30 Minute Lower Body Workout - Taylor

WARM UP (30 SEC EACH) – 6 SETS	
Wide Stance Hip Hinge	Low Row
Forward Lunge with I/T Fly	Squat Row
Step Side Lunge	RECOVERY: 30 SECONDS
Step Back Lunge	
DURATION:	**3:30**

	ROUNDS 1, 2 AND 3: LOWER BODY
30 ON 20 OFF	Abducted Lunge (left foot in cradles, left side to anchor)
30 ON 20 OFF	Abducted Lunge (right foot in cradles, right side to anchor)
30 ON 20 OFF	Crossing Balance Lunge (face anchor, alternate legs for 30 seconds)
30 ON 20 OFF	TRX Squat with a Hop/Squat Jump (for more advanced students) (face anchor)
30 ON 20 OFF	Sumo Squat (face anchor)
30 ON 20 OFF	TRX Superman (face away)
30 ON 20 OFF	Hamstring Curl, Hips Down (heels in)
30 ON 20 OFF	Hip Abduction (heels in)
30 ON 20 OFF	Hamstring Curl, Hips Up/Raising (heels in)
30 SEC	RECOVERY
TOTAL TIME: 23:50	

COOL DOWN (~35 SEC) – 6 SETS, 3 MINUTES 40 SECONDS TOTAL	
Lower Back Stretch	Long Torso Twist – Left/Right
Lower Back Stretch with Rotation – Left/Right	Standing Figure 4 – Left/Right
Hip Hinge (Offset Stance) – Left/Right	Hip Flexor Stretch

© Lena Hershey, 2015