

## Lower Body Focus 1: Week 11, Day 1

### Directions

Complete a full dynamic warm-up before doing the workout. The chart below breaks down the workout. Some exercises include two variations. Choose the one that works best for you.

Perform each circuit for the designated number of reps or time unless otherwise noted. Complete the first circuit before moving on to the second. Perform three sets (three times through all exercises) in each circuit. Rest as little as possible between exercises. For all single-arm or single-sided exercises, complete the repetitions on both sides before moving on to the next exercise.

Are you interested in following along by video? [View the full video here.](#)

CIRCUIT 1	LBS	REPS/TIME
<a href="#">AIR SQUAT (WITH OR WITHOUT A PULSE)</a>		10-12 reps or 40 seconds
<a href="#">ALTERNATING SIDE LUNGE (BODYWEIGHT OR DUMBBELLS)</a>		10-12 reps/side or 40 seconds alternating
<a href="#">GLUTE BRIDGE HOLD AND TAP (BODYWEIGHT OR DUMBBELLS)</a>		10-12 reps or 40 seconds
<a href="#">DEAD BUG</a>		10-12 reps/side or 40 seconds alternating

CIRCUIT 2	LBS	REPS/TIME
<a href="#">REVERSE LUNGE (BODYWEIGHT OR DUMBBELLS)</a>		10-12 reps/side or 40 seconds alternating
<a href="#">SUMO SQUAT (BODYWEIGHT OR GOBLET)</a>		10-12 reps or 40 seconds
<a href="#">BODYWEIGHT GOODMORNINGS</a>		10-12 reps or 40 seconds
<a href="#">BURPEES (ELEVATED OR FLOOR)</a>		10-12 reps or 40 seconds