

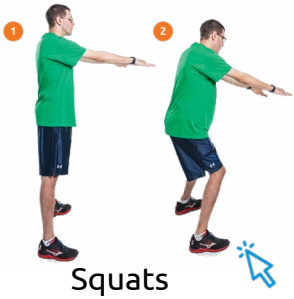
REVEAL YOUR CHAMPION: DURABLE DECEMBER

WEEK 1: FEEL THE BURN

# TORQUE



Wednesday is leg day! Every Wednesday we will complete 4 Super Sets that pairs 2 exercises together. Complete the exercises together then take 1 minute rest. Choose Champion, Warrior, or Super Hero to repeat the series.



1 Complete School of Strength Warm Up

2 Super Set #1  
16 reps of Squats  
8 reps of Donkey Kicks (both sides)

3 1 minute rest



4 Super Set #2  
8 reps of Curtsy Lunges (both sides)  
8 reps of Reverse Lunges (both sides)

5 1 minute rest



6 Super Set #3  
16 reps of Heel Raises  
8 reps of Split Squat (both sides)

7 1 minute rest



8 Super Set #4  
8 reps of Clam Shells (both sides)  
16 reps of Sumo Squats

9 2 minutes rest & drink some water!

10 Champion: Repeat 1 more time  
Warrior: Repeat 2 more times  
Super Hero: Repeat 3 more times



Good Work!  
Time to Cool Down



Good Work! Take a Break &  
Go for 1 More Round!



Good Work! Take a Break &  
Keep Going!