

# Fit Bit Friday 150

## The Bombshell Bottom Half Workout

*\*\*\*Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.\*\*\**

**Description:** This is a primarily lower-body focused workout, but you'll also be using all of the muscles in your core to help stabilize yourself as you move through each exercise. For this 6-move circuit, you'll need a barbell and a step. If you find any of the moves too challenging to do with the barbell while still maintaining proper form, feel free to drop it and just use your body weight. Take 2-3 minutes of rest at the end of each round, and repeat the set of 6 moves for a total of 2-3 rounds.

Sets	Exercise	Reps
2 to 3	<b>Walking lunges</b> - Do half of the reps walking in one direction and the other half coming back with a barbell across your shoulders.	25 total
	<b>Barbell Bodyweight Squats</b> - Place barbell across your shoulders. Take feet just outside shoulder width, toes pointed slightly outward, and place hands behind your head. Lower into a squat, keeping knees behind toes. Rise to stand and repeat.	15
	<b>Burpee Jack</b> - Stand with feet together. Lower hands to the ground, jumping feet back into high plank pose. Do a jumping jack with your feet (jumping them out, then back together), then hop your feet back up to your hands and jump up to standing. Repeat.	10
	<b>Stationary Lunge - Rear Foot Elevated</b> - Place a barbell across the back of your shoulders and get into a lunge stance with the back foot on a bench or step. Keeping feet planted, perform 10 reps before switching leading legs.	10 each side
	<b>Uneven Barbell Squat</b> - Keep barbell across the back of your shoulders. Move to the end of a step, placing one foot completely on top of the step and the other on the ground. Complete all reps on this side before switching.	10 each side
	<b>Traveling Jump Squats</b> - Stand with feet a few inches apart with some open space in front of you. Jump forward, landing in a squat with feet around shoulder width apart. Jump forward again, this time landing with feet together. Continue until you've done 10 squats in one direction, then come back.	20 total

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