

# No-Squat Leg Workout

Complete a proper warm-up of about 10 minutes prior to this workout. Complete each exercise then move to the next without resting. Rest 1 minute then repeat. Beginners do 1-2 sets, advanced do 3-4 sets

## clams



**Target: hips**

Lie on your side, knees bent, hips stacked over each other. Open your knees, keeping feet together. Add a band to make this more difficult. Complete 15 reps on each side

## bridges

**Target: glutes**

Lying on your back, keep your knees bent as you press your hips up high and engage your glutes. Engage your core to make sure you don't over-arch your low back. Don't rest at the bottom of the movement. Complete 20 reps



## inner thigh leg lift

**Target: inner thigh**

Lying on your side, stack hips over each other, cross the top leg over the bottom leg as pictured and lift the bottom leg up, hold for a second, then release. Don't rest at the bottom of the move. Complete 15 reps on each side



## ball hamstring curl

**Target: hamstrings**

Lying on your back, place your feet on a stability ball and lift your hips off the floor. Keeping your hips lifted, bend your knees and pull the ball toward your hips and then release back to start. Repeat 20 times



## muncies

**Target: inner quad**

Sitting up against a wall, bend one knee. Keeping the other leg straight, turn your toes out to the side slightly (not too much), and lift the straight leg up. Release back to start, but don't rest at the bottom of the move. Complete 15 on each side



## donkey kick

**Target: glutes**

Start on all fours with core engaged, then lift one leg toward the ceiling with knee bent, engaging your glutes. Release back to start then immediately lift again (don't rest at the bottom of the move). After 20 reps, switch legs.

