

SASO Leg Workout

<https://www.youtube.com/watch?v=mgauYwdDEOM>

Hi SASO! The video will present one of the three workouts that will be released. These are workouts that you can do in the comfort of your own home and done as a family!

Each of the workouts will be done in the following format:

- 3 sets
- Set 1: 10 Repetitions each workout. (Perform each exercise 10 repetitions- if the exercise is done one leg at a time, perform 10 on each side; Continuous until the number of repetitions are complete.)
- Set 2: 15 Repetitions each workout. (Perform each exercise 10 repetitions- if the exercise is done one leg at a time, perform 10 on each side. Continuous until the number of repetitions are complete.)
- Set 3: 20 Repetitions each workout. (Perform each exercise 10 repetitions- if the exercise is done one leg at a time, perform 10 on each side. Continuous until the number of repetitions are complete.)

The leg workout are the following 5 exercises:

- Alternating Single Leg Squat-
 - o do this exercise on one leg and then switch to the other leg.
- Heel Tap Jump Squat
 - o You can make this exercise harder by adding a pause at the bottom of the squat
- 1 & ½ Squat
 - o Make sure to keep the muscles of your upper legs tight from beginning to end of each set. Take your time!
- Bridge Leg Curls
 - o Keep your glutes tight as you keep the hips as high in the air as you can
- Long Leg March
 - o Keep pressure in the back of your heels and hips as high as possible
 - o Keep your ab muscles tight, pulling your belly button in tight to the body to feel the squeeze in your body