



WEEK 4: STRONG LIKE BULL

SUPER SET SCULPT

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 Raise



Hamstring Curl

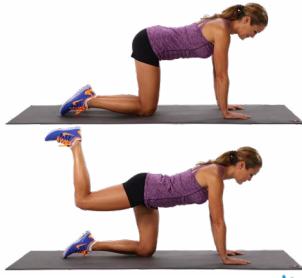
1 Complete School of Strength Warm Up

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

3 1 minute rest



Reverse Lunge



Donkey Kicks

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

5 1 minute rest



Split Squat



High Knee Step Up

6 Super Set #3
8 reps of Split Squats (both sides)
16 reps of Step Up with High Knee

7 1 minute rest



Good Mornings



Single Leg Reach

8 Super Set #4
16 reps of Good Mornings
8 reps of Single Leg Reach (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!