

Leg Workout B - 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 10 x 2 min rounds

- * 2 min Squats then 10 high knees, repeat
- * 2 min Scissor Lunges
- * 2 min weighted squats (hold weights in hand - 2-6 kgs)
- * 2 min Lateral Lunge Side Kick (1 min each side with a jump in between)
- * 2 min Split Squats with chair

REPEAT