Lower Body Workout

1. Sumo Squats (3 sets of 12)

2. Bulgarian Split Squats (3 sets of 8, each leg)

3. Lateral Lunge (3 sets of 8, each leg)

4. Wall sits (3 times for 15 seconds)
5. Side Plank Leg Raise (3 sets of 8, each leg)

6. Bent-Over Lateral Single Leg Raise (3 sets of 8, each leg)

7. Frog Jumps 3 times for 15 seconds

   Step 1 – Plank position

   Step 2 – jump to crouched position