

# Legs & Cardio Circuit Workout

Complete 4 rounds of each circuit  
Run, jog, or jump rope for 5 minutes after  
each circuit!!

## CIRCUIT ONE

10 DOUBLE SQUAT  
JUMP BURPEES



15 single leg back lunge  
w/ knee raise (per side)



15 PLIE SQUATS TO V-PRESS



## CIRCUIT TWO

30 walking lunges



30 seconds high knees

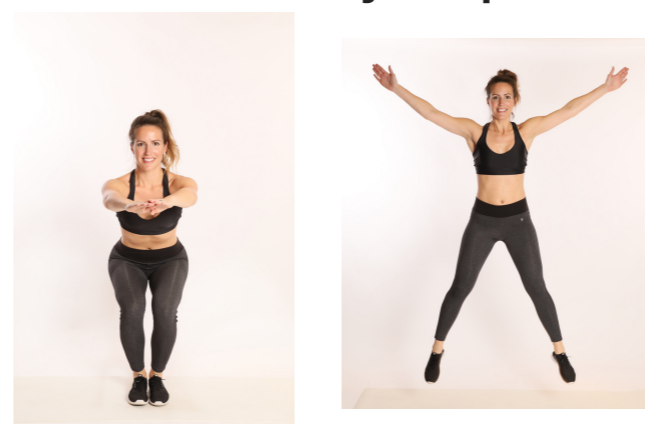


20 alternating curtsy lunge  
with T raise



## CIRCUIT THREE

15 star jumps



15 bird dogs per side



20 alternating squats w/ leg abductor

