

Bodyweight Workout (Lower)

Week 2, Day 2

Workout Notes: Complete the prescribed number of sets and reps, taking rest as listed.

#	Exercise:	Reps:	Sets:	Rest:	Exercise Notes:
1(a)	Bodyweight Squat	8-10	4	30 secs	
1(b)	Glute Bridge	8-10	4	30 secs	
1(c)	Reverse Lunge	8-10 (each side)	4	30 secs	
1(d)	Reverse Crunch	8-10	4	30 secs	

Record the number of reps you managed in each set under the 'Exercise Notes' column. Use the following format: 10, 10, 9, 8 and so on...