

# MONDAY: LEGS/ABS

## Weight Training Plan X

Countdown

### Engagement Circuit

- 1 **Fire Hydrants** 1 sets 10 reps/side
- 2 **Donkey Kicks** 1 sets 10 reps/side
- 3 **Stiff Leg Deadlifts** 1 sets 15 reps
- 4 **Box Jumps** 1 sets 12 reps

#### INSTRUCTIONS

Complete all 4 exercises back to back with little to no rest in between. After completing 1 round, move onto the weight training work sets.

### Weight Training Work Sets

- 1 **Sumo Deadlifts** 3 sets 15 reps
- 2 **Front Squats** 3 sets 15 reps
- 3 **Hip Thrusts** 3 sets 15 reps
- 4 **Crunches** 3 sets 15 reps

#### INSTRUCTIONS

Complete 3 sets of each exercise before moving onto the next. Slightly increase the weight with each set. Rest 30-60 seconds in between sets.

### Finishing Circuit

- 1 **Reverse Lunge to Knee Up** 1 sets 10 reps/side
- 2 **Toe Touches** 1 sets 15 reps
- 3 **Crossbody Toe Touches** 1 sets 10 reps/side
- 4 **Crunches** 1 sets 15 reps

#### INSTRUCTIONS

Complete all 4 exercises back to back with little to no rest in between. Move onto the recommended and/or optional sections.

#### RECOMMENDED

Complete an additional round of the finishing circuit

#### OPTIONAL

Complete 5 minutes of HIIT cardio (30 sec on, 30 sec off - kettlebell swings, sprints, biking, jump rope, high knees, jumping jacks, any cardiovascular movement)