

LEANER LEGS WORKOUT 1:

1. Walking Lunges with Jump Squats

Reps: 40 (20 per leg)

Weight: Heavy dumbbells

Notes: Try to aim for heavy weight on these. After every 4 lunges I want you to stop, set the weights down and do 4 jump squats in place. Pick the weights up and start again.

2. Single Leg Deadlift:

Reps: 8 per side

Weight: 15 + for each dumbbell

Notes: Keep shoulders back and hips squared to the floor, hinge forward while your back leg comes up. Keep that chest open as you come down so you don't round your back. Drive through the front heel and keep the weights out in front when you come down. As though they are grazing along right in front of you. Only go a little below your knee cap.

LEANER LEGS WORKOUT 1 CONT:

3. Pile Squats

Reps: **12**

Weight: **Heavy!**

Notes: Holding the kettle bell or DB in between your legs have your toes pointed out, legs wide. Sit back and drive through your heels, come up and squeeze your glutes at the top without hyper extending your back.

4. Low Static Jump Squats

Reps: **20 (10 per side)**

Weight: **body weight**

Notes: When doing this you are doing split jump lunges but you are staying as low as you can to the ground while doing them. This little rest adjustment will really get those legs firing nicely. 😊

Repeat this entire circuit #1-#4 a total of 3-4 rounds.

LEANER LEGS WORKOUT #2:

Equipment needed: DB, Barbell

Repeat sequence 4 times

1. Lateral lunges:

Reps: 15 per side

Weight: go moderate to heavy

Notes: Lunge to one side making sure the knee bends while the other leg is straight. Keep both feet pointed at 12 o'clock.

2. Deadlifts with Barbell:

Reps: 15

Weight: Barbell plus the weight you feel comfortable (I typically do 15-25lb each side as a reference point)

Notes: Keep shoulders back and bar close to your thighs when you go down. Drive through the heels and bend your knees slightly going a little below your knees. Squeeze your glutes at the top without hyperextending.

LEANER LEGS WORKOUT #2 CONT:

3. Reverse walking lunges

Reps: 20 (10 per leg)

Weights: around 15lb (these should be moderate weight)

Notes: Instead of regular lunges you are doing them backwards while walking. To keep your balance make sure to step together after each one.

4. Box step ups with kick back

Reps: 10 per leg total of 20

Weights: 15lb DB +

Notes: Alternate legs each time you step up and the opposite leg you step up with kick that leg back and squeeze your glute when you are standing on the box at the top of the movement

5. Skater Jumps:

Reps: 20 total 10 per side

Weights: Bodyweight

Notes: Jump out side to side bringing that back leg behind you. Watch this if needed for guidance https://youtu.be/gl4_X1YHLwl