

**Scarlet Workout (#2)**

**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: 40-30-20 Round. You will do each exercise for 40 seconds. Repeat for 30 seconds and finally for 20 seconds. Your goal each round is go up in weight or maintain what you start with. In between the time changes, you will do 25 walking lunges (anywhere you have space). Use heavy dumbbells!**

*40 seconds*

Squats

RDL’s

Sumo Squat

**\*25 Walking Lunges**

*30 seconds*

Squats

RDL’s

Sumo Squat

**\*25 Walking Lunges**

*20 seconds*

Squats

RDL’s

Sumo Squat

**\*25 Walking Lunges**

**Core: Lay on your back. Place hands under glutes for extra support if needed. All rounds 30 seconds. Do a total of 3 rounds.**

*30 seconds*

Scissor Kicks

Alternating Deadbugs

Full Sit Up

Russian Twist

Repeat 2x

**SET 2**

**Legs: This is similar to set 1 however you will work 1 leg at a time and each leg will be completed for 40 seconds and then 30 seconds. 25 glute bridges in between each round for 100 total glute bridges.**

*40 seconds*

Right Leg Lateral Lunge

Right Leg Single Leg Deadlift

Right Leg Step Back Lunge

**\*25 Glute Bridges**

*40 seconds*

Left Leg Lateral Lunge

Left Leg Single Leg Deadlift

Left Leg Step Back Lunge

**\*25 Glute Bridges**

*30 seconds*

Right Leg Lateral Lunge

Right Leg Single Leg Deadlift

Right Leg Step Back Lunge

**\*25 Glute Bridges**

*30 seconds*

Left Leg Lateral Lunge

Left Leg Single Leg Deadlift

Left Leg Step Back Lunge

**\*25 Glute Bridges**

**Core: All exercises are in plank position. Rounds are 30 seconds long and should be done for 3 full sets.**

*30 seconds*

Forearm Plank Hold

Plank Hip Dips

Full Plank Hold (on palms)

Slow Mountain Climbers

Repeat 2x