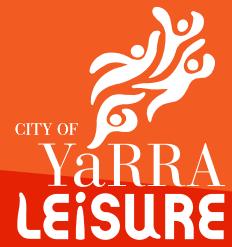


LOWER BODY WORKOUT

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!).