

JM Fitness Boot Camp TO GO

Written workout #17 - **100% Lower Body #2**

What You'll need:

#1 - A Stopwatch

#2 - A Dumbbells (DB)

Instructions = 30 Seconds of work and 30 seconds of rest. Do each move 3 times and then move on to the next core exercise. Take a 1 Minute break after the first circuit.

Circuit #1

DB Alternate Lateral Lunge
DB Squats
DB Alternate Forward Lunge
DB Bridges
DB Alternate Reverse Lunge

Circuit #2

Left Single Leg Bridge
Right Single Leg Bridge
Squats or Jump Squats
DB Dead Lifts
Alternate Forward Lunge