

*Jar Of Lemons*  
— AT-HOME —  
**LOWER BODY WORKOUT**  
(DO THIS WORKOUT 4-5 TIMES!)

**SUPERSET: 10 SQUATS + 8 ALTERNATING LUNGES**

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**15 CROSSOVER KICKS**

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# Lower Body Workout

**Michael Volkmar**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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