

## **Pinks Stay Strong Workout # 4**

### Warm-Up

30 seconds on 10 seconds rest (30/10)

#### Set 1 , Complete 3 times

- Pulse lunges R/L (Elevated)
- Tricep Pushups
- Kickouts

#### Set 2 , Complete 3 times

- Single Leg Squat R/L (Pistols)
- Incline Pushups
- Hollow Rocks

#### Set 3 , complete 3 times

- Single Leg Deadlifts R/L
- Single Leg Hip Bridge
- Chair Pose
- Commandos

### Cool Down