

Leg blaster circuit

- remember to warm up before and stretch off after using this workout!
- do each exercise for 40 seconds, then rest for 20 seconds before moving on to the next one.
- once you have completed all the exercises, rest for 1-2 minutes and then repeat the circuit. (Once round the circuit should take around 10 mins, twice should take around 18 mins).

Alternating side lunges

- Start with feet hip-width apart.
- Step out to the side with one foot, bending that knee and sitting way back into your heel, as if you're aiming to sit on a stool off to your side (your hip, knee, and ankle should be stacked in alignment). Don't let your knee jut out past your toe or your toes turn out.
- Press into the bent leg to push yourself back to the start position, then repeat on the other side.



Frog jumps [with optional rotation for extra core and co-ordination challenge]

- Stand with feet wide, knees and toes pointed out, reaching hands down to the floor.
- Squat down as low as possible while keeping chest lifted and knees tracking over toes.
- Jump up in the air [and rotate body a quarter turn to the right] while bringing feet together, swinging arms overhead to help propel body up. Land in a deep squat [facing right side of the room, then continue to complete a full rotation].
- [Next time you do the exercise, rotate to the left.]



Alternating forwards lunges

- Start in a standing position, feet hip width apart.
- Step forward with your right leg, making sure that you maintain the hip-width gap between your legs
- Squeeze your glutes to tuck your bottom under and lower your body straight down aiming for a right angle at both knees. Aim for front knee NOT to come past your toes.
- Push up and back strongly with your right leg to return to the start position.
- Repeat stepping forwards with the left leg.



Criss cross jacks

- Stand with feet together.
- Jump feet out wide and cross arms overhead. From there, scissor legs, crossing left leg in front of right, as left arm crosses over right at chest level.
- Immediately repeat, alternating sides each time.



Wall sit with pulsing squeeze

- Start with your back against a wall and legs out diagonally in front of you. Place a ball or folded cushion between your knees.
- Slide down the wall into a sitting position, aiming for a right angle at your knee (you may need to move your feet slightly further away from or close to the wall to achieve this).
- Push down into your heels and keep your back firmly into the wall as you hold this position, pulsing your thighs together as you squeeze on the ball / cushion. Remember to keep breathing!



Oblique mountain climbers

[with optional leg extension for extra inner thigh work]

- Start in a plank position but with weight on hands not forearms.
- Draw your right knee up and across towards your left elbow.
- [Straighten the right leg so that it points out to the left (under your left leg) – **NB – this phase is not shown in the pictures.** Bend the right leg again and then...]
- Return right leg to the start position.
- Repeat on the opposite side.

