

JAR OF LEMONS

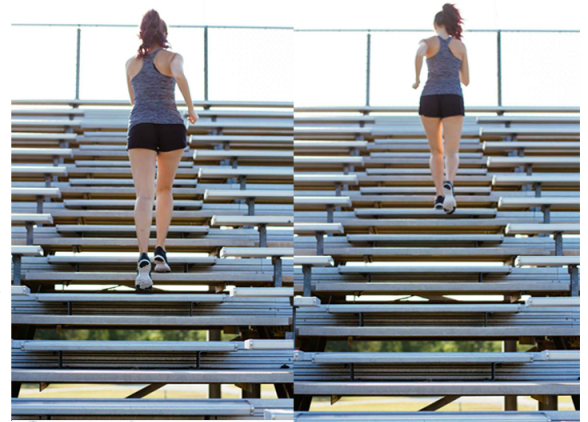
LOWER-BODY BLEACHER WORKOUT

(DO THIS WORKOUT 2-3 TIMES!)



RAISED SQUAT

30 REPS
(15 EACH SIDE)



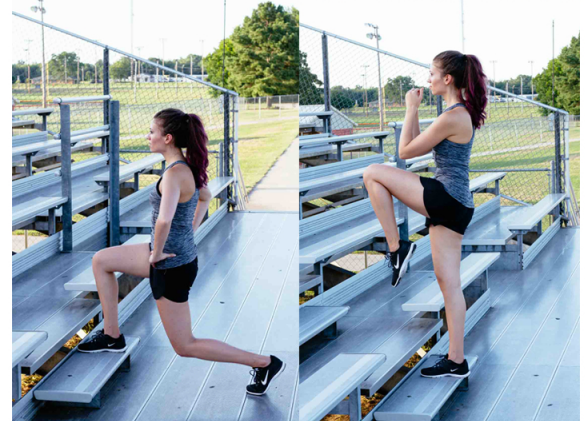
BLEACHER SPRINTS

3 MINUTES



BLEACHER SPRINTS

3 MINUTES



LUNGE W/ LEG LIFT

30 REPS
(ALTERNATING)



LUNGE W/ BOOTY KICK

30 REPS
(ALTERNATING)



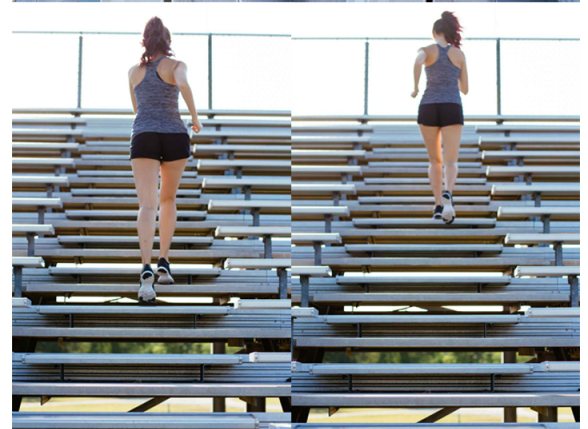
BLEACHER JUMPS

15 REPS



SQUATS

30 REPS



BLEACHER SPRINTS

3 MINUTES