

When In Doubt, Squat It Out!

Summer Booty Challenge

DAY 18

*20 plank rows on each side. 10 with your arm close to body and 10 elbow coming out to the side

*20 static lunges

-like an explosion lunge except you are going to stay low and hold 3 seconds in between jumps

*50 low in & out squats

-start in squat position. jump in and out and stay low

*30 curtsy lunges with dumbbells

*30 plank knee to elbow. move back and forth between legs.

3x