

EIGHT LEGS A SQUATTING

Warm up.

Jog for at least 5 minutes and do some dynamic stretching - high knees, butt kicks, and crossovers as you run.

Superset #1

****Rest one minute between sets****

For the walking lunges, grab dumbbells (or whatever you have at home) and get progressively heavier as the rep count decreases.

	Rep Count			
	Set 1	Set 2	Set 3	Set 4
DB Walking Lunges *Rep count is per leg	20	15	12	8
Explosive Squat Jumps	60	45	45	60
Jump rope	60 seconds	60 seconds	60 seconds	60 seconds

Superset #2

****Rest one minute between sets****

For split squats, grab dumbbells (or whatever you have at home) and get progressively heavier as the rep count decreases.

	Rep Count			
	Set 1	Set 2	Set 3	Set 4
Bulgarian Split Squats *Rep count is per leg	15	12	10	6
Wall Squats	60 seconds / failure	60 seconds / failure	60 seconds / failure	60 seconds / failure

Not sure how to do Bulgarian Split Squats?

Check out this video: <http://www.youtube.com/watch?v=1CvEs-TOIKM>