

# 21 DAY FIX

## LOWER BODY FIX—TRAVEL CHEAT SHEET

### THE PLAN

If you can't pack your 21 Day Fix workout DVD and weights when traveling, just bring this Lower Body Fix Travel Cheat Sheet and a set of resistance bands.

Workout consists of **FOUR** rounds. Do each move for **ONE MINUTE**, then take a **15 second** break. Be sure to have a bottle of water handy!

### WARM-UP

2 rounds each move, 20 seconds each.

- \*JOG IN PLACE
- \*JUMPING JACKS
- \*WINDMILLS
- \*SIDEBENDS
- \*CROSS TOE-TOUCHES

If you're tired of starting over, stop giving up.

*Autumn Calabrese*

### ROUND 1

- SIDE LUNGE TO BACK LUNGE ON RIGHT
- SQUAT TO KNEE RAISE (alternate right & left)
- SIDE LUNGE TO BACK LUNGE ON LEFT
- SQUAT TO KNEE RAISE (alternate right & left)

### ROUND 3

- STATIC SPLIT SQUAT ON RIGHT (10 second hold at end)
- SUMO SQUAT (10 second hold at end)
- STATIC SPLIT SQUAT ON LEFT (10 second hold at end)
- SUMO SQUAT (10 second hold at end)

### ROUND 2

- CURTSY LUNGE (alternate right & left)
- CALF RAISES (10 second hold at end)
- CURTSY LUNGE (alternate right & left)
- CALF RAISES (10 second hold at end)

### ROUND 4

- SEATED INNER THIGH LIFT (30 SECONDS RIGHT, THEN LEFT)
- SEATED QUAD RAISE (30 SECONDS RIGHT, THEN LEFT - MOVE UP, DOWN, IN & OUT)
- SEATED INNER THIGH LIFT (30 SECONDS RIGHT, THEN LEFT)
- SEATED QUAD RAISE (30 SECONDS RIGHT, THEN LEFT - MOVE UP, DOWN, IN & OUT)

Enjoy a free printable!

 Jacqui\*

[WeighToMaintain.com](http://WeighToMaintain.com)

### BONUS!

- FIRE HYDRANT WITH LEG EXTENSION, RIGHT
- FIRE HYDRANT WITH LEG EXTENSION, LEFT