

## Xcel/YOGA Wednesday Leg Workout – May 6

### **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