



## Leg Blitz Circuit

Give your legs a quick workout you can do virtually anywhere. Exercising at different speeds and planes of motion (front, sideways, and turning) is a great way to give your legs the integrated functional workout that they need.

### Workout



#### Bodyweight Squats

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
3			30 sec	Explosive	0 sec		

#### Description

- With your feet wider than shoulder width, hold your arms out in front of you.
- Squat straight down.
- Keep your feet flat and straight or slightly pointed outward.
- Stand back up, leading with the chest.

#### ProTip

- Keep your back straight.

#### Mistakes

- Rounding the back.
- Letting the knees cave in.
- Knees not pointing in the same directions the toes are pointing.



#### EQUIPMENT

- No Equipment Needed



#### Forward Lunge Rotation - Alternating

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
3			30 sec	Explosive	0 sec		

#### Description

- Stand with your feet at shoulder width, holding your hands relaxed in front of you.
- With one foot, step forward about 16 to 20 inches and descend carefully.
- While descending, turn your torso to the side you're stepping forward on.
- Push back up to the starting position, keeping the torso straight throughout.
- Repeat for the specified number of repetitions, alternating between both legs.

#### ProTip

- Turn your entire torso, starting at the waist.

#### Mistakes

- Front foot and knee not pointing straight.
- Rotating only the arms instead of the entire torso.
- Letting the chest drop.



#### EQUIPMENT

- No Equipment Needed



### Lateral Step Up

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
3			30 sec	Explosive	0 sec		

#### Description

- Standing next to a step-box, set the closest foot on the box.
- Lift yourself until both feet are on the box.
- Carefully step down until both feet are on the ground.

#### ProTip

- Push the heel of the top foot down onto the box

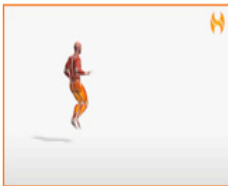
#### Mistakes

- Rounding the back
- Leaning the torso forward excessively
- Tilting the top knee inward



#### EQUIPMENT

- Plyometric Box



### Lateral Hop

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
3			30 sec	Explosive	0 sec		

#### Description

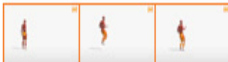
- Keeping your feet directly underneath you, quickly hop sideways.
- Hop quickly without pausing during the landing phases.
- After several hops one way, quickly reverse direction.
- Keep your chest up and maintain good posture throughout.

#### ProTip

- Explosively swinging your arms up helps with jump height

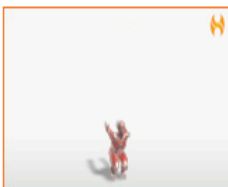
#### Mistakes

- Hunching and not keeping the chest up



#### EQUIPMENT

- No Equipment Needed



### Squat Jump - Bodyweight

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
3			30 sec	Explosive	0 sec		

#### Description

- Stand with your feet at shoulder width and raise your hands straight up.
- Dip your legs, drop your hands and pull your elbows back.
- Immediately jump and reach your hands up as high as you can.
- When you land, absorb the impact by bending your legs and dropping your hands.
- Then immediately go into the next jump, repeating for a specified number of reps.

#### ProTip

- Keep your knees apart (don't let them cave in).



#### EQUIPMENT

- No Equipment Needed