

Simple Leg Workout



Warm-up first, complete workout as a circuit
Equipment: dumbbells, stability ball, & band

Stiff leg deadlifts x 12
Glute extensions on ball x 20
Dumbbell Lunges x 8/leg
Ball hamstring curls x 20
Band walk x 15/leg
Inner thigh ball squeeze x 12
Jump squats x 12-15
Repeat



Beginners: complete circuit 1-2 x
Intermediate advanced: 3-5 x

