

**Scarlet Workout (#3)**

**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**

**Legs: 60-45-30 Round. You will do each exercise for 60 seconds. Repeat for 45 seconds and finally for 30 seconds. Your goal each round is go up in weight or maintain what you start with. In between the time changes, you will do 10 Pop Squats or Jump Squats. Use heavy dumbbells!**

*60 seconds each*

Goblet Squats

Alternating Reverse Lunges

Alternating Single Leg RDLs

**\*10 Pop Squats or Jump Squats (Body Weight)**

*45 seconds each*

Goblet Squats

Alternating Reverse Lunges

Alternating Single Leg RDLs

**\*10 Pop Squats or Jump Squats (Body Weight)**

*30 seconds each*

Goblet Squats

Alternating Reverse Lunges

Alternating Single Leg RDLs

**\*10 Pop Squats or Jump Squats (Body Weight)**

**CORE**

**All exercises are in plank position. Complete exercises below for 30 seconds each, 2 rounds total.**

*30 seconds each*

Full Plank Hold (on palms)

Slow Mountain Climbers (Right Knee to Right Elbow Only)

Plank Hip Dips

Slow Mountain Climbers (Left Knee to Left Elbow Only)

Plank Jacks (Go for speed!)

**SET 2**

**Legs: This is like set 1 however you will work 1 leg at a time and each leg will be completed for 60 seconds and then 45 seconds. 10 squat jacks in between each round for 40 total squat jacks and a little heart rate increase.**

*60 seconds each*

Right Leg Lateral Lunge

Right Leg Lateral Leg Lift

Right Leg Curtsy Lunge

**\*10 Squat Jacks**

*60 seconds each*

Left Leg Lateral Lunge

Left Leg Lateral Leg Lift

Left Leg Curtsy Lunge

**\*10 Squat Jacks**

*45 seconds each*

Right Leg Lateral Lunge

Right Leg Lateral Leg Lift

Right Leg Curtsy Lunge

**\*10 Squat Jacks**

*45 seconds each*

Left Leg Lateral Lunge

Left Leg Lateral Leg Lift

Left Leg Curtsy Lunge

**\*10 Squat Jacks**

**CORE 2**

**Lay on your back. Place hands under glutes for extra support if needed. Complete exercises below for 30 seconds each, 2 rounds total.**

*30 seconds each*

Leg Lifts or Tabletop Heel Drops

Flutter Kicks

Side to Side Heel Taps

Reverse Crunch