



Lower Body Intermediate

	<u>EXERCISE</u>	<u>REPS</u>	<u>SETS</u>	<u>REST TIME</u>
1	Squat	8-10	4	60-75 Seconds
2	Deadlift	6-8	4	60-75 Seconds
3	Forward Lunge	8 ES (each side)	3	60-75 Seconds
4	Single Leg RDL	8 ES (each side)	4	60-75 Seconds
5	Reverse Lunge	12	4	60-75 Seconds
6	Hip Thrust			