

20 MINUTE LOWER BODY + CARDIO MIX



Description: Lower body workout will target glutes, hamstrings, calves and abductors, and include cardio bursts to increase your heart rate and aerobic endurance! Try to discover your 8 on a scale of 1 to 10.

Club Area: Functional Training Area

Equipment Needed: Light to medium weight medicine ball

Need Help?

All our exercises can be found on the PF App. Just click on 'Workouts' then 'Tutorials' and search for the exercise you want. It's that easy!



WARM-UP

30 sec each

:30
Knee Huggers

:30
Trunk Rotations

:30
Air Squats

:30
Bend & Reaches

MAIN WORKOUT

:60 Alternating Lateral Lunge
+ **Modification** - Reduce the range of motion on the lunge to 3/4

30 SEC REST

:60 Medicine Ball Alternating Split Jumps
+ **Modification** - Perform without the ball and slow the pace

30 SEC REST

:60 Medicine Ball Toe Taps
+ **Modification** - Reduce the speed of the movement and focus on knee drive

30 SEC REST

:60 Medicine Ball Squat
+ **Modification** - Perform without the ball and reduce range of motion on the squat

30 SEC REST

:60 Medicine Ball Press Jacks
+ **Modification** - Perform without the ball and step out laterally instead of jumping

30 SEC REST

:60 Medicine Ball Glute Bridge
+ **Modification** - Perform the exercise without the ball

30 SEC REST

:60 Medicine Ball Burpee
+ **Modification** - Perform the exercise without the ball and do a 1/2 burpee

30 SEC REST

:60 Medicine Ball Alternating Reverse Lunge
+ **Modification** - Reduce the range of motion to a 3/4 lunge

30 SEC REST

:60 Medicine Ball Front Lunge with Rotation
+ **Modification** - Perform without the ball and reduce range of motion in the lunge

30 SEC REST

:60 Medicine Ball Alternating Lateral Lunge with Chest Press
+ **Modification** - Perform without the ball and reduce range of motion in the lunge

30 SEC REST

COOL-DOWN

30 sec each

:30
Standing quad stretch

:30
Standing hamstring stretch

:30
Standing calf stretch

:30
Standing trunk twists