

# 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

