

“The flower that blooms in adversity is the rarest and most beautiful of all”

Thursday – *Lower Body*

Repeat each exercise back to back 20 minutes

1. Star Jumps/Jumping Jacks

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

Complete for 45 seconds



2. Jump Squats

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

Complete for 45 seconds



3. Drop Bulgarians

Use a step, chair or a small box

<https://www.youtube.com/watch?v=2C-uNgKwPLE>

Repeat 10 times on each leg



4. Glute Bridges

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

Repeat 10 times

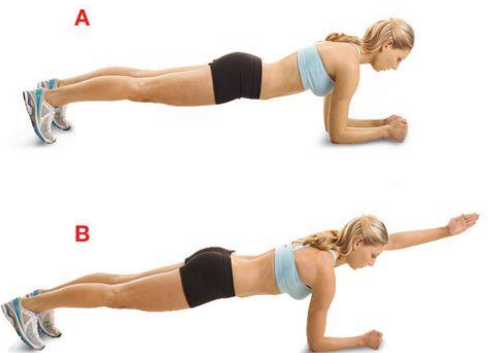
Hold for 3 seconds



5. Plank with Arm Raise

https://www.youtube.com/watch?v=a1_fRyavWdA

Repeat 15 times with each arm



6. Side Plank Leg Raise

https://www.youtube.com/watch?v=JupYk_YSPJs

Repeat 10 times (5 times each side)

