

FIT CHICKS®

60:30 Burn Lower Body , Burn WORKOUT

This workout alternates a lower body move with an isometric hold for that total burn! Perform each set of 2 exercises for 3 sets with no rest before moving onto the next set!

Set 1

**60 seconds sumo squats
30 second squat hold**

Set 2

**60 seconds alternating lunges
30 second wall sit**

Set 3

**60 second hip thrusters
30 second hip thrust hold**

Choose your intensity!

Level 1 - Use 5-8 pound weights

Level 2 - Use 10 - 15 pound weights

Level 3 - Use 20 pound weights

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