



## Royally Fit: 18 Minute Quad Killer

It was one of those days I didn't feel like working out, but I was so happy I did. Emotionally, energetically, and physically. All-in-all it was a TOTAL WIN! Just what the doctor ordered.

### What you will need:

- Set of weights if you have them!

### Warm-Up:

- Various moves to get that body warm like jogging on the spot and light squats.

**Workout:** Complete these 3 exercises consecutively for 50 seconds on, and 10 second off, 4 times through 😊

- **Weighted burpees** – With the weights in both hands, you're going to come down into your plank, by jumping it out and back in...but when you come back up there is NO JUMP at the top with the weights in your hands. Take your time so you lift with your legs here, not your back.
- **Weighted low lunge walks** – Keeping your shoulder blades together so you're back is nice and flat, stay nice and low as you walk your lunges forward as many times as you can in one direction, and then back in again in the next direction.
- **Shoulder presses** – With the weights facing towards your cheeks, pop them up and back down again for a nice shoulder press! Get those caps a popping!

### Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Make today badass!  
Ashley Dale Grant