

Legs & Booty Week 2

	Exercise	Time
Warm-up	Bridge + Pulse	30s
	R Donkey Kicks + Pulse	30s
	R Fire Hydrants + Pulse	30s
	R Rear Leg Lifts + Pulse	30s
	R Rainbows	30s
Active Recovery	Butt Kicks	30s
	Bridge + Pulse	30s
	L Donkey Kicks + Pulse	30s
	L Fire Hydrants + Pulse	30s
	L Rear Leg Lifts + Pulse	30s
	L Rainbows	30s
Active Recovery	Irish Dancers/Toe Taps	30s
Circuit 1:	R Reverse Lunge + Knee-up	30s
Perform Twice	L Reverse Lunge + Knee-up	30s
	Wall Squat	30s
	Ballet Squat + Calf Raise	30s
	Walking Crossover Squats	30s
Active Recovery	Tin Soldier March	30s
Circuit 2:	R Single Leg Deadlift	30s
Perform Twice	Step-ups	30s
	L Single Leg Deadlift	30s
	Step-Downs	30s
Active Recovery	Side Scramble	30s
Cool Down	R Quad Stretch	20-30s
	R Rocking Hamstring Stretch	20-30s
	L Kneeling Hip Flexor Stretch	20-30s
	L Kneeling Hip Flexor Side Reach	20-30s
	R Pigeon	20-30s
	L Quad Stretch	20-30s
	L Rocking Hamstring Stretch	20-30s
	R Kneeling Hip Flexor Stretch	20-30s
	R Kneeling Hip Flexor Side Reach	20-30s
	L Pigeon	20-30s