

Jar Of Lemons

— AT-HOME — LOWER BODY WORKOUT

(DO THIS WORKOUT 4-5 TIMES!)

SUPERSET: 10 SQUATS + 8 ALTERNATING LUNGES

10 DEADLIFTS



SUPERSET: 10 SUMO SQUATS + 8 RAISED LEG LUNGES

15 BRIDGES



15 CROSSOVER KICKS

SUPERSET: 15 EXTERNAL + 15 INTERNAL CALF RAISES

