

Legs & Cardio Circuit Workout Complete 4 rounds of each circuit

20 plie squat jumps

CIRCUIT ONE



1 minute mountain climbers



12 back lunge with curl to press per side



30 SQUAT JACKS

CIRCUIT TWO



1 minute DB press jacks



20 WEIGHTED WALKING LUNGES



20 woodchops (10 per side)

CIRCUIT THREE



10 DOUBLE SQUAT JUMP BURPEES



12 single leg squat touchdowns per side

