

## PHASE 4

### WORKOUT ONE: HOME WORKOUT

EXERCISE	REPS	SETS	TEMPO	REST
Squat pulses	15	2-4	Slow & Controlled	Circuit
Bulgarian Squats	10/leg	2-4	Slow & Controlled	Circuit
Side lunges	10/leg	2-4	Slow & Controlled	Circuit
Alternating back lunge	10/leg	2-4	Slow & Controlled	Circuit