



## **STRENGTH : LEGS OF STEEL : 30 MIN**

### **WARM UP**

5 minute warm up at HR 120 or less

### **MAIN SETS // perform 1 set**

- **Crunches** // 5 reps @ 10 sec isometric hold // 4 reps // 3 reps // 2 reps // 1 rep
- 1 min rest
- **Leg Press Machine** // 3 sets @ 15 reps per set @ medium weight // 1 min rest between sets
- 1 min rest
- **Switch Lunge** // Begin in the lunge position with one foot out in front and the other behind your body. Both knees should be bent at 90-degree angles. Make sure your front knee is directly over your front ankle and not pushed forward over your toes. Jump upward from the lunge position and switch legs in the air, landing in lunge position on the opposite side. Do 20–30 reps, totaling 10–15 on each side.
- **Single-leg Hops** // Begin by hopping in place on one foot 15 times. Then hop side to side on that foot 15 times. Follow that by jumping forward and backward 15 times.
- **Bench Taps** // Begin by standing in front of the bench with both feet on the ground. Rapidly alternate tapping the top of the bench with each foot, springing off the ground with each step. Move your arms in the running motion as your feet tap. Do 20–40 taps.
- **Offset Reverse Lunge** // Perform 8-12 repetitions and switch sides. Perform 2-3 sets. NO WEIGHT.

**STATIC STRETCH** // Touch toes : hold 1 minute // Quad hold : 1 minute each leg // Calf stretch : 1 minute each leg // Side lunge : 1 minute each leg