



## LEGS, LEGS, LEGS

Full workout can be completed using nothing but your body weight! (Option to add resistance for increasing intensity)

Complete Circuit 2-4 times.

**1) Broad Jump – Reverse Shuffle  
X 12**

Take one big jump forward landing softly on both feet, bending your knees into a deep squat to absorb the force. Staying low, shuffle or “duck walk” backwards to your starting line and repeat.



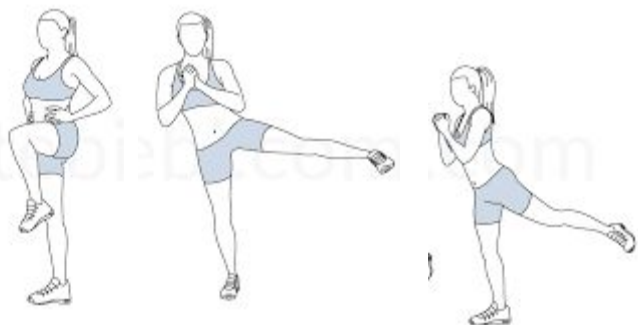
**2) Reverse Lunge & Curtsey  
X 6 EACH SIDE**

Stepping back with your right foot into a reverse lunge, step your right foot to the left into a curtsey lunge position, back into reverse lunge position and return to standing (that’s 1 rep).



**3) Single Leg Lift arrangement  
X 6 EACH SIDE**

While balancing on one foot, lift the opposing knee forward, then into a lateral lift, and finally extending to a glute lift. Return to beginning and repeat. Try to minimize the number of times you need to touch your foot down for balance.



**4) Sumo Squat Calf Raise  
X 12**

Taking a wide sumo or plie stance, drop down into a squat and hold that position. Perform calf raises while holding your static squat position.



**5) Kneeling Squat with Extension  
X12**

Kneeling on a soft surface, perform one kneeling squat and return to upright kneeling position. Keeping your legs, glutes and core tight, slowly lean backward keeping your body stiff as a board. Return to upright position and repeat



**6) Glute-Bridge Walk-outs**

**X 12**

While keeping your hips lifted in a bridge position, slowly walk your feet out away from you until fully extended (keeping lifted off the floor).

