

# FIT CHICKS®

## *Drop it Like it's Squat*

### WORKOUT

**This workout is an intense lower body one focusing on one of our fave exercises -the squat!**

**1 minute cardio of choice**

**1 minute Goblet squats**

**1 minute Plie Squat**

**1 minute Bulgarian Split Squat Right Leg**

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**Complete 2 - 3 rounds**

*Choose your intensity!*

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**Level 1 - Use 2 - 5 pound weights and step out burpees**

**Level 2 - Use 8 - 10 pound weights**

**Level 3 - Use 15+ pound weights**

