

Club LYL January Workouts

Booty Burn

Perform exercise A for the prescribed number of reps before moving on to exercise B. Repeat 2x before moving on to the next Super Set.

Super Set I:

- A) Pile Chair Squats - 10 reps (5 per side)*
- B) Chair Split Squats - 10 reps per side*

Super Set II:

- A) Single Leg Deadlifts w/ Pulse*
- B) Single Leg Glute Bridge Raise w/ Pulse*

Super Set III:

- A) Single Leg Plyo Jump*
- B) Side Lunge-to-Curtsy Lunge*

FINISHER:

- Ankle Band Jumping Jacks - 20 reps*
- Forward-To-Back Band Walks - 20 reps*
- Clamshells - 20 reps*
- (repeat 1x)*

(Optional) Finish with 20 minutes of Cardio, your choice!