



WORKOUT

OF THE DAY

Lower Body & Cardio - Danielle Daviault

Equipment: Weighted Backpack (approx. \geq 20 lbs)
Yoga mat (optional)

Description:

Today's class is a Chipper style workout. Set a timer and complete the prescribed amount of reps per movement before moving onto the next. "Chip" away at each exercise until you have reached the bottom of the list. Every 2 minutes, stop exercise and complete 20-25 Jumping Jacks before continuing. Find a manageable pace that you can maintain for the entire workout. You should be able to speak a short sentence if necessary. (6-7/10 RPE)

Choose the WOD that best suits your fitness level and watch the video for movement modifications. (Beginner, Intermediate and Advanced)

Click the link below for the workout description, warm up and movement demonstrations and exercise modifications.

Video (7:04m):

General - 0:53s

Mobilize - 0:58s

Workout Specific - 3:10m

WOD Movements/ Modifications – 4:10m

[Lower Body & Cardio – YouTube](#)



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Warm Up

General

3 Rounds:

10 High Knees

15 Jumping Jacks

20 Butt Kicks

Mobilize

2-3 Rounds:

5/5 Lunge with Overhead Reach

5 Deep Squat to Forward Fold

5/5 Lateral Lunge & Switch

5 Inchworms with Push-Up

5/5 Active Spider-Man with Reach

Workout Specific

2 Rounds:

6 Jump Squats

5 Squats

4 Reverse Lunges

3/3 Single Leg Glute Bridge

2 Burpees



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Choose a workout based on your fitness level.

Beginner

For Time @ Sustainable Pace (6-7/10 RPE)

25 Squats

20 Reverse Lunges

15 Backpack to Shoulder

10 Backpack Swings*

5 Burpees/ Up Downs

10 Backpack Swings*

15 Backpack to Shoulder

20 Reverse Lunges

25 Squats

Set a running timer. Every 2 minutes, stop at the exercise you are on and complete 20-25 Jumping Jacks before continuing the workout.

*Can sub for Backpack Deadlifts (see video)



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Intermediate

For Time @ Sustainable Pace (6-7/10 RPE)

40 Squats

30 Reverse Lunges

20 Backpack to Shoulder

10 Backpack Swings*

5 Burpees/ Up Downs

10 Backpack Swings*

20 Backpack to Shoulder

30 Reverse Lunges

40 Squats

Set a running timer. Every 2 minutes, stop at the exercise you are on and complete 20-25 Jumping Jacks before continuing the workout.

*Can sub for Backpack Deadlifts (see video)



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Advanced

For Time @ Sustainable Pace (6-7/10 RPE)

50 Squats

40 Reverse Lunges

30 Backpack to Shoulder

20 Backpack Swings*

10 Burpees/ Up Downs

20 Backpack Swings*

30 Backpack to Shoulder

40 Reverse Lunges

50 Squats

Set a running timer. Every 2 minutes, stop at the exercise you are on and complete 20-25 Jumping Jacks before continuing the workout.

*Can sub for Backpack Deadlifts (see video)