

Coach Mike's Personal Training, LLC

Reni Rodriguez

Leg Workout

Note: Remember to breathe in through the nose on "relaxed" phase of movement and out through the mouth on "exertion" phase. As discussed, if you feel dizzy or lightheaded back off the intensity or stop. If the feeling continues let your parents know.

"Dynamic Warm-Up". Each 30 – 45 Seconds.

- Butt Kicks – Arm Cross
- High Knee March – Arm Raise
- "T" Knee to Elbow
- Prisoner Rotations
- Posterior Swings
- Hand to Opposite Foot Kicks

Core Circuit:

Perform: 3 set of the following circuit, with a 30 second rest in between. Rest 1 Minute before going to "resistance" work.

- Plank with toe taps – 30 seconds. Keep your hips level, glutes tight, abs engaged.
- Superman - 30 seconds.
- Heel Touches – 30 seconds.
- Fly Jack with leg crisscross – 30 seconds

Resistance Sets:

Rest 30 – 45 seconds between sets, 1 minute before moving to next exercise.

- Goblet Squats Holding 6 to 10lbs DB – 3 Sets / 12 Reps
- Stability Ball Leg Curls (Keep hips up) – 4 Sets / 30 seconds
- Alternating Reverse Lunges with 5 to 7lbs DB Transfer between Legs – 3 Sets / 12 reps
- 3-5 minutes on treadmill 4mph / 3% Incline.

Stretch.