

## **WEEK 26 – LOWER BODY**

Hey team! Here is your workout of the week. Please watch the videos if you are confused on any of the exercises. I also am available for any questions or alterations to the program so please let me know.

### **SET 1**

#### **Dumbbell Squat to Press – 3 x 12**

NOTES: Hold the dumbbells at your shoulders, descend into the squat and use your lower body to accelerate and push the dumbbells to the top. Bring the dumbbells back to the shoulders as you descend back into the squat.

#### **Jump Squats – 3 x 30 seconds**

#### **Hamstring Falls – 3 x 10**

NOTES: Wedge your shoes under the pad and place a box in front of you. Allow your hamstrings to resist you, keeping your core tight as you come forward until you can no longer hold your weight. Catch yourself and push yourself back up to neutral.

### **SET 2**

#### **Dumbbell Lateral Lunge to Press – 3 x 8 each side**

#### **Beast to Kick Through – 3 x 8 each side**

### **SET 3**

#### **Reverse Lunge to Row – 3 x 12 each side**

NOTES:

#### **Single Leg Hamstring Curls – 3 x 12**

#### **Cable Core Hold – 3 x 30 seconds each side**

#BUILDDANEMPIRE,  
Rock