

JOGA Thursday Leg Workout – May 7

YOU WILL NEED:

A pair of socks

WARM UP

45 sec pretend jump rope, 30 sec jump rope right foot, 30 sec left foot, 45 sec jog in place

STRENGTH CIRCUIT

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

Circuit One

20 squats with 5 pulses every 5 squats

15 glute bridges with a 10 sec hold on #15

30 toe raises in first position (feet turned out, heels together)

Seated pike lifts: 8 left, 8 right, 8 together – you will do this holding your socks with your toes to work on toe point

Circuit Two

10 single leg candle stick to stand (each leg)

20 kneeling lean backs

30 toe raises with your feet turned in, big toes touching.

Seated straddle lifts: 8 right, 8 left, 8 together, with socks

Circuit Three

12 single leg glute bridges (each leg)

40 jumping lunges (total)

20 wall sit kicks – keep knees together, and squeeze the extended leg

10 needle kicks each leg

STRETCH