

Strength & Conditioning - Leg & Hiit – Power Workout

Warming up:

1 min of each exercise with elastic band

- Squat walk 2 steps to the side and back (band above knees)
- Side walk straight leg (band around the ankle)
- Standing glute kickback L (band around the ankle)
- Standing glute kickback R (band around the ankle)
- Glute bridge (band above knees)
- Clam L (band above knees)
- Clam R (band above knees)
- Sumo squats (band above knees)
- Jump squats (band above knees)
- Jumping Jacks (band around the ankle)
- Donkey kicks L (no band)
- Donkey kicks R (no band)

EMOM (every minute on the minute)

Every minute you start the exercise. Try to finish before the minute is up so you have rest. If you did not finish you start a new round.

8 minutes:

- 10 Kettlebell Goblet Squat
- 10 box Jumps (or 15 jump squats)

8 minutes:

- 10 deadlifts medium heavy
- 10 burpees

8 minutes:

- 12 Kettlebell swings
- 20 Jumping lunges

Finisher:

Tabatha ABS

20 seconds of work 10 seconds of rest, rest is Full Plank! 8 rounds, total comes to 4 minutes.

- Half plank
- Side plank L
- Side plank R
- Suicide plank
- Half plank - leg up R
- Half plank - leg up L
- Half plank jacks
- Mountain climbers