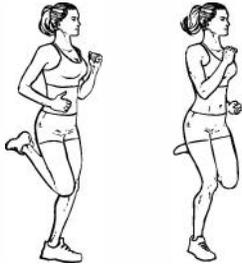


Legs for Everyone

45 min · Abs, Legs

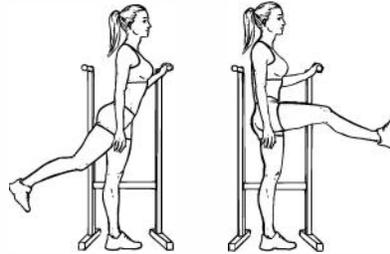
Everyone loves a good leg day right? This will work all of those leg muscles that help to keep us moving. The first 4 will warm you up and the last 3 will stretch out those muscles you've worked. Modify the step ups and toe taps with a smaller box if needed

Butt Kicks



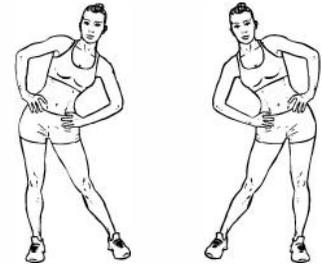
2 sets 30 secs

Forward Leg Hip Swings



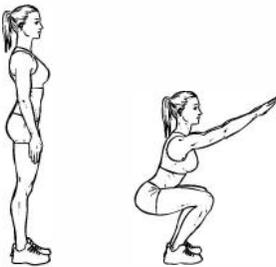
2 sets 30 secs

Hip Circles



2 sets 30 reps

Air Squats



3 sets 12 reps

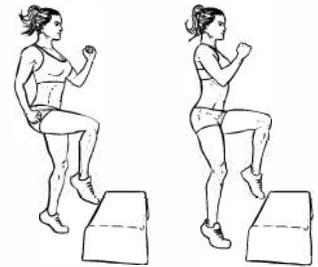
High Knees



2 sets 15 secs 30 lbs

1:00
rest

Toe Taps



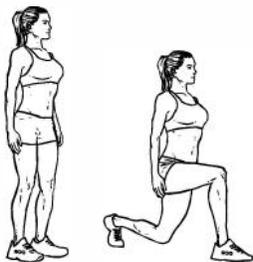
1:00
rest

1:00
rest

2 sets 10 reps 30 sec rest

Low impact take out the jumps and just lift toes and tap the box.

Alternating Bodyweight Lunges



2 sets 10 reps 30 lbs

Step Up with Knee Raises



2 sets 10 reps 30 sec rest

1:00
rest

1:00
rest

Use a suitable step if not able to use a bench, or simply step over a towel.

Static Squat Hold

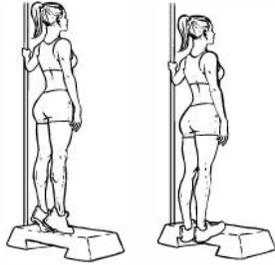


3 sets 15 secs 15 sec rest

1:00
rest

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Bodyweight Calf Raises



3 sets 12 reps 30 lbs

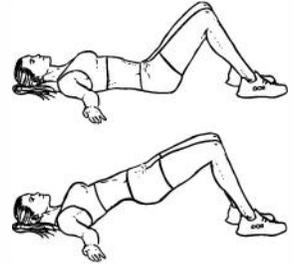
Toe Touches



1:00
rest

2 sets 10 reps 30 lbs

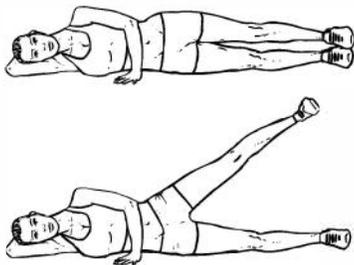
Hip Raises



1:00
rest

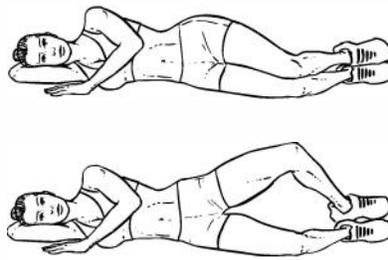
2 sets 10 reps 30 sec rest

Lying Side Leg Lifts



2 sets 12 reps 30 sec rest

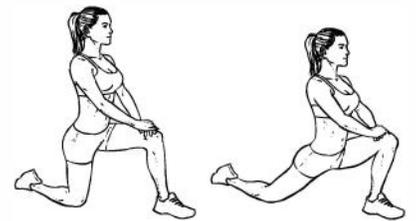
Clamshells



1:00
rest

2 sets 12 reps 30 sec rest

Kneeling Hip Flexor Stretch



1:00
rest

2 sets 45 reps

Swap legs and repeat

Standing Quadricep Stretch



2 sets 45 reps

Straight-Leg Calf Stretch



2 sets 45 secs

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Butt Kicks

Primary muscle group(s):

Hamstrings, Quadriceps

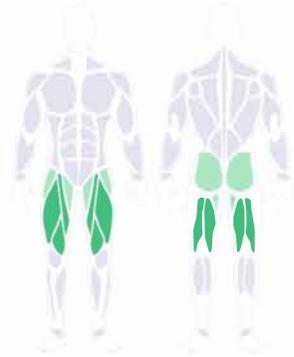
Secondary:

Glutes & Hip Flexors

Standing tall with a tight core and flat back, you will begin the dynamic stretching exercise as if you were running in place. Keep the knees slightly bent at all times. Start slowly and work up to a faster speed.

Bring your left foot back and all the way up to the glutes. Return your left foot to the ground and repeat on the other side.

Continue this back and forth motion, keeping your arms swinging in motion.



Forward Leg Hip Swings

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

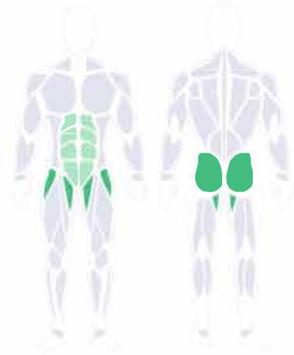
Abs

Stand tall holding onto a pole, wall or stationary object for support.

Engage your abs as you swing your one leg as far out to the side and then across the stationary leg as you comfortably can.

Don't just let gravity pull the leg – actively use the muscles!

Switch sides once you have completed repetitions on the first leg.



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Hip Circles

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs

Stand tall with your chest up. Move your feet to shoulder-width apart. Place your hands on your hips.

Begin the movement by shifting your hips to the left. Bring them forward and to the right in a circular motion. From the right, shift your hips back and to the left.

Continue in this circular motion. Stop once to switch directions.



Air Squats

Primary muscle group(s):

Hamstrings, Quadriceps

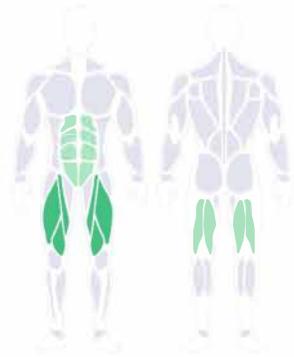
Secondary:

Abs, Hamstrings

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you're sitting in a chair.

Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.



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High Knees / Front Knee Lifts / Run / Jog on the Spot

Primary muscle group(s):

Abs

Secondary:

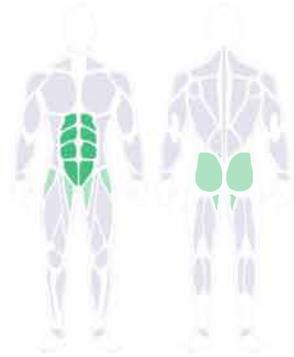
Glutes & Hip Flexors

Begin jogging in place, lifting the knees as high as you can.

Try to lift your knees up to hip level but keep the core tight to support your back.

For a more advanced move, hold your hands straight at hip level and try to touch the knees to your hands as you lift them.

Bring the knees towards your hands instead of reaching the hands to the knees!



Toe Taps

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings, Quadriceps

Secondary:

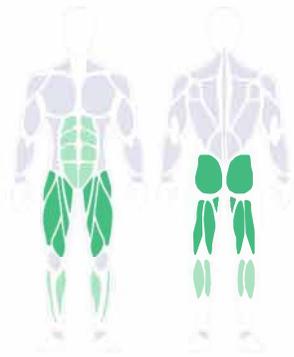
Abs, Calves

Begin with the edge of your left foot on a stepper or short platform. Your right foot will be flat on the ground underneath your hips.

Push off the ground with your right foot and switch legs in mid-air.

You will land with the edge of your right foot on the platform and your left foot on the ground.

Continue this movement, alternating feet and tapping the edge, without stopping.



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Alternating Bodyweight Lunges

Primary muscle group(s):

Quadriceps

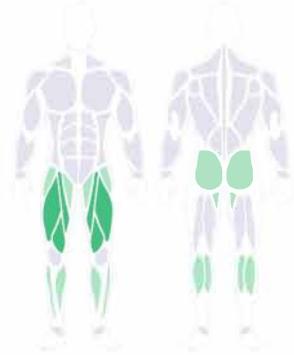
Secondary:

Calves, Glutes & Hip Flexors

Stand straight – that's the starting position. Step forward with your left leg and slowly lower your body until your front knee is bent at least 90 degrees, while your rear knee is just off the floor. Keep your torso upright the entire time. Look forward.

Pause, then push off your left foot off the floor and return to the starting position as quickly as you can.

On your next rep, step forward with your right leg. Continue to alternate back and forth—doing one rep with your left, then one rep with your right.



Step Up with Knee Raises

Primary muscle group(s):

Hamstrings, Quadriceps

Secondary:

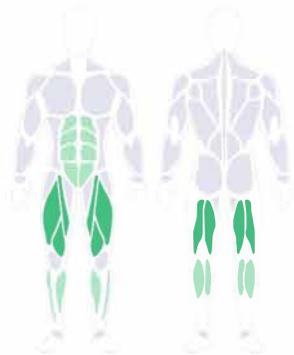
Abs, Calves

Place a chair or wooden box in front of you. Brace your core and lower back.

Step up on the box with your left leg, swinging your arms as you do so.

Take your right knee and raise it in front of you, into the air.

Step down with your right leg. Repeat exercise with the other leg. Keeping alternating sides.



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Static Squat Hold

Primary muscle group(s):

Quadriceps

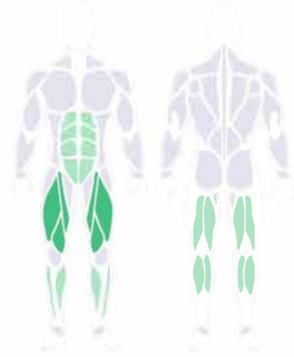
Secondary:

Abs, Calves, Hamstrings

Place your feet at shoulder-width or just outside of shoulder-width. Turn your toes out slightly. Brace your core and keep your chest up.

Swing your arms up to shoulder level as you slowly bend your knees and push your hips backward. Lower yourself until your thighs are parallel with the ground.

Pause and stay in this position for as long as you can. Return to the starting position by dropping your arms and push your hips forward.



Bodyweight Calf Raises

Primary muscle group(s):

Calves

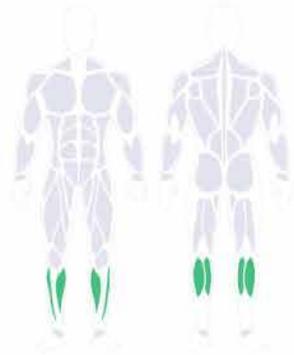
Stand straight with a tight core and flat back.

Keep your hands at your sides or hold on to a wall for balance.

Bring your feet to be hip distance apart.

Focusing the tension in your calf muscles, slowly raise yourself up on to the balls of your feet.

Pause at the top of the movement and slowly return to the starting position.



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Ragdoll / Forward Bend / Fold Stretch / Toe Touches

Primary muscle group(s):

Calves, Hamstrings

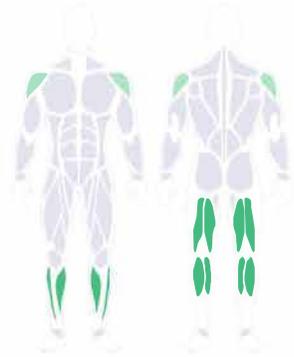
Secondary:

Shoulders

Stand tall with your feet together and arms at your sides.

Slowly, bend at the hips while keeping your knees engaged. Allow your upper body to hang over. Let your arms drop as well, dangling in front of you.

Once you're fully bent over and your hands are at your toes, pause and feel the stretch in your hamstrings. (Optional: Flatten your back for 5 seconds then return to this position) Once you hold the stretch for up to 30 seconds, return to the starting position.



Hip Raises / Butt Lift / Bridges

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings

Secondary:

Abs, Lower Back

Lie on an exercise mat with your knees bent so that your feet are flat on the floor. Keep your back straight.

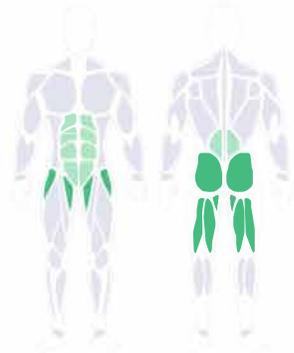
Place your hands out to your sides palms flat for stability.

Raise your glutes off the floor by extending your hips upward while pushing down through your heels.

Continue until your back, hips and thighs are in a straight line. Hold for a count of one.

Return to the start position by lowering your hips back to the floor.

Pause then repeat.



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Lying Side Leg Lifts / Lateral Raises / Hip Abductors / Adductors

Primary muscle group(s):

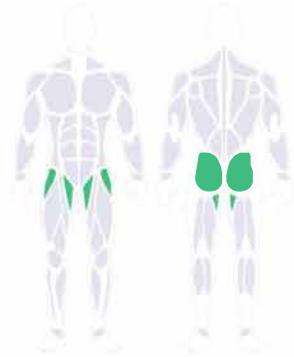
Glutes & Hip Flexors

Lie on your right side on top of a yoga mat or other soft surface.

Brace your core and make sure your body is in a straight line. Keep your right hand on the ground and your left hand on your hip.

Slowly lift the left leg into the air, keeping it straight during the exercise.

Slowly lower your left leg. Complete the set then repeat with the other leg.



Clamshells / Clams

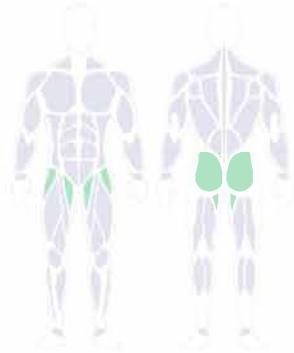
Secondary:

Glutes & Hip Flexors

On a mat or comfortable surface, lie on your left side. Place your left hand behind your head while placing your right hand across your body.

Bend your stacked knees so that your feet are behind you. Begin the movement by lifting the right knee up while keeping the feet together.

Pause at the top of the movement and slowly lower your right knee down to the starting position.



Kneeling Hip Flexor Stretch

Primary muscle group(s):

Glutes & Hip Flexors

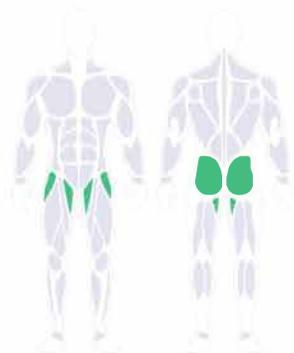
Step forward with the left leg as your right knee comes all the way to the ground.

Flatten your right foot out so the toes are pointing behind you.

Placing your hands on your sides, gently push your hips slightly forward.

You will feel the stretch in your right hip flexor.

Switch sides and repeat.



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Standing Quadricep Stretch

Primary muscle group(s):

Quadriceps

Secondary:

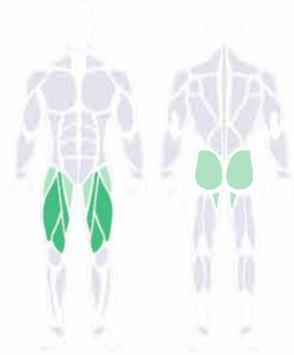
Glutes & Hip Flexors

Stand next to a wall or stationary object to support your balance.

Grasp the top of your right ankle or forefoot with your right hand and pull the ankle or foot towards your buttocks.

Straighten the right hip by moving your knee slightly backwards and making sure it faces the floor. Don't let your knee flare out towards the side

Hold the stretch and repeat on the left leg.



Straight-Leg Calf Stretch

Primary muscle group(s):

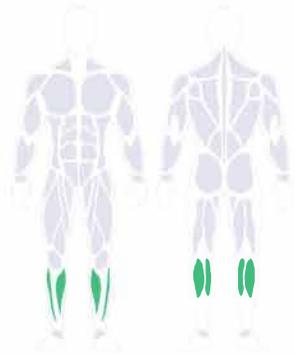
Calves

Stand a few inches away from a wall, facing it and place both hands on the wall with your arms extended.

Lean against the wall and bend on leg forward with the other leg extended straight back. Your feet should both be facing forward.

Push the rear heel to the floor and bring the hips slightly forward.

Hold the stretch and repeat on the other leg.



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