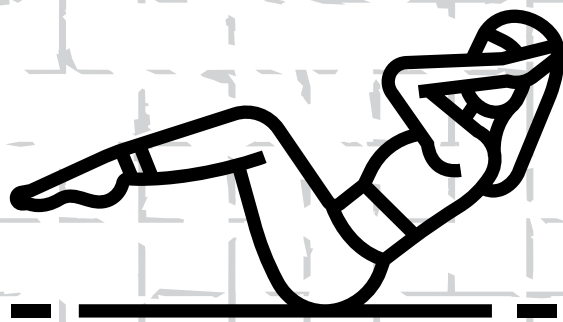


WEEK 2



**LEGS, LEGS,
LEGS**

Legs, Legs, Legs

41 min · Legs

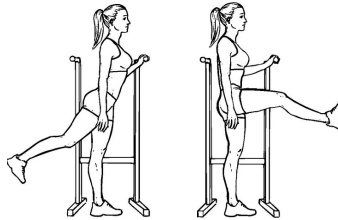
Another intermediate workout to really get those legs burning

Cardio -Walking



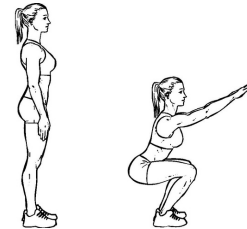
5 min

Forward Leg Hip Swings



sets 1 30 reps
30 seconds each leg

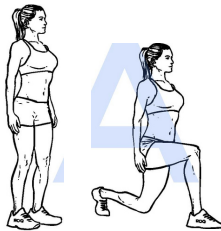
Air Squats



3 sets 12 reps

1:00
rest

Bodyweight Walking Lunges



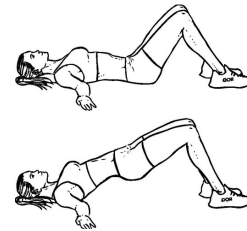
3 sets 12 reps 30 sec rest
Superset A1

Frogs



3 sets 12 reps 30 sec rest
Superset A2 · Superset Lunges and Frogs together for the extra legworkout

Hip Raises

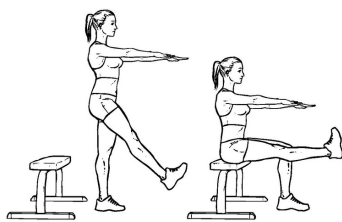


2:00
rest

2:00
rest

3 sets 12 reps 30 sec rest

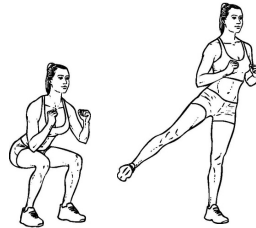
Single Leg Bench Bodyweight Squats



3 sets 12 reps 30 sec rest

2:00
rest

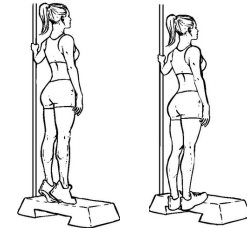
Squats to Side Leg Raises/Lifts



3 sets 12 reps 30 sec rest

2:00
rest

Bodyweight Calf Raises



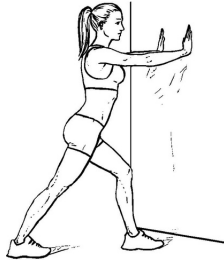
3 sets 12 reps 30 sec rest

Standing Quadricep Stretch



sets **1** **60** secs
60 seconds each leg

Straight-Leg Calf Stretch



sets **1** **60** secs
60 seconds each leg

Standing Hamstring Stretch



sets **1** **60** secs
60 seconds each leg

Cardio -Walking

Primary muscle group(s):

Calves, Hamstrings, Quadriceps

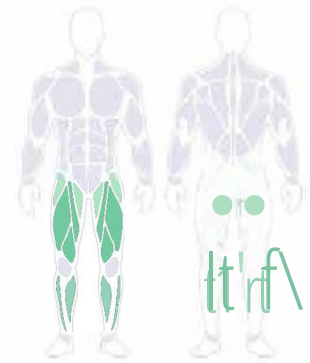
Secondary:

Glutes & Hip Flexors

After following a thorough warm-up session, stand tall on a walkway, treadmill, or other walkable area. Make sure that your chest is up, core is braced, shoulders are back, and gaze is straight ahead.

Begin by placing your left foot forward then shifting your hips to move the right leg forward. Continue this back and forth motion at a pace that is ideal for you.

You may also want to include small weights or a grip strengthener during your walks. Remember to maintain perfect form throughout the walk. Avoid slouching.



Forward Leg Hip Swings

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

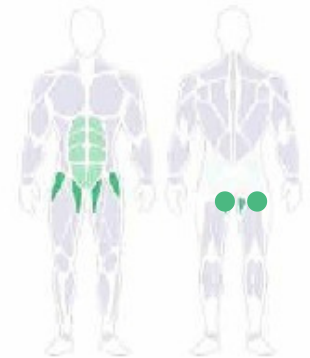
Abs

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.



Air Squats

Primary muscle group(s):

Quadriceps

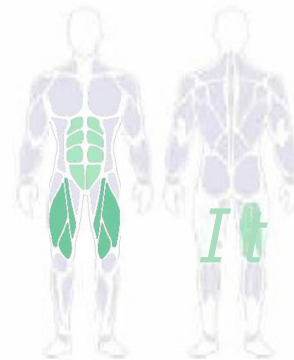
Secondary:

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.



Bodyweight Walking Lunges

Primary muscle group(s):

Quadriceps

Secondary:

Calves, Glutes & Hip Flexors

Stand straight with your feet shoulder width apart and place your hands on your hips.

This is the start position.

Step forward with either leg in a long stride. Keep your other foot in place behind you.

Bend your knees as you do this so your body is lowered towards the ground. Keep your back straight throughout the movement.

Continue down until your front knee is just above the ground. (Your front leg should be bent 90 degrees at the knee)

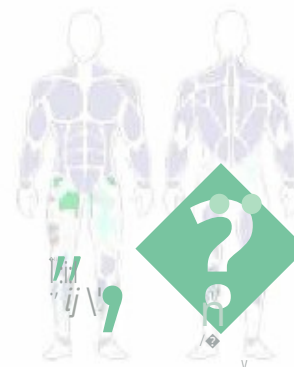
Hold for a count of one.

Push down through your front heel and extend both knees to return to the start position.

Pause then repeat with your other leg. When you have lunged with both legs, that is one repetition.

Repeat.

Q Try to keep your hands on your hips at all times, using your obliques to keep your balance.



Frogs

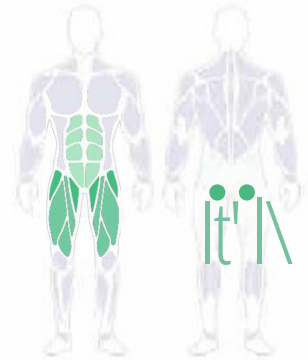
Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings, Quadriceps

Secondary:

Abs

Start in a low squat position, clasp your hands together, put your elbows inside your knees and push your knees out, bend and straighten your legs by pushing your bottom up into the air.



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.

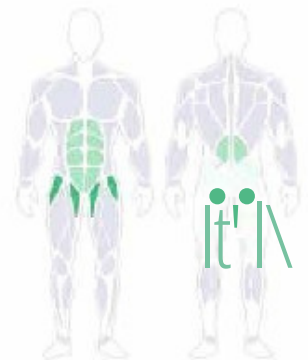
Place your hands out to your sides palms flat for stability.

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



Single Leg Bench Bodyweight Squats

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings, Quadriceps

Secondary:

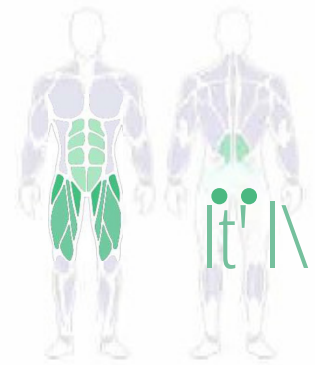
Abs, Lower Back

Begin by sitting on a bench or chair and elevate one leg while keeping the other foot, grounded and steady, on the floor.

Place your arms straight out in front of you, and lean slightly forward to transfer your body weight onto your grounded foot.

Using a combination of glute, quadricep, and hamstring strength, lift your body up to standing position.

Stand strong, briefly, before lowering yourself steadily back to the seated position.



Squats to Side Leg Raises/Lifts

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Hamstrings

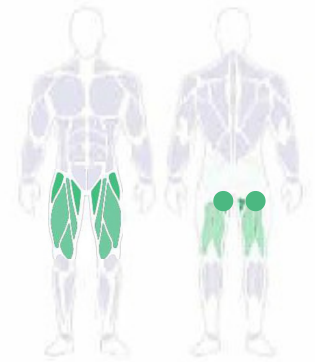
Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Bend at the knees and drive your hips back as if you're sitting in a chair. Continue to lower your body until your upper legs are parallel to the floor.

Then drive your hips forward and push through your quads and glutes to return to a standing position.

Just as you reach the standing position, lift your chosen leg out to the side; it should be straight.

Lower your leg back so that you return to the starting position and repeat for the other side!



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.



Standing Quadricep Stretch

Primary muscle group(s):

Quadriceps

Secondary:

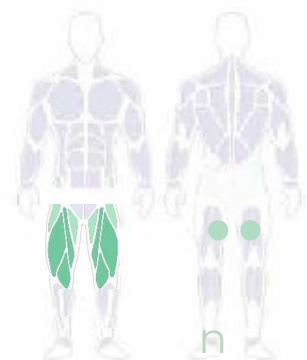
Glutes & Hip Flexors

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):

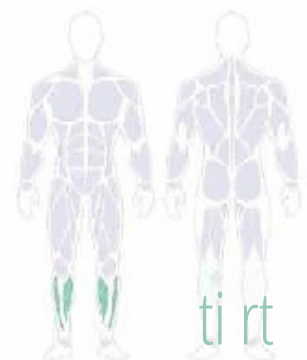
Calves

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 .



Standing Hamstring Stretch

Primary muscle group(s):

Hamstrings

Secondary:

Calves

Stand with feet closer than shoulder-width. Step forward with your left foot. Flex the left foot up towards you.

Bend at the hips and place your hands on your thigh. Keep the left leg straight as you slightly bend the right knee.

Feel the stretch along your left hamstring. Hold for the prescribed amount of time then switch sides.

