

LOWER BODY BURN WORKOUT

REPS

EXERCISE

12

SINGLE-ARM DUMBBELL SWING
(TEMPO: 2-1)

12

ALTERNATE FORWARD LUNGE
(TEMPO: 1-4)

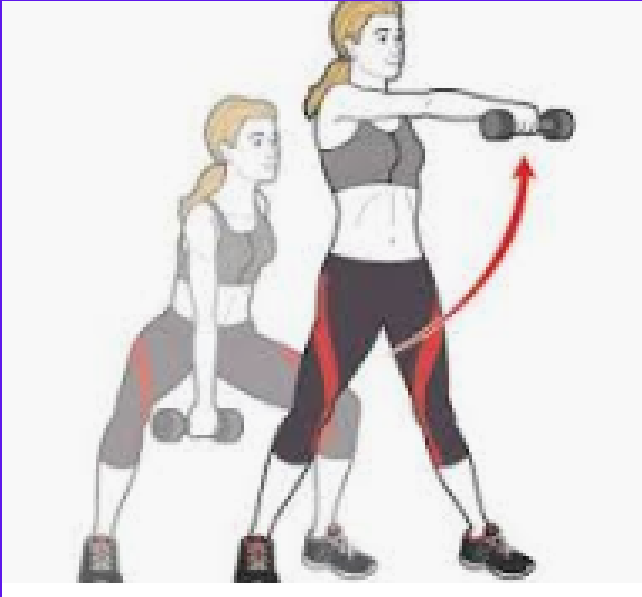
12

OVERHEAD SQUAT PRESS WITH
DUMBBELL

4 Sets followed by 5 seconds rest between sets.
Limited rest between the sets fatigues lower
body muscles quicker

Tempo: Focus on counting tempo each rep as
this will hold the muscle under tension longer

Ensure you have a 5 minute warm up and a
stretch after your workout!



Single Arm Dumbbell Swing

- Ensure you push your hips back and keep your lower back slightly arched

Set your feet shoulder width apart

Swing the dumbbell between your legs

Your arm should swing up from your momentum

Thrust your hips forward, straighten knees and swing the dumbbell up to the chest level as you rise to standing position. Ensure you squeeze your glutes as you straighten up.



Overhead squat press with Dumbbell



Alternate forward lunges