

FIT CHICKS®

All the Single Legs

WORKOUT

Complete 12-15 reps of each exercise 3x per leg - alternating legs after each set with no rest in between. In between supersets you will get your heart pumping with 1 minute of high intensity cardio!

Set #1: Bulgarian Split Squats

1 minute cardio of your choice

Set #2: Step Ups

1 minute cardio of your choice

Set #3: Single Leg Deadlift

1 minute cardio of your choice

Set #4: Forward Lunges

1 minute cardio of your choice

Choose your intensity!

Level 1 - Use 3-5 pound weights

Level 2 - Use 8 - 10 pound weights

Level 3 - Use 15-20 pound weights

