

## STRENGTH CIRCUIT 4 - 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 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

