|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Lower Body | **Round 1** | | **Round 2** | | **Round 3** | |
| **Exercise** | **Reps** | **Rest** | **Reps** | **Rest** | **Reps** | **Rest** |
| Zombie Squats | 12 | 30 sec | 10 | 20 sec | 8 | 10 sec |
| Step Forward Lunges (alt legs) | 12 | 30 sec | 10 | 20 sec | 8 | 10 sec |
| Glute Bridges | 12 | 30 sec | 10 | 20 sec | 8 | 10 sec |
| Stiff Leg Dead Lift (alt legs) | 12 | 30 sec | 10 | 20 sec | 8 | 10 sec |
| In Out Jump Squats | 12 | 30 sec | 10 | 20 sec | 8 | 10 sec |
| Calf Raises | 12 | 30 sec | 10 | 20 sec | 8 | 10 sec |
| Side Lunges (alt legs) | 12 | 30 sec | 10 | 20 sec | 8 | 10 sec |
| Single Leg Glute Bridge (alt legs) | 12 | 30 sec | 10 | 20 sec | 8 | 10 sec |
| Jump Lunges | 12 | 30 sec | 10 | 20 sec | 8 | 10 sec |
| Skater Squats | 12 | 30 sec | 10 | 20 sec | 8 | 10 sec |
| X 3 Rounds |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| HIIT |  |  |  |  |  |  |
| **Exercise** | Time on | Time off |  |  |  |  |
| High Knees Sprint on the Spot | 30 sec | 15 sec |  |  |  |  |
| Mountain Climbers | 30 sec | 15 sec |  |  |  |  |
| Burpees | 30 sec | 15 sec |  |  |  |  |
| Squat Thrusts | 30 sec | 15 sec |  |  |  |  |
| Additional 45 sec Rest |  |  |  |  |  |  |
| X 5 Rounds |  |  |  |  |  |  |

Home Workout Plan (Day 1)