

Leg and bum sculpting program

About the program:

- This program is designed to hit your legs and bum, utilising exercises carefully picked for optimal results.
- When following this routine, your primary focus should be on maintaining perfect technique.
- Be sure to do all the circuits in the order as listed.
- Keep the breaks between the circuits to a maximum of 2 minutes.
- For best results do both workouts in one week, important to have at least 1 day of rest between the two workouts.
- Please email me if you need any alternative exercises.

Day 1:

Target time: 50-60 minutes

Set your timer for 45 sec:15 seconds (you will work for 45 seconds and rest for 15 seconds)

Download the GYMBOSS app on your phone.

Warm up: 5 min any cardio

1. [Bulgarian split squats](#) L
2. [switch steps](#) or jump rope
3. [Bulgarian split squat](#) R
4. Switch step or jump rope
5. [Crunches](#)
6. Switch step or jump rope
7. [Deep squats with db](#)
8. Switch step or jump rope
9. Deep [squats](#) with db
10. Switch step or jump rope
11. Crunches
12. Switch step or jump rope
13. [Step up](#) L
14. Switch step or jump rope
15. Step up R
16. Switch step or jump rope
17. [Box jumps](#) or [broad jumps](#)
18. Switch steps or jump rope
19. [Jump lunges](#)
20. Switch steps or jump rope
21. Jump lunges
22. Switch steps or jump rope

Repeat x 2



Finisher:

Tabata: 20 sec work and 10 sec rest for a total of 8 rounds. Push hard with the 20 seconds on.

Skater lunges

*** you will do 20 sec skater lunges, rest 10 sec. Repeat x 8.**

“Work hard in silence. Let success be your noise”

Day 2

Notes for today:

- Target time for workout: 55 minutes
- **Rest as little as possible between exercises and sets.**
- **Rest just enough to keep good form.**

Warm up: 5 min any cardio

Workout:

1.

10 x [Jumping jacks](#)
10 x [High knees](#)
10 x [squats](#)
Repeat x 2

2.

30 sec [squat hold](#)
15 x [squat jumps](#)
15 x [tuck jumps](#)
Repeat x 3

3.

20 x [mountain climbers](#) (total)
10 x [squat jumps](#)
10 x [burpees](#)
20 sec [squat hold](#)
Repeat x 4

4.

15 x [squats](#)
15 x [lunges](#) (total)
30 x [lunge pulses](#) (L)
30 x lunge pulses ®
Repeat x 3

5.

20 x [mountain climbers](#)

10 x [squat jumps](#)

10 x [burpees](#)

20 sec [squat hold](#)

Repeat x4

6. Burpee ladder: 3 minutes:

1 x [burpee](#) + 1 x [half burpee](#)

2 x burpees + 2 x half burpees

3 x burpees + 3 x half burpees

4 x burpees + 4 x half burpees

5 x burpees + 5 x half burpees

Once you get to 5, work your way back to 1 until time is up.

7.

10 x [overhead squats](#)

10 x [lunges](#) (total)

20 sec [squat hold](#)

Repeat x 3

8.

20 x [squat jumps](#)

10 x [burpees](#)

20 sec [squat pulses](#)

20 x [mountain climbers](#) (total)

20 x [jump lunges](#)

30 x [lunge pulses](#) (L)

30 x lunge pulses R

10 x [step up](#) L

10 x step up R

“Push through the pain, on the other side is the reward.”