

the drop it like a squat workout

If you have access to equipment, you'll need a barbell, a BOSU (or a step to create an raised surface for the uneven squats) and a kettlebell or dumbbell. The 1-minute plank is an active recovery to take the focus off your legs. If you don't feel you need the 30-60s rest after the plank, go straight into the next round.

3-4X:

Barbell squats - bar across shoulders

Reps

15

Barbell squat pulses - stay low, small up/down motion

**3X5
pulses**

Uneven barbell squats - one foot on rounded side of BOSU

**10 each
side**

Sumo squat - hold kettlebell in both hands at your chest

15

Bodyweight squats

15

Bodyweight squat pulses

**3X5
pulses**

1 minute plank

Optional: 30-60s rest