Session 8, Cycle 3

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| Lower Body & HIIT |  |  |  |
| **Mini Circuit 1** | **Reps** | **Time** | **Rest** |
| Prisoner Squats | 30 |  | 10-15 sec |
| Reverse Lunge with High Knee (both legs) | 25 |  | 10-15 sec |
| Lateral Ski Jumps | 20 |  | 10-15 sec |
| **X 3** | **1 minute between rounds** | | |
|  |  |  |  |
| **Mini Circuit 2** | **Reps** | **Time** | **Rest** |
| Bulgarian Split Squats | 20 |  | 10-15 sec |
| Lateral Lunge with High Knee (both legs) | 20 |  | 10-15 sec |
| Jump Squats with 1/4 turn | 20 |  | 10-15 sec |
| **X 4** | **1 min 30 sec between rounds** | | |
|  |  |  |  |
| **Mini Circuit 3** | **Reps** | **Time** | **Rest** |
| 5 Step Duck Walks (forwards/Backwards) | 14 |  | 10-15 sec |
| Assisted Pistol Squats | 16 |  | 10-15 sec |
| High Knees Sprint on Spot |  | 45 Sec | 10-15 sec |
| **X 5** | **2 minutes between rounds** | | |