



30-DAY BEGINNER LOWER BODY BLAST



1 Bodyweight Squats (3 sets of 10 reps)	2 Walking Lunges (2 sets of 12 steps each leg)	3 Glute Bridges (3 sets of 12 reps)	4 Rest or Active Recovery (Stretching, Yoga)	5 Bulgarian Split Squats (3 sets of 10 reps each leg)
6 Calf Raises (3 sets of 15 reps)	7 Rest or Active Recovery (Foam Rolling)	8 Step-Ups (2 sets of 10 reps each leg)	9 Deadlifts (3 sets of 10 reps)	10 Side Lunges (2 sets of 12 reps each leg)
11 Rest or Active Recovery (Yoga, Swimming)	12 Wall Sit (3 sets of 30 seconds)	13 Donkey Kicks (3 sets of 12 reps each leg)	14 Rest or Active Recovery (Walking, Cycling)	15 Sumo Squats (3 sets of 12 reps)
16 Romanian Deadlifts (3 sets of 10 reps)	17 Side Leg Raises (3 sets of 12 reps each leg)	18 Rest or Active Recovery (Foam Rolling, Stretching)	19 Jump Squats (2 sets of 10 reps)	20 Lateral Lunges (2 sets of 12 reps each leg)
21 Rest or Active Recovery (Swimming, Dancing)	22 Fire Hydrants (3 sets of 12 reps each leg)	23 Reverse Lunges (2 sets of 12 reps each leg)	24 Hamstring Curls (3 sets of 10 reps)	25 Rest or Active Recovery (Yoga, Pilates)
26 Box Jumps (2 sets of 10 reps)	27 Leg Press (3 sets of 10 reps)	28 Rest or Active Recovery (Foam Rolling, Walking)	29 Single-Leg Deadlifts (2 sets of 10 reps each leg)	30 Cool Down and Stretch (10 minutes)