

Lili

Trap Bar deadlifts

Work up to a weight where 5 reps is a challenge

Do 5 reps, I want you to lower to a 3 second count each rep

Rest 1 minute between sets.

Do 5 sets

Then

Banded seated hamstring curls - 30 quick reps - see video

Rest 45 seconds

Step ups to a 20 inch box, hold dumbbells in hands - 8 on each leg

Rest 90 seconds

Do 5 sets

Then

16 rainbow slams - see video

Rest 30 seconds

6 calories on the air bike

Rest 90 seconds

Do 6 sets