

WORKOUT SEVENTEEN

lower body

Date: ___/___/___

1. Warm-up (20 High-Knees, 20 Body Weight Squats and 10 Sit-ups)
2. How many rounds of this circuit can you complete in 6 minutes? Rounds _____
 - a) 20 Mountain Climbers
 - b) 10 Froggers
 - c) 10 Touch Downs
 - d) 20 Shoulder Taps
3. How much time does it take you to do 30 Sumo Squats? (Weight _____) Time _____
4. How much time does it take you to do 30 Alternating Lunges? (Weight _____) Time _____
5. Quad Stretch 1 Minute Alternate Legs _____ (Write "Yes" for Completed)
6. How many rounds of this circuit can you complete in 6 minutes? Rounds _____
 - e) 20 Mountain Climbers
 - f) 10 Froggers
 - g) 10 Touch Downs
 - h) 20 Shoulder Taps
7. How much time does it take you to do 30 Straight Leg Dead Lifts (if you have a weak lower back sub squats)? (Weight _____) Time _____
8. Hamstring Stretch Alternate Legs 1 minute _____ (Write "Yes" for Completed)
9. How much time does it take you to do 50 Standing Calf Raises? (Weight _____) Time _____
10. How long does it take you to do 30 Floor Leg Lifts? (No Weights) Time _____
11. Stretching:
 - a. Butterfly Stretch 1 Minute (30 seconds each leg)
 - b. Seated Wide Leg Stretch 1 Minute
 - c. Calf Stretch 1 Minute

Total Workout Time _____ Total Calories Burned (Optional) _____