

## Legs

30 KB DL with bands around quads

w25-44 m35-53

30sec DB alt lunges to squat w20-30 m30-50

30sec Frog squats to 30sec side ups (hand touches ground each side)

30/30 DB lateral lungesSWA

30 Bridge marching kick outs

30/30 side plank knee up leg raises

2 Rounds give rest as needed

8 Heavy squats w75-155 m95-225

8 Heavy DL w75-120 m95-225

16 BB single leg DL to Row w25-45 m45-85

10 KB Sumo squats SWA

10 KB Goblet squat SWA

20 DB split lunges on Box w30-50 m60-100

8 single leg raise w KB (on chairs or benches)

15 SB reverse glute raises

30 SB single leg curls

40 rear leg ext w bands

30min total 3-4min Brink kill the glutes

Burn more calories:

50 KB calve raises 50 toes inward 50 toes outward (SWA)

1 min wall sit with w10lb plate m25lb

MB ball shuffle with bands 4xs (hips down, step and replace)

40 DB squats w20-50 m30-80

## Leg Day

30/ Alt side lunge to jump squat

30/ DB squats w20-50 m30-60

30/ DB narrow squats SWA

30/30 KB sumo squat hold with calve raises to KB sumo squat pulses w15-44 m25-53

1 min KB squat pulse heel toe rotation SWA

2 min (1 min ea) Rear leg ext pulses w bands \*kneeling on all fours

30/30 DB single leg lunge curl to press w10-15 w15-25

2 Rounds warm up

7 Box squats to calve raise w75-155 m95-205

7 BB Heavy DL (watch form) w65-105 m85-135

7 BB Hip Raises SWA

12 SB reverse glute raise

20 SB single leg curls

20 KB tactical lunges w15-44 m25-53

10 KB seated leg raise SWA (using bench or chair)

32min

3min Brink

Full workout (35min)

Let me know if you have any questions 😊

## Leg day

1.30/30 DB/Plate Single leg lunge w twist  
w15-25

2. 1 min Rope swings with 3x3 shuffles  
(3 shuffles to the right 3 the left keeping hips down)

3. 1 min Side Shuffles w bands \*keep hips slow and controlled step and replace no galloping.  
(Cones and back)

4. 30/30 Squat with KB push out /

KB rocking squats w20-35 m25-44 (keep hips down opposite knee needs to be locked out as they rock side to side)

5. 30/30 suspended bands dynamic lunges to BTF squats

6. 30/30 Bosu Ball side lunges (single leg on top of bosu)

2 Rounds 12min

8 Heavy box squat to calf raises w75-155 m95-225 (3 sec pause on box then explode up the 3 sec pause will force the glutes and hamstrings to work harder)

8 Heavy sumo DL w65-155 m95-225

8 BB hip raises w55-120 m75-135

20 KB meet the Queen w20-44 m35-53

20 KB Side lunges SWA

10 KB DL SWA

DB split lunge pulses 30sec/30sec to 20 lunges

w20-50 m50-80

20 SB leg curls (both heels on ball)

32min

Brink All Glutes 3-5min

Burn more calories:

20 DB jump squats w20-40 m30-80

20 DB Box split lunges SWA

1 min Wall sit w/plate w10-25 m25

30 Rainbows

25 DB narrow squats SWA

40 Side plank Knee up leg raises

## Legs

Recommended WT w20-40 m30-

15/15 Split lunge (one foot on chair in lunge position keeping knee behind toes)

15 Plyo Jumps

10/10 Side lunge

10 Meet the queen to jump squat

30sec Rocking chair squats

30/30 Meet the Queen

10/10 Cross leg glute bridge

15/ 15 Rear leg ext

15/15 Side plank knee up leg rise

15/15 Marching bridge kicks

Burn More:

40 Air Squats

50 lunges

50 reverse lunges

25 jump squats

1 min speed Jack's

30sec Mt climber's

25 Air Squats

30 lunges

25 Sit up

10 Burpee Combos

1 min plank hold

Complete 6 Rounds 30min

## Leg Day

Side plank leg circles 30/30

Superman single straight rear leg ext 30/30

Bridge calf raises 1min

DB lunge pulses 30/30 w20-30 m40-60

DB squat hold 1min (SWA)

KB meet the queen pulses 30/30 w15-44 m25-53

2 round warm up 30min total 3-5min brink

Heavy squats 6 w75-155 m95-225

KB/DB single arm snatch to lunge 12 w15-35 m35-53

SB single leg curls 30

DL 6 w65-105 m95-205

KB goblet squats 8 (SWA)

KB meet the queen 14 (SWA)

DB split lunges 20 w30-50 m50-100

## Legs

Rise and Grind!

Here is a home workout for your legs! 😊

20 DB lateral shoulder raises with Lunge pulses (10/10)

20 DB squat to DB curls

30sec Rocking chair Squats (back and forth, heels to toes)

30sec Rocking Lateral squats (side to side)

20 DB lunges

20 DB Side Lunges

Reccomended weights

w20-40 m30-60 (in Total weight)

Complete 6 Rounds 30 min

Burn more 🔥

15 DB jump squats

1min DB squat Hold or Wall sit

20 DB meet the Queens

50 rear leg ext. (25/25)

20 DB sumo Squats

30 DB reverse lunges

Complete 2 Rounds

## Beginner's Legs

Reccomended Weights

w10-20lbs m30-50lbs

- 🏋️‍♀️ 30 DB lunges
- 🏋️‍♀️ 30 Reverse DB lunges
- 🏋️‍♀️ 30 Squats
- 🏋️‍♀️ 10 plyo jumps (no weight)
- 🏋️‍♀️ 30sec Rocking squats
- 🏋️‍♀️ 30sec pulse squats
- 🏋️‍♀️ 50 Rear leg ext (25ea leg)
- 🏋️‍♀️ 50 DB calve raises w20lbs m50lbs

🚩 Complete 5 Rounds 30min🕒

## Legs Beginner's

Recommended WT in TOTAL

w16-30 m20-40

15/15 Split lunge (one foot on chair in lunge position keeping knee behind toes)

15 Plyo Jumps

10/10 Side lunge

10 Meet the queen to jump squat

30sec Rocking chair squat

Complete 5 Rounds in 20min

## Leg day station

1. 30/30 DB/Plate Single leg lunge w twist  
w15-25

2. 1 min Rope swings to Alt knee ups

3. 1 min Side Shuffles w bands \*keep hips slow and controlled step and replace no galloping.  
(Cones and back)

4. 1 min Wall sits

5. 30/30 suspended bands dynamic lunges to BTF squats

6. 30/30 Bosu Ball side lunges

2 Rounds 12min

8 Squats w65-155 m95-225

8 Dead lifts w75-115 m85-155

20 DB lunges w20-60 m50-100

15 DB jump squats SWA

30 SB single leg roll unders

30 DB Box step ups

30min total 3-4min Brink all glutes

## Legs

- 30 cross lunge to jump squats (no weight)
- 30 Rocking heel squats
- 30 DB lateral squat walks
- 30 DB DL to Reverse lunges
- 30/30 Rainbow leg lifts
- 30/30 3pt Lateral single leg lunge
- 30 wide squats double pulse to Jump squat
- 30/30 Fire hydrant kick outs
- 30 Narrow DB OH squat
- 30/30 DB Split lunge pulses
- 30 KB sumo squats pulses
- 30KB sumo squat valve raises
- 30 KB calve raises
  
- 6 Triple pulse BB squats w45-155 m95-205
- 10 Box Jumps
- 16 DB lunges w20-50 m30-60
- 16 KB Meet the Queen w15-44 m25-53
- 8 BB DL w65-105 m95-135
- 8 BB Hip raises SWA
- 30 RB rear leg ex w band
- 15 SB Roll unders

## Legs

Rocking chair squats 1min (forward on toes back on heels keeping hips locked down in squat position)

Side Rocking squats 30sec ( hips down rocking side to side locking out knees each way)

DB hold to jump squats 1min OTC w30-50 m40-60

DB split lunge hold 30/30 (SWA)

Rear leg ext w band 30/30

Bridge marching kicks 30sec

Bridge calve raises 30sec

2 Rounds

Heavy box squats to calve raise 7 w65-155 m135-225

KB dead lift 10 \*toes elevated (45lb plate) w35-53 m44-80

KB tactical lunge 16 (SWA)

BB hip raises 8 w45-75 m75-95

Suspended single leg squat 10 (5/5)

DB split lunges on stability ball w 30-50 m60-100

Stability ball single leg roll unders 30

30min total

## Leg work out

Here is a quick and effective beginner's leg workout.

Throughout this workout we are attacking the glutes, hamstrings and quads. 🏆🏆

Complete 4 Rounds in 15min

Reccomend wt. W20-40LBS M30-50LBS

Set your timer and let's go! 🕒

✓ 1min each leg Meet the Queen to Leg raise

✓ 1min each leg Rear leg ext.

✓ 1min Rocking squats

✓ 20 DB Single leg DL

✓ 20 DB squat to calve raises

✓ 15 DB Jump squats

## Beginner's leg workout

Beginner's Leg workout

Name: Oh my! Glutes and Thighs!

Here is a quick and effective beginner's leg workout.

Throughout this workout we are attacking the glutes, hamstrings and quads. 🏋️‍♀️🏋️‍♀️

Complete 4 Rounds in 15min

Reccomended weight in TOTAL

W20-40LBS M30-50LBS

✓ 1min each leg Meet the Queen to Leg raise

✓ 1min each leg Rear leg ext.

✓ 1min Rocking squats

✓ 20 DB Single leg DL

✓ 20 DB Tactical lunge

✓ 15 DB Jump squats

## Leg Day Stations

30/30 KB sumo Squats to KB tactical lunges w20-44 m25-53

30/30 Split lunge hold with double Rope swings (both ropes at same time)

1 min/Shuffles with bands hips stay locked down

Step and replace (on turf down and back to cones)

1 min/ Wall sit with plates arms locked out and hold w5-10 m10-25

30/30 Suspended Dynamic lunges to BTF squats

30/30 Bosu Single leg squat

2 Rounds 12min no rest quick transition to stations

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2 Rounds 14min

30/30 DB Heel raise Lunge pulse

w30-50 m50-60FF

30/30 DB squat pulse to DB squat hold

30/30 KB sumo squat pulses to KB DL with High Sumo w20-44FF m25-53FF

30/30 KB Meet the Queen pulses SWA

30/ 30 KB figure 8 squats to KB Goblet squats SWA

30/30 High plank rear leg extensions

1 min squat jacks to jump squat OTC \*mix it up (no weight)

Brink 3-5min Brink- glutes

## Leg day

8 Heavy box squats to calve raise 10 w65-155 m95-205

30 DB lunges w20-50FF

25 DB squat to calve raise SWA

8 Heavy BB Sumo DL w65-105FF m85-205FF

12 KB/DB single leg DL SWA w15-44 m25-53

12 Suspended single leg squat

30 RB rear leg ext.

10 Heavy KB sumo squat SWA

30 SB single leg roll unders

15 SB reverse glute raises

2xs (\*both directions) Ladders KB plyo jumps to KB shuffles SWA

(use two ladders to make the distance for plyo jumps shorter. Soon as they finish plyo jumps they transition right into the shuffles )

27min 3-4min Brink

## Legs

30/30. 3 point side lunge  
30/30 DB Reverse lunge to side lunge  
30 DB Meet the Queen to Jump squat  
30 Bear crawl hold with Alt rear kicks  
30/30 single leg cross glute bridge hip raise  
30/30 inner thigh raises  
30sec DB DL to reverse lunge  
2 Rounds

7 Heavy Box squat to calve raises  
7 Heavy KB Goblet squats  
7 KB Sumo Squat  
14 KB tactical lunge SWA  
14 KB figure 8 Squats  
7 KB DL SWA  
14 DB split lunges on Bench  
25 xs 3 calve raises, reg, toes in heels in  
30 RB glute rear leg ext.

### Brink:

squat hold while moving feet in and out  
Bench marching glute raises

## Leg day

30/30 Side RB leg raises

30/30 Bridge leg swings

30/30 Rear Donkey kicks to rear leg ext

30/30 KB meet the Queen pulse

1 Round Quick warm up

6 Triple squats on Rack (3 pulse then squeeze glutes at top)

10 BB OH lunges w25-65 m45-75

20 DB cross lunges w20-50 m30-60

30 DB step ups (SWA)

30 Side plank knee up leg raises

10 Seated single leg raise w KB/DB w15-35 m25-53

(use chairs or benches)

6 Heavy DL w75-115

10 DB/KB single leg DL w20-53 m35-80

(Rt arm to left foot, Lft arm to right foot)

RB leg shuffle (keep hips down step and replace) \*door to end of turf and Back to door

28min total 3-4min Brink

Burn more...\*post this on other board next to workout board. This is optional for clients after the brink:

20 DB jump squats (SWA)

25 KB sumo squats (SWA)

30 DB side lunges (SWA)

50 KB calve raises 50 toes inward 50 toes outward

1 min wall sit

## Legs

Heavy squat 8 10 15

w65-155 m95-225

BB single leg DL 10 12 14

w35-75 m45-95

DB lunges 20 30 40

w20-50 m40-80

KB Goblet squats 8 15 20

w25-44 m35-53

KB meet the Queen 20 30 40

SWA

KB Sumo calve raises 15 25 35

SWA

SB leg curls 15 25 30

(both heels on ball)

30min 3-5min Brink (glutes)

Complete 3 rounds

The first column of reps is for the first round. Second column of reps are second round. The last column is the third round.

## Leg Day

30 Squat hold to lateral taps to back taps

30 squat pulse

30/30 single leg reverse lunge to kick

30 Meet the Queen To jump squat

30/30 Split lunge pulse

30/30 Rear leg ext pulses

30/30 Single leg Bridge marches

8 Heavy Squat

6 Heavy DL

20 DB split lunges on Box

20 KB tactical lunges

8 KB single arm squat

8 KB Goblet squat

KB valve raises 25 3xs

15 Reverse glute raise

30 SB single leg roll unders

## Advanced Leg workout

Reccomended weight in Total  
w30-50 m60-100

25 DB Squats

20 DB meet the Queens to Bicep curl

30 DB Lunges

20 DB Jump squats

50 DB calve raises

Here is a great workout with 5 exercises do these with the reccomended heavy weight and complete 5 rounds in 25min.

This leg workout will help you tone up and develop your leg strength.

## Leg Day

30/30 DB split lunges \*1234 slow count going down then slow count 1234 coming up. w20-30 m40-60

30/30 Inner out thigh leg raises

30/30 single leg bridge raises

30/30 clam shells with Bands

2 rounds

8 Heavy squat w85-155 m95-225

8 sumo Heavy DL w75-120 m95-225

8 BB hip raises SWA

16 KB single leg DL w25-44 m35-80

16 KB meet the Queen

20 DB split lunges on Box w30-50 m60-100

20 DB lunges SWA

30 SB single leg curls

15 DB narrow squats SWA

30min total

Burn more...\*post this on other board next to workout board. This is optional for clients after the brink:

20 DB jump squats w20-30 m30-50

25 KB sumo squats (SWA)

30 DB side lunges (SWA)

50 KB calve raises 50 toes inward 50 toes outward (SWA)

1min wall sit with w10lb plate m25lb

## Legs

DB 30 Alt lunges to squat

1 min alt double pulse meet the queens

30/30 reverse lunges to high kick

30 DB squat to calve raises

30 KB sumo Hold with calve raise

30 sec KB sumo squat

30 Bear crawl hold to alt glute kicks

30 pulse squat with heel toe rotation

30/30 banded side plank leg raise pulses

30 kneeling squats

2 Rounds warm up

8 Heavy Dead lift w65-105 m95-135

15 Heavy DB squats w60-80 m80-100

30 SB roll unders

20 Heavy DB box step ups SWA

20 Heavy DB lunges SWA

20 Heavy DB Split lunges SWA

10 Heavy DB jump squats

## Legs

30 cross Jack's to Squat

30/30 Split lunge pulses

30 Squats

30 squats pulse with heel toe rotation

30/30 reverse lunge to kick

30 sec squats to calve raises

30/30 side plank knee up leg raise

30 sec side lunges

30 DB dead lift

30/30 standing rear leg ext

3 Rounds with 30 seconds rest

## Legs

KB squat to Push out

DB lunges 20

DB side lunges 20

DB jump squats 8

KB DL on 25lb plate

KB calve raises 25

KB meet the Queen 14

DB step ups 20

25min How many Rounds?