

CHI WORKOUT

HOME WORKOUTS – Lower Body (Dumbbells ONLY) with Kacee

Complete 4 Rounds of 12 repetitions for each exercise

Elevated Glute Bridges

Side Lunges (per side)

Weighted Squats

Step-Ups (per side)

Single leg Deadlift (per side)

Bulgarian Split Squat (per side)



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DISCLAIMER - You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge HaysMed- The Center for Health Improvement from any and all claims or causes of action.