

Grunt Style's Mamavator Leg Crusher

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|---|---|
| 1. Lunge Jumps (45 seconds)
a. 15 second break | Repetitions: _____
<i>rookie</i> <i>getting there</i> <i>mamavator</i> |
| 2. Air Squats (45 seconds)
a. 15 second break | Repetitions: _____
<i>rookie</i> <i>getting there</i> <i>mamavator</i> |
| 3. Mountain Climbers (45 seconds)
a. 15 second break | Repetitions: _____
<i>rookie</i> <i>getting there</i> <i>mamavator</i> |
| 4. Left Leg Lunges (45 seconds)
a. 15 second break | Repetitions: _____
<i>rookie</i> <i>getting there</i> <i>mamavator</i> |
| 5. Right Leg Lunges (45 seconds)
a. 15 second break | Repetitions: _____
<i>rookie</i> <i>getting there</i> <i>mamavator</i> |
| 6. Jump Squats (45 seconds)
a. 15 second break | Repetitions: _____
<i>rookie</i> <i>getting there</i> <i>mamavator</i> |

Instructions: This workout starts off with just doing one of each (exercise 1 – 6). Workout the first exercise for 45 seconds and then take a 15 second break. Once the break is finished, go right into the next exercise for 45 seconds... continue until exercises 1-6 are complete. If you're ready for a little challenge, once you have finished the first round, repeat the entire circuit. If you woman enough to be a Grunt Style Mamavator, then complete 3 full circuits. After each exercise, record you numbers.

NOTE: This can be done 1-2 times a week.