

**“As with the butterfly, adversity is necessary to build character in people”**

Week 1

**Monday and Thursday - Lower Body**

**Repeat exercises back to back for 20 minutes**

### 1. Star Jumps/Jumping Jacks

<https://www.youtube.com/watch?v=c4DAnQ6DtF8>

Repeat 15 times

### 2. Sumo Squats

<https://www.youtube.com/watch?v=acIHkVaku9U>

Repeat 10 times

*Stay down in the squat for 3 seconds*

*To make it more challenging you can*

*pulse up and down gently for a few seconds*



### 3. Lateral Lunge

<https://www.youtube.com/watch?v=koOIMPoa9SE>

Repeat 5 times on each side

*Stay down in the squat for 3 seconds*



**4. Glute Bridges**

<https://www.youtube.com/watch?v=lel4qFfPVw>

Repeat 10 times  
*Hold for 3 seconds*



**5. Dead Bug**

[https://www.youtube.com/watch?v=g\\_BYB0R-4Ws](https://www.youtube.com/watch?v=g_BYB0R-4Ws)

Repeat 15 times



**6. Side Plank Leg Raise**

[https://www.youtube.com/watch?v=JupYk\\_YSPJs](https://www.youtube.com/watch?v=JupYk_YSPJs)

Repeat 10 times (5 times each side)

