

BECKY DEMUS' LOWER BODY BLAST WORKOUT

Focus: Lower body strength and conditioning

• For a challenge, complete a second set of each exercise

Exercise	Repetitions or Duration
1. Squats or sit-and-stand	20 reps
2. Wall Sit	As long as you can hold it!
3. Curtsy Lunge	20 reps/leg
4. Inclined lunge	20 reps/leg
5. Single leg deadlift	10-15 reps/leg
6. Diamonds (also known as clamshells)	30/leg
7. Bent Knee Leg lifts on all fours	25 reps/leg
8. Bridge Lifts	25 reps