

# 15-Minute "Lower Body Blast" Advanced

## How to follow the exercise program?

The exercises should be completed 2 times as a circuit. After completing 1 round, rest for 1 minute and repeat.

## What if I don't know how to do an exercise based from the name/pictures?

Have no fear, each exercise is linked to an exercise video from a VERY reliable source. If you are unsure how to do an exercise, we highly recommend watching the video and listening to the instructions.

For each exercise, maintain tight core (tuck hips, belly button in, and shoulder blades down and back)

1 Single-Leg Glute Bridge x 10 each side



2 Side Plank Wall-Slide x 10 each side



3 Goblet Squat x 12



4 Rear-Foot-Elevated Goblet Split Squat x 10/side



5 Dumbbell Sumo Deadlift x 10



6 Single-Leg Slideboard Bodysaw x 8/side

