

20 MINUTE LOWER BODY + CARDIO MIX (PULL MUSCLE FOCUS)



Description: Upper body strength workout with cardio bursts to tone your back and biceps, while elevating your heart rate to increase cardiovascular stamina.

Club Area: Free Weight Area

Equipment Needed: Light weight set of dumbbells

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

Neck Circles

:30

Trunk Rotations

:30

Windmills

:30

Bend & Reaches

MAIN WORKOUT

:60 STRENGTH: DB Deadlift

+ **Modification** - Perform with no weight and work on depth and posture

:30 CARDIO: Butt Kickers

+ **Modification** - Perform at a slower pace

30 SEC REST

:60 STRENGTH: DB Low to High Chop (Left)

+ **Modification** - Perform with no weight and push palms together

:30 CARDIO: High Knees

+ **Modification** - Perform at a slower pace

30 SEC REST

:60 STRENGTH: DB Low to High Chop (Right)

+ **Modification** - Perform with no weight and push palms together

:30 CARDIO: Speed Skaters

+ **Modification** - Instead of bounding laterally, step out to the side

30 SEC REST

:60 STRENGTH: DB Rear Delt Fly

+ **Modification** - Perform with lighter weight and contracting the muscle

:30 CARDIO: Butt Kickers

+ **Modification** - Perform at a slower pace

30 SEC REST

:60 STRENGTH: DB Biceps Curl

+ **Modification** - Use a lighter weight and slow your pace

:30 CARDIO: High Knees

+ **Modification** - Perform at a slower pace

30 SEC REST

:60 STRENGTH: DB Hammer Curls

+ **Modification** - Perform with lighter weight and concentrate on slower pace

:30 CARDIO: Speed Skaters

+ **Modification** - Instead of bounding laterally, step out to the side

30 SEC REST

COOL-DOWN

30 sec each

:30

Cat and Camel Stretch

:30

Cobra Stretch

:30

Seated Forearm Stretch

:30

Seated Torso Twist
(Right & Left)