

# JM Fitness Boot Camp TO GO

## Written workout #13 - **100% Lower Body**

What You'll need:

#1 - **A Stopwatch**

Instructions = 1 Minute of work and 30 seconds of rest. Do each move 1 time and then move on to the next exercise. Take short breaks if needed. Take a 1 minute break after completing all 10 movements. Repeat circuit 2 times.

### **Circuit #1**

Squats

Left Leg Forward Lunge

Right Leg Forward Lunge

Bridges

Left Lateral Lunge

Right Lateral Lunge

Jump Squats

Left Leg Reverse Lunge

Right Leg Reverse Lunge

Single Leg Bridge (30 seconds on each leg)