

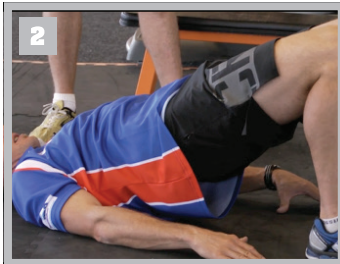
RISE AND GRIND

EPISODE 1 LEGS AND GLUTES

Circuit 1



1. Bench Squats



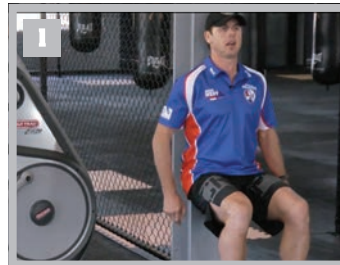
2. Hip Raises



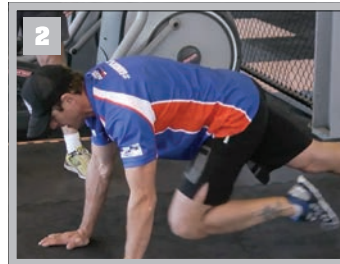
3. Lunges

- 1 minute per exercise
- Repeat circuit 3 times

Circuit 2



1. Wall Squats
• Maximum 2 minutes



2. Mountain Climbers
• 1 minute effort



3. Step Ups
• 12 per leg