

## DAY 12 - LEGS

- ❖ Warm up with a 5 minute of light cardio of your choice (fast walk, light jog, bike, skipping rope, etc.)

### The workout

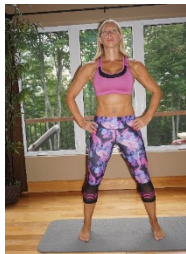
Do all exercises two or three times each (Depending on your fitness level).

**Do the following 3 exercises without taking a break – doing 12 to 15 reps each.**

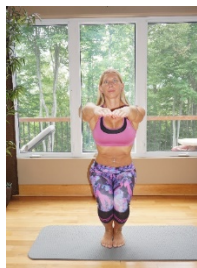
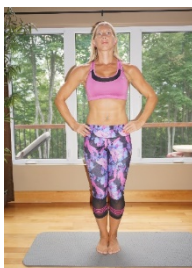
#### **1. Sumo wide squat (weights optional)**



#### **2. Regular squat (weights optional)**



#### **3. Narrow, feet together squat**



**Take a 1 minute break and repeat one to two more times.**

**1. Donkey kicks (ankle weights optional) – 15 each leg**



**Take a 1 minute break and repeat one to two more times.**

**2. Lunges – 15 reps each side (Weights in each hands optional)**



**Take a 1 minute break and repeat one more time.**

**3. Standing calf raises (can be done on the stairs one leg at a time or on the ground)  
Weights are optional. – 20 reps**



**Take a 1 minute break and repeat one to two more times.**

- ❖ Be sure to take time to stretch at the end!
- ❖ DRINK WATER