

**ADVANCED**  
**LOWER BODY WEIGHT**  
**STRENGTH WORKOUT**



**WARMUP: JUMP ROPE, LEG SWINGS, & ANY LIGHT  
STATIC STRETCHING YOU WANT.**

**SPLIT SQUATS - 3 SETS OF 6 EACH LEG**

**1 LEGGED CALF RAISES – 3 SETS OF 12**

**STEP UPS - 3 SETS OF 8 EACH LEG**

**DONKEY KICKS – 3 SETS OF 8**

**WALL SIT – 2 SET OF 30 SECS**

**HIP FLEXOR LEG RAISES – 3 SETS OF 12**

**1 LEGGED HAMSTRING BRIDGES – 3 SETS OF 8**

**ABDUCTOR LEG RAISES – 3 SETS OF 12**

**\*TAKE 30 SEC TO 1 MIN REST IN BETWEEN SETS**

