

# FIT CHICKS®

## *"Lower Body No Equipment"* WORKOUT

**This workout is just 7 moves for 7 minutes (or you can repeat if you feel energetic) and no equipment necessary so you can do it anywhere!**

- 1 minute pop squats**
- 1 minute side lunge right**
- 1 minute side lunge left**
- 1 minute jump lunges**
- 1 minute single leg glute bridge left**
- 1 minute single leg glute bridge right**
- 1 minute plank**

*Choose your intensity!*

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**Level 1 - no weights, plank on knees, step out lunges**

**Level 2 -do workout as is**

**Level 3 - add weights for more intensity!**

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