

JM Fitness Boot Camp TO GO

Written workout #21 - **100% Lower Body #3**

What You'll need:

#1 - **A Stopwatch**

#2 - **Sliders or Coated Paper Plates**

#3 - **Dumbbells (DB)**

Instructions = 1 minute of work and 30 seconds of rest. Do each move 2 times and then move on to the next exercise. Take short breaks during the rounds if needed.

Circuit #1

Squat Holds

Left Side Forward Lunge Hold

Right Side Forward Lunge Hold

Left Leg Bridge Hold

Right Leg Bridge Hold

******* 1 MINUTE BREAK *******

Slider Left Side Reverse Lunge

Slider Right Side Reverse Lunge

DB Squats

DB Alternating Forward Lunge

Single Leg Calf Raises (1 Leg Each
Round)