

## *Do Life Fit 24 Day Challenge*

### *Phase 2*

#### Day 11 – SHOULDERS/LEGS

➤ *Warm up for 5 minutes with a cardio of your choice. (Treadmill, bike, elliptical, rowing machine, skipping rope, outdoor walk or run etc...)*

1. Squat with shoulder press – 8 -12 reps.

Take 30 second break.

Repeat for a total of 3 to 4 sets before moving on to the next exercise.

2. Lateral side squat with front raises – 8 -12 reps each side.

Take 30 seconds break.

Repeat for a total of 3 to 4 sets before moving on to the next exercise.

3. Lunge with back leg on a bench, ball or steps with lateral raises – 8 – 12 reps.

Take 30 seconds break.

Repeat for a total of 3 to 4 sets before moving on to the next exercise.

4. Hip thrust (weight optional)

Take 30 second break.

Repeat for a total of 3 to 4 sets.

➤ *STRETCH*

➤ *DO NOT FORGET TO DRINK PLENTY OF WATER*