Lower Body

Time: 20 minutes

Equipment Needed: no equipment needed, you may add resistance with dumbbells or by using canned foods, water bottles or other unconventional items around your house!

*Rest 15-30 seconds after each exercise, if needed, or rest after all exercises are completed.

Exercise	Sets	Reps
Glute Bridge (on floor)	1-3	10-15
Stationary Lunge or moving reverse lunge if the space is available	1-3	10-15 Each Leg
Hamstring Curl Pulses- bring foot back like you are doing a butt kick, stop when your knee is at 90 degrees, complete your reps by pulsing here.	1-3	10-15 Each Leg
Stationary Side Lunge or moving side lunge if the space is available	1-3	10-15 Each Leg
Hip Thrust- place upper back on couch with feet flat on the floor, drop hips towards the floor then back up parallel to your shoulders.	1-3	10-15