

Leg Workout A - Intermediate



This workout is for legs and butts!

Note: remember to consult a medical practitioner before attempting any workout if you have any medical conditions and/or are pregnant.

20 mins Circuit

Warm up for min 3-5 minutes prior. Warm up can be arms circles and shoulder rolls whilst walking around. Warm your body up by jogging on the spot and getting the blood moving. If it is especially cold, please warm up for at least 10 mins.

Set a timer for 20 x 1 min rounds

- * 1 min Squats with a mini jump in between each one
- * 1 min Step Ups (Fast)
- * 1 min Lunge one leg
- * 1 min Lunge other leg
- * 1 min Standing Calf Raise with weights in hands
- * 1 min single leg Dead Lift with free weights (4 -8 kgs)
- * 1 min Clam Shells one side
- * 1 min Clam Shells other side
- * 1 min Leg Lift
- * 1 min Lateral Lunge Side Kick (30 secs each side)

REPEAT