

REVEAL YOUR CHAMPION: DURABLE DECEMBER

WEEK 3: HEAVY HITTER

LEG DAY



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.



Side Leg Raises



Hamstring Curls



Reverse Lunge



Forward Kicks



Sumo Squat



Tip Toe Walk



Good Mornings



Standing Crunch

1 Complete School of Strength Warm Up

2 Super Set #1  
8 reps of Side Leg Raises (both sides)  
16 reps of Hamstring Curls

3 1 minute rest

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

5 1 minute rest

6 Super Set #3  
16 reps of Sumo Squats  
16 reps of Tip Toe Walk

7 1 minute rest

8 Super Set #4  
16 reps of Good Mornings  
8 reps of Standing Crunch (both sides)

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!