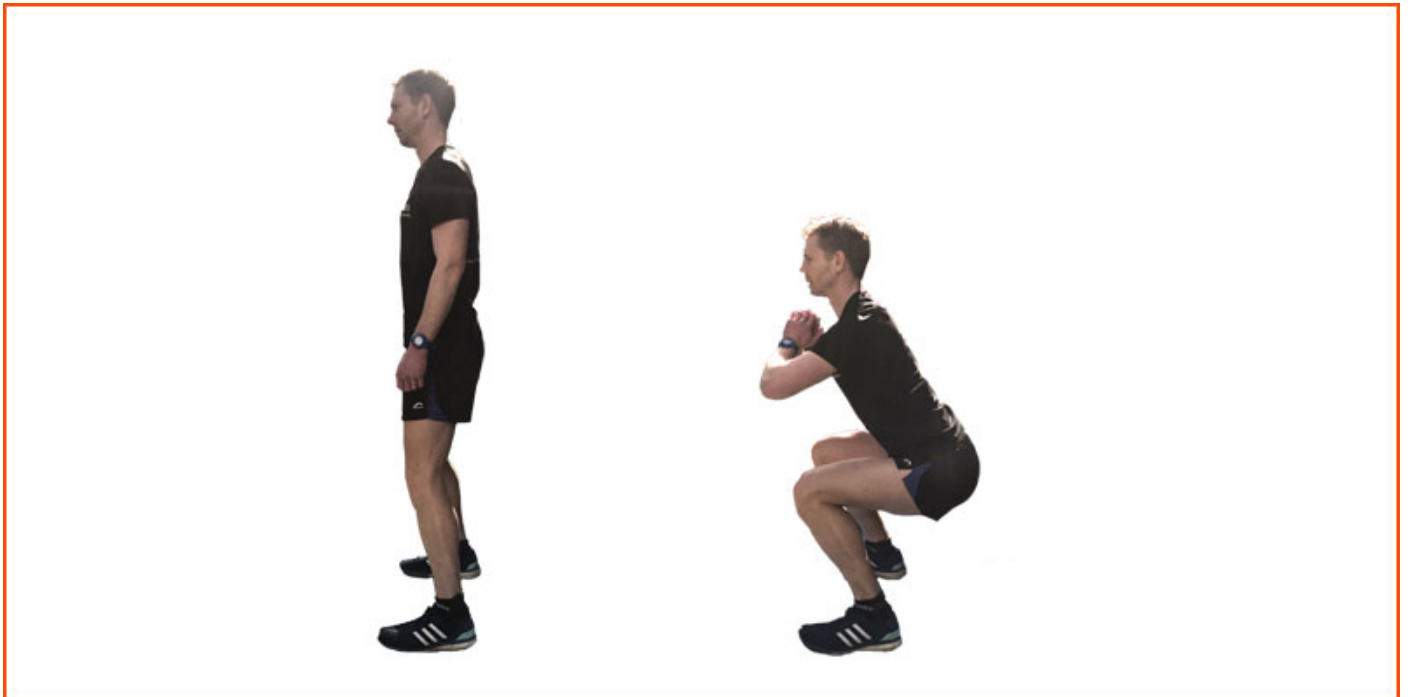


## *At Home Leg and Abs Workout*

Here is my Legs and abs workout. Repeat a maximum of 3 times as a circuit with 2 mins rest between each circuit.

### **35 Squats**

1. Stand with your feet shoulder width apart. You can place your hands behind your head. This will be your starting position.
2. Begin the movement by flexing your knees and hips, sitting back with your hips.
3. Continue down to full depth if you are able, and quickly reverse the motion until you return to the starting position. As you squat, keep your head and chest up and push your knees out.



### 35 Mountain Climbers

1. Begin in a push up position, with your weight supported by your hands and toes. Flexing the knee and hip, bring one leg until the knee is approximately under the hip. This will be your starting position.
2. Explosively reverse the positions of your legs, extending the bent leg until the leg is straight and supported by the toe, and bringing the other foot up with the hip and knee flexed.



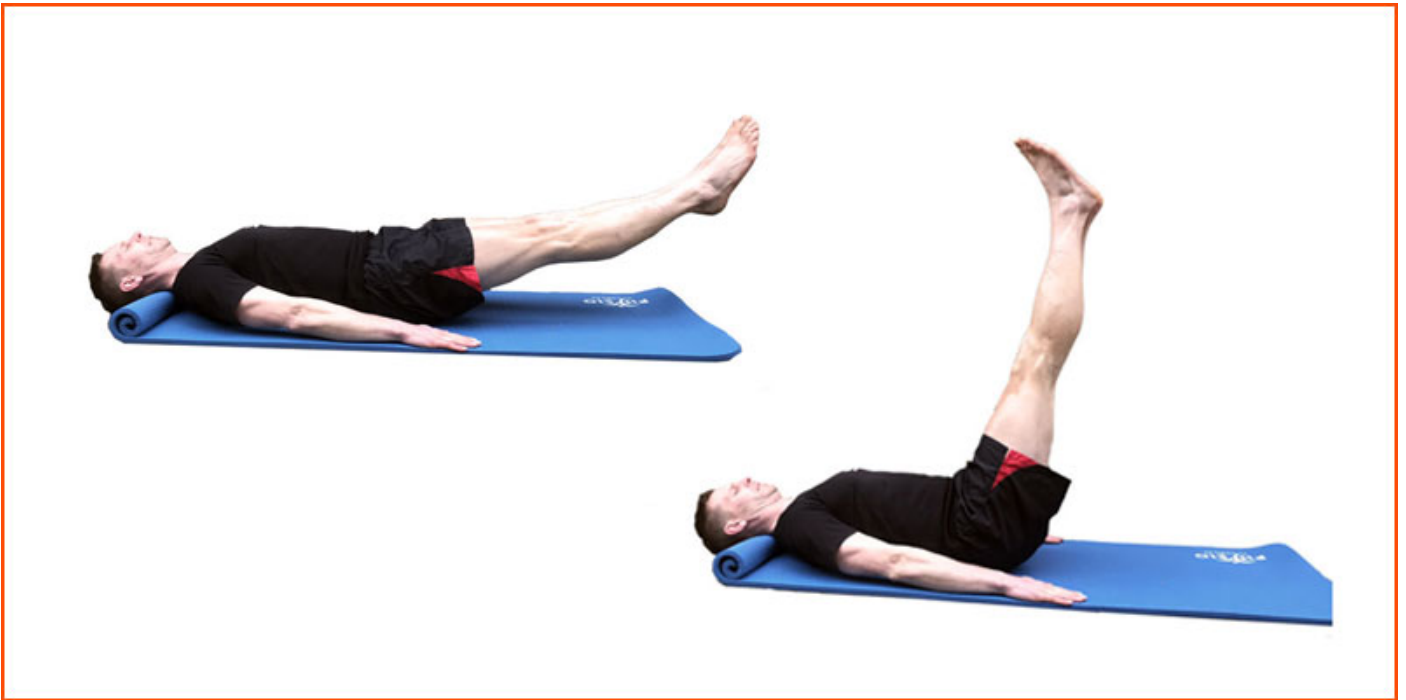
### 35 Squats

As Above



### 35 Leg Raises

1. Lie flat on the floor (on a mat) place your arms out to the side on the floor with your palms facing down.
2. Make sure that your head, legs and bottom are all in contact with the floor.
3. Engage your stomach muscles and grasp the sides.
4. Slowly lift your legs to a 90-degree angle, keeping your legs straight and not bending at the knees.
5. Pause for a second then slowly lower the legs back down.



### 35 Squats

As Above



### 35 Walking Lunges (Each Leg)

1. Begin standing with your feet shoulder width apart.
2. Step forward with one leg, flexing the knees to drop your hips. Descend until your rear knee nearly touches the ground. Your posture should remain upright, and your front knee should stay above the front foot.
3. Drive through the heel of your lead foot and extend both knees to raise yourself back up.
4. Step forward with your rear foot, repeating the lunge on the opposite leg.

