

LEG

WORKOUT #1

Repeat 8 times

- 10 squats
- 10 calf raises
- 10 forward lunges
- 20 second wall-sit
- 10 sumo-squats
- 10 side-to-side lunges
- 10 floor side-leg raises (each side)
- 10 flutter kicks (each side)

LEG

WORKOUT #2

Repeat 6 times

- 10 jump squats
- 10 side-lunges (each side)
- 10 front lunges (each leg)
- 10 sumo-squats
- 10 calf-raises
- 10 reverse lunges (each leg)
- 30 second wall sit
- 10-side leg raises (each leg)