

Lower Body Strength 5.29.20

Mob 4 min

WarmUp: 9min EMOTM

1. 5x HS Sqts, 5+5 Lunge
2. 10x Air sqt, 5x Sqt Jump
3. 6+6 Cossack Sqts

A.) 3 Sets

- 2min: ME
 - o 5+5 Curtsy Lunge
 - o 5+5 Split Jump Lunge
- 1 min : 1 ½ Squats

B.) 3 Sets

- 2min: ME
 - o 10x Goblet Sqt or Tempo Air Sqt
 - o 15x DL or 5+5 SLRDL
- 1 min : 20" Iso Lunge R/L

C.) 8min EMOTM

1. 5-5-5 Glute Bridge 10" iso each set
2. 25" Low Frog Hop

D.) 2 Sets

- 2min: ME
 - o 10x KB swing or 5+5 Speed Skater
 - o 5x Sqt Jump
- 1 min: Horse Stance