

BODY WEIGHT LEG CIRCUIT

- 1. Bodyweight Squat** **1 x 30**
- 2. 3-Way Lunges** **1 x 10 each direction**
- Forward, Side, Reverse
- 3. One Leg Box Squats** **1 x 10 each leg**
- 4. Walking Lunges** **4 x 25 yards**
- 5. Quick Feet Step-Ups** **1 x 20 each leg**
- 6. Squat Jumps** **1 x 20**
– 4 sec. negative w/pause on bottom and explosive jump
- 7. One Leg Calve Raises** **1 x 10 each**
– Toes In, Toes Straight, Toes Out
- 8. Jumping Split Squats** **1 x 20 each leg**