

## Legs & Booty Week 1

	Exercise	Time
<b>Warm-up</b>	Bridge	30s
	R Donkey Kicks	30s
	R Fire Hydrants	30s
	R Rear Leg Lifts	30s
	R Rainbows	30s
<b>Active Recovery</b>	Butt Kicks	30s
	Bridge	30s
	L Donkey Kicks	30s
	L Fire Hydrants	30s
	L Rear Leg Lifts	30s
	L Rainbows	30s
<b>Active Recovery</b>	Irish Dancers/Toe Taps	30s
<b>Circuit 1:</b>	R Reverse Lunge	30s
<b>Perform Twice</b>	L Reverse Lunge	30s
	Wall Squat	30s
	Ballet Squat + Calf Raise	30s
	Walking Crossover Squats	30s
<b>Active Recovery</b>	Tin Soldier March	30s
<b>Circuit 2:</b>	R Single Leg Deadlift	30s
<b>Perform Twice</b>	Step-ups	30s
	L Single Leg Deadlift	30s
	Step-Downs	30s
<b>Active Recovery</b>	Side Scramble	30s
<b>Cool Down</b>	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