



INSPIRE ONE WELLNESS

simple. whole. health.

Lower Body Interval Workout

Begin workout with 5 minutes on the Stairmaster.

Repeat (below) 3X with 3:00 of Stairs in between each round

Plate Squats (10 reps)
Curtse Lunges (8 reps each side)
Plank :30

Repeat (below) 3X with 3:00 of Stairs in between each round

Single Arm holding KB Step Up on box (8 reps each side)
Reverse Lunges (8 reps each side)
Plank :30

Repeat (below) 3X with 2:00 of Stairs in between each round

KB held overhead box squat (10 reps)
KB held overhead bridge (8 reps) Single Leg Bridge (8 each side)

2X

Weighted walking lunges down and back length of gym
Weighted walking side steps down and back length of gym

Finisher: (Using a Tabata or other timer -:20 work/:10 rest) 2 Rounds

Box Jumps
Plank
Toe Taps
Plank

<STRETCH>

KB = kettlebell

