



CONQUEROR

# Conqueror



Warm Up (x3):

20x Mountain Climbers

30x Jumping Jack

4x Push Up

Main Workout (3-5 sets):

10x Dumbbell Squat

5/5x Dumbbell Lunge

7x Romanian Deadlift

10x Glute Bridge

7/7x Side Leg Raise

5/5x Abductor Plank

*\*15-30s rest between exercises*

*\*1-2m rest between sets*

