STRENGTH CIRCUIT 1 - Toned legs

you need: towel, waterbottle, interval timer or app, chair/bench

optional: mat, resistance band



Sequence: warm-up for at least 5 minutes

circuit x 2 for 25 min work-out circuit x 4 for 40 min work-out

cooldown and stretching for at least 5 min

Set your interval timer to 30-30 seconds. Each 30 sec interval you perform the exercise, focus on form. Make sure to keep your core engaged and your back straight for all exercises.

Take 30 sec in between the exercises to rest, add/remove the resistance band and move on.

Each * exercise can be performed with a resistance band



- 5. glute bridge*
- 9. fire hydrant
- 13. chair step-up L + R

2. plank with leg lifts L-R*

6. donkey kick L-R

10. kickbacks L*

14. kickbacks R*

4. sidesteps L + R*

8. forward lunges L + R

12. backward lunges L+ R

16. Courtesy lunges L + R

3. tuck jumps

7. pop squats

11. high knees

15. jumping jacks