

Leg Endurance Day



Workout from Kelly Buresh

Build lower body endurance with a set of dumbbells or your body weight. Do 10 rounds, first round 10 reps and go down by one every round until you reach 1! This 30-minute workout is appropriate for any fitness level and for anyone wanting to build leg strength. If you have knee or hip issues, please reach out to Kelly for modifications.

EXERCISE

SET 1

10-9-8-7-6-5-4-3-2-1

Right Leg

Single Leg Deadlift

Reverse Lunge to Single Leg Jump

Jiva Squats

Step Up on Bench/Chair/Stair

Left Leg

Single Leg Deadlift

Reverse Lunge to Single Leg Jump

Jiva Squats

Step Up on Bench/Chair/Stair

SET 2

Do 3-5 rounds of 10 reps for each leg.

Wide to Narrow Squat Jumps

Double-Tap Squats

30-45 Second Squat Hold