

EMILY SKYE AND WELL + GOOD'S

#IAMWELLANDGOOD FITNESS PLAN: SUNDAY

Complete six rounds of this circuit.



2-PHASE AIR SQUAT (12 REPS):

Hold a deep squat for 2 counts before returning to standing.



FORWARD LUNGE (12 REPS PER SIDE):

Step forward, so thigh is parallel to the floor.



NO-WEIGHT SINGLE LEG RDL (6 REPS PER SIDE):

Balance on one leg and bend at the waist.



SINGLE LEG GLUTE BRIDGE (12 REPS ON EACH LEG):

Lift leg off the floor, pulling your knee to your chest and raise glutes.