

Home Leg Workout

Exercise	Sets	Reps
Alternating Split Lunge	4	1 Minute
Squats (feet shoulder width apart)	4	1 Minute
Alternating Side Lunges	4	1 Minute
Frog jumps	4	1 Minute
Single Leg Straight leg Deadlift	4	1 Minute
Ab Crunches (Legs at a 90 degree angle in the air)	4	1 Minute
Alternating Side Planks		1 Minute

Today you will go through all the exercises ONE TIME, ONE MINUTE EACH without stopping and then rest for 60-90 seconds. You will do that circuit 4 times total.