




HOME WORKOUT

BEGINNER LEGS & SHOULDERS







Want to get personalised workouts that are specific to your goals, with video instructions and progress tracking?

Check out our coaching service at:
thecarnivoredietcoach.com

A Warm Up

-  **Jumping Jacks**
Rest 0
-  **Glute Bridge**
Sets 3 Time 30 Sec Rest 0
-  **Cross Crunch**
Sets 3 Time 30 Sec Rest 0

B Circuit

-  **Bodyweight VMO Split Squat**
Sets 3 Reps 10 or max Rest 0
-  **Seated Single Arm Dumbbell Shoulder Press (No back support)**
Sets 3 Reps 10 or max Rest 0
-  **Bodyweight Squat**
Sets 3 Reps 10 or max Rest 0
-  **Resistance Bands Lateral Raises**
Sets 3 Reps 10 or max Rest 0
-  **Prisoner Squat Jumps**
Sets 3 Reps 10 or max Rest 0
-  **Band Front Raise**
Sets 3 Reps 10 or max Rest 120s

Warm Up:

Perform each exercise for 30 seconds without rest for 3 rounds.

Circuit

Perform each exercise for 10 repetitions or your maximum repetitions if you can't complete 10.

Complete one set of each exercise without rest until all six exercises are complete.

Rest 120 seconds after each round and repeat for three rounds.