

Leg Day- No equipment

Do cardio push in-between all sets

Cardio Push:

Skater Lunges for 40 count

Squat Jumps for 25 count

Mountain Climbers for 100 count

Do all moves 1 time through

Set 1:

Step Back Lunges 15 each Leg

Step Ups 15 each Leg

Standing Leg Circles 10 forward, 10 back each leg

(with your leg strait while standing, make a circle with your foot)

Do each move for 3 rounds

Cardio Push:

Skater Lunges for 40 count

Squat Jumps for 25 count

Mountain Climbers for 100 count

Do all moves 1 time through

Set 2:

Body weight Squat for 20

SLOWLY!!! For a 4 count

Single leg Dead lift for 20 each leg

(remember your form, this will be weird with no weight but simple slowly reach for your toes working on balance and squeezing that glute at the return of the move)

Heal Raise for 20 reps Slowly

Do each move for 3 rounds

Cardio Push:

Skater Lunges for 40 count

Squat Jumps for 25 count

Mountain Climbers for 100 count

Do all moves 1 time through

Set 3:

Side Lunges for 15 each leg

Split Lunge with one leg elevated for 15 each leg

Walk out plank with alternating leg lift at the bottom for 10

Do each move for 3 rounds

Cardio Push:

Skater Lunges for 40 count

Squat Jumps for 25 count

Mountain Climbers for 100 count

Do all moves 1 time through

Set 4:

On the ground

Glute Kick backs for 20 each leg

Glute Bridge for 20 reps

(slow remember to squeeze the glute and hold for 5 seconds at the top)

Wall Sit for 1 min

Do all moves for 3 rounds