

Do Life Fit 24 Day Challenge

Phase 2

Day 5 – LOWER BODY HIIT

➤ *Do all exercises back to back with no rest. At the end take a 1 to 2-minute break and repeat for a total of 4 rounds.*

1. 10 squats with weights
2. 40 butt kicks
3. 10 lunges (each leg) with knee raise – total 20 reps
4. 30 - foot tap jump on a bench, ball, or step.
5. 10 straight leg deadlifts with weight
6. 30 feet together small jump – alternating to the left, front, right, etc...
7. 10 stability ball curl

➤ *STRETCH*

➤ *DO NOT FORGET TO DRINK PLENTY OF WATER*