 **20 MINUTE LEG WORKOUT**  30/30/30

\*This workout is also effective using 15-25 repetitions per side followed by a 30 second recovery

WARM UP – 3-4 MN

Arms swings touching hands to the shoulder blades - Arm circles - Plank heroes

Calf raises against wall into squat - hip rotations

In GOFLO® Trainer harness: Standing Position with arm variations, bear crawls forward/back

EXERCISES 30/30/30 (30 sec one side, 30 sec switch sides, 30 second recovery) Recover can be used any way the participant wants. They can perform plank push ups, explosive push ups, anything in the seated position, etc. as long as the harness remains where it is.

Harness around waist Repeat the series below twice

Squat with tap Squat no tap Recover

Rev Lunge Repeat other side Recover

Rev Lunge with Knee lift tap Repeat other side Recover

Explosive Rev Lunge Knee lift tap Repeat other side Recover

Squat jumps with tap Squat jumps no tap Recover

Explosive Rev Lunge Knee lift Repeat other side Recover

Jump shots Repeat other side Recover

Cool Down

Cross hands across chest T-position Down Dogs into Plank, add leg lift Plank with alt. arm and leg Mission Impossible