



Workout 3# by Ariana: Lower Body

The Warm-Up

- Hip Circles x 20 reps (10 each side)
- Forward Lunge With Reach x 10 reps
- Inch Worm x10 reps
- Ice Skaters x 30 sec
- Jumping Jacks x 30 sec
- High Knees x 30 sec
- Butt Kicks x 30 sec
- Lying Leg Crossover x10 reps (5 each side)

The Workout

Perform each exercises for 35 sec

Repeat circuit 3 to 4 times

- Squat With Front Kick
- Single Leg Deadlift
- Glute Bridge With March
- Standing Kickbacks
- Sumo Squat Pulses
- Reverse Lunge to High Knee
- Single Leg Calf Raise
- Kneeling Fire Hydrant
- Butterfly Bridges
- Wall Sit

The Cool-Down

- Step-Out Jumping Jacks x 45 sec
- Crossover Hamstring Stretch x 60 sec (30 sec each side)
- Standing IT Band Stretch x 60 sec (30 sec each side)
- Butterfly Stretch x 30 sec
- Figure Four Hip Stretch x 60 sec (30 sec each side)
- Kneeling Hip Flexor Stretch x 60 sec (30 sec each side)
- Straddle Stretch x 30 sec
- Downward Dog x30 sec