the crazy eights lower body workout

You won't need any equipment for this one, but you'll want to wear a pair of socks and find a space on a wood or tile floor for maximum slide-a-bility!

1 Reverse lunges

8 full-range reverse lunges, L side
8 bottom-half lunges, L side
8 count hold, L side
8 bottom-half lunges, L side
8 full-range reverse lunges, L side
Repeat all on R side

30s rest

2 Bodyweight Squats

8 full-range bodyweight squats
8 bottom-half squats
8 count pulse
8 bottom-half squats
8 full-range squats

30s rest

3 Side lunges

8 full-range side lunges, L side
8 bottom-half side lunges, L side
8 count side lunge hold, L side
8 bottom-half side lunges, L side
8 full-range side lunges, L side
Repeat all on R side

30s rest

4 Donkey kicks

8 full-range donkey kicks, L side
8 top-half donkey kicks, L side
8 count donkey kick pulse, L side
8 top-half donkey kicks, L side
8 full-range donkey kicks, L side
Repeat all on R side

streeeeetch it out!