

Lower Body Strength 4.27.20

MOB: WGS Flow

Body Weight WU 1:

3rds

10x Squat Walkout w/ Pushup

5x Sit Thru each

10x Cossack Sqt ea.

6min EMOTM

- 8x Air SQT

Time Remaining: Me Walking Lunges

2sets

1 min/ 30 " iso/ 30 " Rest

- SQT Lunge R/L
- Wall sit
- Rest

- Mini Band Shuffle/ Lat switch jumps
- Horse Stance
- Rest

- SL Diag Step R
- Static Lunge
- Rest

- SL Diag Step L
- Static Lunge
- Rest

2sets

1 min/ 30 " iso/ 30 " Rest

- Side Bridge Abd R
- Glute Bridge Hold
- Rest

- Side Bridge Abd L
- Glute Bridge Hold
- Rest

- Kick Stand DL R/ SL RDL
- Goblet Hold parallel
- Rest

- Kick Stand DL L/ SLRDL
- Goblet Hold parallel
- Rest

5sets

5x 3 " Ecc Bulg Split Sqt

5x Full Kneeling

Power Knee

Rest 1-2min