

**Scarlet 1 Workout**

**Workout Focus:**

Lower Body

Core

**Equipment Needed:**

Dumbbells

**Warm Up: 5 minutes**

3-4-minute walk, jog or bike (or jog in place/jumping jacks)

10 body weight squats

10 body weight step back lunges

10 good mornings

25 jumping jacks

**SET 1**

**Add a lower body exercise each round and then start to peel the rounds back on round 3. You can use a single heavy dumbbell or 2, (participants choice). 60 second rounds with 7-8 seconds recovery in between.**

Goblet Squats

Alternating Step Back Lunges

Goblet Squats

Alternating Step Back Lunges

Sumo Squats

Alternating Step Back Lunges

Sumo Squats

Alternating Lateral Lunges

Sumo Squats

Alternating Lateral Lunges

Deadlifts

Alternating Lateral Lunges

Deadlifts

**Set 2**

**Set the clock for 30 seconds. Recovery can be 5-6 seconds. 8 total rounds of core, all in plank position. Modified plank on the knees when needed. Should be repeated 1x (16 rounds for 8 total working minutes).**

High Plank Hold

Plank Shoulder Taps

Plank Walk Outs

Forearm Plank Hold

Left Side Forearm Plank Hold

Plank Up/Downs (High Plank to Low Plank)

Right Side Forearm Plank Hold

Plank Walk Outs

**Set 3**

**60 second rounds on the legs like in Set 1. Weaving in rep rounds of the exercises in Set 1. Once you complete the reps, move to the next 60 second movement. You will then repeat the 60 second round moves 1 more time for 30 seconds.**

Alternating Curtsy Lunges

20 reps Goblet Squats

Calf Raises

20 reps Sumo Squats

Right Leg Single Leg Deadlift

20 reps Alternating Lateral Lunges (10R/10L)

Left Leg Single Leg Deadlift

20 Deadlifts

*30 second round (GO HEAVY)*

Alternating Curtsy Lunges

Calf Raises

Right Leg Single Leg Deadlift

Left Leg Single Leg Deadlift

**Set 4**

**Final set for this workout working the core and the glutes one final time. All rounds should be 30 seconds on with 5-6 seconds in between. Start laying on the back. Repeat 2x.**

Crunches

Glute Bridges

Scissor Kicks

Right Leg Single Leg Glute Bridge

Bicycle Crunch

Left Leg Single Leg Glute Bridge