

# DAY 3 LEG WORKOUT

AMRAP - 40 MINUTES

Complete each exercise in order and complete as many rounds as possible within the time limit.

## LEG WORKOUT

Exercise	Reps
Hop Scotch Squats	30
Foward Lunges (arms extended overhead)	10 each leg
Frog Pumps	30
Lateral Lunges	10 each side
Wall Sit	30 seconds hold
Single Leg Glute Bridge	10 each leg

### Hop Scotch Squats



Starting with feet placed together, jump into a squat stance and squat as low as possible, then jump back to feet together.

### Foward Lunges (arms extended overhead)



Start with feet place shoulder width and arms extended overhead, step forward into a lunge bending the back knee nice and low then return back to standing position.

## Frog Pumps



Start by laying on the floor in a sit up position, soles of your feet together and knees facing outwards. With your hands down by your side thrust your hips towards the sky, keeping shoulder pinned in to the floor and knees forced outwards, then lower to the floor and repeat process.

## Lateral Lunges



Similar to forward lunges however you are lunging to the side bending the leading leg and keeping the trailing leg straight.

## Wall Sit



With your back against the wall and feet out in front lower yourself until your knees are at 90°, hold yourself in this position by forcing body into the wall.

## Single Leg Glute Bridge



With your shoulder blades resting on the chair place your feet parallel to your knees. Keep your torso up and lift one leg of the floor. From this position then lowering your hip and torso towards the ground the drive up through the working leg.