



Lower Body Band BURN

Exercise Name	Week 1 Date:			Week 2 Date:			Week 3 Date:			Week 4 Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
Lateral Abductor Walks	3 to 4	1 minute										
Squat with Abduction	3 to 4	20										
Single Leg Deadlift	3 to 4	15 each leg										
Straight Leg Deadlift	3 to 4	20										
Glute Bridge with Abduction	3 to 4	20										
Fire Hydrants	3 to 4	15 each leg										
Glute Kickbacks	3 to 4	15 each leg										
Instructions / Cardio:	<p>Start at the top of the column (set) and move down vertically until all exercises are complete before moving to the next set. Aim for minimal to no rest between each exercise, then rest 30-60 seconds (max) between sets.</p> <p>We recommend pairing this workout with 10-15 minutes of HIIT afterward if your goal is fat loss or building lean muscle. See our HIIT It! workouts for instructions.</p>											