

RISE FROM  
**H O M E**  
CHALLENGE



*RISE FROM HOME CHALLENGE WEEK 4*

***CATH BASTIEN AT HOME WORKOUT***



# RISE FROM HOME CHALLENGE

## // How it works

Required material	Reps / Time	Workout Details
<p><b>Dumbbells</b></p> <p><small>*Note that you may use anything that has weight</small></p>	<p>// <b>Beginner:</b> Circuit x 1</p> <p>// <b>Intermediate:</b> Circuit x 2</p> <p>// <b>Advanced:</b> Circuit x 3</p>	<p>For this workout, you may use dumbbells to make the exercises harder. Don't worry if you don't have any equipment at home as any of these exercises can be done with a bodyweight variation.</p>

## // Circuit

Exercise Name	Reps / Time	Exercise Details
<b>Bodyweight Squats</b>	15 reps	<p>You should make sure to:</p> <p>// Keep your core tight to help with balance</p>
<b>Bodyweight Lunges</b>	15 reps	<p>You should make sure to:</p> <p>// Keep your core tight to help with balance</p>
<b>Squats &amp; Kickbacks</b>	15 reps	<p>You should make sure to:</p> <p>// Squeeze glutes at the top of each rep</p>
<b>Curtsy Lunges</b>	15 reps	<p>You should make sure to:</p> <p>// Reach as far back as possible with your back leg</p>

<b>Rest Time ∞</b>		
	1 min	Keep going! You are half way through the circuit.
<b>Kickbacks</b>	15 reps	You should make sure to: // Squeeze glutes at the top of each rep
<b>Firehydrants</b>	15 reps	You should make sure to: // Keep your back as level as possible
<b>Pulse Leg Lifts</b>	15 reps	You should make sure to: // Keep your leg as straight as possible
<b>Rest Time ∞</b>		
	1 min	Keep going! You are almost done with the workout.
<b>Glute Bridge</b>	1 min (Max reps)	You should make sure to: // Squeeze your glutes at the top of the movement

See Cath Bastien in action!  
Visit [www.risestore.com](http://www.risestore.com) to view a video of this workout.