



# POWER WORKOUTS ROUND 3

If you're 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.

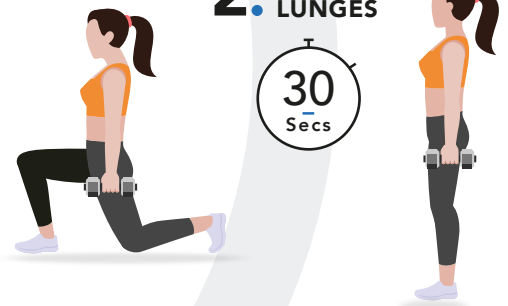
### 1. GLUTE BRIDGE RAISES

30 Secs



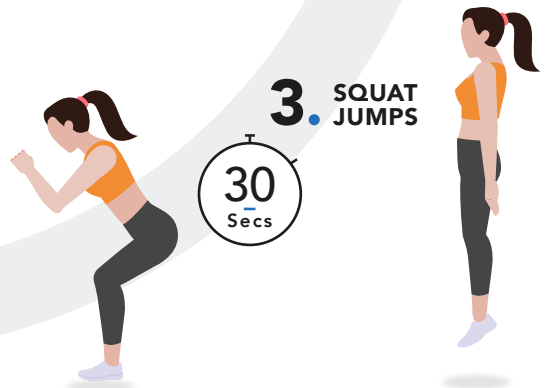
### 2. WALKING LUNGES

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.

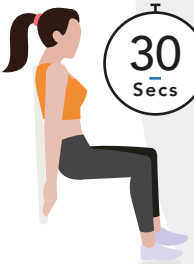
### 6. SKATER SLIDES

30 Secs



### 5. WALL SIT

30 Secs



### 4. CALF RAISES

30 Secs



**TIP:** Don't forget to **ENERGISE** 30 minutes before your workout with XS Pre-Workout Boost, **HYDRATE** well during your session with XS Electrolyte Plus, and **RECHARGE** your body at the end with XS Whey Protein Powder and XS Muscle Recovery.

Exclusively from **Amway**