Episode 17

LEG'S BE HONEST

Leg day.. it isn't everyone's "cup of tea" but the results are LEGendary!

This leg routine is a Tabata style workout. Tabata sessions consist of 20 seconds of maximum-exertion training followed by 10 seconds of recovery. Repeat the process eight times for one four-minute Tabata.

This routine should last you 30-45 minutes. Make sure to start the exercises slow until you are comfortable adding speed to your repetitions. This workout is meant to make you sweat!

The Exercises

Slow Count Squats
SLDL to Lunge to Knee Drive (R)
SLDL to Lunge to Knee Drive (L)
Good Mornings to (3) Calf Raises
Side Lunge to Pop Squat
5 Second Fire Feet to Shuffle
Open Gate/Close Gate to (3) Donkey Kicks

If you have any questions, please email HealthCoach@ChristianaCare.org. You can also post direct questions on our official Teams page, "Our Healthy Lifestyle".