 4 rounds of the following circuit, rest as needed

<b>Exercise</b>	<b>Weight/dumbbell</b>	<b>Reps</b>
Dumbbell Squats (if in gym, can use Barbell)	15-25	10
Dumbbell Squats Pulses at bottom	15-25	10
Squat Jumps	N/A	10
New Jacks (ALT wide & close feet squat jumps)	N/A	10

Perform 3 rounds of the following circuit, rest as needed

<b>Exercise</b>	<b>Weight/dumbbell</b>	<b>Reps</b>
Walking Lunges	N/A	10 ea leg
Dumbbell Lunges (static)	15-25	15 ea side
Dumbbell Stiff-legged Deadlifts	25-40	10