

 LINKS TO VIDEOS INCLUDED

Antania BRYANT

28 DAY CHALLENGE



CALVES



HAMSTRINGS



QUADS



GLUTES

Antania
BRYANT

EXCUSE *My* FIT



Day 1

- ▶ GLUTE BRIDGES 5 Sets x 20 Reps
- ▶ CABLE KICKBACKS 5 Sets x 20 Reps
- ▶ LYING LEG RAISES 5 Sets x 20 Reps
- ▶ DUMBBELL WALKING LUNGE 4 Sets x 15 Reps

Day 2

- ▶ CROSS BACK LUNGE 4 Sets x 25 Reps
- ▶ DOUBLE PULSE LUNGE 4 Sets x 15 Reps
- ▶ DUCK WALK SQUATS 4 Sets x 15 Reps
- ▶ REVERSE CALF RAISES 4 Sets x 15 Reps

Day 3

- ▶ SMITH MACHINE SQUAT 5 Sets x 12 Reps
- ▶ SQUAT TO TIP TOE 5 Sets x 20 Reps
- ▶ BAND WALKING SQUATS 2 Sets x 30 Reps
- ▶ JUMP SQUATS 5 Sets x 15 Reps
- ▶ SPLIT SQUAT HOPS 4 Sets x 30 Reps

Day 4

- ▶ HAMSTRING PULLS 4 Sets x 15 Reps
- ▶ STANDING CALF RAISES 4 Sets x 15 Reps
- ▶ STEP UPS 4 Sets x 15 Reps
- ▶ LEG PRESS CALF RAISES 4 Sets x 25 Reps

Day 5

- ▶ 180 JUMP SQUATS 4 Sets x 15 Reps
- ▶ CALF ROCKING W/ DUMBBELLS 4 Sets x 15 Reps
- ▶ SMITH MACHINE JUMP SQUAT JACKS 5 Sets x 10 Reps
- ▶ DUMBBELL WALKING LUNGE 4 Sets x 15 Reps
- ▶ BOOTY CROSSOVER 5 Sets x 20 Reps

Day 6 Rest

Day 7

- ▶ JUMP LUNGE JACKS 4 Sets x 15 Reps
- ▶ TOE TAPS 5 Sets x 15 Reps
- ▶ DOUBLE PULSE LUNGE 5 Sets x 10 Reps
- ▶ DONKEY KICKBACKS 5 Sets x 20 Reps

Day 8

- ▶ CABLE KICKBACKS 5 Sets x 20 Reps
- ▶ DUMBBELL DEADLIFT 5 Sets x 15 Reps
- ▶ LEG PRESS CALF RAISES 4 Sets x 25 Reps
- ▶ LYING LEG RAISES 5 Sets x 20 Reps

Day 9

- ▶ HAMSTRING PULLS *4 Sets x 15 Reps*
- ▶ GLUTE BRIDGES *5 Sets x 20 Reps*
- ▶ SQUAT TO TIP TOE *5 Sets x 15 Reps*
- ▶ DUMBBELL WALKING LUNGE *4 Sets x 15 Reps*
- ▶ BOOTY CROSSOVER *5 Sets x 20 Reps*

Day 13

- ▶ SMITH MACHINE SQUATS *5 Sets x 15 Reps*
- ▶ JUMP SQUAT JACKS *5 Sets x 10 Reps*
- ▶ CABLE KICKBACKS *5 Sets x 25 Reps*
- ▶ DUMBBELL WALKING LUNGE *4 Sets x 15 Reps*
- ▶ DUCK WALK SQUATS *4 Sets x 15 Reps*

Day 10

- ▶ DUMBBELL SQUAT *5 Sets x 20 Reps*
- ▶ DONKEY KICKS *5 Sets x 20 Reps*
- ▶ CROSS BACK LUNGE *5 Sets x 20 Reps*
- ▶ 180 JUMP SQUATS *4 Sets x 15 Reps*

Day 14

- ▶ SUMO SQUATS W/ DUMBBELLS *5 Sets x 20 Reps*
- ▶ SQUAT TO TIP TOE *5 Sets x 20 Reps*
- ▶ SQUAT TO SIDE KICK
W/ DUMBBELLS *5 Sets x 20 Reps*
- ▶ SMITH MACHINE DOUBLE
PULSE LUNGE *4 Sets x 15 Reps*
- ▶ DUMBBELL DEADLIFT *4 Sets x 15 Reps*

Day 11 Rest

Day 12

- ▶ BOOTY CROSSOVER *5 Sets x 20 Reps*
- ▶ STRAIGHT LEG DONKEY KICKS *5 Sets x 20 Reps*
- ▶ LYING LEG RAISES *5 Sets x 20 Reps*
- ▶ JUMP SQUATS *5 Sets x 20 Reps*
- ▶ STANDING CALF RAISES *4 Sets x 15 Reps*
- ▶ REVERSE CALF RAISES *4 Sets x 15 Reps*

Day 15

- ▶ DOUBLE PULSE SQUAT HOLD *4 Sets x 15 Reps*
- ▶ STANDING CALF RAISES *4 Sets x 15 Reps*
- ▶ REVERSE CALF RAISES *4 Sets x 15 Reps*
- ▶ CABLE KICK BACKS *5 Sets x 20 Reps*
- ▶ STEP UPS *4 Sets x 15 Reps*

Day 16 Rest

Day 17

- ▶ SMITH MACHINE SQUATS *5 Sets x 15 Reps*
- ▶ JUMP SQUAT JACKS *5 Sets x 10 Reps*
- ▶ DOUBLE PULSE LUNGE *4 Sets x 15 Reps*
- ▶ BOOTY CROSSOVER *5 Sets x 20 Reps*
- ▶ SQUAT WITH KICKBACK *5 Sets x 20 Reps*
- ▶ DUMBBELL DEADLIFT *4 Sets x 15 Reps*
- ▶ GLUTE BRIDGES *5 Sets x 20 Reps*

Day 18

- ▶ JUMP LUNGE JACK *4 Sets x 15 Reps*
- ▶ LYING LEG RAISES *4 Sets x 25 Reps*
- ▶ HAMSTRING PULLS *4 Sets x 15 Reps*
- ▶ CROSS BACK LUNGE *4 Sets x 15 Reps*
- ▶ SPLIT SQUAT HOPS *4 Sets x 30 Reps*

Day 19

- ▶ SIDE TO SIDE SQUAT *2 Sets x 30 Reps*
- ▶ SQUAT TO TIP TOE *5 Sets x 20 Reps*
- ▶ DUMBBELL SQUAT *5 Sets x 20 Reps*
- ▶ TOE TAPS *4 Sets x 15 Reps*
- ▶ CABLE KICKBACKS *4 Sets x 20 Reps*
- ▶ STANDING CALF RAISES *4 Sets x 15 Reps*

Day 20

- ▶ SMITH MACHINE SQUATS *5 Sets x 15 Reps*
- ▶ DOUBLE PULSE LUNGE *4 Sets x 15 Reps*
- ▶ DONKEY KICKBACKS *5 Sets x 20 Reps*
- ▶ STRAIGHT LEG DONKEY KICKS *5 Sets x 20 Reps*
- ▶ BOOTY CROSSOVER *5 Sets x 20 Reps*
- ▶ CALF ROCKING W/ DUMBBELLS *5 Sets x 15 Reps*
- ▶ REVERSE CALF RAISES *4 Sets x 15 Reps*

Day 21

- ▶ SPLIT SQUAT HOPS *4 Sets x 30 Reps*
- ▶ BAND WALKING SQUATS *2 Sets x 30 Reps*
- ▶ JUMP SQUAT JACKS *5 Sets x 10 Reps*
- ▶ DUMBBELL DEADLIFT *5 Sets x 15 Reps*
- ▶ HAMSTRING PULLS *4 Sets x 15 Reps*
- ▶ STEP UPS *4 Sets x 15 Reps*

Day 22 Rest

Day 23

- ▶ CABLE KICKBACKS *5 Sets x 20 Reps*
- ▶ SMITH MACHINE SQUATS *5 Sets x 15 Reps*
- ▶ 180 JUMP SQUATS *5 Sets x 15 Reps*
- ▶ DUMBBELL SQUATS *5 Sets x 20 Reps*
- ▶ SQUAT TO SIDE KICK
W/ DUMBBELLS *5 Sets x 15 Reps*

Day 24

- ▶ LEG PRESS CALF RAISES *4 Sets x 25 Reps*
- ▶ CALF ROCKING W/ DUMBBELLS *4 Sets x 15 Reps*
- ▶ STANDING CALF RAISES *4 Sets x 15 Reps*
- ▶ CROSS BACK LUNGE *4 Sets x 15 Reps*
- ▶ DUMBBELL WALKING LUNGE *4 Sets x 20 Reps*
- ▶ JUMP LUNGE JACK *4 Sets x 25 Reps*
- ▶ LYING LEG RAISES *4 Sets x 20 Reps*
- ▶ SQUAT WITH KICKBACK *5 Sets x 20 Reps*

Day 25

- ▶ DUCK WALK SQUATS *4 Sets x 15 Reps*
- ▶ DONKEY KICKBACKS *5 Sets x 20 Reps*
- ▶ STRAIGHT LEG DONKEY KICKS *5 Sets x 20 Reps*
- ▶ BOOTY CROSSOVER *5 Sets x 20 Reps*
- ▶ DOUBLE PULSE SQUAT HOLD *5 Sets x 20 Reps*
- ▶ SUMO SQUAT W/ DUMBBELLS *5 Sets x 20 Reps*
- ▶ SQUAT TO SIDE KICK *5 Sets x 20 Reps*

Day 26

- ▶ SMITH MACHINE SQUATS *5 Sets x 15 Reps*
- ▶ DOUBLE PULSE LUNGE *4 Sets x 15 Reps*
- ▶ SMITH MACHINE
JUMP SQUAT JACKS *5 Sets x 10 Reps*
- ▶ STEP UPS *4 Sets x 15 Reps*
- ▶ SPLIT SQUAT HOPS *4 Sets x 30 Reps*

Day 27

- ▶ GLUTE BRIDGES *5 Sets x 20 Reps*
- ▶ TOE TAPS *5 Sets x 15 Reps*
- ▶ DUMBBELL SQUAT *5 Sets x 20 Reps*
- ▶ DUMBBELL DEADLIFT *4 Sets x 15 Reps*
- ▶ HAMSTRING PULLS *4 Sets x 15 Reps*

Day 28

- ▶ CABLE KICKBACKS *5 Sets x 20 Reps*
- ▶ DOUBLE PULSE SQUAT HOLD *5 Sets x 20 Reps*
- ▶ 180 JUMP SQUATS *5 Sets x 15 Reps*
- ▶ SQUAT TO TIP TOE *5 Sets x 20 Reps*
- ▶ DUCK WALK SQUATS *4 Sets x 15 Reps*
- ▶ BAND WALKING SQUATS *2 Sets x 30 Reps*
- ▶ SQUAT TO SIDE KICK *5 Sets x 15 Reps*



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(832) 645.5419 | customerservice@excusemyfit.net