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Legs, Legs & Legs

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Sometimes we shy away from that which will make us stronger, don't we? It makes sense because anything meant to build strength within us, mind or body, first offers up a challenge. We have to work through tough stuff to gain strength! Very rarely can we gain character, meet a professional goal or even overcome a personal problem without coming flexing our emotional or physical muscles!

Sometimes meeting our match means gaining strength, courage, endurance, even persisting patience. And, I'm sure we'd all welcome any of that!

As you approach this next workout, keep in mind the metaphor it holds for your life. Don't give up or give in when you feel your legs working hard. Press right into the purposeful exercises...just the way you want to in other areas of your life. Stay focused and intentional even in the midst of a challenge...and yeah, have a little fun in the process of gaining:

STRENGTH!

Here we go: STRONG... That's the theme for this workout. Strong legs are your base and foundation. Strong legs can take you just about anywhere. And this workout can also be done just about anywhere. So move some livingroom furniture, go outside or even hit the gym and get ready to work as you gain leg strength.

Oh, I told you to expect to "feel the burn", right? Don't be surprised...embrace it! It means you are working your leg muscles, making them stronger and shaping them into your firm foundation.



Plank to Down Dog Step 1



Plank to Down Dog Step 2



Squat to Reverse Lunge Step 1



Squat to Reverse Lunge Step 2



Pickers Step 1



Pickers Step 2



Skater Lunge Step 1



Skater Lunge Step 2



Skater Lunge Step 3



Lateral Lunge with Balance Step 1



Lateral Lunge with Balance Step 2



Pulsing Sumo Squat



Step Jumps Step 1



Step Jumps Step 2

Warm-Up

Ok, we need to get the blood moving, so start marching! Come on, high knees....then pick up the pace to a jog with high knees for 15 seconds. Next, side shuffle left and right for 15 seconds. Then jumping jacks for 15 seconds and finally, butt kicks for 15 seconds (that means run with the aim to kick your bottom with your heels). You should be warm now!

Workout Set

Exercise	Description	Sets	Reps	Tempo
Plank to Downward Dog	Begin in plank position on your hands and toes. Hold for 5 seconds then push back into downward dog. Move your hips back, press your heels to the floor and straighten your harms.	2	5	Hold each position for 5 seconds, flow from one position to the next.

Exercise	Description	Sets	Reps	Tempo
Squat and flow into lunge	Squat with weight on your left foot and toes on your right foot lightly touching the floor for balance. Staying in a squat, move your right leg back into lunge. Now move your right leg forward into forward lunge. Keep your left leg bent in a squat while moving your right leg back and forward. Repeat on the left side.	2	15	Squat for 2 count, lunge to 4 count
Pickers	Hold a 10 - 15 lb kettlebell, sandbell or dumbbell in one hand. Stand with legs wide and soft knees. Bend at your hips (push your tush back), keep your back flat and chest up. Lower the weight straight down and reach it back between your legs. Maintain control of the weight. Don't let momentum move you, make your glutes do the work. Push through your heels and lift back up to standing.	2	15	Lower down for 2 count, push to standing for 2 count
Skater Lunge	Standing with feet close together, step right foot to the right, cross left foot behind and reach for your ankle. Step left foot wide to the left and cross right foot behind. Reach for your left ankle.	2	1 minute	Add some power, speed and a hop to make this more intense.
Lateral Lunge holding weight	Balance on left leg holding weight in left hand. Lunge right leg to the right. Transfer your weight to the right as you lunge. Keep your body weight in your heels. Push off the right foot and return to a left leg balance. Pssst. This works your core too! Repeat on the left leg.	2	15	Lateral lunge to 2 count return to standing for 2 count.
Hop, Hop, Squat	Stand with feet at hip distance apart. Hop forward twice. On the second hop, lower down into squat. Repeat	2	1 minute	Hop to 1 count, squat to 3 count
Pulsing Sumo Squat	Hold on to a bar or railing. Stand in a wide sumo squat with toes turned out. Raise up onto your toes. Lift hips 1" then lower down. Repeat this move, pulsing for 45 seconds.	2	45 seconds	Small quick pulses.
Step Jumps	Stand facing a step or BOSU. You can use just the bottom step of a staircase. Stand facing a step. Lower into a squat, push through your heels and jump onto step dropping into squat.	2	30	Lower into squat for 2 count, jump for 1 count

Cool Down

Repeat the Plank to Downward Dog exercise to get a fantastic leg stretch. Lay on one side, bend the top leg and grab your ankle or foot in your hand to stretch your quads, repeat on the other side. Stand with feet hip distance apart. With strong abs, fold forward and hang arms toward your feet.

Tip to Progress

Repeat the warmup with his energy between each leg exercises. You'll really get your heart rate up

transforming this leg workout into a higher intensity interval workout.

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