



Legs 2

(As many rounds as you can do in 30 minutes) – (5 minute break at the 15 minute mark)

Warm Up

(5-8 minutes to prepare your body for the workout)

Squats - 4 x 20

Alternating Dynamic Lunges - 4 x 20 (10 Each Leg)

Dynamic Side Lunges - 4 x 20 (10 Each Leg)

Squat Jumps - 4 x 20

Calf Raises

(Be careful of your knees while doing calf raises with your toes pointed in/out.)

Toes Pointed In - 3 x 20

Toes Pointed Straight Forward - 3 x 20

Toes Pointed Out - 3 x 20

Cool Down & Stretch