

Fitmart's Leg Strengthening Workout

Core (2 times)

Weighted crunch on ball
 Seated Twist
 Ball Bridge **

<u>Weights</u>	<u>Reps</u>
	15
	15
	12/12

Exercise (3 times)

Lunge w/ weights
 Calf Raises (inward, straight, out -- slowly)
 Lateral Lunge
 One Leg Skaters
 Classic Dumbbell Squats

<u>Weights</u>	<u>Reps</u>	<u>Weights</u>	<u>Reps</u>
	12		12
	15-15-15		15-15-15
	12		12
	12		15
	12		12

Wall Squats (2 minutes)

**alternating higher and lower each 15 sec

** ball bridge

with feet on ball, raise pelvis to plank position 12 times
 with feet in bridge position, curl legs inward 12 times

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