

POWER WORKOUTS ROUND 3

If your looking to tone up your legs, it's time to feel the burn and mix up your next workout with this lower body circuit. Try this easy workout at home or the gym and shape up with XS™ Sports Nutrition today.

Duration **20** Minutes

LET'S BEGIN

Warm up with **5 MINUTES** of light cardio.

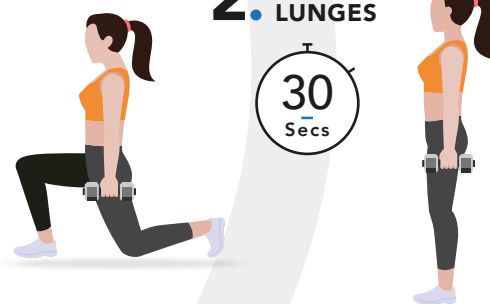
1. GLUTE BRIDGE RAISES

30
Secs



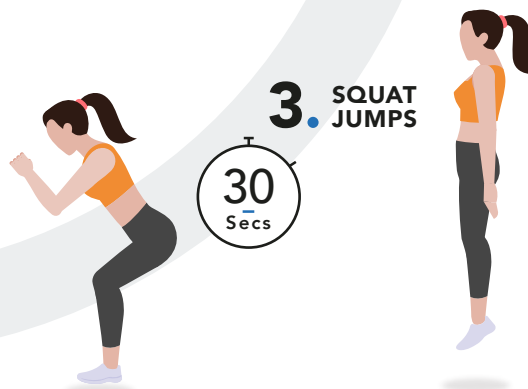
2. WALKING LUNGES

30
Secs



3. SQUAT JUMPS

30
Secs



REST
10
Secs
BETWEEN EACH EXERCISE
Repeat circuit **3 TIMES.**

Cool yourself down with **3 MINUTES** of stretching at the end.

If you loved this circuit, keep a lookout for our monthly XS Sports Nutrition Power Workouts to help you get more out of your workouts.

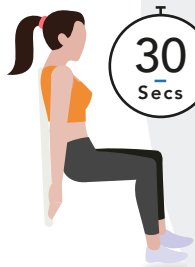
6. SKATER SLIDES

30
Secs



5. WALL SIT

30
Secs



4. CALF RAISES

30
Secs

