



WORKOUT SCHEDULE

WITH LANCHANA GREEN

LEG DAY

- 1A) 16 x Split Squat**
- 1B) 16 x Cossack Squat**
- 1C) 8 x Pivot Jump Squat**
- 1D) 30 sec x Wall Chair**

- 2A) 20 x Single Leg Glute Bridge**
- 2B) 20 x Glute Bridge**
- 3B) 20 Glute Bridge with Kicks**
- 3D) 30 sec x Glute Bridge Hold**

PROGRESS NOTES

Equipment: None.

Reps amount is total for both sides. Complete exercises 1A-D before moving onto 2A-D.

Rest Period: 1-2 minutes between rounds.

Rounds: 3 Each.