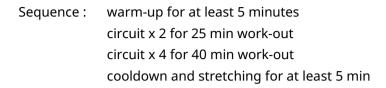
## **STRENGTH CIRCUIT 4 - Toned legs**

you need : towel, waterbottle, interval timer or app, chair/bench optional : mat, resistance band



Set your interval timer to 40-20 seconds. Each 40 sec interval you perform the exercise, focus on form. Make sure to keep your core engaged and your back straight for all exercises.

Take 20 sec in between the exercises to rest, add/remove the resistance band and move on.

To make it harder set your intervals for 45-15 or 50-10

Each \* exercise can be performed with a medium/heavy resistance band

1. chair squats\* 5. fire hydrant - donkey L\* 9. glute bridge\* 13. chair step-up L + R plank with leg lifts L-R\*
fire hydrant - donkey R\*
kickbacks L\*
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

