

Leg Workout – Monday March 23

*Exercise descriptions included at the bottom of the workout – READ ENTIRE WORKOUT **FIRST** and pay attention to your form. Don't rush through the exercises (not like you have any where to go).

YOU WILL NEED:

Stopwatch/timing device

Stairs (a step)

Wall

Leg tightening video (on Instagram @tumbletechsteam and on www.tumbletechs.com/athomoe – Fiona is the one doing the workout) and something roughly similar to a pit block (a stuffed animal, a roll of toilet paper, etc)

WARM UP: 75 jumping jacks + 5 burpees + 50 jumping jacks + 20 mountain climbers

STRENGTH CIRCUIT

Do **each circuit** three times **BEFORE** moving to the next circuit.

Circuit One

15 squats

10 single leg squats (each leg)

15 glute bridges

Circuit Two

20 toe raises (on stairs) – hold last rep for 10 seconds

20 heel raises (on stairs) – hold last rep for 10 seconds

20 side-step squats (this is a change from last week)

Circuit Three

12 single leg glute bridges (each leg)

20 reverse lunges OR backwards lunge walks if you have space.

15 kneeling lean backs (facing wall)

STRENGTH PART 2 (do this once, AFTER you have finished the circuits)

- Leg tightening workout video
- 10 press handstands/press attempts

STRETCH

- Left/Right/Middle splits – 1:00 each
- 2 bridges – hold one for 15 seconds, do 5 bridge rocks for the second bridge

*Exercise descriptions/reminders:

Squats: feet shoulder width apart, toes/knees straight forward, squat as low as you can

Single leg squats: same as a regular squat, but one leg at a time

Glute Bridges: lay on your back, knees bent feet on floor, lift your hips and squeeze your butt

Toe Raises: toes on step, heels hanging off, push to releve and back down as low as you can.

Heel Raises: heels on step, toes (most of your foot) off the edge, lift toes/foot as much as you can, then back to start.

Side-step squat: start standing with feet together; use your right leg, step sideways into a squat (not a huge step, only about shoulder width apart), then bring that leg back to the start position. Repeat on the left, alternating right left until you get to the number listed (it's a total, not each side).

Single Leg Glute Bridges: same as glute bridges, but one leg can be held straight in air, or tuck that knee into your chest and hold while using other leg to do exercise.

Reverse Lunges: step backward to lunge, then back to stand, do NOT LET YOUR KNEE CAP SMASH THE FLOOR.

Kneeling Lean Backs: kneel (up tall) facing a wall, hands behind your head. Keeping your body tight (squeeze your butt), lean back as far as you can then return to your starting position (do not pike your hips to "sit" on your heels).