

Lower Body Strength 4.22.20
MOB 3min

Wu: 7 way Hip
Mini Banded
10x of each, both sides

- SL Hip Abd
- FWD
- Back
- FWD/ Back
- Circles FWD
- Circles Back
- Bicycles

A.) 8min

- 10x Air SQT
- 5+5 SA FSQ
- 5x SL Kicks ea.
- 5x Goblet Reverse Lunge

B.) 12 min

- 1 - 5X
- SL RDL
- 3 " ECC Goblet SQT

30x KBS OF 15x L. Jumps

C.) 15 min EMOTM

1. 15x Hip Thruster
+ 10 " Hold
2. 20x Sumo DL/ SQT
3. 20 " R/ L Pulse Lunge