

Giulia's 500 Rep Lower Body Challenge!

Focus: lower body burn with high reps & not equipment needed!

100 reps total of each exercise

25 reps x 4 rounds of each exercise

= 500 reps TOTAL!

Exercise Name	Form Tips	# Reps	# Sets
Squats	-drive through the feet and push the knees out when coming back up from the squat -core stays tight, chest is tall	25	4
Step ups	-use an incline surface to perform (stairs, coffee table, chair, etc) -drive through the top foot to rise up	25	4
Glute bridges	-drive the heels into the ground while lift the hips -engage the glutes and hamstrings to rise, avoid arching the lower back when rising	25	4
Curtsey lunges	-keep the chest tall and back straight when going down into the lunge -when stepping back, rotate the leg back and around so the working knee lowers down towards the front heel -drive through the front foot to rise back up	25	4
Lateral lunges	-step out to the side with one leg and sit the hips back -drive through the outside foot to come back to standing	25	4