LOWER BODY

Dismiss

Lower body workouts always target our big muscles. They're strong which means you'll want to grab a heavier weight.

You'll notice your heart rate gets higher with these bigger lifts, so taking longer rests between exercises can be helpful to reset and recharge.

LOWER BODY

Regular workout

Created by Chrissy Davison on 27 Jun 2025, last updated on 27 Jun 2025.

est. 42 minutes

Equipment

Bands (handles) · Body weight · Dumbbell · Kettlebell · Mat

Instructions

Lower body workouts always target our big muscles. They're strong which means you'll want to grab a heavier weight.

You'll notice your heart rate gets higher with these bigger lifts, so taking longer rests between exercises can be helpful to reset and recharge.

Bodyweight bear squat to pl...	2 sets x 30 sec each, WARM UP	
Bear Squat to Spiderman	2 sets x 30 sec each, WARM UP	
Bodyweight Sumo Squat	2 sets x 30 sec each, WARM UP	
Kettlebell Goblet Squat	3 sets x Aim for failure by reps 10-12	Rest 90 sec between sets
Dumbbell Single Leg Deadlift	3 sets x Aim for failure by reps 10-12	Rest 90 sec between sets
Dumbbell Hip Thrust	3 sets x Aim for failure by reps 10-12	Rest 90 sec between sets
Band Glute Kickback	3 sets x Aim for failure by reps 10-12	Rest 90 sec between sets
Kneeling High Side Plank	3 sets x Hold	Rest 90 sec between sets
Wide Stance Forward Fold	1 set x 30 sec, COOL DOWN	
Pilates - Spine Stretch Forwa...	1 set x 30 sec, COOL DOWN	
Static Pigeon Stretch	30 sec, COOL DOWN	

Bodyweight bear squat to plank

Start in bear position (on hands and knees, hips lifted). Squat back by lowering your hips and sitting into a squat, then transition into a plank position by straightening your legs and bringing your body into a straight line.

Targets core, shoulders, and legs.

Bear Squat to Spiderman

From a bear squat, step one foot forward into a deep lunge, then return and switch sides

From a bear squat, step one foot forward into a deep lunge, then return and switch sides.

Bodyweight Sumo Squat

Stand with your feet wider than shoulder-width apart and toes pointed outward.

Lower into a squat, keeping your knees in line with your toes.

This targets the quads, glutes, and inner thighs.

Kettlebell Goblet Squat

1) When performing the squat, ensure that your feet are set shoulder-width apart.

2) As you descend into the squat, make sure your toes, knees, and hips maintain alignment.

3) As you sit back, make sure your body weight shifts into your heels.

4) Keep your chest and upper body held in a neutral position or with a slight arch.

Dumbbell Single Leg Deadlift

1) When performing this exercise, ensure you keep a safe back by keeping your head and chest up and your back in a neutral or slightly arched position.

2) Stand on one leg with the dumbbell on the same side as your standing leg.

3) Perform the deadlift.

Dumbbell Hip Thrust

1. When performing this exercise, you'll want most of the work being done from your hips rather than your lower back. Keep your abdominal set - particularly at the top of the lift.

2. To stabilized the dumbbell, you'll need to use your hands to make sure it doesn't roll off.

3. Begin by sitting close to a bench while holding the dumbbells. This will be your starting position.

4. Begin the movement by driving through with your heels, extending your hips vertically keeping the dumbbells in place. Your weight should be supported by your upper back and the heels of your feet.

5. Extend as far as possible.

Band Glute Kickback

1. Start by securing a band to an anchor at foot height.

2. Connect the band to your foot with an ankle strap, and use the anchor for balance.

3. Slightly hinge forward at the hips, and drive the banded leg back and away from the anchor point.

4. Slowly return to the start position. Repeat on the opposite side.

Kneeling High Side Plank

1. Start by lying on the mat on your side, with your body propped up on the hand and knee of the bottom leg.

2. Drive your hips up off the mat, and push your hips forward until they are fully extended.

3. Hold this position, with your top leg fully extended and abdominals tense.

4. Continue to breathe and hold this position.

5. Repeat on the other side.

Wide Stance Forward Fold

Stand with feet wide and hinge at the hips to fold forward, stretching your hamstrings and lower back.

Pilates - Spine Stretch Forward

Sit with legs extended, reach arms forward, inhale to lengthen, then exhale as you reach forward, stretching the spine.

Static Pigeon Stretch

1. When performing this exercise, ensure to lower yourself down into position as to not strain anything.

2. Get down on the floor, roll your right leg underneath you, stretch your left leg back.

3. Use your elbows to support the upper body. Hold.

4. When you've completed one side, do the other.

4. When you've completed one side, do the other.

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3
Bodyweight bear squat to plank	reps x lbs	reps x lbs	
Bear Squat to Spiderman	reps x lbs	reps x lbs	
Bodyweight Sumo Squat	reps x lbs	reps x lbs	
Kettlebell Goblet Squat	reps x lbs	reps x lbs	reps x lbs
Dumbbell Single Leg Deadlift	reps x lbs	reps x lbs	reps x lbs
Dumbbell Hip Thrust	reps x lbs	reps x lbs	reps x lbs
Band Glute Kickback	reps	reps	reps
Kneeling High Side Plank	sec	sec	sec
Wide Stance Forward Fold	reps x lbs		
Pilates - Spine Stretch Forward	reps x lbs		
Static Pigeon Stretch			

Previous Stats

TOTAL BODY

Dismiss

Supersets are a great way to save time and a great way to burn more calories during the workout.

To complete a superset you'll perform one exercise immediately followed by the next exercise of that superset without taking much of a break. Once the two exercises are performed you'll take your 1-2 minute break.

What should you do during your rest breaks? Rest! Start the timer in the app and take a true rest - scroll or watch your fav show; the timer helps you stay on track without getting too distracted ;)

TOTAL BODY

Regular workout

Created by Chrissy Davison on 27 Jun 2025, last updated on 27 Jun 2025.

est. 36 minutes

Equipment

Body weight | Dumbbell | Mat | Mini band

Instructions

Supersets are a great way to save time and a great way to burn more calories during the workout.

To complete a superset you'll perform one exercise immediately followed by the next exercise of that superset without taking much of a break. Once the two exercises are performed you'll take your 1-2 minute break.

What should you do during your rest breaks? Rest! Start the timer in the app and take a true rest - scroll or watch your fav show; the timer helps you stay on track without getting too distracted ;)

Squat and Punch	2 sets x 30 sec each, WARM UP
Bodyweight Squat To Stand /...	2 sets x 30 sec each, WARM UP
Bodyweight Lateral Deadlift/...	2 sets x 30 sec each, WARM UP

Superset of 3 sets

Dumbbell Reverse Lunge	Aim to failure by reps 10-12
Dumbbell Standing Shoulder ...	Aim to failure by reps 10-12
Rest for 90 sec	

Repeat new set

Superset of 3 sets

Dumbbell Deadlift	Aim to failure by reps 10-12
Dumbbell Single Arm Bent O...	Aim to failure by reps 10-12
Rest for 90 sec	

Repeat new set

Superset of 3 sets

Superset of 3 sets

Mini Band Clamshell	Aim to failure by reps 10-12
Reverse Crunch	Aim to failure by reps 10-12
Rest for 90 sec	

Repeat new set

Static Quadricep Stretch	30 sec, COOL DOWN
Lying Piriformis Stretch	30 sec, COOL DOWN
Static Rear Delt Stretch	30 sec, COOL DOWN

Squat and Punch

1. When performing this exercise, ensure proper squat form.

2. Sit your hips back rather than letting your knees come over your toes. This will be your starting position.

3. As you stand, ensure that you squeeze your glutes and pull your tummy in, while punching one hand forward and back to starting position. Alternate left and right arms.

4. Repeat.

Bodyweight Squat To Stand / Squat To Hinge

Start in a deep squat position, then straighten your legs and shift your hips back into a hinge position.

Engage your hamstrings and lower back. Focuses on leg mobility and core stability.

Bodyweight Lateral Deadlift/Hinge

Stand with feet hip-width apart. Push your hips back, keeping your back flat, and bend at the hips (not the knees) to lower your torso. Return to standing by pushing your hips forward.

This targets the hamstrings, glutes, and core.

Dumbbell Reverse Lunge

1) Stand with dumbbells in both hands hanging down your sides.

2) Extend one leg back and lower your body on the other leg until knee of rear leg is almost in contact with floor.

3) Return to original standing position.

4) Make sure your torso is straight during the whole exercise.

Dumbbell Standing Shoulder Press

1.Stand upright holding dumbbells at shoulder height, fists outwards.

2.Press the dumbbells overhead, extending your arms fully. Make sure to keep your back flat and remain upright throughout.

3.Repeat.

Dumbbell Deadlift

1) Stand and hold two dumbbells with palms facing in.

2) With your back straight and knees locked, bend your body at your waist and lower down to the floor.

3) Then straighten up while still holding the dumbbells at arms length. This is a very difficult exercise and is not meant for beginners.

Dumbbell Single Arm Bent Over Row

1) Place one knee on a bench, one hand in a push-up position. Body parallel to the floor with back straight, one hand holding the dumbbell onto your side.

2) Pull the dumbbell up to the side of your chest, keeping arm close to the body.

3) Lower the dumbbell returning to starting position.

4) Complete all reps on one side before switching to the other side.

Mini Band Clamshell

1. Start by lying on your side, with knees bent, and Mini Band looped around your knees.

2. While keeping your heels together, slowly lift your top knee up and away from the floor.

3. Lower it back down under control without rocking forward or backwards. Repeat on the other side.

Reverse Crunch

1) Lie on the floor and bend your knees so they are at 90 degrees.

2) Start by curling your hips off the floor and reach your legs up toward the ceiling.

3) Pause, and slowly return to starting position.

Static Quadricep Stretch

1) Have one hand placed on something for stability if possible.

2) With the other hand, grab your foot and bring your hip, knee, and foot all in line with one another vertically (perpendicular to the ground).

3) Hold.

4) Repeat on the other side.

Lying Piriformis Stretch

1. For this stretch, you'll feel it in the side of the hip on the leg that's crossover your other leg.

2. There are 3 positions that get your to a deeper and deeper stretch.

3. Lie down with your one knee bent and the other foot crossover the bent knee.

4. Once you've stretched out the left side, go ahead and do the right.

Static Rear Delt Stretch

1. Start standing with one arm fully extended, across your body.

2. Gently draw the arm in towards your body until you feel a light stretch in the back of your shoulder.

3. Breathe and hold this stretch position.

4. Repeat on the other side.

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3
Squat and Punch	reps	reps	
Bodyweight Squat To Stand / Squat To Hinge	reps x lbs	reps x lbs	
Bodyweight Lateral Deadlift/Hinge	reps x lbs	reps x lbs	
Dumbbell Reverse Lunge	reps x lbs	reps x lbs	reps x lbs
Dumbbell Standing Shoulder Press	reps x lbs	reps x lbs	reps x lbs
Dumbbell Deadlift	reps x lbs	reps x lbs	reps x lbs
Dumbbell Single Arm Bent Over Row	reps x lbs	reps x lbs	reps x lbs
Mini Band Clamshell	reps	reps	reps
Reverse Crunch	reps	reps	reps
Static Quadricep Stretch			
Lying Piriformis Stretch			

Static Rear Delt Stretch			

Previous Stats

UPPER BODY

Dismiss

Strong arms for the summer is the name of this workout!

Aim for failure, see how many rounds you can do - I have 4 rounds available for you to fill out, see if you can get up to 4 circuits completed this month.

*These exercises use bands, which can be a little harder to track. If you'd rather use dumbbells for the lateral raises, bicep curls and tricep kickbacks you definitely can swap for those instead.

UPPER BODY

Circuit workout

Created by Chrissy Davison on 27 Jun 2025, last updated on 27 Jun 2025.

est. 28 minutes

Equipment

Bands (handles)

Body weight

Instructions

Strong arms for the summer is the name of this workout!

Aim for failure, see how many rounds you can do - I have 4 rounds available for you to fill out, see if you can get up to 4 circuits completed this month.

*These exercises use bands, which can be a little harder to track. If you'd rather use dumbbells for the lateral raises, bicep curls and tricep kickbacks you definitely can swap for those instead.

Perform as a circuit workout of 4 rounds

Band Face Pulls	Aim for failure by reps 10-12
Band Front To Lateral Raise	Aim for failure by reps 10-12
Band Bicep Curl	Aim for failure by reps 10-12
Band Tricep Kickback (Ancho...	Aim for failure by reps 10-12
Superman	60 sec each, Hold
Rest for 2 min	

Repeat new round

Band Face Pulls

1. Start by securing a band to an anchor point above head height.
2. With the handles in both hands, pull the band up and towards your temples.
3. Your upper arms should be parallel to the floor, with your hands pointed towards the ceiling.
4. Slowly return to the start position. Repeat.

Band Front To Lateral Raise

Perform a front raise with one arm, then switch to a lateral raise.

Alternate the movements between the front and side raises while maintaining control of the band.

Band Bicep Curl

1) Stand with both feet on resistance band holding handles long next to your sides

2) Slowly both hands up towards your shoulders, squeezing the biceps and keeping your elbows next to your sides.

3) Slowly lower the arms back down towards the start position, then repeat.

Band Tricep Kickback (Anchored)

1. Start by securing a band to an anchor point at about chest height.

2. Take the handles in both hands by your sides.

3. Hinge at the hips, so your torso comes forward to near parallel with the floor.

4. While keeping your elbows by your sides, drive your hands backwards and away from the anchor point until your arm are fully straightened.

5. Slowly return to the start position and repeat.

Superman

1.Lie face down, legs straight, feet together, arms out straight above your head on a mat.

2.Squeeze your glutes to slowly raise your legs and arms, as well as slowly arching your back.

3.Return to starting position.

4.Repeat.

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3	Set 4
Band Face Pulls	reps	reps	reps	reps
Band Front To Lateral Raise	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Band Bicep Curl	reps	reps	reps	reps
Band Tricep Kickback (Anchored)	reps	reps	reps	reps
Superman	reps	reps	reps	reps
Rest				

Previous Stats