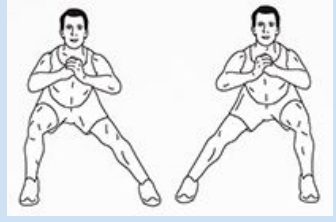


# 10 Step Leg Workout

10 High Knee March



10 Side Lunges



10 Squats



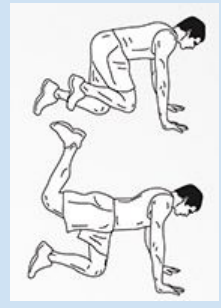
10 Calf Raises



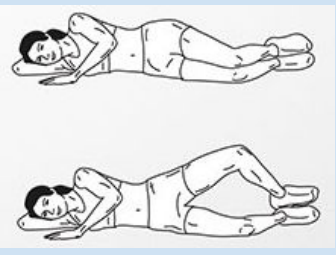
10 Lunges (each leg)



10 Leg Extensions (each leg)



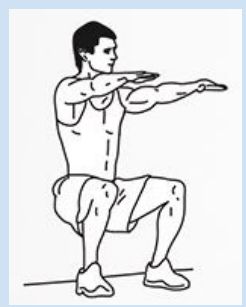
10 Clam Shells (each side)



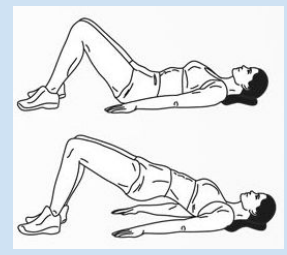
10 Straight Leg Swings (each leg)



20 Second Wall Sit



10 Bridges



Listen to your body and modify number of reps accordingly