# MONDAY: LEGS/ABS









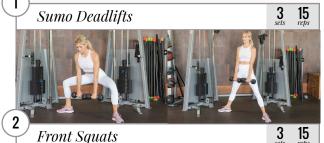




### INSTRUCTIONS

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**









## 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**









#### **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)