

5 MINUTES TO LEANER LEGS

Strength

PLIÉ LEG LIFT
12 reps per side

U



RELEVE PLIÉ
15-20 reps

LEG LIFTS
15 reps per side



SINGLE LEG HAMSTRING
12-15 reps per side

FIRE HYDRANT
15-20 reps per side



5 MINUTES TO LEANER LEGS

Cardio

JUMPING JACKS
1 minute

U



SPLIT JUMP
1 minute

U



JUMPROPE
1 minute

U



JUMP SQUATS
1 minute

U



BUTT KICKS
1 minute