

# LEGS & BOOTY BLAST #2

Complete circuit 2 times  
Rest up to 60 seconds in between

Warm up for a few minutes before you start this workout. And be sure to stretch when you're done!

30 CHOP SQUAT JACKS

20 PLANK WITH ALTERNATING LEG RAISE (EACH LEG)

1 MINUTE WALL SIT (SEE INSTRUCTIONS)

20 MOUNTAIN CLIMBERS

30 FLOOR BRIDGES (SEE INSTRUCTIONS)

20 SQUAT JUMPS

25 DONKEY KICKS (EACH LEG)

50 PUE SQUATS WITH PULSE (SEE INSTRUCTIONS)

1 MINUTE WALL SIT (SEE INSTRUCTIONS)

20 JUMPING JACKS

40 REAR LUNGES WITH PULSE (SEE INSTRUCTIONS)

10 BURPEES

20 SINGLE-LEG DEADLIFTS (EACH LEG)

30 FLOOR BRIDGES (SEE INSTRUCTIONS)

30 PUE SQUATS WITH HOP (SEE INSTRUCTIONS)

Instructions and more great workouts at [www.evolvefitnessandcoaching.com](http://www.evolvefitnessandcoaching.com)

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