

# LOWER BODY WORKOUT

## LUXE LEGS



**It's leg day! Woop! Get ready to feel the burn and power your way through this killer leg work out.**

### WORKOUT

- 1 100 x pulse squats
- 2 20 x reverse lunge with step up (10 each leg)
- 3 80 x pulse squats
- 4 10 x jump squats
- 5 60 x pulse squats
- 6 40 x single leg glute lifts (20 each side)
- 7 40 x pulse squats
- 8 20 x step back lunges
- 9 20 x pulse squats
- 10 20 x lateral lunges (10 each side)
- 11 40 x pulse squats
- 12 20 x deep squats
- 13 60 x pulse squats
- 14 20 x curtsey lunge (10 each side)
- 15 80 x pulse squats
- 16 20 x tap downs
- 17 100 x pulse squats

**Rinse and repeat (if you're feeling brave!).**