

Do Life Fit 24 Day Challenge

Phase 2

Day 24 – HIIT (High Intensity Interval Training) LOWER BODY

- *Perform each exercise for 40 second, taking a 20 second break in between each exercise.*
- *Complete 2 to 3 full rounds.*
- *After doing a full round, take a 1 to 2-minute break before doing another round again.*

1. 40 seconds lunges with jump knee up.
2. 40 seconds lunges with other side jump knee up.
3. 40 seconds single leg deadlift.
4. 40 seconds single leg deadlift with other leg.
5. 40 squat hold with stability ball on the wall.
6. Calf raises – toes pointing in (20 seconds), toes pointing forward (20 seconds), and toes pointing out (20 seconds).
7. 40 seconds push-up position, in and out with the feet.
8. 40 seconds alternating from side kicks to back kicks (optional to hold on to something for balance) As well you can use ankle weights.
9. 40 seconds other leg alternating from side kicks to back kicks (optional to hold on to something for balance) As well you can use ankle weights.

- *STRETCH*
- *DO NOT FORGET TO DRINK PLENTY OF WATER*