

daily

WORKOUT

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DATE

__/__/____

NAME:



Legs & Cardio Workout

COMPLETE 3 ROUNDS OF EACH CIRCUIT

WEIGHTS USED:

DAILY MEALS &
WATER

THE CIRCUITS

Circuit 1:

- 16 lunge-squat-lunge jumps
- 12 back lunge w/ single leg hop (per side)
- 20 squats with alt. knee to elbow

Circuit 2:

- 12 pendulum lunges per side
- 15 squat jumps
- 40 mountain climbers

Circuit 3:

- 12 double jump squat burpees
- 10 squats to shoulder press
- 1 minute skaters

Circuit 4:

- 20 weighted back lunge pulses (per side)
- 20 single leg glute hip bridges (per side)
- 1 minute high knees

Finish with an optional 15-20 minute walk on the treadmill or outside!