

**GOALS** Conditioning and learning to work at the right pace.

Remember to warm up!

**Level 1** - Just get through the workout. No weights used, or use bands. Rest as needed.

**Level 2** - Hold Dumbbells when possible. Keep rest between exercises at 30-40 seconds.

Rest between sets 60-75 sec.

**Level 3** - Hold dumbbells. Keep rest between exercises at strict 30 sec.,

60 sec. between sets and add the \*Fat Finisher intervals.

**SERIOUSLY SLIMMING SETS - STRENGTH TRAINING (CS)**

Circuit Style (CS) - Perform SET 1 of ABC, with stretch at end, this equals 1 circuit.

Repeat CS for sets 2 and 3

Then move to Group 2, same CS.

Record your reps/weight/rest below.

EXERCISES	SETS	REPS	SET 1	SET 2	SET 3	REST
GROUP 1						
A) Step back lunge to knee lift/ balance						
On Right Leg	3	10				
On Left Leg	3	10				
B) Heel Squats - Toes off floor	3	15				
C) Squat + 5 Count Hold	3	15				
Rest and stretch 1 min.						
GROUP 2						
D) Standing Calve Raises	2	12-15				
E) Narrow Glute Bridge	2	12-15				

\* LEVEL 3 FAT FINISHERS - Add between each exercise, then rest 45 seconds and continue. At the end of each set, following the Fat Finishers, rest 60 seconds and begin again.

EXERCISE CHOICES	TIME	TARGET HR
Alt. single leg hops	45 sec. switch leg every 10 reps	75-90% or 7-9 on RPE
Punch and Kick Combos	45 sec.	75-90% or 7-9 on RPE

**COOL DOWN**

ACTIVITY CHOICE	TIME/DIST	SETS/REPS

NOTES:

## Seriously Sexy Legs Lower Body Blast 3

### GROUP 1

### EXERCISES

#### A - STEP BACK LUNGE - KNEE LIFT BALANCE

Holding dumbbells at sides of body. Step right leg back and drop down into a lunge position while maintaining a straight back/upright posture. Bring right leg forward and knee up to balance at hip height, resting dumbbell on thigh = 1 rep.



#### B - HEEL SQUATS - TOES OFF FLOOR

Hold a pair of dumbbells at sides. Feet spaced shoulder width apart. Front 1/3 of foot resting on a weight plate or 1 inch hard edge. Head and back straight, lower to a seated/squat position.

Weights should be between ankle and knee  
Drive up from heel.

Return to upright position = 1 rep.



#### C - SQUAT + 5 COUNT HOLD

Hold a pair of dumbbells at sides.

Stand feet shoulder width apart. Lower your body to a seated position as you bend your knees to 90, or slightly less than 90-degrees (which is the point in which the upper legs are below parallel to the floor) and maintain an upright posture. Come up about 2 inches and hold at the mid-point for a count of 5. Return to upright position = 1 rep.



### GROUP 2

#### D - STANDING CALVE RAISES

Hold a pair of dumbbells. Knees slightly bent. Raise heels off floor.

Return to starting position = 1 rep.



#### E - NARROW GLUTE BRIDGE

Lie on mat with arms at sides.

Feet positioned closer than shoulder distance.

Raise hips to the highest position possible as you contract your glutes. Hold for a count of 1.



For an extra burn, hold heels up and perform 5-10 suspended micro-reps/pulses, then return to start.