

## AB, THIGH AND BUTT BLASTER WORKOUT

WARM UP: 30 Wide Squats, followed by 10 Reverse Lunges with bodyweight, then stretching for 5 minutes.

EXERCISE	SETS	REPS
LEG EXTENSIONS	4	15
LEG CURLS	4	15
LEG PRESSES <i>SUPERSET WITH</i>	3	20
SMITH MACHINE LUNGES WITH WEIGHT	3	15
ONE-LEGGED SQUATS USING BODYWEIGHT <i>SUPERSET WITH</i>	3	15
STIFF LEGGED DEADLIFTS	3	20
WIDE SUMO SQUATS HOLDING DUMBBELL <i>SUPERSET WITH</i>	3	20
POP SQUATS	3	20

## AB WORKOUT

EXERCISE	SETS	REPS
CRUNCHES	5	50
HANGING LEG RAISES	5	30
ROMAN CHAIR SIT-UPS	5	30