

Legs & Cardio Circuit Workout

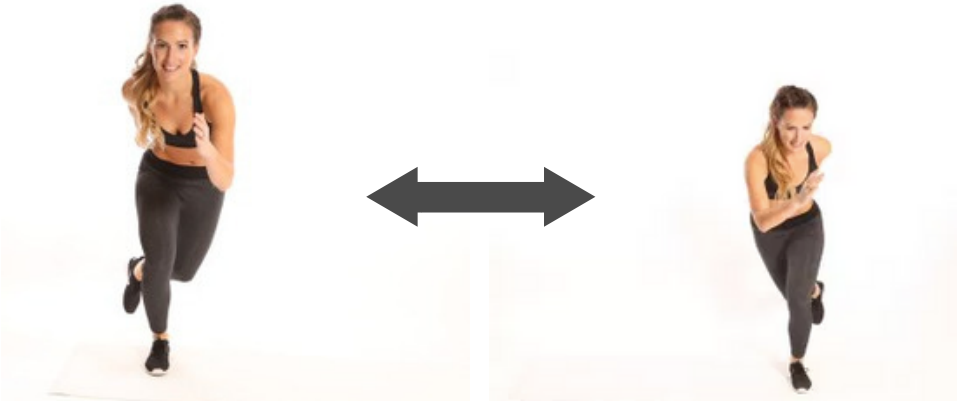
Complete 3 rounds of each circuit

20 Squats with Alternating Leg Abductor

CIRCUIT ONE



1 minute Skaters



20 weighted squats



20 alternating toe tap squat jumps

CIRCUIT TWO



30 alt. cursty lunges (15 per side)



12 Woodchops



20 walking lunges (10 per side)

CIRCUIT THREE



15 Plie Squat Jumps



30 Glute Hip Bridges

