

BEAT THE HOLIDAYS CHALLENGE

Week 1 Workout 5

LEGS

| EXERCISES | REPS | ROUNDS | WEIGHT / NOTES |
|---------------|-----------------------------|---|----------------|
| LUNGES | <i>50 reps each leg</i> | <i>Finish total 3 rounds of the workout.</i> | |
| 0.3 MILES RUN | <i>1 round</i> | | |