

Friday Leg Day 4/17/2020

Equipment needed - type of weight (something that can be lifted overhead with both arms with ease) This can be a med ball, kettlebell, dumbbell etc.

If you do not have any of these actual weights you can make one yourself. Options include filling a backpack with some books or pack with clothes (best way is to do both books and clothes. makes it so the books do not flop around inside the bag), or empty milk jug with water (make sure the lid is tight on)

Workout is going to be 4 rounds total

RX workout:

Exercise	Round 1: Reps	Round 2: Reps	Round 3: Reps	Round 4: Reps
Squat + RL Jump Lunge	10	15	20	30
Cossack Squat*	30	20	15	10
Thrusters*	30	20	15	10
GTOH*	10	15	20	30

*means the exercise is with chosen weight

Modifications

Intermediate:

Squat + Right and left step back lunges

Side lunges

Squats with weight or shoulder press with object while sitting on chair (focus on tight core)

Deadlifts with object

Beginner:

Squat to chair/object

Side lunges to chair/object

Squats with weight or shoulder press with object while sitting on chair (focus on tight core)

Goblet squat