



# LVBC STRENGTH



(Travel Bag/BW Lower Workout)

- Squat Holds
  - 2x5 (3sec hold)
- Hip Thrust Holds
  - 2x5 (3sec hold)
- Alt Foot Lift Hip Thrusts
  - 2x10 total (3sec hold)
- Single Leg Squats (Half Roller)
  - 3x5,5
- Single Leg Half Roller Stands
  - 2x30,30sec
- Single Leg RDL (Half Roller)
  - 3x5,5
- Towel Side Lunges
  - 3x5,5
- Plank Towel Push-outs
  - 3x10