



# WORKOUT

## OF THE DAY

### LOWER BODY & CARDIO - MADDIE MCDONALD

**Equipment:** Mat, comfortable clothes, a chair, water, & music

**Description:** Two lower body circuits broken up by a tabata in the middle, and a max wall sit to finish off strong. This workout is quite glute focused, so be prepared! If you feel any kind of pain or discomfort that is more than “wow this burns” take a break and re watch the Youtube videos to see if you can correct the form. If you still feel discomfort, do not continue that movement.

#### Warm-up:

3 rounds

30 seconds jog on spot: <https://www.youtube.com/watch?v=f8PzF8bhYoo>

30 seconds high knees <https://www.youtube.com/watch?v=ZZZoCNMU48U>

30 seconds butt kickers <https://www.youtube.com/watch?v=-dtvAxibgYQ>

#### Dynamic stretching:

10 Frankensteins <https://www.youtube.com/watch?v=MdHP43ulqdc>

10 Scoops <https://www.youtube.com/watch?v=Nh6oCM7qn1Y>

10 Squats <https://www.youtube.com/watch?v=-PGLUFq-0R0>

Glute bridge <https://www.youtube.com/watch?v=YMnG4Pg2hTI>

10 Alternating world's greatest stretch <https://www.youtube.com/watch?v=-CiWQ2IvY34>

#### Exercises:

##### 1. Circuit 1 (3 sets)

Rep ranges

Beginner: 6-8

Intermediate: 8-10

Advanced: 10-12

**Movements:** Pulse lunge, calf raise, pulse squat

<https://www.youtube.com/watch?v=efKorH8yzn4>

<https://www.youtube.com/watch?v=UV8gOrHmuKc>

<https://www.youtube.com/watch?v=N4fzbBv4BFI>

Cues: Pulse lunge: Front leg bent at 90° followed by extending the knees about 3 inches, back leg down almost to ground, squeeze shoulders, toes facing forwards Calf raise: Feet facing forwards, maintain balance, tight core, come up onto the base of your toes, lifting heels a few inches off the ground

Pulse squat: Feet slightly wider than shoulder width, bend knees until approximately 90° followed by extending them to approximately 45°. Make sure to sit back onto your heels, knees should never track ahead of toes.



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#### Cues:

Pulse lunge: Front leg bent at 90° followed by extending the knees about 3 inches, back leg down almost to ground, squeeze shoulders, toes facing forwards  
Calf raise: Feet facing forwards, maintain balance, tight core, come up onto the base of your toes, lifting heels a few inches off the ground

Pulse squat: Feet slightly wider than shoulder width, bend knees until approximately 90° followed by extending them to approximately 45°. Make sure to sit back onto your heels, knees should never track ahead of toes.

#### Modifications:

Easier: Standard lunges, calf raises holding a chair, air squats

<https://www.youtube.com/watch?v=L8fvypPrzss>

<https://www.youtube.com/watch?v=VQGCxvaLWTK>

[https://www.youtube.com/watch?v=C\\_VtOYc6j5c](https://www.youtube.com/watch?v=C_VtOYc6j5c)

Harder: Pulse bulgarian squats, pulse calf raises, rocking squats

<https://www.youtube.com/watch?v=oeSNj1v4nzQ>

<https://www.youtube.com/watch?v=JeY61g3L9WA>

<https://www.youtube.com/watch?v=X2B37Bje194>

#### 2. Mountain climber tabata

<https://www.youtube.com/watch?v=w2iTOneGPdU>

8 rounds, 20 seconds on, 10 seconds off

#### Cues:

Wrists in line with shoulders, tight core, squeeze glutes and shoulder blades, bend knees to approximately 90°

#### Modifications:

Easier: Standing high knees

<https://www.youtube.com/watch?v=ZZZoCNMU48U>

Harder: Touch hand to opposite knee each rep

[https://www.youtube.com/watch?v=BF12fD\\_apfl](https://www.youtube.com/watch?v=BF12fD_apfl)



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#### 3. Circuit 2 (3 sets)

**Rep ranges** (alternating legs, i.e. 3 each side, 6 total)

Beginner: 6-8

Intermediate: 8-10

Advanced: 10-12

**Movements:** Marching glute bridge, step ups, lateral lunge

<https://www.youtube.com/watch?v=DGeXCDWRqjU>

<https://www.youtube.com/watch?v=dG75KOf4EtY>

<https://www.youtube.com/watch?v=gwWv7aPcD88>

**Cues:** Marching glute bridge: Head and shoulders rest on floor, keep hips elevated the whole set, knees bent at 90°, keep heel on ground of base leg, opposite heel should be facing wall across from you. Step ups: Core tight, squeeze shoulders, keep movement slow and controlled, make sure knee does not track ahead of toe when stepping up. Lateral lunge: Feet shoulder width apart facing forward to start, take a big step to the side bending the leading knee to 90°, trailing leg stays straight, feet still facing forward

#### **Modifications:**

Easier: Standard glute bridge, lower height step, side steps

<https://www.youtube.com/watch?v=YMnG4Pg2hTI>

<https://www.youtube.com/watch?v=dG75KOf4EtY>

<https://www.youtube.com/watch?v=rr-dch4oFRM>

Harder: Single leg glute bridge, follow through at the top, pulse lateral lunge

<https://www.youtube.com/watch?v=3NXv0Nany-Q>

<https://www.youtube.com/watch?v=IAjmtR6EPrg>

<https://www.youtube.com/watch?v=5jaafMPpbYY>

4. Wall sit Finisher! Hold wall sit for as long as you can (do not push yourself past pain).

<https://www.youtube.com/watch?v=-cdph8hv000> Cool-down: Static Stretching Notes: Hold each

stretch for a minimum of 30 seconds. While static stretching you should pull the muscle group until

you feel a stretch, however do not push until pain or discomfort. Standing quad

[https://www.youtube.com/watch?v=zFpq\\_j453hQ](https://www.youtube.com/watch?v=zFpq_j453hQ) Standing hamstring

<https://www.youtube.com/watch?v=Jku6PwFGBGk> Calf

[https://www.youtube.com/watch?v=4afOqZ\\_awcw](https://www.youtube.com/watch?v=4afOqZ_awcw) Pigeon <https://www.youtube.com/watch?v=tYY-cqNjuVA> Butterfly

<https://www.youtube.com/watch?v=SbCtOwTsJWU> Lying glute

<https://www.youtube.com/watch?v=YBV6d5TluFA>



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#### 4. Wall sit

**Finisher!** Hold wall sit for as long as you can (do not push yourself past pain).

<https://www.youtube.com/watch?v=-cdph8hv000>

#### Cool-down: Static Stretching

#### Notes:

Hold each stretch for a minimum of 30 seconds.

While static stretching you should pull the muscle group until you feel a stretch, however do not push until pain or discomfort.

Standing quad [https://www.youtube.com/watch?v=zFpq\\_j453hQ](https://www.youtube.com/watch?v=zFpq_j453hQ)

Standing hamstring <https://www.youtube.com/watch?v=Jku6PwFGBGk>

Calf [https://www.youtube.com/watch?v=4afOqZ\\_awcw](https://www.youtube.com/watch?v=4afOqZ_awcw)

Pigeon <https://www.youtube.com/watch?v=tYY-cqNjuVA>

Butterfly <https://www.youtube.com/watch?v=SbCtOwTsJWU>

Lying glute <https://www.youtube.com/watch?v=YBV6d5TluFA>