

**Friday Leg Day
4/10/2020**

Equipment needed - Chair/table and winter hat, a ball, or plastic bag

Part 1:

Each exercise is on the 1 min: 21 minutes total of work

4 Rounds of 12 Reps each leg - Split Squat Jumps - I will go over this before the workout begins (here is where you will use the hat, ball, or plastic bag)

4 Rounds of 20 Reps - Pistol Squat - <https://www.youtube.com/watch?v=qDcniqddTeE>
(this is a very hard exercise. I will go through many ways to accomplish this movement before the workout)

4 Rounds of 10 Reps each leg - Hamstring Curl - I will go over this before the workout begins

5 Rounds of :40 on :20 off wall sit

Modifications:

Intermediate

Split Squat (back foot on object like a chair or table)

pistol squat (one leg squats to object)

hamstring curl (two legs at same time)

wall sit - less time actively working. option repeating :30 on :20 off?

Beginner

Forward Lunges

two leg squat to object & one leg up

hip thrusts on object or on ground

wall sit - less time actively working. option repeating :20 on :20 off?

Part 2: "Legs Gone Bad" - this workout is challenging and is your homework to do this weekend =)

each exercise if for one-minute total. no breaks between exercises

3 Rounds

Minute 1 = Squat, 1/4 squat, jump

Minute 2 = Jumping Lunges

Minute 3 = Air Squat

Minute 4 = Step back lunges

Minute 5 = Rest