

Xcel/JOGA Friday Leg Workout – May 1

YOU WILL NEED:

Stairs (a step)

WARM UP: 100 jumping jacks

STRENGTH CIRCUIT

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

Circuit One

25 squats

20 glute bridges

30 toe raises

Circuit Two

15 single leg candle stick to stand (each leg)

25 side-step squats (each side)

30 heel raises

Circuit Three

15 single leg glute bridges (each leg)

40 jumping lunges (total)

25 kneeling lean backs (facing wall)

STRETCH – arm circles, standing pike, standing needle kicks, all splits, seated pike, bridges