

DAY 7 LEGS AND BUM

Complete the circuit 3 times with a 90 second rest at the end of each circuit

LEG WORKOUT CIRCUIT

Exercise	Reps
Sumo Pulse Squats	50
Split Lunges	25 each leg
Side Plank Glute Abduction	25 each leg
Marching Glute Bridge	50
Chair Pose Squats	50
Bear Crawl Kick Backs	25 each leg

Sumo Pulse Squats



Feet placement outside shoulder width with toes pointing outwards. Drop into a low squat keeping your chest elevated and hold this position. Make small pulses up and down, moving about 3 inch between pulses.

Split Lunges



Work one side at a time. Step in to a lunge and hold this position. Lower your back knee to an inch off the floor and back up again to the start. Repeat exercise on both legs.

Side Plank Glute Abduction



Start in a side plank position with your knee on the ground and your outside leg straight. From this position lift your outside leg straight up to the side as far as you can before lowering back down. Repeat exercise on both legs.

Marching Glute Bridge



Starting at the top of a glute press your hands firmly into the ground and lift one leg off the floor then swap legs as if you are marching on the spot, making sure you keep your hip up and not to drop back down.

Chair Pose Squats



Narrow stance squats with feet inside shoulder width. Arms down by your side swoop them overhead and sit back into a chair pose position. Hold for a second then return back to standing. Repeat until reps are completed.

Bear Crawl Kick Backs



Start in a bear crawl position with your hands and feet pressed firmly in to the ground and knees off the floor. Hold this position, then working one leg at a time kick your leg straight and up towards the sky before returning back to the start. Repeat exercise on both legs.