

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

