**Home Exercising Ladies Edition**

**A picture containing outdoor, woman, yellow, water

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**This is a four day routine that has legs involved in every workout with some having more than others but has full body routines as well to focus on every muscle group. Not all of these workouts are suitable for everyone, considering I don’t know how everyone moves I tried to simply this as much as possible, but I was also wanted this to be challenging to get your heart rate up. Feel free to improvise if you need to, this is designed to help provide a sense of direction if you feel that you currently do not have one. Look at this as a recommendation at the end of the day and make the most out of it!**

**Leg Focused**

**3 Rounds**

* 10 DB Front Squats
  + DB Stiff Leg Deadlifts 10 Reps
    - Single Leg Glute Bridges 10 Reps

**3 Rounds**

* 15 Supermans
  + 15 Mountain Climbers w/knees to lebows (left/ right is 1 rep)

**3 Rounds**

* 30 Jumping Jacks
  + Wide Stance Bodyweight Squats
    - Alternating Lunges 10 Reps per side

**Workout #2**

**3 Rounds (Legs/Upper Body and Conditioning)**

**1 Min Each\***

* Walk (3.5-5 mph) \*(treadmill 5% incline)
  + Double Arm DB Rows\*
  + Lateral Raises\*

**3 Rounds**

* Run (5-7mph) (treadmill 0%) (1Min.)
  + Weighted Crunches w/10lb plate behind your head and feet elevated 30 Seconds
  + One Legged Deadlift 30 Seconds per leg
  + Wide Stance Bodyweight Squats 30 Seconds
* Narrow Stance Squats 30 Seconds

**Workout #3(Arms/Shoulders and Core)**

**3 Rounds**

* 1 Min Alternating Lunges or 30 Second Per Leg
  + DB Overhead Tricep Extensions 10-15 Reps (aim for the higher rep count if possible) \*
  + DB Hammer Curls 10-15 Reps \*

**3 Rounds**

* Jumping Jacks 30-45 Seconds (higher level of fitness aim for 45 seconds)
* L Sit to Failure ( <https://www.youtube.com/watch?v=aqtDfU7L8Xg> )
* Bird Dog Planks 10 Reps (hold for 2 seconds when bringing the knee to the elbow) ( <https://www.youtube.com/watch?v=tobny19jauY> )
* Single Leg Glute Bridges 10 Reps per leg (hold for 2 second at the top of the contraction) (<https://www.youtube.com/watch?v=3NXv0Nany-Q> )

**Workout #4**

**3 Rounds(legs/core and shoulder)**

* Bicycle Kicks 10 Reps per side (do not alternate with these, knockout one side at a time)
* MT.Climbers 4 Point Touch Variation 10 Reps (*While in a push up plank position*: Right hand taps left shoulder and vice versa, then right knee comes up towards right elbow and vice versa) = 1 rep
* Bulgarian Split Squats 10 Reps (pause at the bottom for one second) (use a couch/ or a chair) (<https://www.youtube.com/watch?v=-FATUF39KNo>)
* 30 seconds-1 Min Elbow Planks

**3 Rounds (shoulders)**

* DB Upright Rows 10 Reps
  + Side Lateral Raises 10 Reps
    - Seated Alternating DB Military Press 10 Reps