

20 Minute Fitness Series Legs with Weights

6-14-19

Exercise Type	Level	Intensity	Equipment
Fitness	Intermediate	Medium	Dumbbells

Description

This workout is part of our 20 Minute Fitness Series. It's a superset workout for legs, using dumbbells. There are 3 supersets - each superset has 2 exercises in it and will be performed 3 times. The exercises will be performed for 50 seconds with a 10 second transition between exercises, and a 30 second recovery between supersets. I'm using an app called Seconds.

Exercise	Repetitions
Superset 1 1. Goblet Sumo Squat 2. Deadlifts 3 Sets	50 seconds for each exercise and a 10 second transition between exercises
Superset 2 1. Shoulder Lunges <i>Switch sides halfway through set</i> 2. Hip Lifts 3 Sets	50 seconds for each exercise and a 10 second transition between exercises
Superset 3 1. Dumbbell Alternating Wood Choppers 2a. Swimming Legs (1st half of set) 2b. Heel Squeeze and Lift Knees (2nd half of set) 3 Sets	50 seconds for each exercise and a 10 second transition between exercises

Programming Tips

This workout can be performed two or three times per week or with the other workouts in the series.

Quick Reference Images

Round 1



1. Goblet Sumo Squats



2. Deadlifts

Round 2



1. Shoulder Lunges

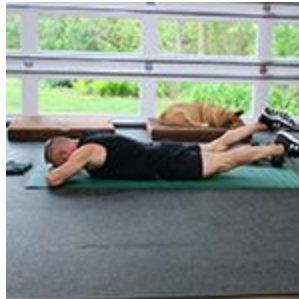


2. Hip Lifts

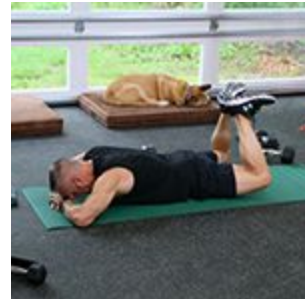
Round 3



1. Alternating Woodchoppers



2a. Swimming Legs



2b. Heel Squeezes and Lifts