

# Day 4: Legs

**5-10 MINUTE  
WARM UP**

**2-4 WALKOUTS / DYNAMIC STRETCH**

**10 MOVES, 3 ROUNDS**

**1 ALTERNATING REVERSE LUNGE + KNEE DRIVE (15 EACH LEG)**



**2 SUPER MARIO BROTHERS (20 EACH LEG)**



**3 STATIONARY SQUAT STEP OUTS (20 TOTAL ALTERNATING)**



**4 NO ARM JUMPING JACKS (20 TOTAL)**



**5 SIDE LUNGE (12 EACH SIDE)**



**6 SIDE JUMP + KNEE DRIVE (10 EACH SIDE)**



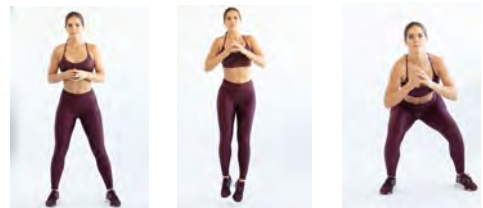
**7 HIP RASIES (20 TOTAL)**



**8 FORWARD LUNGE PULSE (20 EACH SIDE)**



**9 UP & OVER PLYO SQUAT (20 TOTAL)**



**10 STEP THROUGH LUNGES (8 EACH SIDE)**

